

CVVUK NEWSLETTER

Welcome to the Christian Vegetarians and Vegans UK newsletter, Autumn 2020



Website: <http://www.christian-vegetariansvegans.org.uk/>

We hope you enjoy this newsletter. As always we would be pleased to receive any of the following from our supporters for future newsletters:

- interesting (short) articles;
- news of any local activities you have been involved in to promote the values of CVVUK;
- information about events that might interest other CVVUK supporters; and
- miscellaneous items such as book reviews, recipes and information about useful resources

If you have anything that you would like to contribute to the next newsletter please e-mail it to us at sampsons@dsl.pipex.com **by the end of February 2021**

Miriam and Philip Sampson

Disclaimer: The information in this newsletter comes from a variety of sources and reasonable care has been taken to convey it accurately. Please note that opinions or statements may not reflect the views held by all members of CVAUK, and we accept no responsibility for any errors which may have occurred. Content is produced for information only and is not advice.

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CVVUK member promotes veganism:

It is always encouraging to hear of the efforts of supporters to promote the values of a Vegan diet within their daily sphere. A supporter in London, Gordon Carr, has done this in the course of his work with the Salvation Army. He is involved with a pop-up hostel which houses 40 people with the aim of supporting them into jobs and housing. Gordon has been helped by a kind colleague Nadine, who has become Vegan and who has joined Gordon in trying to influence people towards change. Their first success was to secure an understanding to use only free-range eggs. Gordon calls this a very small beginning but it is the approach that CVVUK endorses, to carry people with you, one step at a time, and not to become embattled with non-vegetarians, with no gain for creatures.

On Saturdays there is a 'Brunch' for homeless people and they have an understanding that two Saturdays a month will be Vegan. An unlooked-for benefit has been the price difference. The Vegan meals cost under half the ones involving animal flesh! So the hope is this will give impetus to further expansion.

Gordon has found the CVVUK leaflet very helpful to give to volunteers so that they understand why this change is necessary. The hope is that the volunteers themselves will change!

Recent research by the Vegan Society (of 1,000 UK respondents) found that 47.8% of the public feel it's hypocritical to love some animals and eat others. Additionally, 40.3% expressed guilt over eating meat to either some or a great extent. Speaking on the behalf of the society, Matt Turner says "*Being vegan simply means living in line with the ethics that so many of us already hold in our hearts.*"

The door is wide open for people to change their diets.

NB - *We still have plenty of professionally printed CVVUK Leaflets (8 A5 pages) which you can request from us to hand out to people, or with the appropriate permission, to leave at the back of your church or in a local shop.*

A shorter flyer (double-sided sheet of A5) is also now available from our website to print off yourself (in the format to print two on an A4 sheet). It also contains reference to the abuse of animals that led to the current Covid-19 crisis.

Follow this link to download the new flyer from the website:

http://www.christian-vegetariansvegans.org.uk/uploads/1/1/7/0/117053394/cvvuk_flyer.pdf

To obtain printed copies of either leaflet contact John Ryder at the address above.

Environmental effects of Soya production

Many Vegans and Vegetarians eat soya burgers and drink soya milk. Climate activists will tell you that soya represents 47% of Europe's deforestation footprint, it is a leading driver of deforestation in South America, and is linked to violence and human rights abuses of local communities. South America grows around 50% of the world's soya and this has come at a terrible cost. Huge areas of forest are being burnt or cut down to make space for soya plantations. (Source: GreenPeace 2/10/2020)



There are other reasons for Vegans and Vegetarians not to eat too much Soya: it is high in plant estrogens and if used as your main source of protein can cause hormone imbalance in men; it can cause flatulence; it is often genetically modified. But the effect on the environment and global warming cannot be blamed on Vegans and Vegetarians, for only 6% of soya grown globally is for human consumption. The rest is fed to livestock. The demand for meat is to blame for the problems caused by soya production, not those who eat it instead of meat.

Editor's note: This article gives a comprehensive overview of the health benefits and possible disadvantages of consuming soy products. It also contains a useful table comparing calories and protein levels in a range of soy products: <https://www.healthline.com/nutrition/is-soy-bad-for-you#bottom-line>

Labelling vegetarian and vegan products in Europe

The European Parliament recently ruled that restaurants and shops in the EU should be allowed to label products as “veggie burgers” or “vegan sausages”, but they called for tighter curbs on labelling of plant-based dairy substitutes.

