

# Compassion

SUMMER 2012



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**The Official Journal of Beauty Without Cruelty SA**  
**www.bwca.co.za NPO #002—882**

### SA HEADQUARTERS

[www.bwcsa.co.za](http://www.bwcsa.co.za)

[chairperson@bwcsa.co.za](mailto:chairperson@bwcsa.co.za)

Tel /Fax 021 438 2282

P O Box 23321 Claremont 7735

### NATIONAL COMMITTEE MEMBERS

Beryl Scott National Chairperson

Anne van Vliet

Dennis Fajans

Heather Howe

Luan Webber

Jacques Haarhoff

Diane Smith

Dani Malan

Media & Liaison

Toni Brockhoven

Education

Heather Howe

Denis Fajans



Beryl Scott

Compassion

researched and written by  
Toni Brockhoven and Beryl Scott

BWC Johannesburg

Anne van Vliet

011 704 6367.

[jhbbwc@mweb.co.za](mailto:jhbbwc@mweb.co.za)

BWC Pietermaritzburg

Maureen Vida

21 Steele Rd Pietermaritzburg 3201

Tel 033 386 1113

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In the weeks and months leading up to the COP17 conference, that was held in Durban recently, there was much discussion in this country and all over the world about the environment and how to save the planet from destruction. Everything from governments curbing pollution on a massive scale through emission reduction, to helping poor nations adapt to climate change and to establish their own clean energy. Under the 1997 Kyoto Protocol, thirty-seven states have legally binding emission limiting and reduction commitments, all of which is aimed at stabilizing greenhouse gas concentrations in the atmosphere that will hopefully prevent human generated interference in the climate system.

Meanwhile, habitats are disappearing; life-sustaining forests like the Amazon are being ruthlessly cut down to make way for farming and despite massive efforts to change the way we treat the earth, it is being buried under a layer of non-degradable, man-made junk, that is breathtaking in its destructive capacity.

Many of us are keen to contribute in some way to the fight against global warming and most of us do what we can to at least help keep our immediate environment clean by recycling, using energy saving bulbs and other 'green' household appliances; saving water whenever possible, riding a bicycle instead of a car, eating local produce instead of imported and generally making an effort to reduce our carbon footprint. While these changes to the way we live are positive and will make a difference in the long term, there is one way in which we can all help the earth survive that outweighs all these ideas combined! Veganism!

Raising animals contributes substantially to global warming and according to a 2010 United Nations Environment Programme (UNEP) report, lead author, Prof. Edgar Horwich said, "animal products cause more damage than [producing] construction minerals such as sand or cement, plastics or metals" and that "biomass and crops for animals are as damaging as [burning] fossil fuels"! The report said further that a substantial reduction of [agricultural] impacts would only be possible with a substantial worldwide diet change away from animal products.

Meat products account for the use of 70% of global freshwater consumption; 38% of total land use and contribute to 19% of the world's greenhouse gas emissions, says the report. With the world's population reaching an estimated 9.1 billion by 2050, the present animal based diet favoured by the majority of people worldwide is set to cause a catastrophic decline in already inadequate food supplies; instead of crops being fed to humans, they are being fed to purpose bred animals destined to be part of the 'luxury' diet of the rich, at the expense of the starving, malnourished poor. Studies have shown that a vegan diet can cut 90% of the total emissions your eating habits contribute to global warming.

Before and during the COP17 conference, little if any mention was made of the impact of raising so-called food animals on the environment and while people were encouraged to eat locally produced food they were not advised about the harm caused to the environment by their meat eating habits. If people are serious about saving the planet, they need to re-think their dietary choices; they should not steer away from veganism because they are afraid of criticism from family and friends, but make the change as truly dedicated lovers of the earth, its people and the amazing animals with whom we share the planet.

Beryl Scott – National Chairperson

**Beauty Without Cruelty** has been in South Africa for over 35 years, and while the initial focus was on the testing of cosmetics and skin care on animals, over time the organisation has embraced the fight against all exploitation. BWC now works toward exposing and educating the public about all levels of use, misuse and abuse, including animals in entertainment (hunting, circuses, advertisements, for example) vivisection (the use of animals for medical and research procedures and testing) wildlife exploitation, (hunting, human-animal interaction, skins, porcupine quills etc) factory farming, fur and any other area where animals are exploited.

You can make a difference!

- Support only animal free circuses (in Cape Town, there is a permanent circus – visit <http://www.sacircus.com> for information!)
- Do not visit wild animal petting establishments
- If schools offer these options, take your child to an animal free event instead and tell the school your reasons
- Use the BWC cosmetic and householder cleaner guide for humane options. Often the cleaners are concentrated / without fillers and so one uses less.
- Reduce or eliminate animal products in your diet. The BWC Living Without Cruelty cookbook makes this easier. <http://www.bwcsa.co.za/merch>
- If you see fur in vet shops, pet stores or at the vet, complain! Buying a toy mouse for your cat, which in all probability is made from the fur of another (skinned alive) cat, is unacceptable!
- Support demos and protests in person
- Do not attend fireworks displays or purchase them
- Sign proper petitions (from the petitionsite / [avaaz](http://avaaz.org) / [care2](http://care2.org) / causes, for example, where e-mail addresses are authenticated) The e-mail list of names that go around are invalid and a waste of valuable time.
- Take out BWC membership, send a donation. We rely completely on public support to be able to function. We literally cannot do it without you!

NOTE DONATIONS are tax exempt– Please ask for your tax donation receipt.



## BOTOX

It has taken 10 years for Allergan scientists to perfect the new animal free test, which is expected to eliminate the need for at least 95% of its animal testing within three years.

The USA government expects that every new compound must be tested to make sure it isn't toxic, and Allergan's new test is one of several under development, or already in use, that could eliminate the current extensive use of animals.

*The new tests could make animal toxicity experiments obsolete in the next 10 to 20 years, says David Jacobson-Kram, associate director for pharmacology and toxicology at the FDA's Center for Drug Evaluation and Research in Silver Spring, Md.*

Non animal methods have proven to be efficient, cost effective and humane. In a 2008 article in the journal Alternatives to Laboratory Animals, a group of animal activists estimated that the total number of research animals used in the U.S. is closer to 17 million, including rodents, birds, reptiles, amphibians and fish.



Animal toxicity tests are classic experiments but don't necessarily yield the best possible results. One downside is that the results of animal tests often fail to predict what will happen in people. According to a classic 2000 study in the journal Regulatory Toxicology and Pharmacology, rodent experiments predict toxicity to humans just 43% of the time. That's the principle behind the "Lethal Dose, 50%" test, invented in 1927. It asks how much of a given toxin will kill half of the animals exposed to it. Until June, this was the test Allergan had to use. Which of course, actually means nothing. A toxic substance remains toxic, and the amount required to kill a mouse / cat/ dog has no relevance to humans who may inject a toxin!

Now, scientists have a much better understanding of the inner workings of animals and people. There is more than enough evidence verifying the illogic in the continued use of animals. Toni Brockhoven

# VEG PRIDE PARADE

## VEG PRIDE PARADE 2011

Although the morning rained, nothing could dampen the enthusiasm of roughly 60 people who came out in full force, some with some wonderful costumes, and everyone with vibrant energy to celebrate plant based living. As the march started the rain lifted and the sun peaked through.

Hundreds of leaflets were distributed and one or two members of the public who are veg/vegan also joined us for a short way.

The Vegan Society provided food at the end, both for participants and esp to the public, with their Food not Bombs project.

Our most grateful thanks to Free Range Jewels who donated 3 silver carrot lapel badges and 2 four leafed clovers, the latter being specifically for the brightest smiles; this young gal, Pamela Nkomana, seen on the right, was a clear winner, the jubilation evident!



Vitamilk SA's Ashanti Kunene and her team came down from Jhb to provide free samples of their (vegan) milks and had arranged delicious food for purchase, at a very reasonable rate. Our immense gratitude!

Angus Stembull, one of the walkers, was asked to choose the winners and silver lapel pins were given to outright winners. The grapes, (Joy Roberts) corn cob (Suzette Matthews) and tomato (Peggi Kensley) won the costume section and BWC Living Without Cruelty cookbooks were presented to other enthusiastic participants.



**POISONS**

Do we REALLY need that tin is the question one must ask before grabbing a toxic pesticide from the shelves. It starts with us!

Spiders, usually the target at home, are an environmentally friendly, natural pest control system. Spiders should in fact be seen as natural insecticides and should never be killed, irrespective! Please, consider the animals who have been deliberately poisoned to test that insecticide as well as the consequences for your health, your immediate environment in which you use the poison.

There are essential oils that are most effective at repelling insects including spiders, for example a few drops of peppermint oil mixed with water and sprayed will repel ants, spiders Aphids, beetles, fleas, lice, and moths!



The poison of choice used by the majority of South African criminals is a pesticide called Aldicarb. Criminals steal small amounts of this chemical which they usually mix with maize, bread, meat or corned beef. Despite legislation, control is clearly insufficient as Aldicarb and

other agricultural pesticides are available freely on street markets, where it is sold as a rat poison. Aldicarb is often illegally sold on the street in 5 g amounts of Temik (the trade name) and often mixed with mealie-meal for bulk.

But poisoning doesn't stop with the much-loved pets who are obstacles to criminals. Wild animals also fall victim to poisoning as farmers often use pesticides to get rid of "problem animals", such as jackals. Many non-target animals are also killed in the process and secondary poisoning then occurs when others, such as vultures, feed on the bodies of poison victims.

Bayer imports and distributes Temik as an 'agricultural aid'. Poisoning is an extremely cruel method of killing animals and should one's animal be the target of poison, the animal poisoning must be reported to the police. One must insist that a case is opened when a poisoning case is reported. In addition to being able to lay charges in terms of the Animal Protection Act, charges can be laid in terms of the Fertilisers, Farm Feeds, Agriculture Remedies and Stock Remedies Act 36 of 1947 and Possession of an Illegal Substance Hazardous Substances Act 15 of 1973 in cases of Aldicarb (Temik) poisoning.

One of the worst poisons, 1080, is still available in South Africa. The poison was originally developed by the Nazis and its effects on humans and animals is frightening

I recently discovered that buying non-organic potatoes resulted in the terrible deaths of deliberately poisoned 'problem' animals – the effects and impact of not buying organic vegetables wherever possible goes beyond the impact to our own health, to the poisoning of insects, affecting our soil quality and also affecting or killing birdlife and fish, to the deliberate laying of bait traps near potato fields! Original source Servamus Toni Brockhoven

**APATHY IS JUST AS BAD AS ACTIVE CRUELTY**

Beauty Without Cruelty (South Africa), in its 36th year, is dedicated to educating the public about the use, misuse and abuse of animals for the pleasure and benefit of mankind, which is always to the detriment of the animals involved.

Animals have natural rights which include the right to freedom from unnaturally induced pain; the right to shelter; the right to nourishment; the right to indulge their natural instincts (behaviours); the right to freedom of movement and most importantly, the right to exist. Obviously, and shamefully, these rights are ignored for certain animals, for example, so-called 'farm' and 'laboratory animals'. Animals have intrinsic worth and their value should not be based on their usefulness or monetary value to humans.

Compassion, non violence and understanding or tolerance for all should form the basis of our education and the concept of animal sentience is paramount. Too often we hear 'but it's just an animal' If we treat the weak and helpless with disdain and contempt, it leads to treating all others in the same manner. First and foremost our language identifies our emotions – think about the fact that we often refer to cars and ships and 'she' yet we call a dog, cow or hippo as an 'it' – and so we behave accordingly.

A cat was crucified near Pretoria early in the year, for having 'bewitching powers'. Superstition and lack of education regarding animals has lead to some horrific behaviour on the part of humans. The fact that animals are perceived as having no soul, or having no feelings, or being seen as 'beneath' us has resulted in terrible agonies being inflicted on them, either through neglect or deliberate action. But humans who are supposedly educated are also responsible for the suffering of animals, some directly and others indirectly. For example, if there is a choice of purchasing a moisturizer or household cleaner that has been tested using animals or one that has been tested using non-animal methods, how many of us can't be bothered to shop with conscience, or don't want to think about it or just choose the cheapest option available? Toni Brockhoven



Cont'd

How many of us will want the car with leather upholstery anyway, even while knowing those animals have in all likelihood been skinned alive, as the leather industry is a separate entity? (leather is not automatically a 'by product' please see <http://www.bwcsa.co.za/issues/animals-in-fashion/cows-in-fashion> )

Do we still insist on the perfume with real musk, knowing the animal died just for that product? How many of us turn away and refuse to see the reality of the suffering we cause through our own behaviour and purchases?

