

ANIMALVOICE

Official mouthpiece in South Africa for Compassion in World Farming



City of Cape Town supports
one Meat-Free day per week

The City of Cape Town has become the first in Africa to officially endorse **one meat-free day a week**. This follows a unanimous decision by the City's Health Portfolio Committee that a diet of less meat and more vegetables is in the interests of human health.

Read more inside...

Increasing Our Compassionate Footprint

COMPASSION
in world farming 

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The Mother City sets

Cape Town is the first city in Africa to officially endorse one meat-free day a week.

"It is a triumph," says Tozie Zokufa.

In a unanimous vote taken in council chambers, the City's **Health Portfolio Committee** agreed to endorse the call by *Compassion in World Farming (South Africa)* for one meat-free day a week.

"It is a triumph," says Tozie Zokufa, South African co-representative for *Compassion in World Farming*.

"We started negotiating with the City Health Committee last December and did several presentations on the impact of excessive meat consumption on human health, global warming, the environment, poverty exacerbation and, not least of all, the cruelty involved in factory farming," explained Tozie.

"The official launch took place at the Civic Centre in Cape Town on 29th July 2010, with Mayor of Cape Town, **Alderman Dan Plato**, as keynote speaker. The Press turned out in force. Although, at the time of the official launch, the City decided to make it a **red-meat-free day**, the City nevertheless publicly backed its partnership with us, fully accepting that the message we would be taking into schools, was about one totally meat-free-day a week. The Cities of Ghent and San Francisco sent video clips of congratulations which were played at the launch."

Now there has been a further development. The City of Cape Town's *Environmental Resource Management Department* has given its official backing to the one-

meat-free-day initiative too and has invited

Compassion in World

Farming (South Africa) to incorporate the Environmental Management Department's *Smart Eating - Food and Climate Change* booklet in *Compassion's* roll-out to schools (see page 15).

"We hope to make Cape Town a world-leading city – an inspiration to other cities – in reducing our Carbon Footprint and increasing our Compassionate Footprint," said Tozie.

"Fighting global warming, disease, poverty and animal cruelty with our knives and forks is something we can each do with little effort, one day a week.

"I will be taking this message with me in September to the **Africa Animal Welfare Action Conference** to be held in Nairobi, Kenya. I hope to lay the seeds for other African cities follow suit."



an example...

Dr Ivan Bromfield (right), Executive Director for City Health, was Master of Ceremonies at the official launch of Cape Town City's *one meat-free day a week* campaign at the Civic Centre on 29th July 2010.

"This is a global initiative, not just a Cape Town initiative and I think we are very proud to be the first city in Africa to take up this challenge," he said.



Councillor James Vos (right), chairman of Cape Town's Health Portfolio Committee, opened the ceremony, welcoming guests and the Press.

He said: "This campaign aims, inter alia, to create awareness in primary and high school students:

- of the importance of keeping animals out of factory farms;
- of the impact of intensive animal farming on the environment and its role in climate change;
- and why eating more fruit and vegetables and less meat is a healthier way of life."



Alderman Dan Plato (right), Mayor of Cape Town, was the keynote speaker. He said he and his family had cut down on meat consumption on the advice of his doctor. Now, he and his family left meat out of their diet for two days in every week and his doctor had expressed satisfaction at his improved state of health.

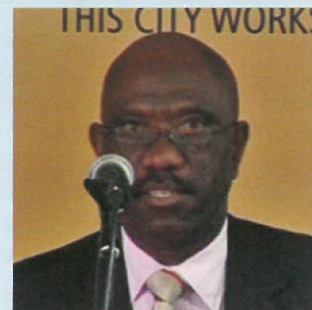
"People, including myself, eat far too much meat these days. I can still remember the times when eating meat was something we used to really appreciate. Things have changed. In our townships there are many more butcheries than there are fresh vegetables stores and when people are not eating properly, it becomes a serious problem. A healthier city is a more productive city, and a more productive city benefits everyone. It is difficult to get people to change their habits, but Cape Town must be a city that leads the way."

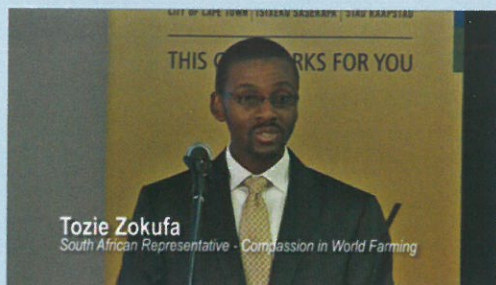


Councillor Dumisani Ximbi (right), Mayoral Committee Member for Health, said:

"This is an important day for us because we have the privilege of showing the world that we are concerned about the health of our citizens and want to provide solutions to their health problems. Eating a lot of meat can lead to serious illnesses that pose dangers to our society.