Farmers had argued that the using words like burger or sausage for non-meat products could mislead consumers. European farmers association Copa Cogeca said allowing such terms would open a “Pandora’s box” of confusing wording. But medical groups, environmentalists and companies that make vegetarian products have said that banning these terms would discourage consumers from shifting to more plant-based diets, undermining the EU’s environmental and health goals.

A majority of EU lawmakers also voted on Friday for stricter rules on labelling of dairy substitutes, backing a ban on terms such as “milk-like” or “cheese-style” for plant-based products that contain no dairy ingredients. The European Court of Justice already banned terms like “soy milk” and “vegan cheese” three years ago, ruling that words such as milk, butter, cheese and yoghurt cannot be used for non-dairy products.

The labelling rules are part of a bigger EU farming policy package for 2021-2027, and are not final. Parliament must strike a compromise with EU member states on the final policy.

Elena Walden, policy manager at the non-profit Good Food Institute Europe, called on EU countries to “clear up this mess and reject confusing and unnecessary restrictions on plant-based dairy products.” Green lawmakers and campaigners, including Swedish activist Greta Thunberg, say the proposed policy does not do enough to curb the sector’s emissions or protect nature from the effects of intensive factory farming.

(Source: Reuters - <https://uk.reuters.com/article/uk-eu-food-vegetarian/eu-lawmakers-vote-for-veggie-burgers-take-hard-line-on-dairy-labels-idUKKBN2781T4>)

Animal welfare in Europe - Historic victory as France is to shut down Mink farms, dolphin captivity and wild animal circuses

In an historic victory the French government has announced an end to the captivity of orcas and other dolphins, the use of wild animals in travelling circuses, and mink fur farming. This momentous news follows years of campaigning by PETA France and other organisations in the country and is cause for celebration for animal rights activists around the world.

Mink Fur Farming to End by 2025

PETA has campaigned for decades against inhumane fur farming. Today, the majority of the French population – 77%, according to a 2020 IFOP poll – opposes the bloody, violent fur trade.

While we celebrate the decision to put an end to this violent industry, giving mink farmers until 2025 to shut up shop means many thousands of animals will still endure a lifetime of suffering in captivity and be slaughtered before the ban comes into effect. For the sake of the animals and human health we urge the French Government to bring the date forward.

Ban on Wild Animals in Travelling Circuses Already banned in many countries across Europe, circuses which force wild animals to perform will no longer be allowed to operate across France, although the date when this decision will come into effect has yet to be announced.

This move reflects the wishes of the majority of French people, 72% of whom are in favour of a ban.

Nearly 60,000 compassionate people signed PETA France's petition demanding a national ban on the use of wild animals in travelling circuses. Previously, PETA France and Pamela Anderson had written to 36,000 French mayors encouraging them to refuse to grant circuses with wild animals permission to pitch their tents on council land. Over 400 of them, including the mayors of Paris, Grenoble, and Montpellier, did just that.



An End to Cetacean Captivity

In more wonderful news, there's finally an end in sight for the long-suffering orcas and other dolphins currently imprisoned in France's marine 'amusement' parks! The announcement included an immediate ban on the breeding or acquisition of cetaceans by marine parks and a plan to see those currently held captive transferred to sea pens to spend the remainder of their lives in a more natural environment.

Intelligent animals such as orcas and other dolphins don't belong in cramped tanks. According to a 2018 poll, 70% of French people are opposed to cetacean captivity for human entertainment.

These major advances for wild animals in France will hopefully put pressure on other countries still clinging to cruel industries to do the right thing for animals.

(Posted by PETA on September 29, 2020)

More European Victories - news from Catholic Concern for Animals

The Lithuanian Parliament has recently voted for a new Wildlife Act, which includes a ban on the use of wild animals in circuses; and the Polish Parliament has also passed new legislation and a new Animal Welfare Law, which includes a ban on animals in circuses and a ban on fur farming. These are largely due (if I read it correctly) to the campaigning of Catholic animal welfare groups there.



UK trade and agriculture bills - some progress

The government has recently announced two concessions in response to the huge public and farmer pressure to protect our food, environment and animal welfare standards from being weakened by future trade deals after Brexit. Whilst this is not a huge win it shows they are feeling the heat.