Do we insist on going to circuses that have animal acts, thus teaching our children that animals are here just to amuse us? An hour's entertainment for you means a lifetime of suffering for them! <http://www.bwcsa.co.za/animal-exploitation/entertainment>

Apathy is as dangerous as active cruelty. By ignoring the suffering we are complicit. Until we have respect and reverence for all life, until we truly live with compassion – not just for the select few, we will not find true peace within ourselves or in the world around us. We cannot continue to ignore the violence towards millions of earthlings and expect peace for ourselves.

Make this the year in which you will make conscious choices. Our free downloadable BWC approved list makes it easy! <http://www.bwcsa.co.za/downloads>

**METRO POLICE HIGHLIGHT THE NEED FOR HUMANE EDUCATION**

In February, Johannesburg Metro police allegedly forced Giel van der Merwe to wait for 20 minutes at a road block, while his dog, having possibly suffered a stroke, lay in the back of the bakkie suffering. He was told that "dogs don't count." El, the Boerbul companion of Mr Giel van der Merwe, later died. Randburg SPCA manager Mandy Cattanach confirmed that the officials had prolonged El's suffering with their behaviour.

This incident has, in our view, highlighted the importance of mandatory humane education for law enforcement as well as at all schools. This is the key to changing people's attitudes towards animals. Animals have lives that are meaningful to them and although they may be different from humans, that does not mean they are inferior or of less value. All life is valuable and BWC promotes respect and consideration for all species.

Please mail Heather Howe in Cape Town ([heatherhowe@mweb.co.za](mailto:heatherhowe@mweb.co.za)) or Denis Fajans in Johannesburg ([DennisF@joburg.org.za](mailto:DennisF@joburg.org.za) ) to arrange a free, age suitable, interactive presentation on the Beauty Without Cruelty concept at your child's school.

**NO FOIE GRAS CAMPAIGN UPDATE**

We are delighted to announce that Blonde, in Hatfield Street, Cape Town, part of the Beluga / Sevrugra group and the hugely popular Willoughby's and Co at the V&A Waterfront have made the decision to remove foie gras from their menu / shelves. The NFG campaign applauds their pro-active move toward a more compassionate stance and encourages all supporters to visit these establishments.

Further enquiries revealed that Emily's at the Waterfront and Myoga at the Vineyard Hotel had also removed Foie Gras from their menus some time ago, a fact of which we were only recently aware. We thank Mike Basset for informing us of his decision and both Myoga and Emily's have been removed from the Wall of Shame. Please visit [www.nfgsa.co.za](http://www.nfgsa.co.za) for the updated Wall of Shame and Celebrity Supporters.

Giovanni's in Greenpoint saw supporters turn out on one of summer's hottest days in mid February to show their displeasure at the ongoing Foie Gras sales at the deli. They say 'everyone sells it' which is both untrue and irrelevant. What about moral /ethical/ compassionate guidelines?



One guest house, 18 on Crox in Greenpoint, has taken a firm stand that they will no longer refer their guests to any venue that sells Foie Gras in any form.

We are very pleased to confirm that the The Neighbourgoods Market in Cape Town has now also removed all foie gras from stalls.

**CALIFORNIA TO IMPLEMENT PROMISED FG BAN**

From July 2012 foie gras cannot be served throughout the state of California. Foie Gras is produced using the method of gavage, or force feeding. California became the first state to ban foie gras as far back as 2004. Gov. Arnold Schwarzenegger signed the legislation into law, which not only bans force feeding of ducks but also prohibits selling of foie gras produced that way, the fine for which violators could face reach up to \$1,000 a day.

The eight-year gap before implementation gave foie gras producers time to find alternative ways to force feed the animal, but none was found.

Vineyard Deli (Kenridge, Durbanville) owner, Linda Das Neves, stated that 'she will sell anything her customer's want' in answer to a request that consideration be given to the immense suffering of the birds. It was made clear that the NFG campaign manager 'is pestering her' – this comment regarding three requests over a period of a year, and that we have no right to tell her what to sell. In that, at least, Linda is correct. What we have done is created awareness of the inherent suffering and followed up on this, in the hopes that a decision would be made to stock less cruel items. Clearly, compassion has no place at Giovanni's, Vineyard or Newport Delis, who have thus far declined communication, and we urge readers to support those venues on our supporter's page instead, who have taken the pledge and/or removed Foie Gras, which includes Melissa's Fine Foods, Blonde and Willoughby's and Co.

We are delighted to announce that TREES at the Townhouse Hotel in CT have updated their menu and will no longer serve Foie Gras!

From the general manager : "I am pleased to advise that Stefan has released his new menu this week and Foie Gras is not to be found and will not be found on our menus again. Thank you for bringing this to our attention and commend you on ensuring that this good cause is raised and hopefully cuts down on the production of Foie Gras"

We also received confirmation that Rueben's at the One and Only Hotel in CT have also updated their menu and Foie Gras no longer appears.

### MYNIE GROVè TAKES THE NO FOIE GRAS PLEDGE

Mynie, local singer, TV Personality, Songwriter/ Composer, Publisher, Producer, Music Business Activist,



Business Developer, Mentor and Life Coach has this to say to the NFG campaign;

'I am intrigued by the intricacies of cooking, the science of taste and how our bodies and minds respond to it. Second to breathing food is our most important source of existing,

so how can we POSSIBLY enjoy a 'delicacy' that is SO unnaturally and abusively created? There is NOTHING civilised or even remotely refined about Foie Gras!'

### SHEEP ARE SMART!

Sheep have generally been accepted as being the most dim-witted of animals, however new research reveals they are far more intelligent than they have previously been given credit for.

Scientists at the University of Cambridge have concluded that sheep have the brainpower to equal rodents, monkeys and, in some tests, even humans. It appears that that sheep have relatively advanced learning capabilities, are adaptable, can map out their surroundings mentally and may even be able to plan ahead. Professor Jenny Morton, a neuroscientist at University of Cambridge, said sheep have a reputation for being extremely dim and their flock behaviour seems to confirm it. They are, however, amenable to testing and performed at a level very similar to monkeys and humans in the initial learning tasks. When the test rules were changed they still performed as well as monkeys and better than rodents.

Sadly, this is not in their favour, as Professor Morton, whose research is published in the journal Public Library of Science One, was studying sheep intelligence in the hope that they may be useful as an animal model of Huntington's Disease, a neurodegenerative disorder that leads to dementia and affects muscle control.



Sheep can perform executive cognitive tasks that have never been shown to exist in any other large animals apart from monkeys.

Professor Morton has also conducted trials to test the spatial memory of sheep and found they are able to navigate by forming memories of their surrounding environments. Previous research at the Babraham Institute in Cambridge has shown that sheep have the ability to recognise faces and react to different facial expressions.

They seem to have exchanged a reputation for dull wit- tedness for the research lab, without so much as a by your leave.

# THE CHAIRPERSONS' REPORT 2010/2011

BEAUTY WITHOUT CRUELTY CHAIRPERSON'S REPORT 31st March 2010 to 31st March 2011

Beauty Without Cruelty has had another successful year educating and informing the public about the suffering of animals in areas of abuse that are often hidden from public scrutiny. Being primarily an educational organisation, it is often difficult for us to assess the success of our educational activities, but if a reputation for credibility, integrity and compassion is a yardstick for our achievements, then we have been very successful indeed. We have received plenty of publicity through the media via newspapers, television, radio and hundreds of leaflets, magazines and other literature has been distributed. Our web site is full of interesting and informative information and our Facebook page too provides useful updates for the public, enabling them to keep abreast with what is happening countrywide. Membership of the charity not only provides us with a support base, but through the magazine and our e-newsletter, people are able to keep up to date with the work we are doing and with news and events all over the country.

Our humane education programme is on going and our thanks go to Heather Howe and Di Smith in Cape Town for their invaluable help in managing the programme so proficiently. A number of talks have been given at schools and other institutions during the year and Heather is constantly looking for interesting ways to get our message across to pupils. Thanks too to Johannesburg national committee member Dennis Fajans who has also given a number of talks at schools and has taken hours off work in order to do so. Our mandate is to educate and everything we do is geared to informing people about the issues we address, specifically vivisection and cosmetic testing, factory farming and wildlife exploitation.

Our investigation into the humane claims of cosmetic and household product manufacturers continues and we are pleased to have been able to add a few more companies to our approved product guide. As our humane criteria only allows for products that are suitable for use by vegans and vegetarians, as well as compliance with our strict animal testing restrictions, to be endorsed as being humanely manufactured, our list is not as extensive as we would like, but at least caring consumers now have a wide choice when it comes to making humane lifestyle decisions and do not have to rely on products that have been developed through the cruel exploitation of animals.

World Day for Laboratory Animal was observed on the 24th April and we were interviewed on radio, which gave us the opportunity to let the public know about the suffering of laboratory animals and the misleading results obtained from their use in research into human disease.

A number of letters were also written to the press and members and supporters were asked to set up information exhibits in libraries around the country. We were happy with the response we received and supporters were keen to send us photographic proof of their efforts. Other protests organised by BWC against animal suffering for this period include anti-seal clubbing in Namibia, world farm animal day, where the cruel meat and dairy industry was exposed, and no foie gras demonstrations outside restaurants that serve this cruel and unhealthy product. Our Animal Rights Day protest focused on the wearing of fur and leather and was well attended.

BWC's 'Living Without Cruelty' cookbook is selling well and we have had many compliments regarding the delicious vegan recipes, handy hints and other information contained in its pages. Another book is in the pipeline and we are sure it will be as successful as the first. The book received a very positive review in a local weekend newspaper and in Odyssey magazine. We are proud to report that, because of our strong commitment to supporting a vegan lifestyle, BWC had an amazing opportunity to be interviewed by and give a cooking demonstration for Supreme Master TV, which was also aired on Cape Town TV. Media liaison person, Toni Brockhoven, gave a very professional demonstration of vegan cooking in her own home and this was later aired to an international audience.

BWC received more media publicity with a half page article in the Islamic Times on animal rights and Islam, which has afforded us an opportunity for regular submissions to the paper. Soon after, BWC was asked to present a talk to Muslim women on animal rights and women's right to health. There was also an article in the Animal Talk magazine about the work of Beauty Without Cruelty and in travel e-newsletter 'Weekend Away' on the same subject. Other letters to the press include ones on the killing of the Cape Peninsula's endangered baboons who so often come into conflict with humans who share the animals' natural habitat, but are less than generous when baboons scavenge for food in villages dotted along the coast. Humans, who disobey existing regulations, which prohibit the feeding of baboons, have largely caused the problem and this has resulted in the animals identifying humans with forbidden foodstuff. The animals are also suffering from the effects of unhealthy human eating patterns and obesity is not uncommon in the troops.

Another issue that received a lot of press coverage is the killing of Egyptian Geese in local wetland areas and this is another example of the intolerance of local conservation bodies of so-called alien species, which has resulted in the killing of thousands of animals of different species over the past few years. BWC has worked together with other organisations in trying to protect these animals from being slaughtered, which has resulted in the suffering of innocent animals caught up in

## CONT'D

the authorities' bid to cleanse the country of non-human aliens.

We have also continued to have meetings with Cape Town City Council regarding the fireworks issue as well as the newly proposed animal by-laws, which have received much criticism from the people of Cape Town and many animal welfare and rights organisations. These issues will take a while to resolve, but BWC will continue presenting the facts in the hope that compassion will override human selfishness and stupidity.

Other issues that were addressed through the letter pages of various national newspapers and on various radio stations were about animals used in circuses and fireworks that cause so much stress and harm to domestic and wild animals, birds in particular. We received four radio slots on the Voice of the Cape during which we discussed the circus, vivisection and wildlife exploitation. Just Ice, on Radio 2000, interviewed BWC on the issue of animal sentience animal rights and the importance of humane education, which emanated from an incident where Metro Police denied an elderly man the time to get his dog to the vet timorously, after being stopped at a police road block, which resulted in the animal's death. A letter was also sent to Fundsilie Mketeni, deputy director of biodiversity, about the sterilisation of elephants, instead of the horrific culling method of population control presently favoured by authorities and conservationists. A letter was also sent to the South African representatives of CITES, the international wildlife monitoring organisation, regarding ivory sales which will lead to the prolonged perception that ivory is acceptable for use as trinkets, jewellery and ornamental carvings etc. BWC also confronted Dr. Motsepe of the African International Fashion Show about the use of fur, which they condemn, but still allow fashion designers to choose to use in their range.