"It is advisable that governments and the food industry take action to reduce the level of consumption of animal-derived foods. It is our duty to inform our citizens about any issues that can help them to live a healthy and long life."





Tozie Zokufa, Representative in South Africa for Compassion in World Farming, thanked the Health Portfolio Committee of the City of Cape Town for encouraging Capetonians to restore a balance in their diet.

He said: "During the nine years I worked as a veterinary public health practitioner in factory farms and abattoirs around South Africa, I became conscious of the fact that our relationship with farmed animals is out of balance. In isiXhosa, we talk about *ina ethe*; in English, about *give and take*. When it comes to farmed animals, the

healthy balance of *ina ethe* is no longer there. Now, it is only about 'take'.

"I believe that factory farming - whereby thousands of animals are crammed into spaces where they can hardly move, and die without ever having seen the sun, the soil or a blade of grass, is unethical and un-African."

Congratulations

from other world-leading cities

shown at the Launch by way of video



Vice mayor of Ghent, in Belgium, Councillor **Tom Balthazar** (left), wished Cape Town 'Good Luck' and said Ghent had launched **Veggie Day** for five reasons:

- The Climate Crisis - large scale meat production is one of the causes of climate change;
- The fight against hunger. To produce one kilogram of red meat you need 7 - 10 kg of grain and 15 000 litres of water;
- Human health;
- Animal welfare;
- To prove that veggie food can be very tasty too.



Supervisor of the City of San Francisco in the USA, **Sophie Maxwell** (left), congratulated Cape Town on its efforts to promote Meatless Mondays on behalf of sustainability, human health and the planet.

"We thank you for your efforts," she said.

● Go Meat-Free one day a week and you'll make a difference...

Go to this link on YouTube to see an 11 minute video synopsis of the launch of one meat-free day a week in Cape Town City

<http://www.youtube.com/user/ciwfsa#p/a/u/0/IY5saibufHs>

or email avoice@yebo.co.za for a free DVD of the YouTube video.



Courtesy: Cape Times

www.animal-voice.org / www.ciwf.org / www.eatlessmeat.co.za

Other cities that have taken up the challenge

Cities that have taken up the challenge of one meat-free day a week, include:

Ghent, Hasselt and Mechelen (all in Belgium), Sao Paulo (Brazil), Bremen (Germany), San Francisco (USA) and Cape Town (South Africa).

Animal Voice understands that San Francisco has included the exclusion of battery eggs as part of its meat-free initiative.

Other **Support** for Meat-Free days

Woolworths' Good Business Journey Specialist, Tom McLaughlin (right) was the only supermarket representative to accept an invitation to the launch.

He said that for a start, Woolworths head office dining room, which served more than 1000 lunch meals a day, would introduce a meat free day once a week.

Marina Evans (next to Tom McLaughlin), is a tri-athlete who proudly displays the *Compassion in World Farming* logo on her race suit to raise awareness and garner support.

Lindie Buirski (right), head of Environmental Capacity Building, Training and Education for Cape Town City, has invited *Compassion in World Farming* to incorporate the *Environmental Resource Management Department's Smart Eating - Food and Climate Change* booklet in our roll-out to schools.

"We are staunch supporters of Meat-Free Mondays," said Lindie.

(See page 15)



Meatless Mondays were fashionable 93 years ago

The last time the world went on a Meatless Mondays campaign was back in 1917 during World War I. After three years of devastating warfare, much of western Europe was in a state of ruin. The war had disrupted transportation, turned farmers into soldiers and fields into battlegrounds. Many of the Allies, particularly in France and Belgium, were starving.

The US Food Administration responded by starting a campaign to persuade Americans to restrict the meat and wheat in their diets so that it could be saved for American soldiers fighting in Europe.

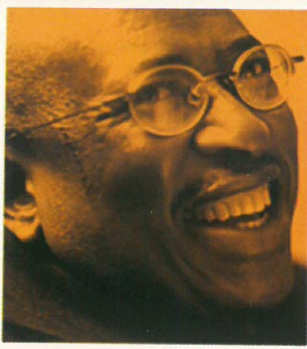
Americans rallied to the call for Meatless Mondays and Wheatless Wednesdays, replacing both meat and wheat with vegetables and other foods on the designated days. Menu suggestions and recipes appeared in magazines, newspapers and government-

sponsored books and pamphlets.

Within a year of the start of the campaign, the US shipped 120 million bushels of wheat to Europe - six times more than ever before.