Secretary of State for Trade Liz Truss has announced that the current temporary Trade and Agriculture Commission (TAC) will be put on a statutory footing for the longer term – 3 years rather than 6 months. The measure will be in the new Trade Bill currently at its Report Stage in the House of Lords. But the announcement refers only to "animal welfare and agriculture" in terms of the reports it will put to parliament. What about food standards, antibiotics stewardship, food safety and the environment, including climate change and biodiversity? It also provides no new route for MPs to amend trade deals.

There was also a new Agriculture Bill amendment by Defra Secretary George Eustice laid down to *"place a duty on the Government to report to Parliament on whether, or to what extent, commitments in new Free Trade Agreements (FTAs) relating to agricultural goods are consistent with maintaining UK levels of statutory protection in relation to human, animal and plant life and health; animal welfare; and environmental protection."* This amounts to an impact assessment to go before MPs during the scrutiny phase *after* a deal is done – they will have no new powers or duties to scrutinise or block.

Vicki Hlrd, Head of Sustainable Farming for Sustain said: *"Ministers had finally got the message that they needed to act on standards in trade deals. The huge public and farmer pressure to protect our environment, animal welfare, food safety and livelihoods has clearly forced this step. However, any new statutory body needs to have independent members with expertise in these areas. Critically, parliamentarians need to be able to say no to deals if our standards are at risk."*

This is a critical time to keep up campaigning on this important issue which could have enormous implications for animal welfare and food standards going forward.

Information taken from a press release by Sustain: <https://www.sustainweb.org/news/nov20-weak-concessions-on-trade-standards/>

Live Transport and Overseas Abattoirs

Livestock from the UK is being shipped to the Middle East and slaughtered in "dreadful, terrifying" ways, animal welfare charities claim.

Over the summer the charities tracked cattle on long journeys via Spanish fattening farms and ports. The Department for Environment, Farming and Rural Affairs (Defra) said it was committed to improving animal welfare but they do not go anywhere near far enough. While UK livestock is protected by EU laws during transport, and Britain does not export animals to third countries for slaughter or fattening where welfare standards are lower, undercover filming by Animals

International and the German Animal Welfare Foundation (AWF) provided video evidence suggesting British livestock is being re-sold in Europe to the Middle East.

"In 30 years of working, nothing compares with the horrors of a slaughter house in North Africa or the Middle East", said Peter Stevenson from Compassion in World Farming. "Animals are hacked at repeatedly until they die. Often they are winched up by a leg or their tendons are slashed to disable them."

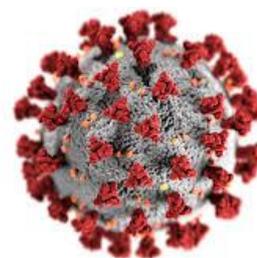
Animals International said it was "appalling" to find British cattle being killed in Lebanon by "poorly equipped, untrained workers, while fully conscious and terrified."

The charity found livestock carriers took around a week to sail from Cartagena to Libya or Lebanon. A landmark veterinary report into the transport of livestock in 2016 concluded that animals suffered every day at sea in filthy, cramped conditions.

The former Environment Secretary Theresa Villiers said: *"It is stomach-churning to think of cattle from the UK being subjected to such horrific treatment. This footage should be a wake-up call. Now we have left the EU, the government needs to ban live exports for slaughter or fattening."*

Recent Lords amendments to the Agriculture Bill to ban live exports have been defeated - but see item above for some recent progress. We need to keep up the pressure.

Avoiding future pandemics - introduce a tax on meat?



A recent report from a workshop convened by the Intergovernmental Science-Policy Platform on Biodiversity and Ecosystem Services ([IPBES](#)) warns that fundamental changes are needed to avoid further pandemics, and they suggest a tax on meat as one option.

"There is no great mystery about the cause of the COVID-19 pandemic – or of any modern pandemic", said Dr. Peter Daszak, President of EcoHealth Alliance and Chair of the IPBES workshop. "The same human activities that drive climate change and biodiversity loss also drive pandemic risk through their impacts on our environment. Changes in the way we use land; the expansion and intensification of agriculture; and unsustainable trade, production and consumption disrupt nature and increase contact between wildlife, livestock, pathogens and people. This is the path to pandemics."