BWC was invited to present a paper at an animal rights symposium held in the Eastern Cape which focused on the history of animal rights. A number of very useful contacts were made and we certainly hope that more meetings of minds such as this will take place in the years to come. We were also invited to Rhodes University to speak about vivisection and dissection with a view to eliminating dissection for first year Bsc students. We are grateful to Rhodes, not only for turning to BWC for support on this issue, but for their on going interest in improving the lives of animals and for being involved in discussions aimed at eliminating the

exploitation of animals for human benefit.

In October BWC presented its annual Animal Rights Film Festival and our guest speaker was Shannon Keith, American lawyer, documentary filmmaker and animal rights activist. This year we presented the festival in Cape Town, Johannesburg and, for the first time, in Durban. In Cape Town we were delighted to engage the Wellness Warehouse to supply delicious vegan food for the Cape Town event. Organic wine was donated by Stella Wines, for which we were very appreciative. The film *The Skin Trade*, which was directed by Shannon Keith, was shown and we are certain it made a profound impression on the audience. It is difficult to comprehend the fact that people are willing to inflict such horrendous cruelty on living sentient beings and this film is a must see for anyone who believes the wearing of fur is acceptable. The Festival was well received in Durban, but unfortunately, due to a family emergency, Shannon was unable to attend the Joburg leg of her visit and had to return home without presenting her talk there. We are very grateful to committee members Zelma Opland and Joe who so ably saved the day by rearranging the various events that had been arranged in Joburg and for making sure the festival went off without any further problems. Since the festival, the films *Bad Medicine*, *Behind the Mask* and *Skin Trade* have been aired regularly on Cape Town TV at no charge to BWC. We are always grateful to Cape Town TV for their support and for kindly allowing us to show films and adverts on their channel at no expense. Our grateful thanks also goes to Durban supporter Anne Barnard Campbell who arranged the Durban festival and gave so much of her time in doing so.

Another very successful event was the first African Vegan Pride March that was held in Cape Town and supporters are keen that this should become an annual event. Marchers gathered at the bottom of Long Street in Cape Town, dressed in amazing 'fancy' costumes depicting fruit, vegetables and animals. We were a happy crowd and the music and chanting of Hari Krishna supporters added to the amazing vibe created by people who are opposed to exploiting other beings for our own selfish ends. The march made its way up Long Street, ending at the Wellness Warehouse food fair, in the grounds of Jan van Riebeeck School, which BWC was part of. There was some wonderful vegan food available with a particularly tasty vegan raw pizza becoming the highlight of many people's day. Due to the success of this event, we will most certainly be inviting people to join us again next year.

Donations Welcome

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Email EFT to [chairperson@bwcsa.co.za](mailto:chairperson@bwcsa.co.za) | Fax 021 438 2282  
Cape Town Head Office Tel / Fax: 021 438 2282 | Chairperson: [chairperson@bwcsa.co.za](mailto:chairperson@bwcsa.co.za)

**The Official Journal of Beauty Without Cruelty SA**  
**[www.bwcsa.co.za](http://www.bwcsa.co.za)**

Also, to celebrate our commitment to promoting a cruelty-free lifestyle, Beauty Without Cruelty published its first "Living Without Cruelty" vegan cookbook, for which we must convey our deep appreciation to BWC endorsed Charlotte Rhys cosmetic company for making a generous donation, which helped so much with printing costs. The book contains vegan recipes, all tried and tested by our versatile PR person and gourmet cook, Toni Brockhoven, and nutritional tips and other interesting information. This is the first of a series of cookbooks, which will contain all new information, recipes and tips, to help people choose healthier, more humane lifestyle options.

In July, BWC received a request from the National Chairman of South African Association Against Painful Experiments on Animals (SAAAPEA) for a meeting to discuss BWC taking over the management of SAAAPEA, as the chairman and her committee wished to retire and there was nobody in the organisation who wished to continue running the charity. A meeting between the committees of BWC and SAAAPEA was held in Johannesburg and an agreement was reached to hand over the management and assets of SAAAPEA to BWC. Unfortunately, the agreement fell through a week or so later, when the SAAAPEA chairman advised us that she had decided to withdraw the decision taken at the meeting, because BWC had made it clear that we would not be willing or able to transfer money, collected in South Africa, to a specific individual and organisations overseas. We believe there is so much work to be done in South Africa for which funding is needed, that it would be unacceptable to subsidise overseas organisations and individuals, at the expense of local animal welfare needs. We are deeply concerned at the decision the SAAAPEA chairman has taken, especially in view of the unacceptable lack of action shown by that charity over the past decade and more and the fact that it appears that their considerable funds are being "stockpiled" instead of being used to help animals.

BWC also convened meetings between interested parties, to discuss the trapping, rehabilitation and relocation of stranded, sick seal pups who wash up on the Cape coastline. While the meetings were very informative and a number of misconceptions regarding the seals historical natural habitats and the rehabilitation process were resolved, in the long term we found that the various organisations and individuals taking part, all had their own agendas, which meant that in reality not much cooperation was achieved. We will be observing the only officially approved seal rescue programme that is presently in operation and take further action if need be.

There has been much public concern over the poor conditions in which some zoo animals are forced to live and BWC has been in contact with Tygerberg Zoo in Cape Town regarding the unacceptable conditions

in which a lone chimpanzee, Angus, has been living for some time. Angus is kept in solitary confinement in a cage, which in our opinion is much too small and has absolutely no environmental enrichment, nor does he have any contact with his own kind. We have had talks with the guardian of the zoo, who is very uncooperative and unresponsive to any suggestions on finding ways to improve conditions for Angus. BWC has also made extensive enquiries into finding an alternative home for Angus and we have been in contact with Chimp Eden, Monkey World in the UK and other chimp sanctuaries in Africa, however Tygerberg Zoo is not interested in handing this lonely animal over to an organisation better able to provide for his needs. The Zoo has since informed us that, instead of allowing Angus to leave the zoo, they have found another chimp who will share his already too small cage! We will keep addressing this issue until some acceptable solution is found, but with SPCA tolerance of the situation and Cape Nature approving the cage size and conditions in which Angus and his companion live, it will be difficult to make any positive progress on their behalf.

Our Johannesburg office was kept busy throughout the year providing information to school students and members of the public and a number of talks were given at schools and other institutions, including Ishta Yoga and at Roedeian Girls School, which was followed up by an art companion animal competition for a tee-shirt design and a number of very thought provoking entries were received. Information tables were taken at various events and information on BWC's work was distributed to the public, these included the Co-Sanc Animal Day and Urban Market, Midrand. The World Day for Laboratory Animals protest was well attended and a bus was hired to take protestors through town in order to address a wider audience. BWC also attended a protest against the Canadian seal killing, which is much like the annual seal killing spree that takes place annually in Namibia. The Jo'burg office has also had a car door panel made which will help to advertise the name of BWC. Donations from collection tins in various outlets have proven to be quite successful and an amount of just over R2000 was collected during this period.

Many of the issues BWC addresses cannot be resolved in the short term, but some are - and these successes are the inspiration that keeps us motivated. I would like to thank all those members and supporters who, through their financial contributions, make it possible for us to continue our work; they are an indispensable part of our success and for this we thank them. Thank you too to all those people who attend our protests, help us with fundraising and other events and who support our work so encouragingly. Thank you too to the volunteers who help the National Committee to implement our goal to improve the lives of animals and to fight against the exploitation, abuse and suffering of those who cannot speak for themselves. (Cont'd page 15)



These youngsters from the Tableview area protested in a cage, following a BWC demo earlier in the week that they were unable to attend, as the McLaren circus in town. Their parents can be very proud of raising compassionate children who are willing to make a stand against what they (rightly) believe is animal cruelty. Their theme was 'You wouldn't cage your children so why cage animals'.

March saw two demos against the circus, one in Diep River on a hot sunny day and one in Sunningdale on a rainy and dark evening. Both were well attended and while one was a silent protest, the other saw those present singing gustily along to the old song, Born Free. Leafleting was also done in Kommetjie, at the request of some residents, as well as Malmesbury.

While mails and calls to the school and shopping centre did not have an immediate effect, we encourage readers to mail or call them and ask them to reconsider the use of their grounds for animal circuses.

While there is a need and corresponding difficulty in raising much needed school funding, reinforcing the notion that animals are here for our use and abuse does our children as much of a disservice as the animals. These animals can provide no educational value despite the arguments to the contrary. With documentaries and the plethora of visual information available today, a child can learn far more than by seeing a sad replica of what should be a magnificent and proud animal in their own habitat.

One hears the argument that certain animals are 'show off' or love the attention or love to act, or that kindness and positive re-enforcement is used and that the trainers love their animals. All of this is irrelevant. No animal would choose to live an unnatural life of captivity, regardless of the kindness of the treatment and no animal would choose a life that allows none of their natural behaviour. Certainly animals would not choose to be taken from their families to be obliged to amuse us. Lions and other wild animals do not belong in circuses. Large cats spend most of their lives in cages that would never be considered acceptable in a zoo and travel up to 6000 kms annually! For us to continue to use animals to entertain us when we know they have very complex lives, emotional needs and social behaviours, especially when we have so many technologies and non-animal amusements to keep us occupied, is our shame.

We have never questioned the care and affection given to the animals, it is the fact that they are denied a normal and natural existence and are used

## MY SCHOOL / MY VILLAGE / MY PLANET CARD



You can now also support Beauty Without Cruelty just by having your free loyalty card swiped at certain national stores, like Woolworths, Engen, Jacks Hardware and others, and a myriad of stores in your specific area!

If you already have a card, it's as easy as calling 0860 100 445 and asking to include BWC as a beneficiary, as you can have more than one beneficiary.

For new cards, you can apply on line or in store at Woolworths, and you do not have to be an account holder! Visit the Beauty Without Cruelty website to get your application form and a list of partners in your area, or pop in to your nearest Woolworths.

Your free card will arrive within days and with it you will receive assorted gift vouchers! So by giving, you get back.

Beauty Without Cruelty can only continue to fight animal exploitation, in all its forms, with your ongoing support.

***Please consider placing a stop order on your account, from as little as R50 monthly.*** The funding, without which no organisation can survive, goes toward educational materials and essential day to day running costs.

**Standard Bank  
Branch 025109  
Savings Acc 077 491 645**



Tableview /Sunningdale residents turned out along with BWC supporters on a cold and stormy night to protest the inclusion of wild animals in the circus

# EDUCATION & EXPLOITATION

## EDUCATION

Please contact Denis Fajans in Johannesburg (DenisF@joburg.org.za) or Heather Howe in Cape Town (heatherhowe@mweb.co.za) if you would like them to present the Beauty Without Cruelty concept, at no cost, at your school. There are different presentations for high and junior school levels, which are roughly 45 minutes.

## SCHOOL PRESENTATION AT St ANDREWS

Dennis Fajans in Johannesburg presented to approximately 60 x grade 5s at the school mid March and afterward was inundated with questions, which indicates both that the presentation held interest and that it generate thought processes on animal sentience and the exploitation of animals.

## ANIMAL EXPOLITATION IN FILM

The film in question is Water for Elephants. Why on earth use an exploited, imprisoned, sensitive being like an elephant in a movie about animal and human exploitation? Did ANYONE see the tragic irony in this? Tai the elephant is 24 years old, was taken from the wild and has spent all her years being exploited, included being painted from head to tail to be colour-coordinated for a décor expo!



Please, before you rush to hire or buy the movie, rather get the book

Wild animals belong in the wild and do not exist for human entertainment. The only way you can say no to this horror is to boycott films that make use of wild animals. With CGI and other amazing special effects there is no reason or excuse for the continued use of wild animals for human entertainment.

Anybody who claims to love animals yet supports animal circuses is perhaps just in love with the idea of loving animals. These animals should be living their days in a sanctuary, as far removed from human interaction as is possible. Captive bred lions and tigers are not tame, domesticated animals, nor should they be! Cats and dogs are with us to stay, this is no justification or excuse to attempt to domesticate wild felines for our needs.



