

anIMALS UNiTE



Happy Christmas song

Hello!

Welcome to Animals Unite Magazine.

We aim to keep the magazine PG. rated. We are careful about the photos displayed and the language used.

It will also contain animal fictional stories and animals giving their point of view. We hope you like it and support those organisations and causes that we promote.

Thank you to all our contributors this issue and Editor: Charles Ross, Palma Carretta, Susan Devere, Eden Blake, Lisa Connell, Freyadog, RSPCA, PETA, HSI, PDSA

Published by Brave New World Intl Ltd. This magazine may be printed and distributed free of charge. Copyright remains with the authors. Available worldwide through <http://www.magzter.com> across all platforms.

Tel: 0207 118 6249

Thousands of dogs and cats killed at the Yulin dog meat festival.

YULIN

Time to see them,
Time to help them,
Time to make it stop
Just remember your pet,
Would you ever swap?

Throughout the years we will keep fighting this. There are many ways to get involved please do something that suits you and stops the pain of these terrified creatures.



A word from our doggy journalist.

Happy Christmas, it's that time of year. Thanks for taking the time to have a look at this issue. Don't miss your chance to win a castle and help our good friends in Yulin. Let's put an end to that dog and cat meat festival this year.

If you win the castle I would definitely like to come and visit.

Do check out our Happy Christmas song from the cover, click to view as it really makes my tail wag when it gets viewed and I am in it!

All take care and have a great Christmas.

SUMMARY

- 3 What Party Animal are You?
- 4 The Best Christmas Movies for Dog Lovers
- 5 Holiday Fireworks: PETA to West Lindsey District Council
- 6 Tips to Keep Your Pet Calm on Fireworks Night
- 8 Pet First Aid Course Saves Pup from Choking Death
- 9 Cat Nearly Croaks After Poaching Salmon from the Cooker
- 11 Fictional Stories
- 15 A Day in Birmingham
- 18 Vegetarian Cooking with Quorn™
- 20 More Than 170 Dogs Rescued from Death Row
- 22 Owls Rescued from Wildlife Trafficking Market
- 23 World Vegan Day



Which Christmas Party Animal Are You?

Do you party like a peacock or mope like a mole?

“What Party Animal Are You?” is a fun little quiz that tells you what party animal matches your personality based on your answers. Everybody knows “that person” who always makes a spectacle of themselves at the office Christmas party - someone who is loud, a little obnoxious, eats and drinks too much... They are a real Party Animal! Maybe that’s you! Do you want to find out What Party Animal You Are? Take the quiz here: <http://animal.bestpartiesever.com>.

There’s also a chance to win your Ultimate Party Outfit with £500 of Selfridges vouchers to one lucky entrant chosen at random! Results from the “What Christmas Party Animal Are You?” questionnaire, conducted by Eventist’s Best Parties Ever, have revealed also that there is a curious North-South divide across Britain. The questionnaire found that Londoners are more “Trendy Tigers” and “Dazzling Swans”. A supporting definition read: “sleek and elegant party goers who prefer events to be full of panache.” Leeds, for example, appears to be made up of “Strutting Peacocks” and “Pretty Parrots”, defined as being the “best-dressed attendees at the party who love to shake their

tail feathers.”

The questionnaire also deduced that the majority of women were labeled “Eager Beavers”, well-known perfectionist with a strong workaholic demeanour.

Men, meanwhile, were reported to fancy themselves as “Frivolous Foxes”. Foxes are known throughout the animal kingdom for their charming personas and penchant for alcohol and buffet abuse.

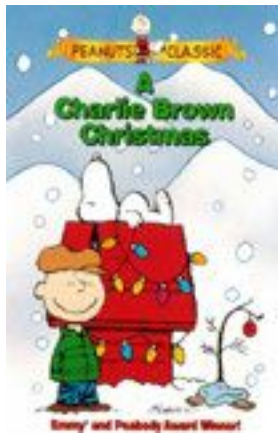
Only 2% of polled Britons thought themselves “Mindful Moles”, the shy ones, the ones who burrow under wealthy estate owners’ lawns and who would much rather stay at home with a pizza. This Christmas, Best Parties Ever will cater for 175,000 guests across 22 locations. Their planned parties include “Dream Circus”, “Neo Victorian Fantasy” and “Midnight in Monte Carlo”.

Managing director of Eventist Group, Tim Stevens said: “It is great to see that there are so many fun-loving party animals out there, and we love that these vary from north to south. At Best Parties Ever, we aim to cater for all personality types through an array of themes, cuisine, entertainment and decorations. We hope that both Strutting Peacocks and Mindful Moles will enjoy their time at a Best Parties Ever Christmas party”.



A CHARLIE BROWN CHRISTMAS (1965)

When Charlie Brown complains about the overwhelming materialism that he sees amongst everyone during



the Christmas season, Lucy suggests that he become director of the school Christmas pageant. Charlie Brown accepts, but it proves to be a frustrating struggle. When an attempt to restore the proper spirit with a forlorn little fir Christmas tree fails, he needs Linus' help to learn what the real meaning of Christmas is.

BEETHOVEN (1992)

The lovable Saint Bernard from the popular Beethoven series of films has a holiday entry that's great for the whole family. An elf, a magic toy, greedy crooks, and



par for the course with this lovable Saint Bernard. It's definitely a film for kids, since the dog talks—all thanks to the help of CGI and the voice of Tom Arnold. The famously comedic John Cleese of Monty Python fame also stars.

12 DOGS OF CHRISTMAS: Great Puppy Rescue (2012)



In this heartwarming sequel to the holiday classic, Emma (Danielle Chuchran) rallies her friends new and old to save a beloved puppy orphanage by putting on a musical holiday extravaganza.'