The report says that relying on responses to diseases after their emergence, such as public health measures and technological solutions, in particular the rapid design and distribution of new vaccines and therapeutics, is a "slow and uncertain path", underscoring both the widespread human suffering and the tens of billions of dollars in annual economic damage to the global economy of reacting to pandemics.

The report makes a number of far-reaching recommendations to minimise the risk of future pandemics including the following:

- Enabling changes to reduce the types of consumption, globalized agricultural expansion and trade that have led to pandemics – this could include taxes or levies on meat consumption, livestock production and other forms of high pandemic-risk activities.
- Reducing zoonotic disease risks in the international wildlife trade through a new intergovernmental ‘health and trade’ partnership; reducing or removing high disease-risk species in the wildlife trade; enhancing law enforcement in all aspects of the illegal wildlife trade and improving community education in disease hotspots about the health risks of wildlife trade.
- Valuing Indigenous Peoples and local communities’ engagement and knowledge in pandemic prevention programmes, achieving greater food security, and reducing consumption of wildlife.

The executive summary of the report can be found here: https://ipbes.net/sites/default/files/2020-11/201104_IPBES_Workshop_on_Diversity_and_Pandemics_Executive_Summary_Digital_Version.pdf

New scientific organisation launched to end animal testing

Two science Fellows of the Oxford Centre for Animal Ethics (OCAE), Dr Aysha Akhtar and Dr Jarrold Bailey, are launching a new scientific organisation to end animal testing.

Center for Contemporary Sciences (CCS) is an independent nonprofit organisation that is advancing human-specific research methods and testing to improve lives. It will serve as a hub of the latest information, resources and innovation in the biomedical field.

One of the ways they hope to enrich the scientific field is through collaboration, partnering with scientists, corporations, government agencies and academia to further scientific discovery. They are pioneering the transition to innovative human-specific medical research and testing methods including 3D human-tissue culture, human stem-cells, organ-and body-on-a-chip methods, human spheroids and organoids, bioprinting, and more.

The CCS is building several databases to become the “go-to” resource for the latest innovations within the biomedical field. Greater than 90% of drugs and vaccines fail in human clinical trials, despite showing signs of safety and efficacy in animal and traditional laboratory tests. They aim to develop human-specific research approaches which are, by their nature, more predictive of human biology and disease than nonhuman methods, by shifting the focus of biomedical research and testing away from animals and towards hi-tech, cutting-edge human-based methods.”

(Information taken from a press release by the Oxford Centre for Animal Ethics -

<https://www.oxfordanimaethics.com/2020/10/press-release-launch-of-new-scientific-organisation-to-end-animal-testing/>)

Pet Food

An area double the size of the UK is used each year to produce dry pet food for cats and dogs, with a carbon footprint greater than countries such as Mozambique and the Philippines!

Dr Peter Alexander, from the University of Edinburgh's School of GeoSciences and Global Academy of Agriculture and Food Security, said: *"Even accounting for the use of by-products in pet foods, the feeding of companion animals plays a role in*

environmental change. This is a topic that has been previously overlooked, but we have shown that pets and how they are fed should be considered alongside other actions to reduce climate change and biodiversity loss."



Researchers believe the full impact of pet food production on the environment will be higher as the team only looked at dry food. (By Sally Guyoncourt, October 8, 2020)

This is naturally something about which we should all be concerned. We can make a difference in what we buy, in what pets we have, and in what we campaign for. Less variety in the pet food market - as with our own food - would mean less wastage and less of a carbon footprint.

There are vegan dog and cat foods to consider. When starting off with a young cat or dog, feeding only vegan food would make a huge difference to the carbon footprint and to animal suffering as well. It is easier for a dog to accept and be 100% fit on a vegan diet than a cat, but vegan cat and dog food producers do offer taster packs, so it is worth trying it even with an older animal – the Ryders have ordered a taster for their cat. But remember their natural diet would have included meat, so even if they are happy with a vegan diet, do get their health checked by a vet.

If your pets do not thrive on a vegan diet, remember there are manufacturers, for example Lily's Kitchen, that do pay attention to animal welfare standards in the production of their pet food, and to the environmental effects of the packaging and supply chain.

We should also consider the number and kind of pets we acquire. Breeding more animals than there is need for, or trying to persuade people they should buy a pet they would not otherwise have had should be a criminal offence - mostly for the sake of the pet but also for the environmental footprint of what it eats. Only allowing animals to be bred to order would greatly reduce suffering and carbon footprint. For both these reasons consider an animal from a shelter who already exists and needs a loving home, rather than having an animal bred for you.