## BEACH CLEAN UP

Beauty Without Cruelty supporters joined up with Sea Shepherd SA to spend a few hours cleaning up the beach and seaside area right outside the Cape Town Dept of Tourism and Environment at the V&A Waterfront, where a shocking tally of 80 bags of trash was collected from an area the size of just 2 football fields.

This shocking state of affairs led to the leaving of the trash bags neatly deposited on the doorstep of the Department, by Sea Shepherd, where the City hopefully got the message to clean up their act! Plastics choke and strangle water animals and other rubbish also pollutes our waters.

Beauty Without Cruelty naturally supports all endeavours that will benefit the animal life around us, which also benefits the planet and people too.

Subsequent to the initial clean up, BWC supporters have taken to the occasional beach clean up on their own initiative.

## THE SEALS OF NAM CAMPAIGN - ANTI-SEALING DAY 2011

As part of the Anti-Sealing Day observed worldwide 15 March 2011, a press conference was held in Cape Town to create awareness of the annual massacre of around 85 000 nursing seal cubs and about 7 000 adult males in Namibia.

Local Celebrity supporters include Verity, Siyabonga Beyile, Faizal Sayed, Mynie Grovè, Roxy Louw., Steve Newman.

On 15th of March 2011, celebrated worldwide as Anti-Sealing Day, Beauty Without Cruelty, Fur Free, and Sea Shepherd, together with their international partners, announced the official launch of a boycott against Namibia, which will continue until the annual seal massacre is permanently ended.

We would like to stress that we love our sister country Namibia, and that it pains us to take any adverse action against it. We hope and pray that the leaders of Namibia will see the folly of the seal slaughter, and will take definite and immediate steps to end it. Tour and travel agencies are being requested to support the initiative, and we encourage South Africans to change brands from Namibian to local or other, and to choose a holiday destination other than Namibia until the slaughter ceases. Countries who have a ban on the import of seal products include the United States, Mexico, Slovenia, Croatia, Belgium, the Netherlands, Latvia and the entire European Union.



Seen above, Verity with Toni Brockhoven, Faizal Sayed and Siyabonga Beyile.

*As Gandhi said: "The greatness of a nation and its moral progress can be judged by the way its animals are treated."*

Visit [www.bwca.co.za/campaigns](http://www.bwca.co.za/campaigns) for more information.

## WORLD WEEK FOR ANIMALS IN LABORATORIES

Thursday morning 20th April saw Beauty Without Cruelty leafleting before 7am at UCT, handing out information on the cruelties and fallacies of using animals for medical and research testing to students as they arrived for classes. Over 1000 leaflets were handed out.

"The moral is that animal model systems not only kill animals, they also kill humans. There is no good factual evidence to show that the use of animals in cancer research has led to the prevention or cure of a single human cancer." Dr. Irwin D.J. Bross, Ph.D., 1982, former head of research design and analysis of the largest cancer research institute in the world, the Sloan-Kettering Institute

The notion that the infliction of suffering on other species is acceptable, if it is for the benefit of humans, is wrong. The word speciesism, coined by Peter Singer, is defined by him as "a prejudice or attitude towards the



interests of one's own species and against those of members of other species". Speciesism may be likened to racism and sexism and until we stop exploiting animals for our own advantage, we cannot consider ourselves to be either truly liberated or moral people.

Medical researchers claim to abide by "ethical" codes which are meant to protect laboratory animals, yet cruel experiments still take place on a regular basis and suffering is an inherent part of the animals' lives. Humane animal experimentation is a contradiction in terms and one cannot be "ethically" cruel.

The most common type of alternative methods involves in-vitro tests, skin and cell cultures, epidemiology, computer software, databases of tests already done to avoid duplication and human clinical trial tests. Donated blood can be successfully used for pyrogenicity studies and micro dosing, which involves volunteers receiving very small doses of a drug to assess its basic behaviour.

Please use the BWC list of humanely produced household and personal care products, found at [www.bwca.co.za/downloads](http://www.bwca.co.za/downloads)

**ZOOM SHOES TAKES POSITIVE ANTI FUR STAND**

Philippe Hasson, MD of Zoom Foot wear and trading company recently confirmed with a customer that they will remove suspect fur tassels from their stores with immediate effect. They are to be commended for taking positive steps to ensure their stores are fur free. One can look glam and gorgeous without exploiting animals in any way, shape or form.

**LEATHER**

While people must naturally draw their own lines, please note that wearing leather, as a supposed by-product of the meat industry is not, in fact, acceptable to vegetarians and vegans. If you don't eat someone, why would you wear them? These days there are plenty of good looking, comfortable non-leather footwear and handbag options! (My wardrobe, with no fewer than five pairs of pleather boots, 4 of them in black, attest to this fact!)

For those supporters thinking of purchasing a new vehicle, but don't want the obligatory leather seats, we have also been informed that Audi, VW and Mini (BMW) will give you non-leather seats upon request, although there may be an additional charge. If you experience a similar option elsewhere, kindly let us know so we may share the good news!

**DOG LEATHER**

Pet Lover? Still wearing leather? Are you wearing FIDO? Investigations confirm that leather from Thailand, is taken from dogs who are cruelly slaughtered so that their skins can be tanned for leather. Photographs show terrified dogs sitting in crowded cages, as other dogs are killed right in front of them for the global leather trade. Of course, wearing / using the skins of terrified animals who have endured agonies, be they dogs, cows, snakes, crocodiles or anyone else, has no place in a world of wonderful non-animal fabrics which are suitable for footwear, bags, belts, hats, lounge suites or anything else.

**THE FUTILITY OF ANIMAL TESTING FOR COSMETICS**

There has been a two fold increase in the cases of allergic contact dermatitis due to cosmetic allergens in seven years with a majority of cases seen in women, according to a recent Danish research. Epidemiologically, there are more cases of contact dermatitis than listed, as most people do not visit the doctor for mild adverse reactions.

**BABOONS AND MEDICAL RESEARCH**

In its commitment to upholding high standards of ethics in research, the University of Cape Town decided earlier this year that it will no longer use wild-caught baboons for medical research. Although the university has not been involved in either the trapping or housing of baboons, UCT made the commitment to purchase baboons that were intended for research purposes and to send them to the Centre for Animal Rehabilitation and Education (CARE), to whom financial assistance has been given for the building of a sanctuary to house the baboons. All baboons are being tested for TB and other infectious diseases before they can be considered for relocation to the sanctuary.

BWC has agreed to cover the feeding costs of the baboons over the next 5 years, which translates into many thousands of Rands monthly. To this end, BWC needs your financial support to accomplish this. Please send your donation today to Beauty without Cruelty | Standard Bank - Branch: 025109 - Savings Acc: 077 491 645. Please include a 'B' in your reference line to ensure your donation goes directly to the care of these fragile animals.

Beauty Without Cruelty is delighted with the decision made by UCT to release the Chacmas to the care of a sanctuary, and for their commitment to no longer make use of baboons for medical research. We commend all involved for their efforts in the success of this scientifically sound and humane decision.

**MANDELA DAY AND BWC** Supporters around the country spent 67 minutes handing out leaflets at robots, at school and at work, to celebrate Mandela Day by giving time to educating the public at large about Beauty Without Cruelty.

Some folks printed out their own vivisection leaflets that we had e-mailed them while others requested and received BWC general flyers in the post.

Thank you one and all for a wonderful effort in raising awareness, from Irene in Pretoria to Knysna, Somerset West, Diep River, Johannesburg, Tableview, Newlands, Seapoint, Milnerton and elsewhere.

*"Wearing my "Give Peas A Chance" veggie parade T-shirt and a huge smile, afternoon rush hour at the Stellenbosch-Somerset West intersection = a great success on handing out BWC flyers!!! My flyers didn't even last 20 minutes and they were all handed out! Unfortunately I was on my own and don't have any photos."*



## CHAIRPERSON REPORT CONT'D

During Vegan Week, BWC successfully persuaded Steers, Global Wraps, and other food outlets, to be part of the promotion of vegan foods during the week. We are proud of these food outlets for being part of the promotion and hope that in due course many more businesses will not only join us for this event, but will provide amazing vegan options for consumers in the long term. In line with these humane gestures from eateries, we are pleased to report that various restaurants not only took part in Vegan Week, but also have permanently removed the cruelly manufactured foie gras from their menus and shelves. These include the well-known restaurants Blonde, which is part of the Beluga/Sevruga group, hugely popular Willoughby's at the V & A Waterfront, Emily's at the Waterfront and Myoga at the Vinyard Hotel. All these well known establishments have taken a humane decision not to serve the diseased livers of force fed geese and ducks, popularly known as 'foie gras' and we congratulate them for their stand. The No Foie Gras campaign, which is affiliated to BWC, has made huge inroads in getting foie gras removed from menus and shelves of South African shops, restaurants and hotels and some very influential people have signed the "no foie gras" pledge, including latest supporter singer Mynie Grove. Our thanks to all who have chosen compassion over cruelty. Another coup for the NFG campaign was persuading DSTV to change their advert, which had previously listed foie gras as a desirable food, to a less contentious product. Television exerts a significant influence on the public's view and attitude towards animals and BWC is always on the alert to change negative perceptions. Other events that have taken place this year are a successful fundraiser at the Baxter Theatre and the selling of Christmas cards at a number of venues in Cape Town.

Fundraising is always an important issue and new ideas are constantly being sought to keep the charity financially sound. Seeking corporate sponsorship for specific projects is one way of generating funds and more effort will be made in the forthcoming year to increase the number of projects we are able to initiate with the support of local businesses.

BWC is now a beneficiary of My Card and while it will take time for consumers to support us through this medium, we are certain that in the longer term My Card will benefit the animals on whose behalf we work. We thank members and supporters who, through their generous financial support, make it possible for us to continue our work - they are an integral part of our success!

While the issues that BWC addresses are mostly long-term problems, we are always happy when we are successful in either improving the lives of animals, or persuading people to change their lifestyle choices by adopting more humane options. We are committed to educating young people about the way in which animals are abused and exploited for human benefit, with

special emphasis on the fact that animals are sentient beings and are capable of feeling both physically and emotionally in the same way as humans and thus deserve our respect and compassion.

Thank you too to those people who support our protests, attend our events and encourage us in so many other ways. Thank you to the volunteers who help us implement our goals and objectives and give so generously of their time and expertise.

Lastly, I would like to thank our PR and media liaison person, Toni Brockhoven, for her unwavering commitment to the charity and for going well beyond the bounds of duty to promote our organisation. Thank you too to the national committee who are always so supportive and who give their time and commitment to achieving the goals we have set ourselves.

Beryl Scott National Chairperson - Beauty Without Cruelty

Your donations, bequests and membership fees allow us to continue and without your financial support we cannot fight animal exploitation on your behalf.

Please consider a monthly donation, get your free My School/MyPlanet/MyVillage card either on line or at Woolworths and add us as a beneficiary, or add a bequest in your will.

BEQUESTS : Those wishing to make gifts by will to the charity should consult their legal advisers, but the following wording may prove useful:

*I give, free of duty, to the Charity called Beauty Without Cruelty, whose office address is P O Box 23321, Claremont 7735, the sum of R..... And the receipt of the National Chairperson of that Charity shall be sufficient discharge for this gift.*



## UK TO END ANIMAL TESTING FOR HOUSEHOLD PRODUCTS

British Home Office minister, Lynne Featherstone, has voiced the opinion that inflicting pain and suffering on animals to manufacture household products such as washing up liquid, furniture polish, air freshener and bleach etc is unacceptable and could soon be banned in the UK.

The Government has taken a first step towards ending the practice which will ultimately make household products subject to the same rules as cosmetics. The testing of cosmetics or their ingredients on animals has been illegal in Britain since 2008. In future, a condition added to the 1986 Animals (Scientific Procedures) Act will stop animal testing licences being granted for experiments involving household products, which involve giving animals toxic doses of chemicals or rubbing irritants into their skin. The effects can include vomiting, seizures, internal bleeding and organ damage, following which the animals are killed.



## ON VIVISECTION AND MORALS

Living ethically means that we should not (cannot) knowingly inflict serious harm on others, although it may be the only possible way to avoid even greater harm to others, which perhaps makes such a choice possibly morally excusable.

All research indicates and confirms that animal models have revealed a lack of human clinical or toxicological benefit. Some research satisfies scientific 'curiosity', but it is indefensible to justify.

