



## NEWSLETTER DECEMBER 2010

*Thank you to all who supported and encouraged our efforts during the course of the year. Your continued assistance and support is much needed and will be gratefully accepted! It's a good time to renew or take out membership. .*

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### **UKWESHWAMA -THE FIRST FRUITS FESTIVAL AND THE KILLING OF THE BULL**

Justice Malala wrote every eloquently on the slaughter of the bull during last year's Ukweshwama ritual, in which young men killed a bull with their bare hands. The killing of the bull was to celebrate the first fruits of the harvest. The strength of the dying bull, it is believed, would be transferred to the king.

He makes it very clear that the aftermath, resulting from the ARA's attempt to have the ritual halted through a court of law, ended up as a free-for-all about black versus white, European versus African, colonialist versus "freedom fighter".

And in the furor everyone forgot about the bull.

There is no way that a bull killed by hand, by beating with fists and all the other terrible, terrible things that were



done to him, can take bare minutes, as noted by Chief Mlaba saying "We must use our bare hands, It's cruelty, we agree, but it's our culture. We cannot change our culture." and goes on to say "For 40 minutes, dozens trampled the bellowing, groaning bull, wrenched its head around by the horns to try to break its neck, pulled its tongue out, stuffed sand in its mouth and even tried to tie its penis in a knot. Gleaming with sweat, they raised their arms in triumph and sang when the bull finally succumbed."

This is in direct contradiction to Professor Jabulani Mapalala who said in court that the animal's death was quick, unpainful and that no blood was shed. Blood or not, the death is anything but swift and free from pain!

The cultural defense that the bull must suffer because ancestors made animals suffer is irrelevant in a society where people live a life completely different to their ancestors and furthermore we know now that animals suffer at the hands of humankind, and suffer immensely. If the bull must die (and of course our stance is that it is never acceptable to kill anyone, except in self-defense) why may he not be slaughtered swiftly, with the least amount of pain? Why must cruelty be the defining issue of loyalty to the king or the success of the ritual?

Of course, it is rather odd that people can get so irate about the killing of one bull in a traditional ceremony when thousands of animals are raised and then killed in atrocious circumstances on a daily basis to satisfy the average person's desire to eat meat. And that has been one of the arguments in favour of the ceremony. We cannot argue against this, the difference of course is that this happens in public view, well the invited few, at any rate, while the circumstances of factory farming and the subsequent slaughter, which applies equally to those living 'free range', are kept well hidden from public view and scrutiny.

But back to the bull.

### **SIGN THE PETITION**

Countries including Tanzania, Sierra Leone the Democratic Republic of Congo, Kenya, even Zimbabwe, for heaven's sake and delegates from ANAW (The African Network for Animal Welfare) signed a petition calling on Parliament to halt Ukweshwama, but to no avail.

Cultural ceremonies are protected in terms of the Constitution, including those involving animals, however we do have an Animals Protection Act and as the bull in question is in fact, tortured to death, one would assume the APA overrides the constitution in this regard. Ukweshwama has been revived within the last few years and was dormant for many years before that. Whatever the reason it was initially halted, surely the revival could have taken into account the new knowledge we have attained wrt animal sentience? Does torture really form part of the new South Africa? Toni Brockoven

### **URGENT URGENT**

**The 'Draft Norms and Standards for the Management of Damage-Causing Animals in South Africa' was gazetted by the Government on the 26th November 2010. We have, as individual citizens, until 24th December 2010 to submit written representations and/or objections to this document ,**

What is presented in the DEAT's draft is the continued decimation and persecution of our wild animals in a manner far more serious than something like rhino poaching. You can view it at [www.environment.gov.za](http://www.environment.gov.za). Nothing really changes except the existing situation is couched in language which uses words like 'humane', 'ethical' and 'informed'.

It is a rare opportunity to have a say, and is one small thing that we can each do. There is a sample letter to be found when you click on the e-mail address to follow, please edit and add your own comment and then mail to: [nmbedzi@environment.gov.za](mailto:nmbedzi@environment.gov.za)

### **AVOIDING ANIMAL PRODUCTS**

Vegans try and live a life that causes the least amount of harm in their daily lives, so avoid animal products in their food, medication, clothing and everyday items. But sometimes one can inadvertently use animal products – it's no secret that it is not possible to live in modern society and not use animal products somewhere along the line. Roughly 55 % of an animal is used for edible products, while the remaining 45 % goes into inedible by-products, some of which are surprising:

The reason to carry around your own non-plastic shopping bag? Because plastic bags may contain 'slip agents', which reduce the friction in the material, made of animal fat.