SANTA BUDDIES (2009)

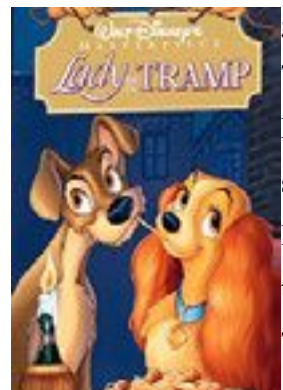
When Puppy Paws (the fun-loving son of Santa Paws) gets bored, he finds Budderball on Santa's naughty list and fig-



show him how to be an ordinary pup. When the magical Christmas Icicle starts to melt however, and the world begins to forget the true meaning of the season, it's up to Puppy Paws and his newfound Buddies to journey back to the North Pole and save Christmas.

LADY AND THE TRAMP (1955)

Lady, a golden cocker spaniel, meets up with a mon-



grel dog who calls himself the Tramp.

He is obviously from the wrong side of town, but happenings at Lady's home make her decide to travel with him for a while. This turns out to be a bad move, as no dog is above the law.

Holiday Fireworks

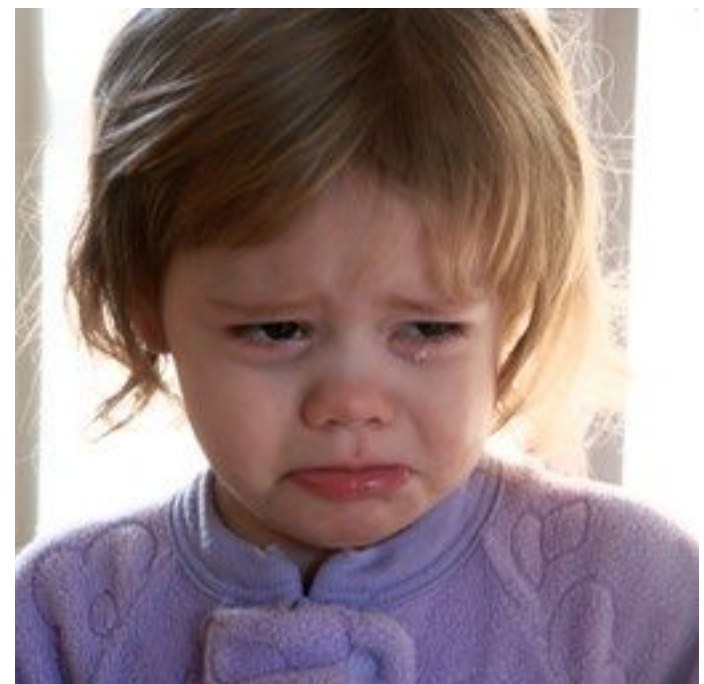
[PETA](#) to West Lindsey District Council: Switch to Silent Fireworks

Following reports that a fireworks display in the area caused a terrified horse to bolt onto the A57, where she was hit by a vehicle and sustained considerable injuries, PETA has written to Councillor Angela Lawrence, the Chair of West Lindsey District Council, with a suggestion: use only silent fireworks in order to create a stress-free environment for the town's animal and human residents.

“Silent fireworks shows deliver all the flash without the frightening noise,” says PETA Campaigns Strategist Luke Steele. “By using silent fireworks – as several cities in Europe and the US are already doing – West Lindsey can prevent dogs, cats, wildlife, and humans from being alarmed or disturbed by explosions.”

In the letter, PETA – whose motto reads, in part, that “animals are not ours to abuse in any way” – notes that following conventional fireworks displays, ani-

mal-rescue centres often see an increase in the number of lost dogs, many of whom panic and break loose from leads or jump over fences or even through glass windows in an attempt to get away from the terrifying sounds. Loud displays also scare wild animals, such as deer, causing them to flee onto roads, where they are at great risk of being struck and killed by vehicles and also endanger drivers. And the stress isn't limited to animals: noise-sensitive children, elderly people, veterans, and those suffering from post-traumatic stress disorder can find the noise of the explosives disturbing.

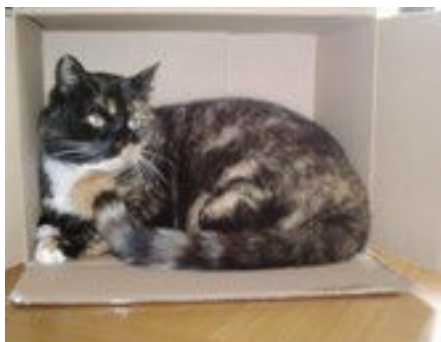




RSPCA tips to keep your pet calm New Years Eve

Keep them indoors, close windows, shut the curtains and play masking music

With nearly half of all dogs in the UK (45%) showing signs of anxiety when they hear fireworks, the RSPCA has published some simple guidelines and a



Pets & Fireworks video on how to help pets feel safe. Whether it's a dog, a cat or another little pet, planning ahead can pay

dividends. Make sure your dog or cat has somewhere to hide - perhaps under some furniture or in a cupboard - and can get to it at any time. Ensure your pet is kept in a safe and secure environment and can't escape. Make sure your pets are microchipped in case they do escape. During fireworks season, walk dogs during daylight and keep pets indoors when fireworks are likely to be set off.

At nightfall, close windows and curtains and put on music to mask and muffle the sound of fireworks

RSPCA animal behaviour expert Dr Samantha Gaines said: "Firework phobia in pets is a treatable condition and we recommend seeking advice from your vet so that you can plan ahead and help your pet cope around firework season. For example, if your dog is frightened of fireworks your vet may suggest referral to a clinical animal behaviourist to teach him/her to deal with the sounds, or the use of diffusers which disperse calming chemicals into the room. "It is also a good idea to provide your dog with a safe haven. It is best to get your dog used to this before the sea-

son starts. Choose somewhere quiet and help him to learn that being there is positive and that no harm will come to him. You can do this by giving him toys or a variety of chew toys.

"Small animals that live outside should have lots of extra bedding so they can burrow and some of their enclosure could be covered by a blanket for extra insulation and sound-proofing. If you are planning to bring them indoors just before the fireworks are likely to start then introduce this before fireworks season.

"And if you are using fireworks yourself, please only do so on traditional celebration dates like Bonfire Night, when most animal owners will be expecting fireworks and will hopefully have made preparations to help their animals cope." Figures from the RSPCA show hundreds of calls are made about fireworks every year to the charity. Last year (2016) 345 calls were logged in just October and November alone.