We live unhealthy lives and expect instant cures for what ails us from elsewhere, resulting in unspeakable suffering of the animals who had no bearing on our self-induced illnesses. It is indeed our shame that we take no or little responsibility for our

own health with preventative care, although it is obviously the most logical way of benefitting ourselves.



## AIRLINES TRANSPORT PRIMATES FOR MEDICAL RESEARCH

SAA recently confirmed with BWC that they neither transport primates for research, nor wild caught birds for breeders and to the best of their knowledge, neither do any other local carriers. However the practice continues with some overseas airlines and BUAV (British Union against Vivisection) has released this brilliant, yet subtle advert in this regard  
<http://www.youtube.com/watch?v=mnG3kuHnWM4>

## BEAUTY WITHOUT CRUELTY POLICY

**Sentience:** The word "sentience" means "one who has the faculty of sensation and perception", meaning to have the ability to "feel" physically and emotionally. Animals are sentient beings, although they are presently legally classified in South Africa as "things" or moveable property and BWC believes that this archaic, unjust, legal status must be changed before any worthwhile protective legislation can be passed.

**Animal Rights:** Animals have natural rights which must be acknowledged in South African law; these include the right to freedom from unnaturally induced pain; the right to shelter; the right to nourishment; the right to indulge their natural instincts; the right to freedom of movement and most importantly, the right to exist. Animals have intrinsic worth and their value should not be based on their usefulness to humans. BWC supports the rights of animals and will work forcefully to obtain such rights on behalf of animals.

**Ethical living:** Veganism is the only dietary option in keeping with the concept of animals having rights. So-called free-range farming only offers temporary relief from suffering for farm animals by providing better living conditions, in comparison to the cruel battery system, but their births and deaths are as cruel and unacceptable as that of their factory farmed cousins! Living without cruelty should be the aim of all caring people and BWC aims to provide credible information to enable them to make informed lifestyle choices.

**Education:** Humane education is the key to changing people's attitudes towards animals; they have lives that are meaningful to them and although they may be different from humans, that does not mean they are inferior! All life is valuable and BWC promotes respect and consideration for all species, including invertebrates. BWC will work with other organisations on educational programmes designed to encourage compassion, respect and care for animals especially in young people, which will in turn lead to a the humane treatment of humans and a more compassionate society.



# Beauty without Cruelty

## Approved Product List - December 2011



STATUS :Vegetarian= Veg; Vegan= V; Organic= O; Note some ranges have both V & Veg products

<b>AFRICAN ORGANICS</b> Shampoo, Conditioner, Body wash, Lotion	V O	Selected stores, Wellness Warehouse	<a href="http://www.africanorganics.co.za">www.africanorganics.co.za</a>
<b>ANNIQUE</b> Full skin care, Body care, Lifestyle, Cosmetic & Baby ranges	Veg	Beauty clinics, salons, on line	<a href="http://www.annique.com">www.annique.com</a> 012 345 9800
<b>BEAUTIFUL EARTH</b> Hair care, Full skin care range, Pregnancy range, Children's' range, plus Body butter, Foot gel, Bath Milk & oil, Bath Salts, Gift Packs	V	On line store	<a href="http://www.beautiful-earth.co.za">www.beautiful-earth.co.za</a> +27 (0)82 929 6922
<b>BIO OIL</b> The original tissue oil	V	Pharmacies, most retail outlets	<a href="http://www.unionswiss.com">www.unionswiss.com</a>
<b>CHARLOTTE RHYS</b> Bath, Body, Face, Atmosphere, Fragrance, Mens ranges, Insect repellent cream	V Veg	Selected bath & body stores nationwide, kalahari.net	<a href="http://www.charlotterhys.com">www.charlotterhys.com</a>
<b>ENCHANTRIX</b> Baby, Body lotion, Scrub, Hand wash, Body butter, Shaving gel, Cleanser, Shampoo, Conditioner, Hair gel, Toothpastes, Pet shampoo	V	Health stores, selected spas, Windhoek & Namibia	<a href="http://www.enchantrix.co.za">www.enchantrix.co.za</a> 021 709 0393
<b>ESSE</b> Cleansers, Moisturizers, Masks, Exfoliators, Body lotions, Oils	V	Health stores, selected spas, Windhoek & Namibia	<a href="http://www.esse.co.za">www.esse.co.za</a> 033 212 3508
<b>FAT AND RICH</b> Shampoo mask, Serum Oil, Super rich moisturizer	V	On line store	<a href="http://shop.farbotanicals.com">http://shop.farbotanicals.com</a>
<b>INNOXA</b> Affordable full Skin care, full Body care, 'One and All' Hand / Body care, 'Young Solutions' Scrub, Mask, Toner, Cleanser, Spot control	Veg	Dischem, selected pharmacies and stores	<a href="http://www.innox.com">www.innox.com</a>
<b>LIKE SILK</b> Moisture Lotion, Night Cream, Toner, Day Cream, Exfoliating Scrub, Face Wash, Cleansing Milk, Make-Up Remover	Veg	Clicks, pharmacies and supermarkets	
<b>ONAKA AND BLOOM</b> Bath Crème, Shower gel, Body Lotion, Butter, Scrub, Hand Lotion, Mens Shampoo, Conditioner, Shower gel, Lotion, Travel Set (incl repellent)	V	Wellness Warehouse, selected outlets	<a href="mailto:info@onakabloom.com">info@onakabloom.com</a> 082 565 1284 / 082 822 9226
<b>THE ONE AND ONLY HOTEL</b> Skin care	V Veg	Hotel room complimentary bath & body products <a href="mailto:reservations@oneandonlycapetown.com">reservations@oneandonlycapetown.com</a>	021-4315888
<b>PURE BEGINNINGS</b> Body wash, Body lotion, Toothpaste, Shaving cream, Shampoo, Conditioner, Deodorant and Baby range	V	Order on line/by phone and Wellness Warehouse	<a href="http://www.purebeginnings.co.za">www.purebeginnings.co.za</a>
<b>QUINTESSENCE</b> Hand & Body lotions, Bath soaps, Shower gel, Bath oils, Bath crystals, Bath fizzers Lip balms.	Veg	Selected health stores and outlets	<a href="http://www.quintessence.co.za">www.quintessence.co.za</a> 012 804 6443 / 7545
<b>SAVANE</b> Cleanser, Exfoliator, Toner, Serum, Face Oil and Moisturizer.	V O	Direct sales and from Parkhurst office	<a href="http://www.savaneskin.co.za">www.savaneskin.co.za</a> 011 447 6159
<b>SYMPHATONE</b> Lotions, Facial Washes, Mask, Hand & Body Lotions, Exfoliating Cream, Vitamin E Oil	V Veg	Selected outlets	<a href="http://www.symphatone.co.za">www.symphatone.co.za</a> 011 708 0196
<b>THE ONE AND ONLY</b> Skin care	V	The One and Only Hotel Beauty Spa, Waterfront CT	021-431 5250
<b>VANDA</b> Fragrance, Full face & body care, Cosmetics, Hand/ Foot care, Sunscreen, First aid cream, Muscle rub, Camphor cream, Breathe ease	Veg	Direct Sales	<a href="http://www.vanda.co.za">www.vanda.co.za</a> 011 422 3710
<b>VICTORIAN GARDEN</b> Full facial and body care, Full bath range, Lip balm, Masks, Body lotions, Hand & foot creams, Deodorants (roll on) Scrubs, Soaps, & more	V Veg	Contact orders.victorian@telkomsa.net for outlets near you incl health stores	<a href="http://www.thevictoriangarden.co.za">www.thevictoriangarden.co.za</a> 114 667 947
<b>HOUSEHOLD CLEANERS</b>			
<b>ENCHANTRIX</b> General cleaner, Drain cleaner, Toilet cleaner, Laundry liquid, Fabric softener	V	Health stores, selected spas, Windhoek & Namibia	<a href="http://www.enchantrix.co.za">www.enchantrix.co.za</a>
<b>BETTER EARTH</b> Bathroom cleaner, Dishwashing machine gel, Air freshener, Cleaning spray, Floor cleaner, Dishwashing liquid	V	Selected outlets, see website for details	<a href="http://www.betterearth.co.za">www.betterearth.co.za</a> 084-8138079
<b>DEPARTMENT STORES</b>			
<b>WOOLWORTHS</b> Earthfriendly Household products	V O	Nationwide	
Household, Bathroom, Carpet, Oven, S Steel, Floor cleaners, Dishwashing liquid, Carpet freshener, Furniture polish, Laundry liquid & more			
Private Label & Earthfriendly personal products	V Veg		
Soaps, Shower gels, Hair & Body washes, Foam baths, Body lotions and butters, Hand & Face creams, Hydrating masks, Scrubs, Anti-aging treatments, nail care.			

OUR CRITERIA FOR ENDORSEMENT is of the strictest world wide, ensuring true humane status.

NOTE The criteria for department stores has slightly different standards, as they are 'general dealers'. Specific brand outlets, however, are required to follow specific criteria and therefore sales of leather, bone, shell or feathers remains unacceptable. (There is often suffering with respect to feathers, esp duck down which often comes from foie gras birds, who may be plucked a few times before death)

# VEGAN WEEK PARTICIPATING VENUES

Please support these venues who have great vegan options available on their menus., and who had special offers for Vegan Week (last week of October)

## GLOBAL WRAPPS

[www.globalwrapps.co.za](http://www.globalwrapps.co.za) Call +27 83 3972777 for your nearest store

### CAPE TOWN

AFRICA CAFÉ—AFRICAN / RAW

021 422 0221 108 Shortmarket Street. [www.africacafe.co.za](http://www.africacafe.co.za)

ANATOLIS – TURKISH

021 419 2501 [anatolitr@telkomsa.net](mailto:anatolitr@telkomsa.net) [www.anatoli.co.za](http://www.anatoli.co.za) 24 Napier Street, Green Point

CAPE GRACE HOTEL—SIGNAL RESTAURANT

021 410 7080 Cape Grace Hotel, V&A Waterfront [www.capegrace.com/dining/signal\\_restaurant](http://www.capegrace.com/dining/signal_restaurant)

5 course vegan tasting menu incl wine R350 (usual price R550)

CHANDANI - INDIAN

021 447 7887 [drdina@imaginet.co.za](mailto:drdina@imaginet.co.za) [www.chandani.co.za](http://www.chandani.co.za) 85 Roodebloem Road, Woodstock

DEER PARK CAFÉ

+27214626311 2 Deer Park Ave, Vredehoek

MAHARAJ – INDIAN VEGETARIAN TAKE OUT

021 685 7891 6 Rondebosch Court, Fountain Square Rondebosch 7700

MASALA DOSA – INDIAN

021 424 6772 [amit@masaladosa.co.za](mailto:amit@masaladosa.co.za) [www.masaladosa.co.za](http://www.masaladosa.co.za) 176 Long Street

PLUS

154 Main Road, Sea Point

ROYALE EATERY

021 422 4537 273 Long Street Mon to Thurs 4—5:45 pm the 'Georgia Brown' vegan burger for only R30.

SOPHEA GALLERY & TIBETAN TEAHOUSE (VEG/VEGAN)

021 786 1544 [sophea@sopheagallery.com](mailto:sophea@sopheagallery.com) [www.sopheagallery.com](http://www.sopheagallery.com) 2 Harrington Road, Seaforth, Simon's Town

## STELLENBOSCH

JAKARTHA RIJSTAFEL – INDONESIAN

021 881 3243 [sunhillf@iafrica.com](mailto:sunhillf@iafrica.com) [www.jakarta.co.za](http://www.jakarta.co.za) La Provence Road, On the M12 (Stellenbosch - Kuilsriver road) behind the Polkadraai Farmstall.