Products

Mighty M.LK - New to us, a plant milk made from yellow split peas. The Ryders tried the 'Original' variety and found it creamy and delicious. Here is some more information about it:

- Health and Environmental Benefits: M.LK has far more protein and calcium than regular plant milk, and split peas are very sustainable, giving M.LK a tiny carbon footprint. It has

50% more Calcium than cow's milk, and depending on the variety, 8g or more of protein per glass.

- **Varieties:** Original (sweetened with grape juice); Unsweetened; Barista (with peas and oats); Chocolate; Banana and Oat (and pea); Iced Latte
- **Stockists:** Sainsbury's, Holland & Barrett, M&S, GreenBay, THEVEGANKIND

Bacon substitutes - Many people, when they first stop eating meat, find that they miss the taste of bacon. There are a number of bacon substitutes on the market. Sainsbury's have recently started stocking 'Vacon' made by Plant Pioneers, which crisps up nicely when fried. This vegan product is considerably lower in salt than most bacon substitutes and it is made from pea protein rather than soya. However it does contain wheat gluten, making it unsuitable for people who need to follow a gluten-free diet.

Recipe - OVEN-ROASTED RATATOUILLE

Ratatouille is a popular autumn dish but when cooked on top of the stove it can be watery. This roasted version from Delia Smith is full of concentrated flavour. It comes from **Delia's Vegetarian Collection** and it serves 4.

INGREDIENTS

- 2 medium courgettes
- 1 heaped teaspoon coriander seeds, crushed
- 3 tablespoons olive oil
- freshly milled black pepper
- 1 small aubergine
- 1 rounded dessertspoon salt
- 1 lb (450g) ripe Italian tomatoes or any other red tomatoes
- 1 small red pepper, de-seeded and cut into 1 in (2.5 cm) squares
- 1 small yellow pepper, de-seeded and cut into 1 in (2.5 cm) squares
- 1 medium onion, peeled and chopped into 1 in (2.5 cm) squares
- 2 large garlic cloves, finely chopped
- 1 handful fresh basil leaves, or 1 x 15 g pack



EQUIPMENT - You will also need a 16½ x 12 in (42 x 30.5 cm) shallow roasting tray.

METHOD

Prepare the courgettes and aubergine ahead of time by cutting them into 1 in (2.5 cm) dice, leaving the skins on.

Now place them in a colander and mix them with one rounded dessertspoon of salt. Then place a plate on top of them and weigh it down with a heavy weight, making sure you have a plate underneath the colander to catch the drips. Leave them like this for an hour so that any bitter

juices can drain out. Meanwhile, pour boiling water over the tomatoes, leave them for one minute exactly, then drain, slip the skins off and quarter the flesh.

When the aubergines and courgettes have drained, squeeze out any excess juice, rinse and then dry them thoroughly in a clean cloth. Pre-heat the oven to its highest setting. Now arrange the tomatoes, aubergines, courgettes, peppers and onion on the roasting tray, sprinkle with the garlic, torn-up basil leaves, crushed coriander seeds and pepper. Drizzle the oil over, then mix thoroughly to get a good coating of oil. Roast on the highest shelf of the oven for 30-40 minutes, or until the vegetables are tender and tinged brown at the edges.

Serve straight away.

This ratatouille can also be used in a strudel, to create a striking centrepiece for a meal. The original Delia recipe contains mozzarella cubes and grated Parmesan cheese, but it is equally successful made with tofu cubes and a vegan Parmesan substitute. That recipe can be found here:

<https://www.deliaonline.com/recipes/collections/easy-entertaining/oven-roasted-ratatouille-and-mozzarella-strudel-with-parmesan-and-pecans>

And finally.....

Office Hymn for Thursday Vespers in Ordinary Time

When God had filled the earth with life
And blessed it, to increase,
Then cattle dwelt with creeping things,
And lion with lamb, at peace.

He gave them vast, untrodden lands,
With plants to be their food;
Then God saw all that he had made
And found it very good.

Praise God the Father of all life,
His Son and Spirit blest,
By whom creation lives and moves,
In whom it comes to rest.



Stanbrook Abbey Hymnal