Sadly it is not only companion animals that are affected by fireworks. Farm animals also can be easily frightened by loud noises and sudden flashes of bright light, which can startle them and cause them to injure themselves on fencing, farm equipment or, in the case of housed animals, on fixtures and fittings within the house. Further, wildlife can be burnt alive after making their home in bonfires.

For advice on how to minimise anxiety and keep pets safe and happy on Bonfire Night, visit rspca.org.uk/adviceandwelfare/pets/general/fireworks

JOIN US THIS CHRISTMAS

SCREEN4PAWS FILM FESTIVAL



**ANIMAL FILMS - TALKS
ETHICAL CHRISTMAS MARKET**

**9th December * 10am to 8:30pm
Chelsea Old Town Hall, London**

More information on
www.screen4paws.co.uk



Pet First Aid Course Saves Pup from Choking Death

Owner puts life-saving lessons into practice – after just a week!

A pet owner saved her puppy's life after he almost choked to death on a plastic toy – using first aid skills she had learned on a PDSA course just a week before. Janice Latreche, from Oldham, says her Springer Spaniel crossbreed Milton is alive today thanks to the training she received during a pet first aid course run by our community and education team. The 48-year-old was at home when her beloved puppy began choking and gasping for breath. She said: "Milton had somehow got hold of one of my grandson's action figure toys and was choking on it. "I could see that he was struggling to breathe but I didn't panic and remembered the skills I had learned on the PDSA course. I tried to see if I could pull the toy out from his mouth but I couldn't, so I used a technique which is like an animal equivalent of the Heimlich manoeuvre - and it just popped out."

As soon as the toy became dislodged Milton was able to breathe and Janice calmed him down before taking him to her vet for a check-up. Kylie Jones, PDSA vet nurse who taught Janice, said Milton's case proved why it was important for people to learn basic pet first aid skills: "Life-threatening emergencies can occur at

any time and require speedy action, so it's important to know what to do in a situation like this. Many people have a basic understanding of first aid for humans but when it comes to pets, a lot of people wouldn't know what to do.



"Knowing how to respond in an emergency, and being prepared, can make the difference between life and death. "That's why we want to pass on this vital information to pet owners and we're really grateful to players of People's Postcode Lottery, as they're funding a series of Pet First Aid courses across the UK this year." Janice, who works as a community engagement officer for housing association New Charter Homes, said: "If I hadn't done the course I don't think Milton would have made it as I wouldn't have known what to do. I'm so grateful to PDSA for everything I've learned and I think a pet first aid course is something every pet owner should consider doing."

Our vets say it's important to be prepared in an emergency and are advising pet owners to keep a 'pet friendly' first aid kit at home that can also be used while travelling. Pet owners should also keep their vets' phone number in their phone contacts to help save valuable time in the event of an emergency.

Kylie added: "Learning CPR for pets can also be beneficial. Speak to your vet for advice on attending a veterinary-led first aid course, to learn how to deliver CPR and other techniques."

Pet First Aid

Knowing what to do in an emergency could be the difference between life and death for an injured pet.

FIND OUT MORE



Cat Nearly Croaks After 'Poaching' Salmon from the Cooker

Clive's owner, Imogen Craven-Mallett (21) from Glasgow, was horrified when she found he'd pulled out the remains of their salmon dinner - which he was polishing off on the kitchen floor as she walked in.

"I couldn't believe it when I found him eating the salmon because it had been cooked in garlic and onions and I know they are poisonous to cats." Imogen immediately rang her local [PDSA](#) Pet Hospital, and vets advised her to bring Clive straight in for examination.



He was kept in overnight for close monitoring and given treatment to help reduce absorption of the potentially-deadly toxins. PDSA vet, Emily Ronald, said: "Sadly, we see plenty of poisoning cases, especially at Christmas, but we've never seen a case like this before. It's very unusual for a cat to be able to

open an oven! Clive is a real character and incredibly lucky. The garlic and onion could have been fatal but, thanks to his owner's quick reaction and our treatment, he's recovered and all his tests came back clear."

Emily added: "With the festive season here, many of us will have lots of sweet treats and chocolates in the house. But while Christmas is a time for indulgence, it's important to remember that some foods can be very harmful to our pets. Foods including chocolate, onions, raisins, some nuts, sage-and-onion stuffing, mince pies and Christmas cake can all be harmful and should be kept out of paws' reach. "Instead of treating pets to extra food, and to distract them from potentially harmful foods, encourage playtime for cats with suitable toys or take your dog for extra walks."



A very relieved Imogen wants to share Clive's story to support PDSA's 'Save a Star' campaign which is raising funds to support the emergency vet care the charity provides. This Christmas, PDSA will treat more than 50,000 sick and injured pets, many in need of emergency, life-saving surgery. She added: "I hope that Clive's story helps raise awareness of life-saving work PDSA do - I'm incredibly grateful for all they have done. I certainly couldn't afford to pay for the treatment he needed and I would have been heartbroken if something had happened to him. If I didn't have PDSA I don't think Clive would be here now."

