



## NOVEMBER 2010 NEWSLETTER

### EDUCATION



Some of the students from Bishop's Preparatory School giving the veggie "Hi V", with Heather Howe on the left and Di Smith on the right. They will be doing a module on animal awareness thanks to the insight of their teacher.



Heather and Di also had a presentation prepared for a group of youngsters on a New Beginnings and Shechem outing, on a number of topics such as sentience, animal rights, compassion, the five freedoms,

empathy and justice. Di Smith made some beautiful posters focusing on these topics and the kids were attentive and fascinated with the possibility that even cockroaches are sentient beings! There were 35 Cape Flats children from the ages of 10 - 18. After the presentation they were given a group task – each group was given a t-shirt outline on an A1 piece of cardboard and they had to design an animal rights slogan and also decorate the "T-shirt". There were some very clever and artistic designs!

Heather can be contacted in Cape Town at [heatherhowe@mwwweb.co.za](mailto:heatherhowe@mwwweb.co.za) and Denis Fagans in Jhb [dennisf@joburg.org.za](mailto:dennisf@joburg.org.za) if you would like them to present an age appropriate talk at your school! Humane education, which we implement in schools by request, 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! All life is valuable and BWC promotes respect and consideration for all species, including invertebrates. BWC works to encourage compassion, respect and care for animals, especially in young people, which will in turn lead to the humane treatment of humans and a more compassionate society for the benefit of all.

## **ADVANCES THAT WILL SAVE ANIMALS**

Harvard bioengineers have been awarded funding to develop a "Heart-Lung Micromachine" that will accelerate drug safety and efficacy testing.

The project is part of an unprecedented effort by the NIH and FDA to work together on the critical public health issue of advancing regulatory science. Regulatory science involves the development and use of scientific knowledge, tools and approaches to assess medical product safety, efficacy, quality, potency, and performance.

The Heart-Lung Micromachine will be based on technology that will combines techniques from the computer industry together with tissue engineering techniques, human cells and a vacuum pump to replicate the breathing lung and beating heart.

These capabilities will enable accurate and immediate measures of the efficacy and safety of inhaled drugs and other medical products on integrated lung and heart function, all at a fraction of the time and cost involved in traditional animal testing methods. The benefits to both humans and animals are self evident. Original Source: Harvard School of Engineering and Applied Sciences

## **END OF THE LINE**

This beautifully filmed documentary on circuit focuses on over-fishing and how it affects the planet. It is the world's first major documentary about the devastating effect of over-fishing. To watch the trailer and read more, visit [www.endoftheline.com/film](http://www.endoftheline.com/film) - it will also be available for rental soon.

End of the Line examines the imminent extinction of bluefin tuna, brought on by increasing western demand for sushi, the impact on marine life resulting in huge overpopulation of jellyfish, and the profound implications of a future world with no fish that would bring certain mass starvation.

## **NEW RANGE ENDORSED**

Recently launched, Savane is a certified organic, ethical and sustainable skin care formulated from the indigenous plant life of Southern Africa. Recent scientific evidence shows these extracts and oils to be some of the most effective available on the natural market today. Savane is based in Johannesburg. Ingredients are sourced from Namibia, across Southern Africa to Madagascar, and as far north as Somalia. The products available are

- Soothing Cleanser
- Gentle Exfoliator
- Purifying Toner
- Anti-aging Lift Serum
- Balancing Face Oil
- Protective Moisturizer

Products available through direct sales events and from the Parkhurst office [jennifer@savaneskin.co.za](mailto:jennifer@savaneskin.co.za) and [stephan@savaneskin.co.za](mailto:stephan@savaneskin.co.za)  
Landline 011 447 6159,

Savane Organic Skincare  
17 15th Street Parkhurst 2193

<http://www.savaneskin.co.za> The website and facebook page should be up and running 1<sup>st</sup> week December.