## HERMANUS

TIKKA PALACE—PAKISTANI

028 313 8460 2nd Floor, Misty Waves Hotel Marine Drive. [tikkapalace@gmail.com](mailto:tikkapalace@gmail.com) [www.tikkapalacesa.com](http://www.tikkapalacesa.com)

## JOHANNESBURG

CAFÉ STRIVE

011 783-5146 100 South Road, Morningview Shopping Centre [cafestrive@mweb.co.za](mailto:cafestrive@mweb.co.za) [www.cafestrive.co.za](http://www.cafestrive.co.za)

FRESH EARTH FOOD STORE - VEGETARIAN

011 646 4404 [info@freshearth.co.za](mailto:info@freshearth.co.za) [www.freshearth.co.za](http://www.freshearth.co.za) 103 Komatie Road, Emmarentia

SPICEBURG –INDIAN

Tel: 011 486 2255 141 Greenway Road c/o Gleneagles and Greenway Greenside

## PRETORIA

GEET—INDIAN

012 460 3199 Estichis Building, 541 Fehrsen Street Brooklyn Pretoria [www.geetindianrestaurant.com](http://www.geetindianrestaurant.com)

NAMASKAR –INDIAN

012 342 9081 1270 Church St Pretoria 0083

## DURBAN

EARTHMOTHER – VEGETARIAN

031 202 1527 [organic@telkomsa.net](mailto:organic@telkomsa.net) [www.Earthmother.co.za](http://www.Earthmother.co.za) 106 Bulwer Rd, Glenwood

SPICEWOK - THAI AND ASIAN 031 903 2755 407 Kingsway Road, Amanzimtoti <http://www.facebook.com/#!/spicewok>

VRUSHNIKS VEGETARIAN RESTAURANT—INDIAN

031-3687443 Shop 5a Mangrove Beach Centre, 91 Somtseu Road, North Beach [www.vrushiksvegetarianfoods.co.za](http://www.vrushiksvegetarianfoods.co.za)

## FUR ANIMALS

### CHINESE CONSULATE – LETTER AND PETITION RE FUR ANIMALS

In Cape Town, Friday the 16th of September 2011, BWC, representing three South African animal-rights organisations, handed over a letter and petition to officials at the Chinese Consulate in Newlands as part of a global event to protest against the live skinning of fur animals and the complete absence of animal protection legislation in China.

Toni Brockhoven met with Ms Li, Director of Consular Division and Mr Meng, Consular Attache, who were most positive, confirming that more and more Chinese were becoming aware of animal sentience and the need for animal welfare and protection. No media was allowed at the presentation and photos were not allowed. Organisations participating: Beauty Without Cruelty, Fur Free SA (affiliated to the International Anti-Fur Coalition) and People for the Liberation of Animals.



We trust that the international action will go some way to seeing urgent development of welfare laws. We respectfully request that legislation be promulgated and enforced in China that will ban:

- the importation of animals for use in the Chinese fur trade, whether for breeding or for slaughter
- the breeding or keeping of cats and dogs for use or slaughter in the Chinese fur trade
- the skinning alive and other inhumane killing methods and inhumane treatment of all animals
- the use of cat and dog fur in the manufacture of products made wholly or partially from such fur
- the export and/or sale of cat and dog fur and of products made wholly or partially from cat and dog fur
- the imposition of adequate penalties, including imprisonment and/or substantial fines to ensure enforcement.

Our thanks to Fur Free for the initiative in this action.

## MONKEY MURDER

### MONKEY MURDER AT UKZN

In response to our letter to the University of KZN regarding the group of students who bludgeoned a lone monkey to death, we received this missive: *Thank you for your concern. On behalf of Executive Management I wish to state that any form of cruelty to animals is strongly condemned. Indeed any act of violence will not be tolerated at the University's campuses. The University's values underpin all our endeavours that include the production of socially-responsible graduates. The Executive and indeed all staff and students are committed to this. The matter is receiving urgent attention and a thorough investigation is underway. Perpetrators will be severely dealt with through the University's official processes. Regards Nomonde (Ms Nomonde Mbadi)*

We urge the strongest possible action against the perpetrators at UKZN, where a previous incident involving the microwave death of Tango, the pet cat of a campus security head of UKZN was never prosecuted due to no one being willing to identify the killer(s)! No one can claim lack of education or ignorance of the potential for pain and suffering. This was deliberate, intentional inflicting of torment and torture until death. Is this what South Africa looks forward to from university graduates? Is this our future?



A failure to expel and prosecute the offenders bodes ill for us all. There is no excuse, no justification, no mitigating circumstance that can allow for anything less. Swift, firm action needs to be taken. Those involved made a decision, which carries with it consequences that must be accepted. Cruelty to animals can carry a penalty of a fine of up to R20 000 or two years' imprisonment. Failure to act holds consequences also, which UKZN and indeed, society at large, can ill afford.

UKZN is in the process of implementing humane education, using the knowledge and expertise of those animal rescuers and rehabilitators' with extensive knowledge of monkeys, and for this we commend them. However we remain concerned at the lack of action—it would seem the university is being dictated to by bullying students!

## ANIMAL ABUSE AND DOMESTIC VIOLENCE

71% of pet-owning women entering women's shelters reported that their batterer had injured, maimed, killed or threatened family pets for revenge or to psychologically control victims; 32% reported their children had hurt or killed animals.

68% of battered women reported violence towards their animals. 87% of these incidents occurred in the presence of the women, and 75% in the presence of the children, to psychologically control and coerce them.

13% of intentional animal abuse cases involve domestic violence.

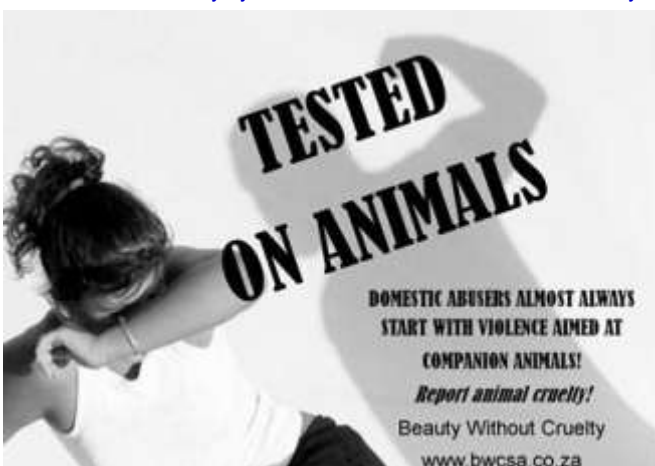
Between 25% and 40% of battered women are unable to escape abusive situations because they worry about what will happen to their pets or livestock should they leave.

Abusers kill, harm, or threaten children's pets to coerce them into sexual abuse or to force them to remain silent about abuse. Disturbed children kill or harm animals to emulate their parents' conduct, to prevent the abuser from killing the pet, or to take out their aggressions on another victim.

In one study, 70% of animal abusers also had records for other crimes. Domestic violence victims whose animals were abused saw the animal cruelty as one more violent episode in a long history of indiscriminate violence aimed at them and their vulnerability.

Investigation of animal abuse is often the first point of social services intervention for a family in trouble. For many battered women, pets are sources of comfort providing strong emotional support: 98% of Americans consider pets to be companions or members of the family.

Animal cruelty problems are people problems. When animals are abused, people are at risk. Original source American Humane Ass - Cruelty to Animals and Other Crimes: A Study by the MSPCA and Northeastern University



## ANIMAL RESEARCH INSANITY

Small physiological difference between genders has many implications in terms of medical treatment, for example, men and women process pain, or respond to pain treatment, differently. According to a 2003 Tufts University study, women require higher levels of morphine to achieve the same level of anesthesia. Even identical twins have different gene-expressions (how genes behave); studies have revealed, for example, that where both twins have a genetic predisposition to a disease, sometimes only one ultimately develops the condition. Researchers at the American College of Rheumatology have shown such examples in the development of rheumatoid arthritis.

The importance of taking note of this is that within humans alone, men and women, or even identical twins, cannot accurately predict response to disease or drugs. **Identical twins possess 100% of each other's DNA, and men and women share over 99% of DNA.** These tiny differences create entirely different results in disease and humans response to medical treatment.

These differences in results expand incredibly when comparing humans to chimpanzees, who possess an estimated 98% genetic similarity and even greater diversity when we move to using rodents, canines, felines and other species! Those scientists who still argue for continued medical testing involving chimpanzees especially, do so with the rationale that they are the closest genetic relatives to humans but if we cannot even guarantee accurate results within our own species, does it make moral, ethical and financial sense to insist on using animals for research?

Banking details:

Beauty Without Cruelty

Standard Bank Claremont (025109)

Savings Acc 077 491 645

*Please, consider a monthly stop order to assist us to continue our work in fighting animal exploitation and abuse on your behalf.*

If ALL our supporters and fans were to initiate a stop order of R50 monthly, so much more could be accomplished with respect to literature and other educational materials so we could reach more schools. Naturally memberships, donations and bequests are all essential and most gratefully received, however the regular, consistent income is also desperately needed to fund ongoing projects.

## DSTV

Beauty Without Cruelty was one of the organisations featured on DSTV'S Kyknet's Aardwolf programme recently, during which cosmetic testing, vivisection and the fur trade was highlighted. On the programme, the SPCA mentioned that cosmetic testing is not conducted in South Africa and that much of the (vivisection) footage is from years ago and such testing no longer applies. This is an erroneous statement. Local private laboratories certainly do conduct testing for cosmetic and household products, and while certain vivisection procedures are no longer conducted in South Africa, some are still being done in the USA and UK. Vivisection also continues in South Africa, hence the need for Ethics Committees, which approve animal based testing applications!

Please use the BWC humane guide for endorsed personal and household care products. Our standards are of the strictest worldwide. [www.bwcsa.co.za/downloads](http://www.bwcsa.co.za/downloads)

## FIREWORKS

BWC leafleted at the V&A Waterfront at the Diwali Day celebrations to highlight the suffering of animals and the pollution caused by the use of fireworks. We made use of leaflets from BWC India and Citizens for Animal Rights in India, which we printed.

Many of the crackers used on Diwali are made by very young children, handling extremely toxic substances, the result of which is many of these child laborers' die in their early teenage years.

## SUBSTANCES IN FIREWORKS

Copper	Irritation of respiratory tract
Cadmium	Anemia and damage to kidney
Lead	Affects the nervous system
Magnesium	The dust and fumes cause metal fume fever
Sodium	Reacts violently with moisture and can attack the skin.
Zinc	Leads to vomiting
Nitrate	Could lead to mental impairment
Nitrite	Could lead to coma

We urge you please, do NOT support functions that include fireworks and more importantly, do not purchase them for personal use. Remember to use Calmettes (pure Valerian) or Rescue remedy for your animals in the run up to and on certain festival days like Guy Fawkes, Diwali, New Year, and keep them safely indoors.



## VEGAN PARTY

Letter from a BWC supporter, Anisha Halsey, whose family had condemned her vegan lifestyle, esp with respect to her young daughter:

Hi:)

*Just to let you know K's birthday party went very well, I decided to tell everyone not to bring any food, I got a caterer to make assorted samosas and spring rolls and I baked everything else, I even made pizza. It was awesome, well worth all the loss of sleep, as I spent 2 days and a night baking.*

*My aunts were so impressed; they never dreamt that food without animal products could be so varied and interesting. I am so super excited; I was so stressed out before it. Everybody commented on how much they enjoyed the food. I made the birthday cake, vegan sponge in rainbow colours, I used flavoured cold drinks rather than just plain soda water and I made the icing in rainbow colours and used fruit flavours.*

*I feel so relieved; people have even stopped commenting on how I'm depriving K of the tasty things in life. And they asked for recipes!!!! Hopefully that means that they are going to be incorporating more vegan meals into their lives.*



## DID YOU KNOW?

**Rapadura Sugar** (Jaggery powder) is a mostly unprocessed raw sugar which contains molasses and retains the vitamins and minerals naturally present in cane juice. Per 100 g, rapadura contains up to 1,000 mg of potassium, 100 mg of magnesium, 110 mg of calcium, 100 mg of phosphorus, 1,200 IU of vitamin A and trace amounts of vitamin B1, vitamin B2, vitamin B6 and niacin.

The health benefits of **coconut oil** include hair care, skin care, stress relief, maintaining cholesterol levels, weight loss, increased immunity, proper digestion and metabolism, relief from kidney problems, heart diseases, high blood pressure, diabetes, dental care, and bone strength. These benefits of coconut oil can be attributed to the presence of lauric acid, capric acid and caprylic acid, and its properties such as antimicrobial, antioxidant, antifungal, antibacterial, soothing, etc.

**Raw Cacao** (NOT cocoa!) is the highest whole food source of magnesium, which also happens to be the most deficient mineral in the diet of modern cultures. Magnesium relaxes muscles, improves peristalsis in the bowels and relaxes the heart and cardiovascular system. The dark chocolate antioxidants have been clinically proven to literally dissolve plaque built up in the arteries which helps in reversing heart disease and causes naturally lower blood pressure. Also, various other vitamins and minerals in raw cacao benefits the cardiovascular system.