An editorial in the *Saturday Evening Post* in 1929 commented: "Americans began to look seriously into the question of what and how much they were eating. Lots of people discovered for the first time that they could eat less and feel no worse—frequently much better." - Information courtesy Albert R Mann Library, Cornell University.

Question: If Meatless Mondays and Wheatless Wednesdays were adopted worldwide, how many of the 1 billion starving people in the world could start going to bed on a full stomach?



Going Veggie is easier than you might think!

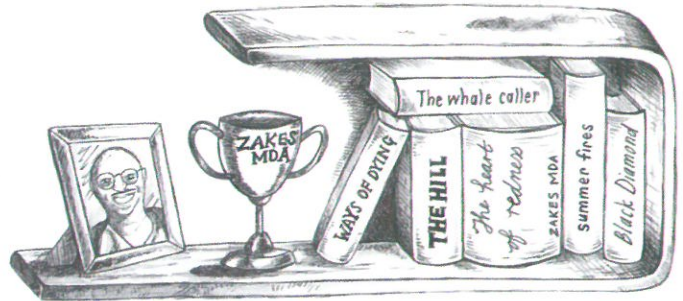
South Africa's multi-awarding winning novelist, poet and playwright **Zakes Mda**, says he works magic in the kitchen - without meat. *Animal Voice* contacted him at the University of Ohio where he is a professor in the English Department, and asked him to tell us more.

Zakes Mda is winner, inter-alia, of the Amstel Playwright of the Year Award, the M-Net Book Prize, the Commonwealth Writers Prize and the Sunday Times Fiction Prize.

"Well", said Prof. Mda, "I am vegan while my wife and the rest of my family are ovo-lacto vegetarian.

"We are all very squeamish about meat, although we never pass judgment on those who eat it. We recognize the fact that's how human beings evolved, cannibalizing other sentient beings. But we believe that at least for our family we have evolved to such a high level that we can survive without eating dead animals.

"We get our protein from legumes of all types, including beans and particularly soya beans. I am a gourmet cook and I have taught some of the members of my family to do wonders with bean curd, gluten, tempeh and other wonderfully rich protein sources. Although our original reasons for vegetarianism many years ago were not health-related but were rather ethical, we have derived plenty of health benefits from our eating habits.



"Every time I go for check-ups the doctors always marvel that I am the healthiest fat person they have ever seen.

"I don't really proselytize about my vegetarianism, although I do encourage those who choose to be vegetarian or even vegan. I even encourage those who may begin by being pescaterian first. This should resonate with you Cape Town folks."

"Don't be deceived," says **Prof Mda**. "What you see in the pan in this picture may look like meat but it is not. These are porta bella mushrooms that I use in my lasagna. We have converted many of our friends to vegetarianism merely by inviting them to dinner. They find that our food is much tastier than meat dishes."



Bheki Khoza has been **vegan** for 15 years

World acclaimed jazz musician,
Bheki Khoza, believes that his
vegan diet plays a role in his music.



“Veganism changed my consciousness. It has brought me a sense of calmness, reason and passion,” he told Animal Voice.

Born in Umlazi, near Durban, Khoza said that cutting meat out of his diet, wasn't easy. “At about the age of 30, I decided to become vegetarian for health reasons. It needed a lot of will-power but I became convinced that my body was suffering as a result of all the meat I was eating. Some of my energy was being used simply to digest the meat in my diet.”

Then, in 1991, Khoza received a scholarship to study music at the University of Hartford, Connecticut in the USA.

“When I went to America, I became 'unvegged',” he says. “I lapsed.”

“In the beginning, I still did not buy meat for myself but if I was being entertained and the host provided meat, I ate it. Before long, I was eating meat of every variety constantly.”

Khoza returned to South Africa and that was when he became vegan. I became aware of the health benefits of a vegan diet and also of eating food in its raw state. This is something that is borne out by the scriptures - in the books of Genesis, Daniel, Numbers and others. At first I lost a lot of weight and people thought I was sick. But gradually my health improved and with it came a heightened consciousness.

“I realised that good health is not just about being a vegetarian. As a vegetarian you still eat over-cooked 'dead' food. Vegetarianism isn't enough.

“Turning to veganism is not as easy as pushing a button. It requires will-power. But after a while, when you begin to realize the change in your consciousness, it becomes a vital way of life and I find I feel sorry for all the meat eaters who are not aware of how badly they are compromising their health.”

33 000 meatless meals

Malaysian school children have rallied to the eat-less-meat call in their communities by eating 33 000 meatless meals during the month of May 2010.

According to Tzu Chi News, three kindergarten schools in Pengang, Butterworth and Bayan Lepas have tallied up 33 000 meals without meat.

