



**NEWSLETTER – MARCH 2011**



***YOU CAN SUPPORT US HERE***

This issue has been a little late in getting to you, as March has been an eventful month.



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. 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.



Please write to  
WESTCOAST VILLAGE MANAGEMENT 021 5507000 Janet Wishnea, Centre manager or  
[tarryn@rabie.co.za](mailto:tarryn@rabie.co.za) (Janet's assistant)  
WESTCOTT PRIMARY [office@westcott.computers4kids.co.za](mailto:office@westcott.computers4kids.co.za)  
EDGE MEAD PRIMARY [principal@edgemeadprimary.co.za](mailto:principal@edgemeadprimary.co.za) (circus still to appear there)

**There will be another demo on Saturday 16<sup>th</sup> April outside Edgemead Primary School at 2pm. Please join us (RSVP to [toni@bwcsa.co.za](mailto:toni@bwcsa.co.za)) and wear wild animal ears or animal print clothing. Every body counts!**

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.

There has been a fair amount of local media coverage on the circus and the demonstrations against them, ensuring that many, many more people are made aware of the exploitation of animals for profit. We have never questioned the care and affection given by the McLarens to the animals, it is the fact that they are denied a normal and natural existence and are used as an attraction. That they have been hand reared remains irrelevant, as they are still wild animals.

## **WILD ANIMALS TO BE BANNED FROM UK CIRCUSES**

*By Ted Jeory and Roddy Ashworth; WILD animals will be banned from Britain's circuses under new Government plans, the Sunday Express has revealed 2 April.*

Environment Secretary Caroline Spelman has said that making animals travel thousands of kilometres every year in cramped lorry trailers known as "beast wagons" is harmful to their welfare.

While Animal Welfare Minister Jim Paice told MPs last month that a new policy was “close to completion”, his boss Ms Spelman is now “minded” to introduce the ban, say senior sources. Deputy Prime Minister Nick Clegg also favours such a move.

Officials at the Department for Environment, Food and Rural Affairs are working on the final details to ensure there is no conflict with European legislation. An announcement is expected within weeks.

Dr Ros Clubb, senior scientist with the RSPCA, which has called for the ban, said last night: “It’s about time that in Britain we showed we really are a nation of animal lovers.” The development comes a week after undercover footage showed a Romanian groom at the Bobby Roberts circus beating 59-year-old Asian elephant Anne with a pitchfork and kicking her. Anne, who is severely arthritic, is now to be rehomed at Longleat Safari Park in Wiltshire where she will be protected from such cruelty.

## 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.

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.

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

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

### REQUEST FOR CLOTHES AND BOOKS

CAPETONIANS Please start collecting useable old clothes and any books you may wish to clear from your shelves, for our upcoming sale. Please ask friends and family too. Details of drop off points will follow! Thank you!

## BAGgers

March also saw the first meeting of the BAGgers, the Beauty without cruelty Action Group, which was held in Noordhoek.

A workshop highlighting the plan of action for the next year or so and the strategies to be implemented was discussed. Volunteers took on projects to which they felt they could best contribute.

It was rather appropriate that the hosts were fostering and caring for several rats and squirrels (and a tiny kitten along with young pigeons) hence this photo, as the core focus was vivisection. A vegan braai was greatly enjoyed and we anticipate positive and vibrant action.



## MARKET DAY IN CAPE TOWN

Beauty Without Cruelty had a table at the recent Durbanville market, where certain days of the year see animal organizations invited to be present.

We were pleasantly surprised to realize that the vast majority of people we spoke to were completely against the idea of having animals in circuses, and that many of them had either never taken their kids to one, with no intentions of doing so, or had very young children and would not consider taking their children to any circus which included animals!

Our donations tin felt rather heavy at the end of the day!

## 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.

## MILK SUCKS!



It would appear that GM Cows are now capable of producing 'human' milk. Why this should be necessary, and the fact that this has even been considered seems to smack of mad science at best! Scientists have modified cows in an effort to make cows' milk more nutritious. But cow's milk is meant for calves NOT humans! Under normal circumstances, cows milk is extremely nutritious – for their own young! We are weaned at a young age and we lose the enzyme needed to absorb milk, and for good reason. We are the only species of animal to drink milk after babyhood and we don't consider this odd!

Human milk contains high quantities of key nutrients that can help to boost the immune system of babies thereby reducing the risk of infections.

The scientists behind the research believe milk from herds of genetically modified cows could provide an alternative to human breast milk. Why? Why do we need an alternative, for goodness sake? Formula milk for babies is often criticised as being an inferior substitute and the idea is the human / cow milk will provide a suitable alternative for this as well.

## **AND THE KILLING OF OUR BABOONS GOES ON!**

CALLING FOR A CLEANUP OF CNC (CAPE NATURE CONSERVATION), DA ACCOUNTABILITY FOR OUR ENVIRONMENT & ANIMALS.

There has been a justified outpouring of grief and shock at the killing of the Capetonian baboon Fred. Other male baboons have and will be killed under the WC's controversial baboon policies.