Michelin and Kenda tires are the only two confirmed vegan tires available, who use vegetable based stearic acid, which helps the rubber in tires hold shape under steady surface friction.

Animal glue appears to get the thumbs up as being the best adhesive for fixing musical instruments made from wood. Hide glue is also readily available and widely used for furniture fixes and wood work.

We usually think of used chip oil or corn when thinking biofuel, but the use of animal fats to produce these is becoming more available. Which seems ludicrous!

We loathe the idea of fireworks, and have discovered another reason to encourage people not to buy them or attend fireworks displays, as stearic acid (used in tires, see above) is also an ingredient often used to coat metal powders such as aluminum and iron.

Some fabric softeners contain Dihydrogenated tallow dimethyl ammonium chloride, which comes from cows, sheep and horses.

There could be one or two of more than 20 animal ingredients in your shampoo and conditioner. The difficulty is that Panthenol, amino acids or Vitamin B, for example, can be either from animal or plant origin – another excellent reason for using the BWC endorsed list!

Glycerine is found in both animal and vegetable fats, used in a wide variety of products, including toothpaste and soaps.

The products on the BWC list of humanely produced products, including household cleaners, are either vegan or vegetarian. Toni Brockhoven.

*Original source – Treehugger*



## HOLIDAY SEASON AND ANIMAL COMPANIONS

- Please ensure effective care for your animal companions if you plan to go away on holiday, and do not leave it until the last minute. After all, your holiday was probably planned some time ago.
- Please, please, please - do not give animals as gifts! They do not come with batteries and require responsible care. Taking an animal home is for life.
- Adopt your pets from reputable welfare shelters – ensure they do house checks before allowing adoptions – this is the minimum requirement that should be implemented.



*Thank you for your support.*

*We can persist in our efforts with the continued financial backing of the public. Please consider a small (or large!) monthly stop order on your account, in favour of Beauty Without Cruelty.*

***DONATIONS TO BEAUTY WITHOUT CRUELTY ARE TAX DEDUCTABLE***

*Please help us to continue our work.*

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## EDUCATION

Cape Town's final school presentation for the year was held at Pinelands North Primary by Heather Howe and Di Smith. Roughly 100 pupils from grades 6 to 9 were present, and the ensuing Q&A afterward resulted in a very positive response and seriously considered questions. One little chap, about two bricks and a penny high, shouted out that he thinks 'we should be barricading laboratories in which animal experiments are performed and not move until the scientists stop!'

It is hoped that further projects with the school will commence early in the new year.



This was written by blind, medieval Arab poet Abu 'L'Ala Ahmad ibn 'Abdallah al-Ma'arri, known as Al-Ma'arri. He was born in 973 and died in 1057.

### I No Longer Steal from Nature

You are diseased in understanding and religion.  
 Come to me, that you may hear something of sound truth.  
 Do not unjustly eat fish the water has given up,  
 And do not desire as food the flesh of slaughtered animals,  
 Or the white milk of mothers who intended its pure draught  
 for their young, not noble ladies.  
 And do not grieve the unsuspecting birds by taking eggs;  
 for injustice is the worst of crimes.  
 And spare the honey which the bees get industriously  
 from the flowers of fragrant plants;  
 For they did not store it that it might belong to others,  
 Nor did they gather it for bounty and gifts.  
 I washed my hands of all this; and wish that I  
 Perceived my way before my hair went gray!

## MERCHANDISE

Please visit [www.bwcsa.co.za/merch](http://www.bwcsa.co.za/merch) and see our merchandise – we have tee shirts, a cookbook and blank and Christmas cards, going for a song! You can help support us with your purchase.