For more information or to make a donation to PDSA visit www.saveastar.co.uk





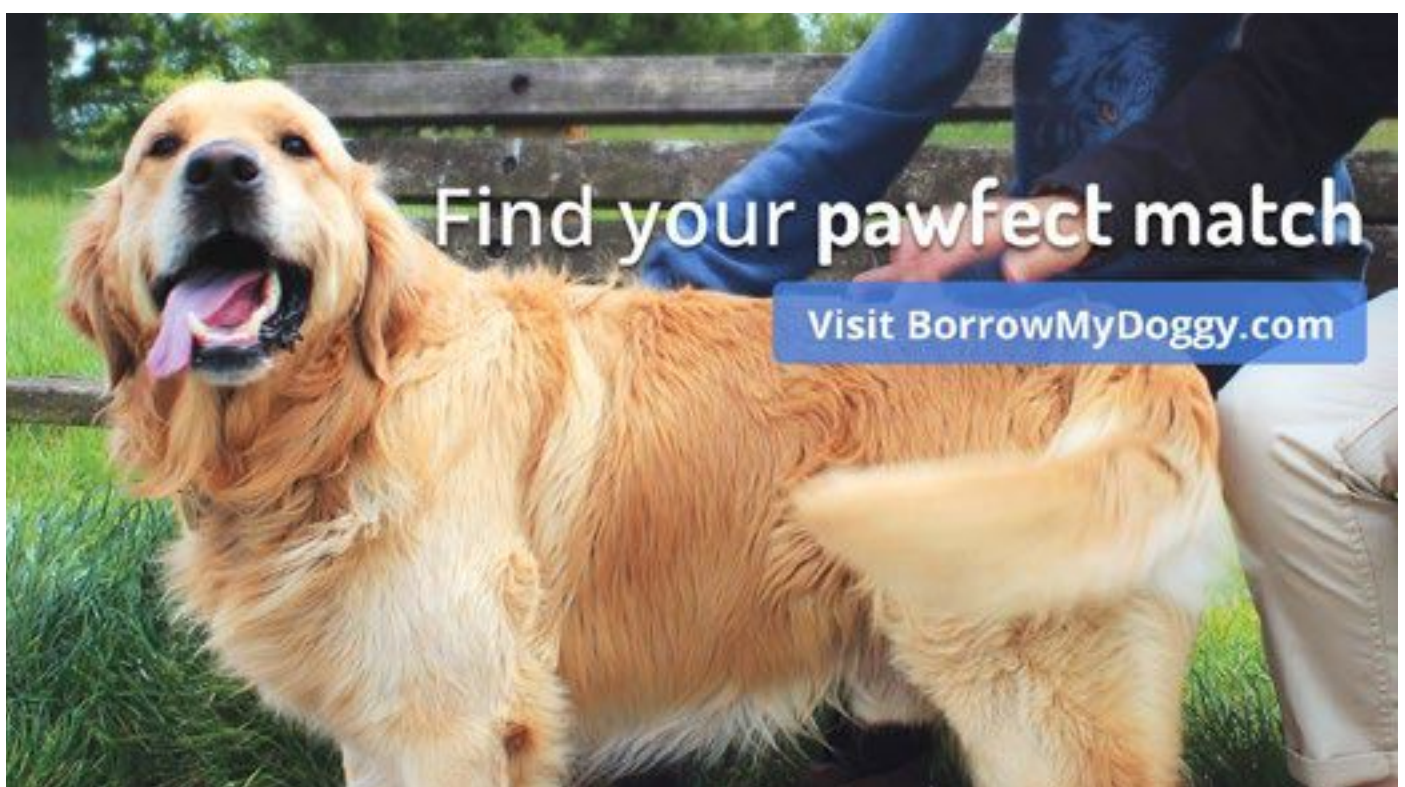
Doggy Jumper Day

Come and have fun on Doggy Jumper Day! You and your dog can contribute to setting the most adorable world record ever - the most dogs in Christmas jumpers! Save the Children and Borrow My Dog are partnering up to host this spectacularly furry and free event. Have a great time with your dog, set a world record, and support charity all at once - Christmas doesn't get much better than that! Be sure to bring

your dog, a doggy jumper, and of course camera. The event will be on 10 December at the Pear Tree Cafe in Battersea Park, from 1-3pm. The world record attempt will take place at 2:30. Refreshments and treats will be provided.

To learn more and donate to Save the Children, visit <https://www.savethechildren.org.uk/>

To learn more about Borrow My Doggy, visit <https://www.borrowmydoggy.com/>



Simeon Goes to Earth

Gabriel, the angel, awoke on a cloud high above London at precisely eight o'clock in the morning. He had an uneasy feeling as he tried to fluff up the plump whiteness which billowed around him. A piece of the cloud crumbled in his fingers and he suddenly realised that it had begun to disintegrate at the edges. He stood up and looked at it more closely. Apparently, sometime during the night or early morning, the cloud had lost interest in its normal position in the sky and decided to dissolve, intending to reform itself elsewhere. As most clouds spend much of their time dreaming, it forgot to inform Gabriel. He could have fallen through and landed on top of a London building in the middle of rush hour.

The cloud apologised in its lazy way and continued to evaporate. Gabriel knew that he should have stuck with a pink cloud, they were far more reliable, always trying to please. In fact on reflection he remembered why he hadn't stayed on a pink cloud. The last one had kept waking him up every half hour or so to see if he wanted anything. Gabriel called over to his kitten, Simeon and was appalled to find only a small hole in the clouds lining. Simeon had fallen to Earth.

"Everything all right?" Asked the cloud.

"No, Simeon has slipped through this hole. I'll have to go down and retrieve him." Gabriel prepared to float down.

"Shame I didn't have a silver lining, that would have held him" the cloud said sweetly. Gabriel looked at him and began the long float down.

"Just a little sky humour", the cloud called after him. "Oh well, I'll wait here shall I? Hello?"

Gabriel made himself invisible so that he wouldn't frighten any Earthlings. He landed on the pavement in Fleet Street as people hurried past him. Quickly dis-

guising himself as a city gentleman he allowed himself to be seen and began asking passers-by immediately if they had seen a purple kitten that purred as loudly as a Ferrari engine. The response he received was less than flattering as he made his way back and forth down the road. If only Simeon would miaow, Gabriel was sure that he would hear it. After about an hour, a despondent angel made his way along the embankment calling for his pet.

His attention was suddenly arrested by a large crowd of people looking over onto the river. They were cheering and laughing. Gabriel felt his heart soar and using his winged feet he rushed over to join them. Half way across the Thames he could see Simeon, gaily dancing on the water and flipping fish into the air with his swift paws before letting them fall harmlessly back into the water. It was his first time on Earth, he had woken to find himself surrounded by strange creatures, human he supposed. There had been no sign of Gabriel and sadly he had run away from the noisy traffic and the people who refused to take any notice of him. Once he had discovered the Thames and that people weren't used to seeing a small cat walk on it, he had succeeded in gaining their attention. The cheers enthralled him as he patted the fishes out of the water, although his fur had become wet and looked decidedly grey.

