

WAYS TO HELP ANIMALS...

1. Go vegetarian for just one week.

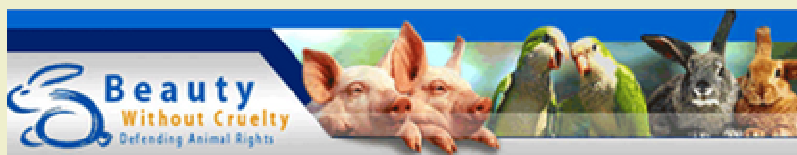


2. Make a donation to the Sea Shepherd Conservation Society to assist them in saving whales from illegal whaling. Or join Captain Paul Watson's newsletter, for up to date information on their missions as they fight to save the lives of the whales. <http://www.seashepherd.org/>

Enhancing
the Lives of Animals
Through Ethical Decisions



3. Sign up for the Elated Newsletter. Be aware of how animals are treated on farms. Support those farmers who do not abuse their animals to increase the speed of their growth and in the end their back pockets. <http://www.elated.co.za/contact.html#subscribe>



4. Become a member of Beauty Without Cruelty! Annual subscription is only R100, and a ten year subscription is R500. The banking details are available at <http://www.bwcsa.co.za/>. (Fax your name, address, contact details and deposit slip to 086 648 6949 or email it to them.)
5. Make at least one completely vegan dish for Christmas.

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6. Put a "Say NO to Animals in Pet Shops" bumper sticker on your car

Vegan Prisoners Support Group



VPSG Emergency Arrest Line: 07984 733008

7. Write to a freedom fighter in prison. Sarah Whitehead was sentenced to two years for removing a beagle from a garden where it was kept muzzled in a wooden cage and regularly beaten. The beagle is happy and safe in a new home. You can write to her at the following address: Sarah Whitehead (VM7684) HMP Bronzefield, Woodthorpe Road, Ashford, Middx TW15 3JZ, United Kingdom. Visit <http://www.vpsg.org/> to find out about the other Animal Rights Prisoners in the United Kingdom.

8. Send this link to your friends and family: <http://animals-info.blogspot.com>

9. Say No To Birds in Cages

Have we as humans ever thought how insane it actually is to take a creature of such beauty, and confine it to a cage for the rest of its flying life? My worst is when people say: "oh no, the bird is ok, we clipped his wings!" and I want to sometimes respond and say, "oh great, and you will 'be ok' if you loose your feet?" Logically it's the same loss of mobility.

Try owning a bird that comes into your garden and flies away when it wants to. If you look very carefully, they more than often come back over and over again.