**WINNER**

The winner of the beautiful painting featured in our recent raffle is Rosemary Yates, who took multiple entries. Hearty congratulations to you, and thank you for the support! Our immense gratitude to Rosalind Stone for the kind and generous donation!

**PUBLIC SERVICE ANNOUNCEMENT**

BWC was in communication with two students earlier in the year, about doing an advert to be entered for TAG awards (seen as VUKA adverts on Mnet) Both students produced outstanding 30 second commercials, one of which will be screened on Mnet during the course of 2012. Look out for it.

Our heartfelt thanks and immense gratitude to Nthabiseng Mosieane and Anica Swarts and friends for their sterling efforts!

**GREEN EXPO**

Beauty Without Cruelty spent three days at the first CT Green Expo held at the CTICC recently, where information on the effects of a carnist diet on the planet was disseminated, humane personal and household product guides were dispensed and the public had the opportunity to purchase Christmas cards, tees and Living Without Cruelty cookbooks.

The overall response was very positive and encouraging and there were many who seemed genuine about making favourable changes, after talking with BWC about the impact we have on the planet with every meal choice. If one is serious about preserving our planet's resources then one cannot be anything other than vegan. The dairy and egg industries use fodder, space and water as does the meat industry, and when the cows and chickens are no longer financially viable they are sent for slaughter. Over 179 million chickens die annually in South Africa and this means the water that drains away from chicken abattoirs is 10.6 billion litres annually - or 29 million daily. This figure does not include the water required to rear the chickens or to grow the crops to feed them. It is simply the 'processing' of the chickens. What about the water wastage of 'processing' all the other animals?

The use of gin traps, as well as poisons, 'denning' and hunting dogs are common and legal on farms, and decimate our biodiversity as tens of thousands of animals die cruel, painful and terrifying deaths, most of whom are unintended victims!

What happens to the millions of animal bodies used in toxicity and other testing worldwide, annually? Burial or cremation both result in pollution....

Our every choice has a consequence.

**OH RATS!**

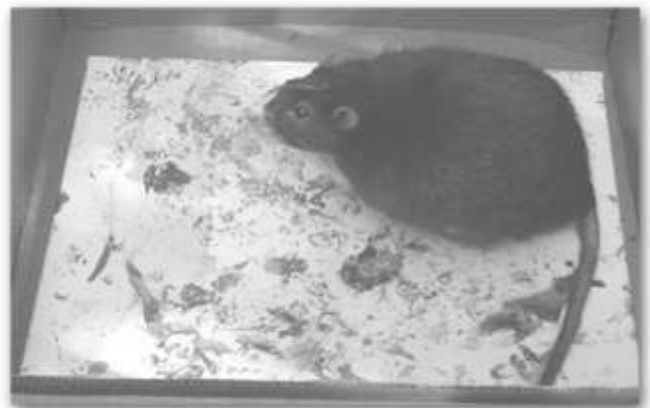
What took scientists so long to reach the conclusion that rats are more human than we thought? Could it be that they just did not want to recognize it? After all there are few medical research facilities that won't use them in their research.

Would it help their research placing the rats one notch higher on our evolutionary tree? In spite of all the evidence of empathy driven behavior evidence of an "emotional contagion, a frequently observed phenomenon in humans and animals in which a subject shares in the fear, distress or even pain suffered by another subject" in rats, primates and other "researched" animals, scientist have not felt deterred from subjecting our "alikes" to the most useless medical experiments.

Research proves that rats and other animals will help their fellow peers in any perceived dangerous circumstances, an act which to them is the reward itself. The experiments on rats that took place in the UCMD, also provided "further evidence that empathy-driven helping behavior is not unique to humans -- and suggest that Homo sapiens could learn a lesson from its rat cousins."

"When we act without empathy we are acting against our biological inheritance," said Peggy Mason, PhD, Professor of Neurobiology. "If humans would listen and act on their biological inheritance more often, we'd be better off."

Humankind through centuries vilified the rats and branded them as "vermin," carriers of diseases. But we were the ones who pushed them into our gutters, where while hiding from humans and looking for food, they carry the filth back to us. But whose filth is it, theirs or ours? They are only messengers of our own decay, and a reminder that the vermin are not them!



A rat called Cricket, busy with one of his paintings.

**BEWARE OF TOXIC COSMETICS**

Cosmetics are among the best-selling items during the Christmas season purchasing cheap sidewalk or bargain basement options could well be life-threatening.

EcoWaste Coalition campaigner, Aileen Lucero, said cosmetics consisting of skin whitening cream, face make-up, lipstick, eye mascara, eyeshadow, and nail polish, were bought for testing from sidewalk vendors, cosmetic stalls and drug stores.

X-Ray Fluorescence spectrometer showed 23 of the 44 samples or 52 % were found to contain arsenic, cadmium, chromium, cobalt, lead, mercury and nickel.

Toxic metals are associated with a host of serious health ailments, including reproductive defects, developmental disorders, neurological and behavioral problems, and cancer.

The toxins can readily pass into the body system through the skin, and in the case of lipstick, even swallowed.



Given that there are many really cheap make up and skin care options out there where one cannot ascertain the origin, it makes sense to use well known brands and the BWC humane guide does have ranges from budget conscious to upmarket, to suit all tastes and pockets. However one often concludes that pricier versions last longer and seem more effective, so in the long run, the cost factor tends to be similar!

Experimental results published December 8 in Science, show that rats demonstrate helping behaviour based on empathy. In an experiment, one of two rats, who normally share a cage, was held in a restrainer device while the other roamed free. The device could be opened from the outside and researchers were amazed to note that the free rat behaved in a more agitated way when his cage-mate was restrained, than when in a cage without a restrained companion. After a few sessions the free rat learned how to open the restrainer door, freeing his cage-mate. In later experiments, even the lure of chocolate chips could not distract the free rat from freeing its restrained companion. While the experiment may have shown that species other than humans are capable of having empathy with the suffering of others, it says more about the human researchers who showed no empathy for the trapped rat, or the anxious cage-mate!

Ever wondered how your money is spent when you donate to a charity? Organisations that address issues such as heart disease, cancer, diabetes and many other diseases may use your money to subsidise experiments that involve the use of animals, but are meant to address the human condition. Often support for vivisection-friendly research is obtained after loaded questions have been asked that don't give a true picture of how the money will be spent: a poll conducted in 2009, on behalf of the Department for Business, Innovation and Skills in the UK, which sought support for animal research 'for which there is no alternative...as long as there is no unnecessary suffering...and only for life-threatening diseases' is an example. However, according to ANIMAL AID, a UK animal rights organisation that commissioned its own poll, when 'unloaded' questions were asked they produced a very different response from the public. An overwhelming 82% of respondents answered "no" to the question "Would you knowingly donate to a medical research or health charity that funds experiments on animals?" just 16% answered "yes", with 2% in the "don't know" category. South Africa is no different and many people unknowingly allow their money to be used by charities, purporting to support the victims of ill-health, for vivisection. If you don't like the idea of your money being used to support animal based research, either make sure when making a donation that the organisation will earmark it for a programme that does not involve vivisection, or better still make a donation to a charity that educates and encourages people to live healthier lifestyles.

When Beauty Without Cruelty was first formed by Lady Muriel Dowding in the UK in 1958, no one could have guessed that the organisation, which was the first to purely address the suffering of animals in the cosmetic industry, would start a trend towards buying "cruelty-free" cosmetics that today is second nature to so many people all over the world. The concept of products being 'not tested on animals' has become a lucrative sales pitch of which many undeserving companies take advantage; animal 'friendly' claims are commonly seen on products and packaging, but many have no right to make such statements, as they do not comply with internationally accepted humane standards. In South Africa, the Cosmetic, Toiletry and Fragrance Association and the Advertising Standards Authority both require that companies be able to prove such claims and the Consumer Protection Act warns against statements that are "misleading". Before buying products that claim not to test on animals, check them out with Beauty without Cruelty, or use our approved product guide instead!

Beryl Scott

## ANIMAL RIGHTS ACTIVISTS AND OTHER VEGETARIANS AND VEGANS: THE QUIZ

*In addition to its other contributions to animal rights, Beauty Without Cruelty does a great job in making us vegans/vegetarians/animal activists realize that we are not alone. There are quite a number of us living the same ideology, working for the same causes. But how much do you know of those who've come before us, most (but not all) marvellous people whose lives we'd do well to try to emulate.*

*Read the potted biographies of those below and try to work out who each one is. They range from the easy to the puzzling to the well-nigh impossible, and include men and women, black and white, straight and gay, inventors and actors, writers and the sporting. What they have in common is what they have in common with you: someone who cares for animals, who works for their well-being, who refrains from eating them or their products. Well, most of you.*

*Read this and you'll gain in at least two ways: you'll learn a great deal and you'll also have fun, both with the "Wow!" factor. The answers are on the next page, but upside down!!*

1. The tall, long-haired man was walking in Milan, quite aware of the gazes of those looking at him, but not caring. People were gasping and pointing because he was exquisitely handsome. He was also known to be exceptionally strong, being able to bend a horseshoe with just one hand. More than that, he was considered to be a genius: he painted brilliantly, he was a gifted musician, he was an astonishing mathematician, biologist and engineer. In addition to that, he was an amazing inventor: he had shown them his designs for a flying machine and weapons of war as well as how to harness solar power. He was also very gentle and was known to be a vegetarian. As they were looking at him, he calmly walked up to a street vendor who had a multitude of birds in cages. "How much for each bird, my friend?" he asked. The vendor mumbled a reply and the man took out his purse, buying all the birds. He then put his hand in the cages, gently took out each bird, spoke softly to it, and released it, watching with joy as it unfolded its wings and took to the skies in freedom. "It is wrong to cage any animal or bird," he said. "They are living beings like all of us. They deserve to relish life. Let them live in joy." Who was he?

2. A great activist who is a woman everyone reading this knows and many have met. She is the most deserving person not to have been awarded the Nobel Peace Prize. We all do well to follow her credo: "The least I can do is speak out for those who cannot speak for themselves." She is a British primatologist and anthropologist and the UN Messenger of Peace. Such was the quality of her work while even a young wom-

that she was the first person to be allowed to do a doctorate at Cambridge University without having another degree. And as if you haven't known who she was from the start, her fame rests not just on educating children into caring for animals and looking after the environment, but in her astonishing work with chimpanzees. Surely, one of the greatest people of our age.

3. Here's a surprising vegan who gives the lie to any impression that such people can't be macho. This one-time prisoner with a history of violence is a recent convert to the diet, saying: "I wish I was born this way." He adores pigeons although he doesn't eat them – anymore. More clues? What about telling you that he has a penchant for ears, making headlines when he chomped on someone's. One more clue: he was the undisputed heavyweight boxing champion of the world for some time.

4. Do you know of anybody from Yale who won an Olympic gold medal for rowing? You don't? He didn't have a baby face but he was possibly the most famous paediatrician of the last century, sharing a name with a character from Star Trek. A generation of American parents were encouraged to bring up their children in the way he advised, but it's a pity that so few of them followed his example of being a vegan or listened to his suggestion that a vegetarian diet would be best for their children. Have a guess.

5. This man whose first name is Frederick, but nobody calls him that, is regarded as the greatest Olympian ever, having won 9 gold medals, and has also been acclaimed as the Sportsman of the Century. He is the only man to have won the 100 metres and the long jump in consecutive Olympics, and his 1984 indoor long jump world record still stands. He ascribes his great athleticism to the fact that he is a vegan, and was one when he achieved all his records. An interesting but side fact is that one of the top Grand Prix drivers in the world today was named after him.

6. This ardent vegetarian is widely regarded as one of the greatest and, certainly, the most influential tennis player of all time. The real queen of the sport (and that's a clue). And, no, it's not Chris Evert, Steffi Graf or Martina Navratilova – or even, what's her name? Oh yes, Anna Kournikova. When one-time Wimbledon champion Bobby Riggs was nasty about women tennis players in 1973, she accepted the challenge and wiped him off the court in a match beamed live around the world. All in all, she won 41 Grand Slam titles, including singles, women's doubles and mixed doubles. We'd do well to act on her words: "No one changes the world who isn't obsessed. The main thing is to care. Care very hard ...."