Then he caught a glimpse of Gabriel's face in the crowd and leapt out onto the river wall. Several people stepped back as he started to purr, others looked around for the cause of the noise, not believing it could come from such a small creature. A man close by stuck his fingers in his ears to cut out the pneumatic drill which seemed to be slicing through his mind. Gabriel smiled and walked over to Simeon. The fur was nearly dry now and had returned to its usual royal purple colour. He scooped the kitten up and stroked his ear, oblivious to the comments around him. The angel looked thoughtfully at the pedestrians surrounding him in quiet disbelief and wondered what he should do. Tell them he was an angel and there was nothing to fear? Pretend they were both from a circus? Disap-

pear and leave them to work it out? Make them all believe it was an illusion? MIAOW. It was so loud that one of the onlookers fainted! In that moment Gabriel returned Simeon to the sky determined to find a more reliable cloud to rest on next time. He was sure that the people would come up with some rational excuse for what they had seen, they always did whenever anything magical really happened to them.

He stroked Simeon's fur, however as he lay snuggled against his master's neck, Simeon was already planning his next visit to Earth

Eden Blake

The Toy Truck

It was Tommy's birthday. He got up very early and ran downstairs to see if anything was waiting for him. He peeked in the cupboard and under the stairs but could find nothing. He looked on the table and around the settee, still no sign of any wrapped parcels. Unhappily he sat down and looked at the clock. It was five thirty and his parents were still asleep. He wandered into the kitchen and poured himself a bowl of Frosties, then he added fresh milk from the fridge. It splashed over the table, so he had to pull a cloth out from under the sink to soak up the puddle. At that moment he heard a sound on the stairs behind him. It was his mother and father. They held between them a brightly coloured package. It was so large that they both held a corner of the box.

"Happy birthday son" his father said. His mother gave him a big hug and a large envelope which contained a card and a badge which read I AM SIX. Tommy kissed both his parents and took the huge present into the lounge. He ripped the paper off and lifted the cardboard lid to reveal a beautiful truck of yellow and blue. It had large wheels and a section at the back where you could put things. The cab door opened and even the steering wheel moved. Tommy played all day trans-

porting some of his plastic animals around from different stops that he had made on the carpet. He would take them from the farm to the zoo, and then on to the jungle. His father made a cardboard run for the truck to roll down from one of the armchairs whilst Tommy made up his own stories of animal transportation and carried them out with Lobby the plastic Leopard in the driving seat. Leopard was the oldest plastic animal Tommy possessed. His spots had nearly worn away and his legs no longer held him upright too well, but Tommy loved him.

When Tommy went to bed that night, all his toys were scooped up by his mother and put upstairs in his toy cupboard. The plastic animals, which didn't all have names as they had to prove themselves first, were beside the truck whom they had all grown quite fond of. As Tommy started to drift off to sleep he could hear the faint buzzing of the vacuum cleaner downstairs but he thought nothing of it. He didn't realise that Lobby had fallen out of the truck when it was carried upstairs, and was at that very moment disappearing up the snout of the Hoover monster.

In the cupboard the animals were searching for their friend and could not find him. They also heard the vacuum cleaner and were aware of another sound, a call that was only meant for them, from Lobby the leopard himself. The Hoover monster had claimed him. The truck asked the animals what the problem was and why they all seemed so sad. They explained to him what had happened and that Lobby had gone for good. Tomorrow he would be emptied into the bin and nothing could save him.

"I can!" The truck exclaimed. The animals explained that it was very dangerous and that he would have to get down the stairs which would mean falling and probably chipping himself, or possibly even worse. He could get broken in two. Besides, none of the animals could understand how he was going to get back upstairs. The little truck just smiled, the way confident hard to break toys do. A little plastic penguin volun-

teered to go along and direct the way to the Hoover monsters lair under the stairs. He only had one flipper because the other had been melted in a cooking accident earlier in the year. Without waiting for the others to respond, he leapt into the truck's cab and together they set off through the open cupboard doors, past the sleeping boy and reached the bedroom door which was slightly open.

Luckily the hall light was always left on, though they were pretty sure that everyone was fast asleep. The truck paused at the top of the stairs, it seemed such a long way down.

"Ready?" he asked softly.

"Ready", replied the penguin taking a deep breath.

The truck started down the great stairs, slowly and surely, making sure that his front two wheels did not go past more than one step at a time. he kept himself upright almost all the way to the bottom. With three stairs to go he became too excited and rolled off a step with his front wheels before he had made himself safe with the back ones. Over he rolled, as the penguin was thrown about inside the cabin trying desperately hard not to get slung out.

Luckily the truck landed on its wheels and rolled straight into the wall. He backed up and the shaken penguin directed him to the lair under the stairs, home of the monster. The door was one which you could push open. The truck accelerated fast into it, and on impact the door sprung open. The plastic penguin could just make out the shadowy shape of the Hoover monster in the dark.

"How do we get Lobby out?" He asked shakily.

The truck moved forward bravely into the darkness of the cupboard and the penguin quietly got out of the cabin and gingerly moved towards the Hoover.

"Hello", the vacuum cleaner said, "Can I help you?"

The penguin nearly fell over in his haste to get back to

the truck.

"We've come for the leopard, Lobby," the truck responded.

"Oh right. I didn't mean to swallow him. I'm glad you've come to take him back, I felt really guilty about it, trouble is once I'm switched on I get so excited I just want to suck up everything I see, I love being a vacuum cleaner. It's so thrilling. You'd have to feel the air sucking up your hose to appreciate it". Hoover allowed his back to open and a muffled cry from the bag was followed by Lobby climbing out of the top and running gladly to his friends.