Commented the editor of Tzu Chi: “The success of these children shows that eating vegetarian is not as difficult as people think: young and old, everyone can do it.”



The March of TIME towards Truth for Animals

In February 2006, *Scientific American* broke new ground for animal sentience, asking weakly and meekly ***“Do animals have feelings?”***

Just four years later, in its August 2010 issue, TIME magazine dedicated its cover story to ***“Inside the minds of animals”***, with research writer Jeffrey Kluger stating that animals have mind power that has hitherto been unrecognized by humans and that the boundaries separating human and non-humans are disintegrating.

Public sentiment is changing, states Kluger, not only for companion animals and chimpanzees, but for food animals too. “Food animals are overwhelmingly raised on factory farms, where cattle and pigs are jammed together by the thousands and chickens are confined in cages that barely allow them to stand...

“No matter what any one scientist thinks of animal cognition, nearly all agree that the way we treat domesticated animals is indefensible,” he says.

(See <http://www.time.com/time/health/article/0,8599,2008759-1,00.html>)

A month earlier, on July 12, 2010, an editorial in the *New York Times* put it this way:

Industrial confinement
(of farmed animals) is
cruel and senseless -
New York Times,
12 July 2010

“There is no justification, economic or otherwise, for the abusive practice of confining animals in spaces barely larger than the volume of their bodies. Animals with more space are healthier, and they are no less productive.

“Industrial confinement (of farmed animals) is cruel and senseless and will turn out to be, we hope, a relatively short-lived anomaly in modern farming.”

Talking fish

Scientific research in New Zealand has discovered that fish communicate with each other in a language of grunts, growls, chirps and pops. See www.telegraph.co.uk/science/7876266/Scientists-claim-fish-talk-to-each-other.html 7th July 2010



Read this book...

The Moral Status and Rights of Animals
by Dr Kai Horsthemke of the Wits School of Education

“South Africa is a contested political space in which the struggle against colonialism and then apartheid and racism has long roots. While freedom and human rights were seen as triumphant with the emergence of democracy, the underbelly of this rights-based liberation movement is a politics of culture in which the issue of animal rights is at best truncated and at worst completely ignored.” — Reviewed by Professor Thomas Koelble, Graduate School of Business, University of Cape Town

A Wake Up Call for Africa's Animals?

During 6 - 9 September 2010, animal welfare leaders from across the African continent will gather in Nairobi, Kenya to put their heads together in the acknowledgement that sustainable development and animal welfare go hand-in-hand.

Hosted by the **Africa Network for Animal Welfare**, led by **Josphat Ngonyo**, delegates will include veterinary/animal health professionals, governmental and inter-governmental bodies, environmental and conservation organizations and individuals concerned about animal welfare. Their collective aim: **Tackling animal welfare in Africa for sustainable development.**

JANICE COX, MBA, Director of World Animal Net (WAN) and a development consultant and volunteer in Africa, will be among the delegates. Here is a synopsis of her submission:

"As we reflect on the challenges facing animal welfare and development in Africa, we urge this meeting not to shy away from the grim reality about the scale of the problem, and the task before us. In truth, as development organizations tackle the pressing human issues of the day, animal welfare is just not on their radar."

Cox's submission paints a grim picture of a continent...

- where the majority of dogs are stray and diseases among them are rampant
- where governments and international organisations facilitate or encourage an increasing number of intensive factory farm operations involving poultry, pork, dairy and meat production, despite the fact that 'livestock revolution' ideologies have been largely discredited.
- where slaughter is frequently unhygienic and widely conducted without stunning
- where car boots and roof tops are accepted means of transporting animals including sheep, goats and pigs.
- where the wildlife industry is well developed as a hunter's paradise and foreign countries source wild animals from Africa for zoos, circuses and for medical research
- where the trade in illegal ivory in both Tanzania and Zambia is flourishing
- where the Tanzanian government has agreed to press ahead with a \$480m road which will cut across traditional migration routes in the Serengeti National Park
- where the bush meat trade (the eating of endangered primates) continues to thrive

Cox will urge delegates to use the conference as a springboard to encourage the development of local welfare organizations that could work together to lobby strategically for effective animal protection laws, encourage the inclusion of humane education in schools and spread awareness about animal welfare.

She believes there is light at the end of the tunnel. "There is positive action for animal welfare from leading international organisations such as the International Organisation for Animal Health (OIE), which is actively preparing international animal

welfare standards. However, there now needs to be support to turn these standards into positive action, if they are to be worth more than the paper they are written on.

"The animal welfare landscape is changing rapidly around the world. But this is not yet being translated into real animal welfare achievements in Africa. We need to grasp the challenges set forth at this conference and begin to chart our own course whereby animal protection becomes part of African culture across the board."