## TONI'S CHRISTMAS CUPCAKES

*Note depending on the kind of fruit mix you use you may get 17 cupcakes as I did, or 11 baked in '1 cup' ramekins. If you have soaked fruit in booze and choose to include the liquid you may use an extra ½ cup flour, as I do. Use organic ingredients where possible, as always.*

### Ingredients

- 125g Cardin margarine
- 100g sugar
- 2 generous tsp molasses (oil the spoon so it runs off easily)
- 125 ml soya or rice milk with 1 tsp cider vinegar added – let stand
- 500g dried mixed fruit that incl chopped cherries, goji and blueberries, chopped glace (or Turkish) apricots, melon and pineapple (the mixture preferably soaked in brandy / rum overnight or longer, and then well drained, but this is optional)
- 60g chopped pecans



- 125ml frozen pure orange concentrate (Dairymaid unsweetened tins)
- 250ml self raising flour
- 1 tsp mixed spice

## Method

1. Preheat oven to 170°. Line twelve muffin pans with cases (optional) or Spray and Cook well. (I recommend also using paper liner at the bottom of tins to prevent breaking apart when removing)
2. Beat the marg, sugar and molasses in a bowl until creamy
3. Stir in the dried fruit, walnuts and frozen orange concentrate. *(don't panic if it looks curdled).*
4. Stir in the flour and mixed spice. Add the soured milk mixture, stir in well.
5. Spoon into the lined pans and smooth the surfaces.
6. Bake for 30 - 35 minutes or until cupcakes are firm to touch or a toothpick inserted comes out clean
7. Set aside in the pans for 5 minutes to cool before transferring to a wire rack to cool completely.

If not using paper cups, turn cupcakes upside down and decorate 'bottom's' to look like mini puddings.

*One idea: pour plain white icing over cupcakes. Top with a small swirl of firmly whipped Orleywhip (about R5 coin size) on top of which you place a fresh OR sundried Strawberry, pointy side up, and you top the point of the strawberry with a tiny point of Orley, to make mini Santa Hats.*

*Or add a dash of ground cinnamon to the icing mixture, ice and top each cupcake with a whole pecan (sugared or roasted if preferred) or glaze cherry.*

*Or top with white icing, sprinkle well with coconut and use sugar mistletoe/ holly or poinsettia flowers to decorate*

## CREAM LIQUEUR (a la Baileys)

- ¾ cup organic sugar
- 1 cup soy milk powder (pick and pay)
- 2 tsp. cocoa powder
- 2 tsp. instant coffee granules
- 1 cup boiling water
- 1 cup full cream coconut milk (shake can well before opening)
- 1 + ¾ cups whiskey, Irish is best of course, but use what you will

Dissolve coffee in boiling water, then combine with sugar, soy milk powder, cocoa powder and blend / beat until smooth. Add coconut milk and whiskey and blend. Pour into pretty 1 litre bottle (or sample until you can fit the remainder in a 750ml bottle) and shake well before serving. Fabulous in coffee, instead of milk, or serve over ice.



## VEGAN MEAL MAKES USA FOOD & WINE MAGAZINE'S TOP 10 FOR 2010

Included in the lineup of the 10 best restaurant dishes of 2010 that were memorable is Chef Sean Baker's vegan Charcuterie (French braai) Baker sets the food on the same sort of board used for serving Charcuterie, but his dish consists of five or so inventive and delicious sounding vegetable dishes, for example roasted broccoli with a vegan version of the Italian tuna-based sauce tonnato, made with seaweed and miso.

It's wonderful to see that vegan food is being taken seriously and starting to appear in up-market venues and are no longer limited to casual cafés.

## SAY NO TO ANIMAL SKINS AND FUR



BWC supporters turned out in red tees and animal masks for the No Fur No Animal Skin demo held outside the Cape Quarter Lifestyle Centre Saturday 11<sup>th</sup>, to mark the occasion of World Animal Rights Day which was 10<sup>th</sup> December. Young Ethan Miller seen above on the right (6 years old) was one of those who handed out Fur Free flyers to passers by and motorists. We often think of rabbits and foxes, cats and dogs when thinking the horrors of fur, but reptiles like snakes and crocodiles, while perhaps not cute and cuddly, are just as entitled to keep their skins! Snakes have also been known to be skinned alive after being impaled to a tree. One store has made the pledge to no longer sell fur. We will, of course follow up on this.

Those who may shudder at the thought of a wall mounted animal head may well be tempted to have a zebra or springbok skin on the lounge floor, to have a crocodile, snake, or ostrich skin bag or pair of shoes. It's all the same. An animal died for a trinket. Please consider your purchases! We do not need bird shaped brooches made of deer skin, or animal toys made of rabbit, cat or dog for Fido or Kitty, or tops with fur trim!

## EDUCATIONAL SPONSORSHIP NEEDED

Companies (or individuals) who may be interested in sponsoring a specific educational, yet fun programme for schools we have planned for 2011 are invited to contact us at [toni@bwcsa.co.za](mailto:toni@bwcsa.co.za). Donations are tax deductible. All donor details will be listed in our newsletter during the course of 2011, unless anonymity is requested.