The penguin put his flipper around Lobby and helped him into the truck. The Hoover was still talking about how wonderful it was to be able to suck things up and how he was sometimes allowed on the furniture. That was great because he would suck up lots of jingly items and then the human would have to turn him off to try and get them back. He was sure that the human really enjoyed playing that game. It was nearly as good as pretending that his bag was full and needed emptying, just so that he could leave a new mess to clear up and prolong his visit from the cupboard. Sometimes he would be left out and then he would really have fun talking to the washing machine. He really liked her. The truck began to think he would never stop talking! The next day, when Tommy's father went down to collect the newspaper, he noticed the truck in the lounge, in the middle of the carpet. He frowned slightly and lifted it up carefully. Two plastic animals were inside. He took it upstairs to where Tommy still slept and put it back into the toy cupboard, before going back to collect his newspaper.

Lobby and Penguin, who was now named Tarek, which meant, he of one flipper who is brave and kind, were greeted with great enthusiasm by the other animals. As for the truck, he was simply called hero.

Lisa Connell

DOG'S DAY OUT ON SAT

18TH OF NOV AND
16TH OF DEC

11AM - 11PM



RSVP WWW.SHANESONCANALSIDE.COM/RESERVATIONS



#DOGSMENU

 E5 DOG PHOTOGRAPHY

3 COURSE DOG MENU

WITH CELEBRITY DOG NUTRITIONIST
AND TRAINER, ANNA WEBB

ALONG WITH E5 DOG PHOTOGRAPHY



@ SHANE'S ON CANALSIDE
26 EAST BAY LANE E15 2GW

TEL: 0203 828 9991
@SHANESCANALSIDE

A Day in Birmingham

National Sea Life Centre

The National Sea Life Center in Birmingham is a prime destination for nature enthusiasts, families, or simply anyone in search of a fun day. The aquarium presents a diverse selection

of animals in a fascinating and easy to understand way, so that people from all backgrounds of scientific knowledge are able to engage with and fully appreciate the stunning creatures it has to offer. The staff are friendly and knowledgeable, and quite amenable to answering any questions a visitor might have. On my visit I enjoyed talking to Rhys, one of the staff members, who was a wealth of information and cheerfully answered any question I could think of.



Visitors embark on a journey through different aquatic habitats of the world, traveling along a one way path that flows from entrance to exit. The journey begins with what is most definitely a major highlight: the colony of Gentoo Penguins. The penguins' enclosure includes land and water for the birds, all of which is visible through a glass wall that puts an observer below water level. With this set-up, one can watch the penguins swim, walk, dive in and jump out all very easily and at close range. One may even get



the privilege of seeing the penguins at feeding time, as they dart here and there, a crowd of birds descending on each fish thrown in the water. After this, one comes upon the rock-pool, a decidedly child-friendly and interactive way to get to know some of the less mobile creatures that inhabit rockpools and intertidal zones. Should

they desire, anyone can reach in a hand and touch the creatures of this pool, from sea stars to harmless sea anemones. There are also many tanks that lend themselves to observation from different perspectives, some of which are perfect for children - and of course the adventurous adult. Later on is the "Octopus Hide-out", where these elusive and highly intelligent eight-legged animals dwell.



The "Tropical Lagoon" plays host to an impressive collection of fish, many of which are rescued family pets that grew far bigger than their owners anticipated. Further still are the otters, extremely playful and energetic mammals. When awake, they are a thrill to watch, chasing each other back and forth, every which way, never ceasing in their constant motion. When sleeping, however, one sees the two otters' other side,

nothing but serenity and cuddles, a scene adorable enough to soften anyone's heart. The otters all the while, sleeping or awake, are readily visible to visitors, but in a manner that takes the animals' privacy and comfort into consideration as well. After this there is still a 4D cinema experience, rainforest section, and



finally the grand finale - the 360 degree ocean tunnel. One walks through a glass tunnel, experiencing an



intimacy with the sea creatures only second to that of diving in with them. Swimming all around an observer are sharks, sea turtles, rays, and other species.

Those areas discussed in this article are highlights, but there is also much more at the National Sea Life Center, and many other unmentioned but equally exciting animals such as fish, jellyfish, rays, and more.

And still important to note is the mission of Sea Life to preserve endangered species through breeding programs, conduct conservation efforts to protect the world's oceans, and to inspire others to take part in and support such efforts. The Sea Life aquarium puts nature before business, exhibiting animals that need help as a species, rather than simply collecting species that will attract paying customers.



The Warehouse Cafe

The Warehouse Cafe, located in downtown Birmingham, is an establishment that demonstrates the power to prepare delicious food without the help of meat. The menu is mostly vegan, and those items that are not vegan are vegetarian. The cafe itself is, ironically, situated in a warehouse that was formerly an abattoir. My server was a polite and knowledgeable vegan, who would readily supply any information regarding the food or drink menu, and any specials. For an appetizer, my colleagues and I had the garlic bread, an especially tasty rendition of such a commonly prepared item, and the soup of the day, which in this case was the pumpkin soup. The soup contained a unique combination of spices that produced what at first seemed to be strange flavour, but after a couple spoonfuls made the soup impossible not to finish.

For the main course, I had the vegetarian fish and chips, a serving of fried halloumi pieces with a side of chips accompanied by three delicious homemade sauces. The halloumi was a halloumi-lovers' dream, fried to the point at which the full flavour came forth, and the cheese itself was tender and slightly chewy. Additionally, it had a much welcome lack of greasiness,



something that all too often detracts from fried foods. My colleagues dined on the Warehouse Burger, a burger that rather than try to imitate meat, fully embraced the flavour potential that plant products have to offer. It was, therefore, not a replacement of what one might find at a burger joint, but certainly a highly

desirable dish in its own respect. The patty consisted of butter beans, spinach, quinoa, and sunflower seeds, all cooked to the point of forming a moist delicious filling to sit between the buns.



Finally, for dessert, the item of choice was the vegan pumpkin cheesecake, something that left me feeling speechless. It was, in essence, proof that vegan baking can stay delicious, and maybe even surpass its dairy counterparts. Unlike the burger, this was supposed to mimic cheesecake, something that it accomplished very well. It was a melt-in-your-mouth way to end what was indeed a pleasurable experience.