Fred's demise seems to be a sign of a bigger conservation problem within the Western Cape – one of poor management; a lack of transparency and accountability.



From the outset, the Western Cape Government and its 'environmental arm' CNC is not listening: to the experts, to communities, to animal lovers.

Science, public participation and the expertise within Sanctuaries, Wildlife Organisations and NGO's are being sidelined.

To wildlife helpers and animal activists within the WC, it seems the word CNC instills a sense of undiluted fear into the hearts of those at their mercy. This has severely hampered their ability to conserve, rescue, relocate and rehabilitate wild animals and those in sanctuary.

A peaceful demonstration will take place.

DATE            Friday 15<sup>th</sup> April  
TIME            12:00-2:00PM  
VENUE:        DA OFFICES OUTSIDE PARLIAMENT, CAPE TOWN

A CONCISE ARGUMENT OF CONCERN WILL BE HANDED TO THE DEMOCRATIC ALLIANCE, THE ANC; NATIONAL AND PROVINCIAL DEPARTMENTS OF ENVIRONMENT AND THE MEDIA AS WELL AS A PETITION.

**FOR FURTHER INFORMATION CONTACT: SJ MARTIN 082 376 9667**

## **MEAT FREE MONDAYS**

If you still eat meat, make this the year to reduce or eliminate meat from your diet and enjoy the health benefits like significantly decreasing the likelihood of heart attacks and high blood pressure, for example. Meat Free Mondays are an easy way to lower your own environmental impact and help ensure worldwide food security. Pledge your support for the Meat Free Monday campaign, a Fry's initiative, in association with BWC and others. Also, you can support us with your purchase of a shopper, bracelet or recipe booklet. [www.supportmfm.co.za](http://www.supportmfm.co.za)

*There are great recipes using Fry's in the BWC Living Without Cruelty cookbook!*



The following list from the Woolworths Private Label and Earth friendly ranges are suitable for vegans (the entire Earth friendly range is vegan)

### WOOLWORTHS PRODUCTS SUITABLE FOR VEGANS

## EDUCATION

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.

To clarify Animal Rights vs Animal Welfare and the abolition approach (no cages, not bigger cages) here are 10 myths for your perusal. <http://www.bwcsa.co.za/downloads>

## RECIPES

### MUSHROOM BISQUE

- 2 potatoes, peeled and diced
- 1½ c water
- 1½ T olive oil
- 2 cups onion, finely chopped
- 1 stalk celery, finely chopped
- 2 punnets mushrooms (try brown and shitake for extra flavpur)
- 1½ t sp Himalayan salt
- 2 cloves garlic, minced
- ¼ tsp thyme
- 3 T dry sherry
- 2 tsp soy sauce
- Freshly ground black pepper
- 1 cup soy milk
- Croutons (optional)
- Chopped fresh chives (optional)

Boil or steam the potatoes and water until tender.

Heat oil in large pan over medium heat, sauté onions and celery for five minutes. Add mushroom, salt, garlic, and thyme, cover, and simmer, stirring occasionally, for 10 minutes. Turn off heat and add sherry, soy sauce, and pepper. Purée with the milk and the cooked potatoes until completely smooth and silky. Warm until heated through.

Top with croutons and chives and serve. PS you may prefer to reserve a mushroom or two and slice finely for garnish, along with a drizzle of TRUFFLE OIL for a gloriously decadent and delicious start to a dinner party. Or just for you!!

### WONDERFULLY GOOEY STICKY DATE PUDDING

- ¾ cup dates, stoned and chopped
- 1 ¼ cups water
- 1 teaspoon baking powder
- 4 tablespoons Cardin margarine (Cardin is the ONLY vegan retail margarine in SA)
- ¾ cup sugar

- 2 egg replacers or ½ well blitzed banana
- 1 1/3 cups SR flour
- 1 teaspoon vanilla extract
- 2 ¼ cups light brown sugar
- 7 tablespoons Cardin margarine
- 1 cup Orley Whip or Soya cream
- 1 teaspoon brandy (optional)
- ¼ teaspoon vanilla extract
- Whipped Orley Whip, extra, optional

Preheat the oven to 180 and 'spray and cook' a smallish baking dish. Boil the dates in the water until soft, then add the baking soda. It will foam up. Remove from heat. Cream the Cardin and sugar together until light (don't worry if it looks curdled) then add the egg replacer or well beaten banana and beat well. Mix in the dates, flour and vanilla, then pour into the baking tin and bake for 30-35 minutes, or until just firm to the touch. *Be careful not to over-bake*

Sauce: Combine the brown sugar, butter, Orley Whip or soya cream and brandy in a saucepan and bring to a boil for 3 minutes. Remove from the heat and stir in the vanilla.

To serve: cut cake into rectangular pieces. Place a slice in a bowl. Pour a generous amount of warm sauce over the top. You can serve just like that add a nice dollop of the whipped Orley over the top

## MERCHANDISE

Visit <http://www.bwcsa.co.za/merch> and see how easy it is to order our fabulous Living Without Cruelty cookbook, blank cards or tee shirts.

**Please 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**

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



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



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