## VEG PRIDE PARADE

Some 60 odd people turned out, some in wonderful costumes, on a perfect CT day, some with children in tow, to be part of Africa's first Veg Pride parade held in Cape Town. This may well become a bi-annual event, due to the number of queries we had about when the next one would be. You can see a short video clip

<http://www.youtube.com/watch?v=cpUnM0z22RU>

Beryl Scott, BWC chairperson, sandwiched between a carrot (Suzette Matthews) and grapes (Mada van Hoorn) and some of the marchers at the market.



Beauty Without Cruelty must extend immense thanks and deep gratitude to those companies who supported our CT film festival and market, in deed or kind, and made it possible for us to share a message of compassion and action for those who have no voice, including

- Avatara Guest House
- Distell
- Drakenstein Lion Park
- Flavour Foods
- Labia Theatre
- Nambiti Plains Lodge
- Stellar Organics wines
- Wellness Warehouse



Our thanks also go to Fry's Vegetarian for gift vouchers, cookbooks and other items used as gifts during the parade and market!

We also most grateful to Delon Palm, Di Smith and Heather Howe (seen above) for their dedicated efforts on behalf of BWC to making everything run smoothly for the film festival, the market day and the parade and we couldn't have done without Adien Aggenbach's loan of her vehicle for the parade!

The Wellness Warehouse catering was superb all round and comes highly recommended. Flavour Foods make the best Chilli poppers around!

Skin Trade was shown on the Friday night and the moving yet uplifting film, Chimpanzees, an Unnatural Life, was shown on the Saturday, along with A Life Connected, an 11 minute film that is gentle, non invasive yet has a powerful message.

The Johannesburg event went extremely well, to whit:

*On behalf of Fur Free South Africa, I would like to express a huge "THANK YOU" to Beauty Without Cruelty for their wonderful Film Fest in Jo'burg this past weekend. It was a hard-hitting and eye-opening experience, and although I suspect that most of us felt more than a little shell-shocked afterwards, we all gained valuable information that we will use in our fight for all non-humans. I would like to extend a special word of thanks to Zelma, Joe and Anne for the flair and expertise with which they handled the arrangements, and to Zelma and Joe for opening up their beautiful home to us on Friday night.*

*I believe that this past weekend is also going to have positive ripple-effects for a long time to come!*

*Best regards Anneke Britz Fur Free SA*



Zelma Opland, Joe Campanella and Anne van Vliet, BWC committee members.

Due to unforeseen circumstances our overseas speaker was unavailable for Jhb and Zelma Opland and Joe Campanella worked tirelessly to ensure that we had a line up of outstanding speakers and personalities relevant to issues that affect animal rights in South Africa and a smooth event, all at the last minute. Our immense gratitude to David Bilchitz who arranged the seminar at SAIFAC and gave of his valuable time, while Karen Trendler made herself available at SAIFAC and on the panel discussion on Friday night. Furthermore Janine Griffith from Sea Shepherd and her husband Ray came through to do the skype call with Nikki Botha in Cape Town to discuss the Japanese whaling issue.

We also give our most grateful thanks to Ingrid Staude for donating the wine for Jhb, Natasha Sideras from Tasha's Restaurant, Athol Square for the food she generously provided, which was truly 5-star, amazing quality. Candy Ristic worked tirelessly behind the scenes, fetching and carrying, organising posters and getting them up and ensuring a perfect event.



Anneke Britz of Fur Free SA and Karen Trendler, Wildlife Rehabilitator extraordinaire, spoke at the Jhb film festival.



Durban's film festival was held at Earthmother in Glenwood, where amazing Raw food was served including a decadent chocolate dessert. Our immense thanks to Anne Campbell-Barnard for all her support, hard work and time! Q&A time after the film went on until late, and it seems a most informative and inspiring time was had by all!

We are immensely grateful to Earthmother's Darren for opening in the evening for this event, and the donated use of the venue.

Dee, Judy and Phil, with Jen who helped set up

## ANIMALS ROCK CONCERT

Beauty Without Cruelty had a stand at the Animals Rock concert, a benefit in aid of various animal welfare organisations, held in Durbanville Sat 13<sup>th</sup> November.

Information on BWC and meat free Mondays was handed out and our teeshirts, cookbooks and Christmas cards were sold.