Janice Cox MBA started her career with the *Ministry of Agriculture* in the UK. Motivated to make a difference in animal welfare, she took up the position of European Director and International Legislative Adviser of the *World Society for the Protection of Animals* and later became International Development Director for *Compassion in World Farming*.

She co-founded *World Animal Net*, the world's largest directory of Animal Welfare organizations, and has authored *Conflict Resolution in Schools* and *Ethics in Education*.

She works as a development consultant and volunteer (with *Voluntary Service Overseas*) and has worked on all continents, and including the African countries of Uganda, Malawi, Rwanda, South Africa and Kenya. She is also a trustee of *The Humane Education Trust* which, inter alia, publishes *Animal Voice*.

JOSPHAT NGONYO

Head of African Network
for Animal Welfare

TOZIE ZOKUFA

Speaker at
the
Conference

JANICE COX

Director, World Animal Net

Animals are the victims STUCK IN

Well-known Cape Town advocate **Paul Hoffman SC** believes that basic human rights, as guaranteed to all in the *Bill of Rights* in the *South African Constitution*, are being violated by the consequences of an official mindset towards animals that is “stuck in the past”.

Advocate Hoffman, *Director of the Institute for Accountability in Southern Africa* (www.ifaisa.org), agreed to speak to *Animal Voice* editor Louise van der Merwe.

Animal Voice: Advocate Hoffman, you spent 26 years at the Cape Bar before being appointed Director of the Centre for Constitutional Rights. Last year you established the Institute for Accountability in Southern Africa (IFAISA). Can the animals benefit from your extensive knowledge of the law and the Constitution?

Adv. Hoffman: IFAISA exists to assist governments in Southern Africa to uphold the values of their constitutions and be responsive and accountable to the people. When it comes to our treatment of animals, it is clear that we are stuck in a mindset of the past. The killing of the baboon known as William of Scarborough, is a case in point. Officialdom solved the problem he posed by secretly killing him pursuant to the dictates of a confidential “baboon management protocol”. This conduct is inconsistent with the humane and compassionate values prescribed in our Constitution.

Animal Voice: Would you say that our attitude towards animals is all too often a violent and savage one?

Adv. Hoffman: Yes. I agree with the late Justice John Didcott when he said [in the seminal judgment which ended the death penalty for convicted murderers]: “South Africa has experienced too much savagery. The wanton killing must stop before it makes a mockery of the civilized, humane and compassionate society to which the nation aspires and has constitutionally

pledged itself. And the state must set the example by demonstrating the priceless value it places on all its subjects, even the worst.”

If we had chosen to apply the wise words of Justice Didcott to our interaction with animals, we would have looked at more humane and compassionate ways of dealing with William of Scarborough instead of resorting to killing him. The decision to kill reflects a mindset that belongs in a previous, less civilized era.

Animal Voice: You say that our human rights are at stake here?

Adv. Hoffman: Yes, in terms of the Bill of Rights, we are guaranteed the right to human dignity, psychological integrity, freedom from violence and an environment that is not harmful to health and well-being. The wanton killing of William of Scarborough, among numerous examples, was an infringement of all of these rights of ordinary people well disposed towards animals. The outcry his death has elicited is proof of this. The time has come for us to formulate a civilized, humane and sustainable policy on animals, one that can enable us to rightfully claim our constitutional right to dignity.

Animal Voice: What would you suggest as a first step?

Adv. Hoffman: Humane Education in schools. We are short-changing all the children of our nation by setting poor examples in our treatment of animals.

of an official mindset that is... **THE PAST...**

"We are short-changing all the children of our nation by setting poor examples in our treatment of animals."

We have to make sure that William of Scarborough, and all the other animals who have suffered at our hands, did not die in vain but, by their suffering, galvanized politicians and public servants into appropriate action.

Animal Voice: When it comes to the new draft by-laws for pets in Cape Town, you have called for the inclusion of a clause to ensure that all unwanted animals will first be offered to humane organizations for sanctuary or homing, before being euthanased. This is a significant step forward. What about farmed animals? Would you support a call to phase out the horrendous systems of confinement such as battery cages for chickens and sow stalls for breeding pigs?

Adv. Hoffman: All steps to promote the humane and compassionate treatment of all sentient beings are steps in the right direction. Sustainability and the good health of the entire planet are at stake.

Animal Voice: IFAISA has drawn up a Proposal for a Sustainable Policy on Animals in South Africa. (See box below). With this proposal in hand, where will you proceed to now?