Regardless of whether you are already vegetarian or vegan, someone considering to become one, or someone who loves their steak, the Warehouse cafe is most definitely worth a visit, and might just end up changing your mind.



Vegetarian Cooking with Quorntm

Every Kid's Favourite - Quorntm
Sloppy Joes! (quick and easy)

Ingredients:

- 1 onion
- 1/2 pepper
- 3 cloves garlic
- 1 pkg (500g) Quorntm Mince
- 3/4 cup ketchup
- 2 teaspoons yellow mustard
- 2 tablespoons brown sugar
- 1/2 cup water
- small amount of olive oil (optional)

Method:

- 1) Chop onion, pepper, garlic and sautee together in frying pan
- 2) Once aforementioned ingredients are softened, add Quorntm Mince, ketchup, yellow mustard, brown sugar, water, and olive oil to mixture
- 3) Allow entire mixture to simmer for approximately 30 minutes



Moroccan Style Quorntm Crispy Nuggets with Olives and Lemon



Ingredients:

- 2 med/lrg onions, sliced in thin half moons or diced
- 1 red pepper, small chunks
- 2 pkgs (300g each) Quorntm Crispy Nuggets
- 1 lemon cut in wedges
- 1 Tbsp paprika
- 2 tsp cumin
- 1 tsp ground ginger
- 1 tsp cinnamon
- 2 cloves garlic, crushed, large slices
- 1 tsp rosemary (fresh if available)
- 1 tsp ground coriander
- salt
- pepper
- 1 cup soup stock
- 1/2 cup olives, sliced (green or any favourite olive)
- 3 Tbsp olive oil

Method:

- 1) Sauté onions and red pepper
- 2) When softened, add Quorntm Crispy Nuggets
- 3) Brown all together
- 4) Add spices, garlic, lemon wedges, soup stock, cover and simmer gently
- 5) before serving, squeeze lemons and remove the rinds, add olives, mix everything together and serve

Quorn™ Pieces with Broccoli

Main Ingredients:

- 1 large onion, diced
- 1 pkg (300g) Quorn™ Pieces
- 1 head broccoli
- 2 Tbsp fresh ginger, sliced into thin strips
- 2 large cloves garlic, sliced
- 1/2 tsp crushed red pepper flakes
- 2 Tbsp oil

Sauce Ingredients:

- 2 Tbsp tamari (soy sauce)
- 2 Tbsp honey

Method:

- 1) Sauté onion until brown and lightly caramelized
- 2) Add Quorn™ Pieces and pepper flakes
- 3) Cover and cook all together (20 - 30 minutes)
- 4) Cut broccoli into florets, peel stems and cut in rounds
- 5) Put in sauce pan with 1/4 cup water
- 6) Cover and steam until cooked crunchy (not soggy)
- 7) Add ginger and garlic to Quorn™ Pieces, fuse flavours
- 8) Make sauce: stir tamari and honey together
- 9) Add broccoli and sauce to Quorn™ Pieces
- 10) Heat together (may add more ginger and garlic to taste)
- 11) Salt and pepper to taste
- 12) Heat through and serve over whole grain (brown) rice



More Than 170 Dogs Rescued from Death Row on South Korean Dog Meat Farm Just 2hrs Drive from Pyeongchang Olympic Stadium

Many dogs found starving, pregnant, covered in sores



Animal rescuers from Humane Society International have saved more than 170 dogs languishing on a squalid dog meat farm in South Korea, a mere two hour drive from where the country will host the 2018 Winter Olympics in 10 weeks' time. The charity is flying the dogs to shelters in the United States, Canada and the United Kingdom to receive care and rehabilitation. Scroll below for a list of shelters receiving dogs. The dog meat farm in Namyangju is one of an estimated 17,000 dog farms in South Korea breeding more than 2.5 million dogs a year for human consumption. It is a grim, shocking and largely hidden side of South Korea that is in stark contrast to the colourful pomp and ceremony of the Olympic festivities, and one that a growing number of South Koreans believe has no place in their modern, progressive society.

The stated vision of the 23rd Winter Olympic Games is 'new horizons', explicitly appealing to the younger generation and aspiring to create a 'cultural new horizon' where traditional and world culture converge. HSI believes that with young Koreans increasingly rejecting dog eating, there has never been a better time

to phase out the dog meat trade and usher in the 'cultural new horizon' of compassion.

At the Namyangju farm, dogs including golden retrievers, spaniels, beagles, greyhounds as well as Korean jindos and mastiffs, were being kept in filthy and deprived conditions, spending their whole lives in rows of barren wire cages, exposed to the elements and with no veterinary care whatsoever. HSI found many of the dogs suffering from eye infections, skin disease, as well as painful leg and paw sores from endless days of standing and sitting on thin wire mesh. Their fate would have been to be killed by electrocution at the local market or slaughterhouse and made into a spicy soup called bosintang, but instead they've been saved by HSI as part of the charity's campaign to see an end to the brutal dog meat trade.

Nara Kim, HSI's South Korea dog meat campaigner, said: "As a Korean myself, I'm hugely proud to be able to save these beautiful dogs and stop their daily suffering. Most people in South Korea have no idea how atrocious these dog meat farms are and what physical and mental misery these animals go through. I feel privileged to be able to show these dogs that humans can be kind not just cruel, and to make them feel safe and loved for the first time in their lives. Eating dog is already a declining habit in South Korea, but if people could see the sorrow of these dogs and the disgusting unhygienic conditions in which they're raised, I think even more people would stop eating it."



HSI has been working on the ground in South Korea for the past three years; this is the tenth dog farm the charity has permanently closed, working in partnership with dog meat farmers keen to leave the trade. A combination of growing societal shame, increased difficulty in selling dogs as appetite for dog meat declines, and regret at the suffering of dogs, leads farmers to approach HSI for a practical 'way out'. While for some very elderly dog farmers, HSI intervention has meant they can finally retire without the hard physical labour of dog farming and without having to sell their dogs for slaughter, others work with HSI to devise a business plan to transition them into alternative, humane livelihoods such as water delivery or blueberry farming. Mr Kim, who has been farming dogs for twenty years, plans to enter the construction business and to grow vegetables on his land. It's a blueprint for change that HSI hopes the Korean government under President Moon Jae-In will adopt.