**delicious meat free Mondays**

KAUAI has introduced Fry's vegetarian chicken style strips to our new summer menu. To spice up your meat free Mondays, we are offering 3 delicious combo meals from 22 november to 3 january 2011.

**moroccan + 350ml smoothie\* for R55**  
Fry's veg strips, moroccan sauce, avocado spread, feta, beans, fresh coriander, carrot, tomato, spring onion, brown rice.

**magma + 350ml smoothie\* for R55**  
Fry's veg strips, mozzarella, cheddar, brown rice, spring onion, tomato, sweet chilli sauce, fresh salsa.

**texmex + 350ml smoothie\* for R45**  
Fry's veg strips, citrus marinade, roasted chipotle, tomato salsa, fresh salsa, lettuce.

terms & conditions apply. \*smoothies exclude power smoothies. combo available on Mondays only. offer not available at the KAUAI IN MOTION stores within Virgin Active health clubs.

Tasty, healthy food for people on the go. Since 1996  
www.kauai.co.za

## FRY'S VEGETARIAN NOW ON MORE MENUS

Great news on the food front is that Kauai stores nationwide now offer Fry's Strips as a non-meat option in a couple of their wraps. The Spur now also has a Fry's burger option.

On a personal note, for Capetonians, I heartily recommend the Earthshine Friday raw pizza...one pizza easily feeds three people, as it is nutrient dense and hearty fare that is really delicious! [www.earthshine.co.za](http://www.earthshine.co.za)

## LIONS IN THE KAROO

Four lions and four cubs were released in the Karoo National Park becoming the first wild, free-ranging lions in the Great Karoo after an absence of almost 170 years. The lions were translocated from Addo Elephant National Park in the Eastern Cape, where the establishment of a lion population has been very successful.

### QUOTE OF THE MONTH

***You have two choices: you can eat yourself into poor health and early death, or you can eat yourself into good health and a long healthy life. And that road is on a plant-centered dietary pattern.***

***Dr. Terry Mason Commissioner, Department of Public Health, Chicago, IL***

## T'IS THE SEASON



There is Eid, Thanksgiving in the USA and the upcoming Christmas season, all holidays which have meals designed around the slaughter of millions and millions of earthlings who will suffer constantly, before an untimely and terrible death so humankind can celebrate their G-d, give thanks and pray for peace and goodwill.

Mike Tyson is both Muslim (since the 90's) and now Vegan, as reported in May 2010

Every single animal destined for a plate somewhere will live a short and miserable, pain and terror filled life before the final journey that will result in agony. There is no such thing as a humane death for those about to die. No animal gives up their life willingly. When we speak of the numbers of animals who will be slaughtered for holiday festivities alone, it is not possible to ensure sharp knives, a quick and pain free death without the terror of knowing, seeing and smelling what is about to take place....

The SA Poultry Ass confirmed that the last local Turkey breeder / farm closed a few months ago, which means all turkeys will be imported. Besides the carbon footprint of importing the bodies, the majority of turkeys by far will have been factory farmed to ensure sufficient numbers for the Season of Peace. Certainly, no peace for the birds and other animals destined to die.

*Please consider who is on your plate over the holidays...*

## RECIPES

Here is a great selection of easy and delicious African recipes to suit the entire family, for most occasions, including a Christmas cake! Enjoy.

### 122 SUB-SAHARAN AFRICAN RECIPES

<http://www.ivu.org/recipes/african/index.html>

## ACTIVE AFRICANS

Emmanuel Eyoh is the leading voice for the Vegetarian / Animal Rights Movement in Nigeria. Emmanuel, a vegetarian for 20 years, is founder & President of the Nigeria Vegetarian Society, Founder of Nigeria Animal Welfare Foundation, Co-ordinator of the West Africa Vegetarian Congress 2007, he runs a vegetarian charity known as SEVAOUTREACH, a hunger relief and charity initiative of the Nigeria Vegetarian Society [NVS] which serves free vegan food as well as render humanitarian support to needy and homeless persons in Nigeria and other countries in Africa.