Adv. Hoffman: The proposal is no more than a modest checklist for policy makers and public servants who interact with and have stewardship of animals, both wild and domesticated, whether on farms, in the wilderness or in our urban areas. The proposal serves as a starting point in the necessary discussion of the "why and how" of our relationships with animals. If the rules and regulations that are made in all spheres of government pass constitutional muster, a lot of the current conduct toward animals that is inconsistent with constitutional values will be eliminated and a more caring, just and healthy society will emerge to enjoy the peace, progress and prosperity which adherence to these values promises to all who live in our lovely land. The values of the Constitution are widely held but insufficiently implemented. Our supreme law is the product of a national accord that needs to be upheld, not only in the human affairs of the day, but also in our interaction with animals, if we are to develop into the humane and compassionate society that the founders of the new SA promised us.

Adv. Paul Hoffman's Proposals for a Sustainable Policy on Animals in South Africa

- Adopt a humane, non-violent, anti-cruelty approach to the treatment of animals consonant with respect for and promotion of all the rights set out in the Bill of Rights including the right to human dignity, psychological integrity, freedom from violence, the right to associate freely, the right to an environment which is not harmful to health and well-being;
- Recognize animals as sentient beings whose treatment by humans reflects the nature of the value system in place in society;
- Encourage best practice in relation to the interests of animals and those who care for and own them in a manner which promotes and empowers socio-economic progress;
- Enable and finance the sterilization of animals and their adoption in circumstances in which the over-population of animals presents financial, health and nuisance problems;
- Reverse the unconstitutional features of outdated existing legislation;
- Create a regimen in which all practices in conflict with the humane treatment of animals are eliminated and reinforce this by way of humane education;
- Regulate the interaction between humans and animals in a manner which promotes the values and principles of the Constitution.

William of Scarborough was a 14-year-old alpha male baboon who helped himself to one too many bananas in the seaside town of Scarborough on the Cape Peninsula.

In July 2010, Nature Conservation authorities trapped and killed him.

Commented Times Live online on 11th July 2010:

"It seems a harsh sentence for housebreaking, even serial housebreaking - execution by lethal injection."

Together with thousands of others, Advocate Paul Hoffman believes the secret killing of William, was wrong.





The feet of broiler (meat) chickens are often scorched black by ammonia burns from standing on filthy, faeces-saturated litter on the factory farms.

Hospitals call for antibiotic-free meat as killer diseases of yester-year, gain strength once more

300 hospitals across the United States have pledged to improve the quality of food served to patients, according to a report in Food Safety News of July 26th 2010.

With new research showing that 60 000 Americans die each year due to antibiotic-resistant infection, many US hospitals have included antibiotic-free meat in their pledge to reform the quality of food.

According to *Food Safety News*, 70% of all antibiotics used in the US are fed to animals in factory farms to speed up growth and compensate for over-crowded living conditions. Some of the drugs, like penicillin and tetracycline are used to treat sick humans too, but seem to have lost some of their efficacy as infections in humans show resistance to these drugs.

(<http://www.foodsafetynews.com/2010/07/the-northwest-side-hospital-is/>)

Antibiotic resistance in South Africa

In August 2009, prompted by growing concern over antibiotic resistance in humans, *Compassion in World Farming* (SA) purchased a random selection of 10 broiler chickens (whole birds) from supermarket chains in Strand, Tableview, Somerset West and Blue Downs. Three leading commercial brands were chosen, namely Rainbow, Tydstroom and County Fair.

Compassion in World Farming then asked scientists at the University of the Western Cape to establish whether there was antibiotic residue in the muscle of the chickens we had purchased.

Disturbing results, released on 1 September 2009, showed that every single supermarket chicken tested positive for the residue of one of the most depended-upon antibiotics in human health - Tetracycline. One chicken displayed a residue of 55% over the legal limit in terms of South African law.

COMPASSION
in world farming 

Please support our endeavours

As you can see, we are making progress. With your financial support, our progress is your progress; our strides for the animals are your strides.

Account name	The Humane Education Trust
Account no	9094070046
Bank	ABSA
Branch	Somerset West. Code 334712

You can also donate by credit card
<http://www.payfast.co.za/donate/go/thehumaneeducationtrust>

NO DONATION IS TOO SMALL

Could we soon be eating meat without killing animals?

Compassion in World Farming's CEO, Philip Lymbery, says YES



What if we could replace all the mince meat that we eat - like hamburgers and sausages - with a virtually identical product that doesn't require a slaughterhouse in the process? *Compassion in World Farming's* CEO, **Philip Lymbery** believes that within the next decade, we could well see this happen.

"This is because meat cultured in cell culture (in vitro) could become economically viable, certainly within most of our

lifetimes," says Lymbery. "It will replace mince meat which is believed to account for at least one-half of all meat consumed. This, in turn, will significantly reduce in the number of animals killed for food and may well hasten our goal of ending factory farming by 2050."