## Quiz Cont

7. They made a magnificent couple: he, with his flamboyance, fine mind and radical ideas, and she with her brilliance and advocacy for change in society through cooperation and sympathy. He was one of England's foremost poets, had been expelled from Oxford because of his free-thinking religious views, and fought for the oppressed, especially women and animals. An ardent vegetarian, he wrote essays on the horrors of the maltreatment of animals and also included a section in his celebrated poem, Queen Mab, on this topic. In his own comment on this poem, he said: "It is true, that the reluctance to abstain from animal food, in those who have been long accustomed to its stimulus, is so great in some persons of weak minds, as to be scarcely overcome; but this is far from bringing any argument in its favour." His wife, whom he called "a child of love and light" was the daughter of one of the great feminists of the time, Mary Wollstonecraft. Like her husband, she was a vegetarian and is best known for one of the most influential and innovative novels of all time, Frankenstein. Who were they?

8. And you thought that you were in the minority? What about a German in a Czech world, a Jew in a Christian world, possibly a homosexual in a heterosexual world, a left-hander in a right-handed world, a vegetarian in a carnivorous world. So, stop complaining. When gazing at a fish, he once said: "Now I can look at you in peace. I don't eat you anymore." He was also one of the greatest novelists of the 20th century. And if you don't understand this and everything is confusing and depressing, welcome to his world.

9. What a pity that Harry Potter's not a vegan, especially as one of the books about our intrepid wizard has a word that is the same as the surname of members of a family who are. Yes, a whole family who sail on a river in the summer, looking at leaves while a bird rises above them. Wow – there are at least four clues in the last sentence which is about as cryptic as ever anything was. One of them died when just 23. In his honour we'll include three utterances from him: "I wouldn't eat a hamburger for 40 000 dollars." "Vegetarianism is a link to perfection and peace." "When I was old enough to realize all meat was killed, I saw it as an irrational way of using our power, to take a weaker thing and mutilate it. It was like the way bullies would take control of younger kids in the schoolyard."

10. This inventor was an anti-vivisectionist and became a vegan in 184 – 120 years before the word was coined. He was concerned with the plight of the poor and the oppression of women as well as with the mistreatment of animals, writing a treatise in defence of animals. He was one of the founders of the Royal Society for the Prevention of Cruelty to Animals (RSPCA). He refused to ride in carriages as he thought that this form of transport was cruel to horses who had to be broken in, were whipped and were made to carry or pull heavy loads.

So he invented the hand-crank which then was applied to a new invention and resulted in what we know today as the bicycle. Who was he?

### ANSWERS

1. Leonardo da Vinci
2. Jane Goodall
3. Mike Tyson
4. Benjamin Spock
5. Carl Lewis
6. Billie-Jean King
7. Percy Bysshe Shelley and Mary Shelley
8. Franz Kafka
9. River, Summer and Joaquin Phoenix
10. Lewis Gompertz

The people are:

*Contributed by Prof Stephen Marcus Finn, an academic and writer and artist, whose novel, Soliloquy, received critical acclaim. A vegan, he is involved in animal rights and has been a long-time campaigner against discrimination on grounds of race, gender, sexual preference and religion. He is joyously committed to cutting-edge art, literature and music.*



**CLUES:**



# RECIPES TO LIVE FOR!

## FIGGY PUDDING

1/2 cup Cardin  
2 egg replacers (Orgran egg replacer / ½ well  
mashed banana / ½ cup silken tofu / 2 tsp maizena  
with 3 Tbs water)  
1 cup molasses  
2 cups dried figs, stems removed, chopped fine  
½ teaspoon grated lemon peel  
1 cup soyamilk with 2 tsp vinegar  
½ cup walnuts, chopped  
2 ½ cups all-purpose flour  
½ teaspoon bicarb  
2 teaspoons baking powder  
1 teaspoon Himalayan salt  
½ teaspoon ground cinnamon  
¼ teaspoon ground nutmeg

Cream the marg until fluffy. Add the egg replacers and molasses and beat again. Add the figs, lemon peel, soyamilk, and walnuts. Mix well. Add the dry ingredients. Mix until everything is incorporated.

Spray and cook a 20 cm deep dish and pour in the batter. Bake in a 190 oven for 1 hour, or until a toothpick inserted in the centre comes out clean.

## FESTIVE PARCES

Makes 4 parcels  
1 sheet ready-roll puff pastry  
1 small or 1/2 a large butternut / sweet potato  
a handful of dried cranberries / pink raisins / mixed berries  
a handful of chopped walnuts  
1 tsp thyme  
1 tsp sage  
salt and pepper to taste  
4 tsp mango chutney

Cut the squash in half and remove the seeds. Brush with olive oil, place cut-side up on a baking tray and roast at around 200°C for about 30 minutes until the flesh is softened.

Unroll the pastry and roll it out slightly to make it into a square shape. Divide the pastry into four squares. Scoop the flesh out of the roasted squash / sweet potato and mash with a fork. Add the remaining ingredients and mix together. Place some of the mixture into the centre of each pastry square, then fold the corners in to meet at the top. Seal the edges with water and cut a couple of slits near the top. Line a baking sheet with greaseproof paper and place the parcels onto it.

Bake the parcels in the oven at around 190 for 25 minutes or so until the pastry has risen and gone golden brown. Serve warm.

## DATE BERRY SPICE CAKE WITH CARROT (suitable for diabetics)

2 cups white flour with added bran  
1tsp baking powder  
1tsp baking soda  
¼ tsp salt  
1 ¼ cups water  
1 cups dates, chopped  
1 cup raisins  
1tsp cinnamon  
1tsp ground ginger  
½ tsp ground cloves  
½ tsp ground nutmeg  
½ cup carrot, grated  
1/3 cup frozen orange juice concentrate, thawed

In a small bowl, mix together the flour, baking powder, baking soda, and salt and set aside. Combine the water, dates, raisins, cinnamon, ginger, cloves, and nutmeg in a small saucepan. Bring to a boil, reduce heat, and gently simmer for 5 minutes. Place the shredded carrots in a large bowl and pour the hot water mixture over them, and allow to cool completely. Add the orange juice concentrate to the carrot mixture and mix well. Add the dry ingredients to the wet ingredients and stir well to combine. Pour the batter into a lightly greased cake pan. Bake at 190 degrees for 45 minutes, or until a toothpick inserted in the centre comes out clean.

## APPLE SAUCE DONUTS

3 1/3 cups all-purpose flour  
1 cup smooth applesauce (home made is best)  
3/4 cup sugar  
2 tablespoons Cardin  
3 teaspoons baking powder  
1 teaspoon ground cinnamon  
1/2 teaspoon salt  
2 egg replacers

Vegetable oil  
Cinnamom Sugar

Beat 1 1/3 cups of the flour and the remaining ingredients except oil and cinnamon-sugar in large bowl with electric mixer on low speed, scraping bowl constantly, until blended. Beat on medium speed 2 minutes, scraping bowl occasionally. Stir in remaining 2 cups flour. Cover and refrigerate at least 1 hour or until dough stiffens. Gently roll dough 3/8 inch thick. Cut with floured doughnut cutter. Repeat with remaining dough. Slide doughnuts into hot oil, using wide spatula Turn doughnuts as they rise to surface. Fry 1 to 1 1/2 minutes on each side or until golden brown. Carefully remove from oil (do not prick surfaces); drain on paper towels. Sprinkle hot doughnuts with cinnamon-sugar.

## RECIPES Cont'd

### MUFFINS

1 ½ cups all-purpose flour  
½ cup sugar  
2 teaspoons baking powder  
1 teaspoon salt  
¾ cup soya / nut / oat/ rice milk  
¼ cup canola oil  
1 cup fresh berries / chopped dates / dried cranberries / raisins  
Preheat oven to 200. Spray muffin pan with Spray and Cook. Combine flour, sugar, baking powder and salt. Stir in liquids and fold in fruit. Pour into prepared muffin pan and bake for 25 to 30 minutes.

### BAKED SPINACH AND POTATO BALLS

3 large Potatoes  
2 to 3 cups of Spinach fresh or frozen  
3 cloves of Garlic  
1 tbsp chopped Basil  
2 tbsp chopped Chives  
2 tbsp chopped Parsley  
½ tsp Cumin powder  
2 Tbsp Nutritional Yeast  
3 Tbsp White Wine (or rooibos tea)  
Chop the potatoes in big chunks and boil until done but very firm. Semi-mash the Potato. Chop the Spinach and cook with the chopped garlic and the wine (or substitute for water or tea) for 3 or 4 minutes until it's soft.  
Mix everything in a bowl, and let it rest until it's cool enough for you to touch it without burning your hands. Make small balls, place on Spray and Cooked tray and bake for 15 minutes at 220 degrees.

### DATE LOAF

Embarrassingly easy and delicious!!

1 cup chopped (fresh) dates  
1 cup raw sugar  
1 cup boiling water  
60 gr Cardin margerine  
Put the above in a bowl and stir until marg and sugar melted.  
Add 1 ¾ cups SR flour and mix, add 1 tsp bicarb and mix and finally add 2 tsp vanilla extract and stir.

I use a small square baling tin, but this can be done in a loaf tin or a deep small round tin -Bake at 180 about 50 min. Really good plain, or serve with a spread.



### ROMANY CREAMS

Old fashioned, homemade Romany Creams are simply superb, easy to make and best of all, contain no animal ingredients!

125gr Cardin  
100 gr castor sugar (or organic sugar, blitzed to powder)  
100 gr coconut  
100gr cake flour  
2 Tbs cocoa powder  
¾ tsp baking powder  
Pinch salt  
50gr dairy free chocolate

Beat the marg and sugar together until creamy. Add coconut. Sift the other dry ingredients together and add to the creamed mixture, mix together (you can use your hand) until you have a ball of dough. Roll tsp of the dough into a ball and place on baking sheet, flattening them with a fork. Bake @ 180 for about 10 minutes.

Cool, melt the chocolate and use it to sandwich pairs of biscuits. Enjoy!



### CREAMY SALAD DRESSING

½ cup water  
¾ cup tahini  
¼ cup soy sauce (reduced sodium), Bragg's liquid aminos, or tamari  
3 garlic cloves, minced  
juice of 2 lemons  
1 tsp minced ginger  
2 tsp brown sugar  
2 tsp cider vinegar  
pepper to taste

## THE LAST WORD

Our Rhinos are in jeopardy, our resident Chacma Baboons are at the mercy of The Powers That Be, who seem to have a shoot first policy, ignoring all suggestions that will not result in the killing of males that leave a glaring social gap in the troop, the public seems unable to get the local governments to implement mandatory sterilisation of domestic animals, which will save thousands of lives, greatly reduce suffering all round and save money to boot, the Seals in neighbouring Namibia faced bludgeoning yet again, university students have killed a monkey without consequence, a couple of years after a student at the same varsity had a cat in a microwave; we are seeing incredible violence against non-human animals on an almost daily basis, in so many guises. Of course this excludes the daily horrors of medical labs and animal farms, the suffering of leather and fur bearing animals and those who endure mental and physical anguish on dairy and egg farms.

The importance of humane education becomes ever more evident. Our children need to understand the value of all life, for its own sake, not in terms of the benefit to humans. They need exposure to the joy, love and friendship that animals enjoy, the innate intelligence, the learning, the fun animals have, through education in all forms, including and especially the excellent documentaries to be found. Zoos and circuses teach children only that we can imprison. As adults, we also need to set the example. Our inconsistency regarding those whom we consume, those with whom we share our homes and those we fiercely protect from poachers is an example. Our everyday choices affect the planet, the people as well as the animals who share this world, whether it's to choose plant based meals over flesh, using recyclable products, recycling, littering, purchasing an animal from a breeder instead of adopting from a shelter, neutering our animals as well as encouraging picking litter from the beach on an outing (using gloves of course) using litter bins, teaching kindness and compassion to all. Everything we do has a consequence. We may not see the immediate results, but somewhere, sometime our behaviour toward and our treatment of our fellow earthlings and the planet we share will have an impact. Are you a taker or a giver? What legacy will you leave when your time has come? Toni Brockhoven

We thank all who have contributed to BWC, for the financial support and interest in the work done.  
It is only with your support that we can continue.



BEQUESTS : Those wishing to make gifts by will to the charity should consult their legal advisers, but the following wording may prove useful:  
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Warm good wishes,

Beryl Scott  
National Chairperson Beauty Without Cruelty

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