Josphat Ngunyo was an orphan in rural Kenya. His relatives once survived by killing elephants for ivory and eating bushmeat as part of their diet. But today, he's respected far and wide as one of the foremost friends of African animals. He began organised de-snaring anti-poaching patrols in 1997. His first patrol, conducted by the Tsavo East National Park yielded 104 wire snares and 3 rescued kirk's dikdiks. He has since been involved in de-snaring anti-poaching work, community education and involvement of youth in conservation and animal welfare activities, heading teams which have so far removed over 30,000 snares saving countless animals from agonising deaths and practically

rescued more than 15. He coordinated air-rescues of elephant orphans and was involved in administration and conservation education with the David Sheldrick Wildlife Trust for 4 and half years.

Anteneh Roba is the founder of The Amsale Gessesse Memorial Foundation, with Ms. Seble Nebiyeloul. He believes all life is mysterious and magnificent from single-cell organisms to highly developed, complex human beings and inherently entitled to respect and compassion. The myriad plant and animal life-forms of the earth all contain the identical life-force and are reliant upon systems of complex integrated and interdependent relationships that have created the earth's life sustaining environment. The Amsale Gessesse Memorial Foundation is a non-profit corporation dedicated to preventing, alleviating, and abolishing suffering of human and non-human animals, centered upon Ethiopia, homeland of its namesake and founders.

## THE AMERICAN INDIAN'S PHILOSOPHY

Treat the earth and all that dwell thereon with respect,  
Remain close to the great spirit,  
Show great respect for your fellow beings,  
Work together for the benefit of all mankind,  
Give assistance and kindness wherever needed,  
Do what you know is right,  
Look after the well being of mind and body,  
Dedicate a share of your efforts to the greater good,  
Be truthful and honest at all times,  
Take full responsibility for your actions.

## ANIMAL SACRIFICE – RELIGION AND CULTURE : THINGS CAN CHANGE

Hinduism is one of, if not *the* oldest religion on earth. It is at least 8 000 to 9 000 years old and there is archeological evidence that supports this. So you'd expect serious opposition to changing 'tradition.'



Unlike many other temples, animals are not sacrificed at the Dakshineswar Temple, one of the most famous temples in India. Sugarcane and pineapples are offered and sacrificed instead.

Kali is the goddess of dissolution and destruction, known for destroying ignorance and helping those who strive for knowledge of G-d. Kali is worshipped as the Mother Goddess who protects from evil. She also epitomizes strength and the darker side of life.

Kali Puja was celebrated 5 November this year and devotees from across India visit the temple every day to perform Kali Puja.

"Our Puja's basic thing is we are duty bound to pray to our mother for welfare, not only for human beings but also for the animals. Here there is no animal sacrifice in the name of religion," said Kushal Chowdhury, one of the trustees and secretary of Dakshineswar Temple. Sugarcane and pineapples are offered and 'sacrificed' instead, as seen in the picture above.

Here is an excellent precedent for changing harmful practices while retaining the spirit of the intent. One need not kill a bull with bare hands to prove manhood or devotion to a king, where in reality if there is any danger to the royals, modern day security and police will be involved in any event! We need not kill anyone to appease ancestors, celebrate a new home, any religious festival or anything else.

## TEA

The UK based holding company of PG Tips, Lyons and Lipton tea has conducted animal tests so that the company can make health claims about the teas. It has been confirmed that animal tests have been conducted to evaluate the effects of tea.