Lymbery adds that cultured meat had the potential to be healthier, safer and less polluting than conventional meat.

"Fat content can more easily be

controlled. The incidence of food borne disease can be significantly reduced. Inedible animal structures (bones, respiratory system, digestive system, skin and the nervous system) need not be grown. As a result, the production of cultured meat is likely to be more efficient than conventional meat in its use of energy, land and water as well as producing less waste. It is an innovative solution that could transform our food and farming system," he says.

Catch glimpses into the minds of animals by following the blog of one of the world's leading animal behaviourists, Dr Jonathan Balcombe: <http://www.psychologytoday.com/blog/the-inner-lives-animals>



If every South African goes meat-free one day a week... 11 200 cattle; 2 million chickens; 10 000 pigs; 22 300 sheep will be saved from slaughter weekly

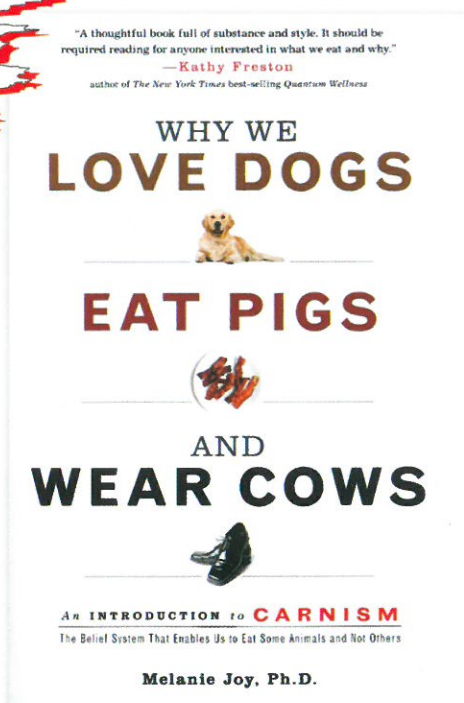
Understanding ourselves better...



"This book (at right) is highly recommended as an eye-opener and a mind-opener, even for those who have been in the animal cause for as long as I have - 21years."

— Louise van der Merwe, Editor, *Animal Voice*.

Because the book is not yet generally available in South Africa, please contact us for a rent-out copy at avoice@yebo.co.za





Japie Conradie of Calitzdorp with his chickens

Cruel eggs become a human health issue

As the American egg industry reels from the recall of half-a-billion eggs for possible salmonella infection, the *Humane Society of the United States (HSUS)* is asking consumers to remember that the egg industry's cruel confinement of hens in tiny cages is not only inhumane, but potentially hazardous to our health too.

Says the HSUS: "An abundance of science shows that forcing hens to suffer inside cramped cages increases salmonella risk, compared to keeping hens in a cage-free environment."

The society then asks people to sign an on-line pledge to avoid eggs from caged hens.

Please do the same here in South Africa by signing the Ethical Eggs petition at

www.activist.co.za/ethicaleggs

Over 2000 South Africans have signed the petition so far, and when it reaches 5000 it will be presented formally to retailers. Please speak up for those who can't! Also visit www.activist.co.za/feedback.

Calitzdorp Shopper Sumi Atkins takes a stand!

In an email to *Animal Voice*, Sumi Atkins says:

"Hello, Animal Voice, I have to tell you what happened to me today (27th July 2010). We went shopping at Checkers and when we got to the till and paid, I spotted a box of battery eggs right there with our stuff. I pushed it away and said those are not ours, and the cashier said 'it's a freebie'.

"I, very ungracefully said: 'I don't want it! It's rubbish, I don't want it.' The poor till woman seemed amazed and confused by my reaction and the bemused till packer continued to put the box of battery eggs into my trolley. I dived after it, took it out and repeated that I absolutely didn't want it.

"I felt a bit embarrassed but I managed to say that I was very anti battery eggs and refuse to eat them - for free, or otherwise! I'm just tired of supermarkets not listening to us and, but for us, they wouldn't be there."

COMPASSION partners the City of Cape Town to roll-out the City's SMART EATING Programme

Compassion in World Farming (South Africa) has been selected to partner the *City of Cape Town's Environmental Resource Management Department (ERMD)* in its roll-out of SMART EATING to schools. The programme includes Meat-Free Mondays.