## UPDATED LIST OF BWC ENDORSED PRODUCTS

You can download the list <http://www.bwcsa.co.za/files/THE%20LIST%20DEC%202010%201.pdf> and print it to keep with you, to make shopping easier!

### *AT A GLANCE*

• AFRICAN ORGANICS • ANNIQUE • BIO OIL • CHARLOTTE RHYS • ENCHANTRIX—BODY & HOUSEHOLD CARE • ESSE • INNOXA • LIKE SILK • ONAKA & BLOOM • PURE BEGININNGS • QUINTESSENCE • SAVANE • SYMPHATONE • THE VICTORIAN GARDEN • VANDA • WOOLWORTHS—BODY & HOUSEHOLD CARE

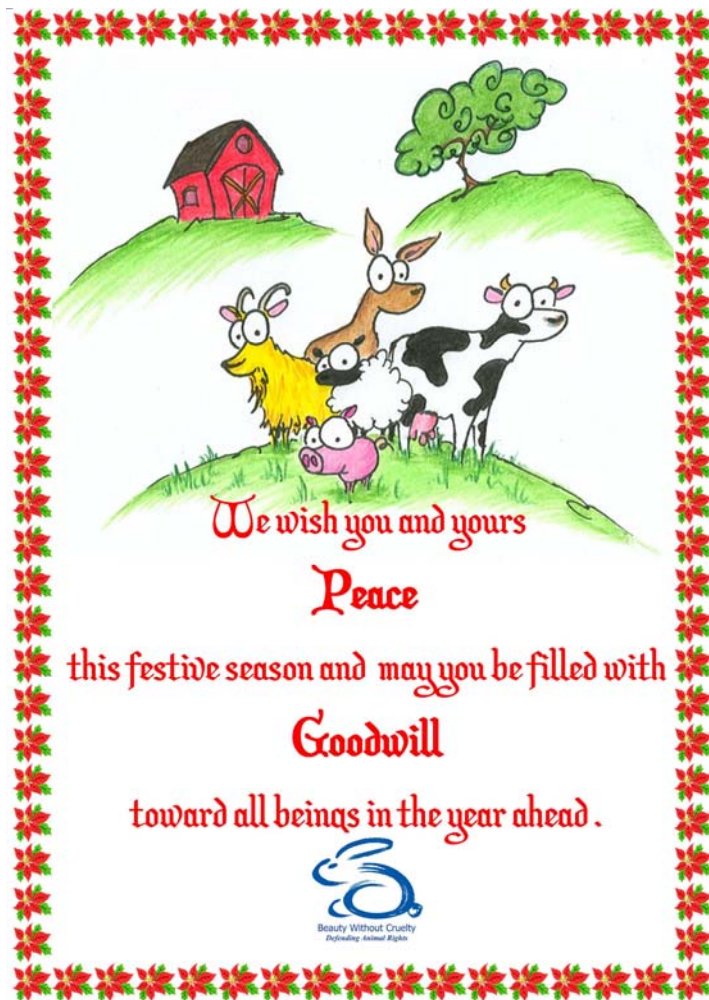
Please note that if a company is not on the list they have either not applied or do not comply with our criteria. Some companies state they do not test on animals, unless required to do so by law. That means they do animal testing and do not comply! Please do not be fooled by labels stating 'against animal testing' etc. If you wish to ensure that you are using humane products, the BWC list is your guide.

**OUR CRITERIA FOR ENDORSEMENT** is of the strictest standard, ensuring true humane status.

**Cut off date:** Companies must apply a self imposed fixed cut off date with regard to the use of animal tested products and neither products nor the ingredients therein may have been tested after this date.

**Ingredients:** While we do accept vegetarian ingredients for now, many of the companies endorsed by us are Vegan

**Assurance on testing:** The applicant company must supply written assurances from their ingredients suppliers that no form of live animal testing on individual ingredients or their finished products will be performed after the cut off date. Products may not contain ingredients that have been required by law to be tested on animals (or from animal data) after the cut off date Parent companies and their subsidiaries must also comply with these criteria.



We wish you and yours

Peace

this festive season and may you be filled with

Goodwill

toward all beings in the year ahead.



BeauTy Without Cruelty  
Defending Animal Rights