Instead of using thousands of years worth of anecdotal evidence, for example, along with epidemiology, which is the study of patterns of health and illness and associated factors at the population level, along with cell based studies or other available non-animal methods, Rabbits were fed a high-fat diet, giving them abnormally high cholesterol levels and hardened arteries and then fed tea in their water. Mice, especially bred to suffer bowel inflammation, were administered tea ingredients in order to see if there were any effects on their condition. Rats had their abdominal wall punctured and were fed radioactively labeled tea ingredients through a tube in their stomach. Piglets were exposed to E coli toxins which cause diarrhea, after which the pigs' intestines were cut apart for examination, while the animals were still alive. All the animals involved were killed afterward. There are cheaper, quicker and more reliable methods available and while Twinings have provided written confirmation that they don't test their teas on animals, the makers of PG Tips and Lipton have thus far refused. Leaves a bitter taste in the mouth! (Original Source <http://bikyamasr.com>)



## MERCHANDISE

Please visit <http://www.bwcsa.co.za/merch> for BWC Christmas and blank cards at bargain prices, tee shirts and our **Living Without Cruelty Cookbook**, which makes a fabulous gift!

This will be one of those books where the readers will try most of the 89 recipes, and will be sure to dip into on a regular basis. From Mediterranean Baked peppers, Spiced Chickpea cake with roasted vegetables and Braaied Brinjal steaks to Chickpea and mushroom curry pancakes and Toni's terrific fishless cakes, Cauliflower lemon sauce for pasta and Mushroom nut rolls to sweet endings like Upside down Banana loaf, Whiskey fudge and amazing chocolate cake, this book is sure to please.

## SAVE POT PLANT OWLS WETLAND!



The home of the Pot Plant Owl, endangered Giant African Bull Frog and many other species is being threatened. Clearing this wetland for new houses -- in Johannesburg, South Africa -- will leave many animals without food or a home. Over 20,000 Care2 members have already signed this petition. [Help now.](#)

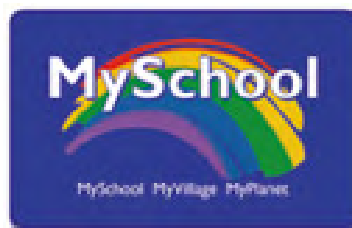
## FUR FREE DEMO IN JHB SATURDAY 27 NOVEMBER

**This Saturday 27 November**, 11:00 -13:00 on the islands in front of Hyde Park. Bring your dog!

Some ideas for wording:

- Wear your own skin!
- Fur animals skinned alive!
- Stop the torture – don't wear fur!
- Fur is worn by beautiful animals and ugly people!
- They don't wear us, so don't wear them!
- Fur is dead!
- Fur is cruel and old-fashioned!

**You can support BWC while shopping- to get your free My Village loyalty card, click here**



*If you need to update your details so you can add us as a beneficiary without losing your current beneficiary, please contact 0860 100 445. For a list of other partners in your area where you can swipe your card when you shop, please click here*

## OUR SUPPORTERS



AVATARA VEGETARIAN / VEGAN GUEST HOUSE

[www.avatara.co.za](http://www.avatara.co.za) [info@avatara.co.za](mailto:info@avatara.co.za) Tel+27 (0)21 433 0341 Fax+27 (0)21 433 0138



[www.lionrescue.org.za](http://www.lionrescue.org.za)



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



[www.stellarorganics.com](http://www.stellarorganics.com)



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

Web site development and hosting , Site maintenance, Registration with search engines , Optimising search engine ranking, Graphic creations , Corporate screensavers, Customised corporate CD's.



**NAMBITI PLAINS**  
PRIVATE GAME LODGE

Specialising in vegetarian and vegan cuisine for the discerning diner  
[info@namitiplains.co.za](mailto:info@namitiplains.co.za) This e-mail address is being protected from spambots. You need JavaScript enabled to view it



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

Cape Recycling collection, by the only South African recycling collection company using biodiesel!  
[info@clearer.co.za](mailto:info@clearer.co.za) This e-mail address is being protected from spambots. You need JavaScript enabled to view it

Please consider the environment before you print this page

<p><b>Flavour</b> Creative Cuisine Location Cafe Flava Liquid Cuisine</p> <p>Tel +27 21 448 0301 <a href="http://www.flavour.org.za">www.flavour.org.za</a></p>	<p><b>Irie Events</b> dream creators</p> <p>Tel +27 21 448 0399 <a href="http://www.eventssouthafrica.co.za">www.eventssouthafrica.co.za</a></p>
---	--

[www.flavour.org.za](http://www.flavour.org.za)



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