Farmer Kim said: "I originally started farming dogs because I heard it would make money, but now in South Korea even in the summer the trade has reduced by about one third. I also have a young child, and the dog farming business won't look good for her because she really likes dogs. Working with HSI makes me feel great for the dogs, but at the same time I'm nervous to step into a new business. Before HSI, I wouldn't talk to the dogs and I stopped myself from caring about them because it made it harder selling them to traders. But

after I decided to work with HSI, I started to talk to these dog and told them to hang on in there. I told them they are going to have a much better life. And I mean it. I feel really great and happy for them."

HSI's President Kitty Block who joined the dog farm rescue effort, said: "I've worked in animal protection for many years but I can tell you, seeing these dog farms for myself has been one of the most emotionally confronting things I've ever done. As we count down to the Winter Games, it's clear that it's not sufficient for South Korea to temporarily hide the dog meat trade in the shadows when the world's media shines its Olympics spotlight. What's needed is a commitment to phase it out for good."

HSI has saved a total of 1,222 dogs so far from South Korea's dog meat trade, like gentle giant Clint the mastiff who recently starred in a PSA video with Criminal Minds actor Daniel Henney, and little Caspian who went from dog farm horror to Ambassadorial luxury when adopted by the British Ambassador to South Korea.

Take action! To say 'no' to South Korea's dog meat trade, sign HSI's petition in [English](#) or [Korean](#) – signatures will be submitted to the South Korean government.



**HUMANE SOCIETY
INTERNATIONAL**

Rock eagle owls rescued from wildlife trafficking racket

Owls found bound up by the legs, dehydrated and possibly destined to be sold for their parts or meat



Karnataka Forest Department's Bangalore Rural Division along with animal protection organizations Humane Society International/India and TRAFFIC India coordinated a joint rescue operation to save two owls from traffickers near Doddaballapura, on the outskirts of Bangalore. Wildlife trafficking activities spike during Diwali as demand for live animals and their parts during the festivities drive the illegal trade. The Karnataka Forest Department is collaborating with HSI/India and other organizations to crack down on this activity.

The Bangalore Rural Division, directed by Deputy Conservator of Forests Mr Natesh I.F.S, led the raid that led to the discovery and rescue of the owls. The accused traffickers told authorities that they had captured the owls the week prior and were intending to sell the animals to black magic practitioners or for meat.

Sumanth Bindumadhav, wildlife campaign manager for HSI/India, who was part of the rescue team, said, "The owls were in poor physical condition. They were severely dehydrated and their legs were tied tight us-

ing a nylon rope. We are grateful to Mr Natesh I.F.S for acting on this information on top priority. We hope rescue will only lead to a stronger collaboration with the Forest Department to protect these animals from the illegal wildlife trade."

Trade in live owls in India is notoriously popular affair, especially during Diwali when many people sacrifice owls based on unfounded beliefs. The Wildlife Protection Act, 1972 protects all owl species in India and makes their capture and trade illegal.

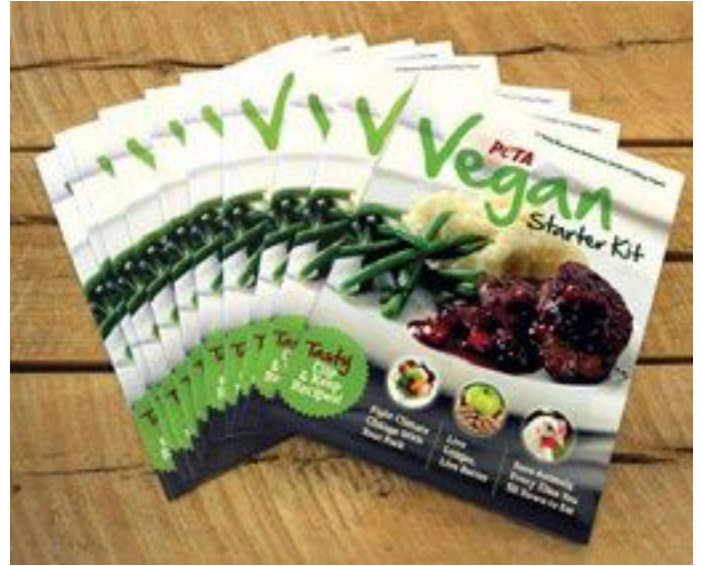
[Become a Wildlife Defender](#)



World Vegan Day:

Big Balloons Send Meat-Free Message Sky-High

On 1 November, in honour of World Vegan Day, PETA supporters gathered near London's iconic Tower Bridge holding enormous green balloons spelling out the word "Vegan" high in the air. The eye-catching protest aims to make vegan eating take flight in London and beyond.



"The cruel meat, egg, and dairy industries are full of hot air," says PETA Director Elisa Allen. "Going vegan can help animals, our health, and the environment, which is why PETA is calling on everyone to try plant-based meals this World Vegan Day."

PETA – whose motto reads, in part, that "animals are not ours to eat" – notes that in addition to damaging the environment and human health, eating animal-derived foods causes suffering on a massive scale. In today's meat, egg, and dairy industries, chickens' and

turkeys' throats are cut while they're still conscious, piglets' tails are cut off without painkillers, and calves are torn away from their mothers within hours of birth.

PETA's free vegan starter kit is available here, where people can also sign a 30-day vegan pledge throughout November and receive advice on switching to healthy and humane vegan meals.

For more information, please visit [PETA.org.uk](https://peta.org.uk).



Win a castle for £5

www.winacastle.co.uk

No Mortgage, No legal fees, No stamp duty.

A cash alternative will be offered if you are unable to take up the prize.



Help us to raise £250,000 for good causes including Rainbow Childrens Charity, Stop Yulin, Mossburn and more. See site for more information.