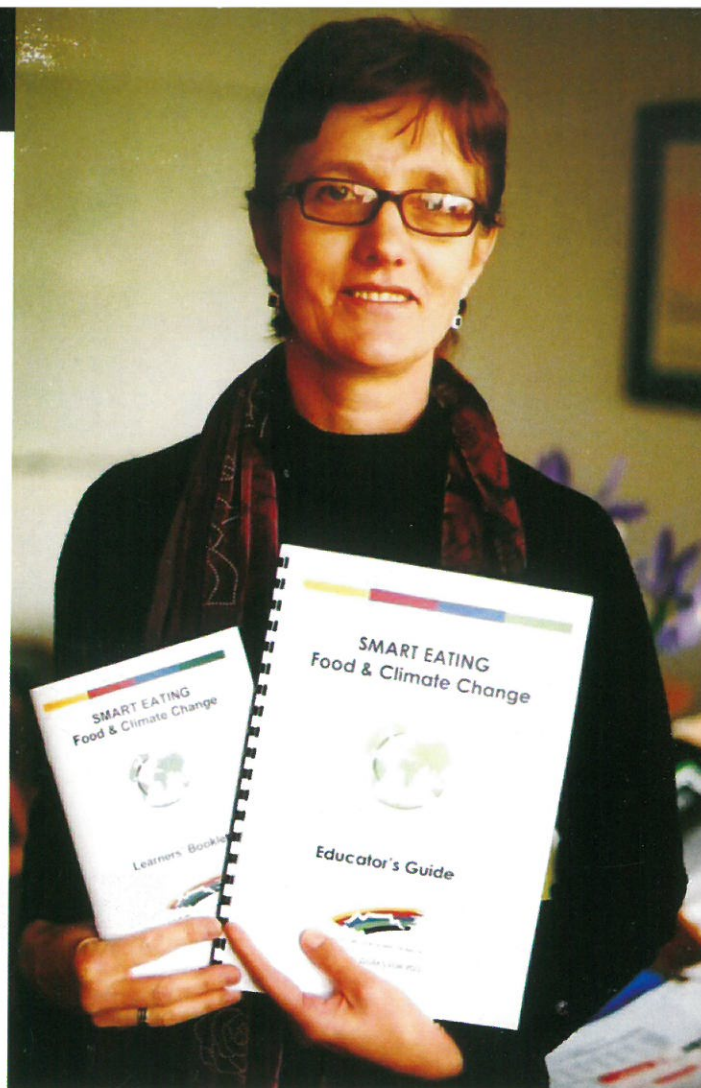
"Lindie Buirski (right), head of *Environmental Capacity Building, Training & Education* for the ERMD, told *Animal Voice* that the City started developing its SMART EATING programme two years ago.

"It includes Meat-Free Mondays, and our target, initially, is to reach school tuck-shops. We want every school tuck-shop to set an example for learners on how to eat well. We are very happy to be working with *Compassion in World Farming (South Africa)* in the roll-out of this initiative," said Lindie.

Although *Compassion in World Farming's* major focus will be schools in the Cape metropole, our reach will be much wider.

Said Tozie Zokufa, deputy editor of *Animal Voice*: "I will be taking the SMART EATING Learners' Booklet and Educator's Guide with me to the Animal Welfare Conference in Nairobi in September (see Page 9), and in October, I will be introducing the University of Grahamstown to SMART EATING during their *Animal Rights Week*.

"It is entirely conceivable that Africa could soon have more cities pledging their support for Meat-Free Mondays!"



The Tuck-shop Challenge

The City's SMART EATING Toolkit files include a Tuck Shop Audit and can be downloaded from its website at:

www.capetown.gov.za/environment

Click on 'Publications' and 'Environmental education resources', to find the three 'Smart eating toolkit' files on this page.



Start EATING SMART at your school with **The Tuck-shop Challenge**

INVITATION TO SCHOOLS in the Cape Town Metropole

YES! I would welcome a visit to our school by *Compassion in World Farming (South Africa)* to deliver FREE copies of the Educator's Guide and Learners' Booklet for **SMART EATING - Food and Climate Change** to the learners in one class at my school.

Name of School

Name of Contact Teacher

Telephone No of Teacher

Email address of Teacher

Number of Learners in Class(each one will receive a FREE SMART EATING booklet)

Date that would suit my school Time

Please photostat / scan and fill out this form and return to avoice@yebo.co.za or fax 021 413 1297. Enquiries 021 852 8160.

**FACTORY
FARMING**

is

Un-African

Our food comes from Factory Farms where
**animals are kept without sun,
soil or space to move.**



The concept of
Ina ethe
[give and take]
must apply to
animals too!



ANIMALS ON
FACTORY FARMS
ARE PREVENTED
FROM EXERCISING
THEIR NATURAL
BEHAVIOURS.

PUT AN END TO CRUELTY!

Demand
FREE-RANGE
FOOD !

