



Autumn 2008

ACTIVE VEGETARIAN SOCIETY

# VEGETARIAN BITES NEWSLETTER

Web: [www.vegetariansociety.org.au](http://www.vegetariansociety.org.au)  
Email: [contact@vegetariansociety.org.au](mailto:contact@vegetariansociety.org.au)  
Post: GPO Box 1786, Canberra, ACT 2601  
Phone: 0417 464 675

## WELCOME

If I get away with it this will be my last newsletter as editor. My partner, Mariana, and I are planning to move to Victoria this year to be closer to the various families and especially the grand-children.

I've enjoyed gathering the news items and opinion pieces from all over the world as well as adding the little extras like the cartoons and puzzles. The most enjoyable, though too rare, part has been opportunity to include contributions from you.

This edition ranges from a Q&A with Pamela Anderson to the weightier (philosophically speaking) "The Social Construction of Edible Bodies and Humans as Predators" by Carol J. Adams.

The new editor may well have a whole new style – I'm looking forward to seeing it.

Thank you to everyone who has made contributions in the past and, as usual, I hope you enjoy this edition.  
*Mike O'Shaughnessy, Editor*

### Contents:

RAJNEESH'S FOOD FOR THOUGHT .....	2
Q&A: PAMELA ANDERSON .....	3
FAMOUS VEGETARIANS .....	4
THE SOCIAL CONSTRUCTION OF EDIBLE BODIES AND HUMANS AS PREDATORS .....	5
SUDOKU .....	6
RECIPES .....	7
NEWS .....	8
CONTACT US .....	13

## Who Said That?

Who was it who said...

*"I know, in my soul, that to eat a creature who is raised to be eaten, and who never has a chance to be a real being, is unhealthy. It's like...you're just eating misery. You're eating a bitter life."*

Answer at the end of this newsletter.

## COMING EVENTS

### ***Walk and Brunch: Sunday 6 April, 10am***

Meet at the top of Antill St, near the bus stop just past the last houses in Hackett (UBD Reference Map 50 E1) for a pleasant walk to the top of Mt Majura then brunch afterwards at Satis vegetarian café, Watson Shops

Please RSVP to Karlene on the RSVP email by 3 April.

### ***Dinner: Saturday 3 May, 7pm***

At the popular Ethiopian restaurant, *Ethiopea Down Under* Pearce

Not a vegetarian restaurant but many good vegetarian and vegan options.

All are welcome.

Please RSVP to Karlene on the RSVP email by 28 April.

### ***PotLuck Dinner: Saturday June 21, 5pm***

Venue to be advised –

Each person is asked to bring a dish to share, letting the RSVP person know in advance what that is, so we don't have 10 starters, no mains and 1 dessert!

Enjoy a warm mid-winter party.

We are looking for a host for this event. If you would like to volunteer your home please contact us through the RSVP e-mail.

RSVPs will be essential for this dinner.

**All event RSVPs to [rsvp@vegetariansociety.org.au](mailto:rsvp@vegetariansociety.org.au)**

You can check our website and watch for details in our emails. If you have any ideas or requests for an event we're open to all suggestions - send us an email at [contact@vegetariansociety.org.au](mailto:contact@vegetariansociety.org.au)

## FROM THE PRESIDENT

***So long and thanks for all the lentils.***

As mentioned in the *Welcome* column, family ties are calling us to Victoria (it's not just to be able to attend more of the Saints' games as some have suggested).

I have already, regretfully, withdrawn from the Animal Liberation committee and the Free Range Canberra campaign and at the next Society AGM I will also resign from the ACT Vegetarian Society committee.

We have had some very welcome, enthusiastic and talented new people join the committee over the last six or so months but will need some more. Please consider helping out – whether formally as a committee member or as an extra hand assisting with stalls, administration, newsletter production etc. The more who help, the less each one has to do.

The massive contribution of the meat and dairy industries to global greenhouse gas emissions is beginning to be recognised. I suspect that this will be a strong focus for the Society over the coming years. I hope you saw our three column ad in the *Canberra Times Earth Hour* magazine published on March 17, pointing out that everyone can save over 100 times the

amount of emissions with a single vegan meal than they can by turning off their lights for an hour. The developed world must reduce its consumption of meat and dairy – it's a no-brainer. But getting our Government to encourage the people to eat less meat is going to take a fair bit of political muscle when you see the power of bodies such as *Meat and Livestock Australia* and *Dairy Australia*. If the slave trade had had such powerful industry bodies it may have survived a lot longer.

I've very much enjoyed my time as President and would like to thank all those I've worked with on the committees of the last few years and, of course, all of you for your support and suggestions. I sincerely wish you all and the next committee all the best. We are on the right track – we just need to convince a whole lot more people.

Mike O'Shaughnessy

## RAJNEESH'S FOOD FOR THOUGHT

*The Times of India*  
7 Mar 2008

"I've signed three films with Vikram Bhatt, whom I always admired. The script and people involved in the project further motivated me to accept them. Every newcomer would love to debut in a project that also involves stalwarts like Asha Bhosle, Lataji, Kailash Kher and Adnan Sami," enthuses the cute Delhite who is all set to play the lead role in Bhatt's 1920 a period horror flick, opposite new comer Adah Sharmam.

Having come a long way from a 23 year old business manager in New Delhi, to clinching the Grasim Mr India title in 2003, to finally being named Kingfisher Model Of The Year in 2005, this enterprising guy was always conscious of how he wanted his career to shape up in the entertainment industry. He had the looks and when he got the break he went ahead and took the ramp by storm. A well-established



Model Rajneesh Duggal bares his back for a cause close to his heart.

model now, Duggal has to his credit 70 shows with leading designers like, JJ Valaya, Tarun Thahilani, Ravi Bajaj etc.

But with his Bollywood career taking off, will we be seeing less of Duggal on the ramp and in ad campaigns? "I will complete the ad assignments that I have in hand. After those I plan to selective about accepting any more modelling projects. If something really excites me, only then I will consider it. Until then I plan to focus on the movies I have in hand," says the handsome scorpion.

And how has he managed to keep a squeaky clean image in an industry where people thrive on controversies? "One has to know his potential. I play to win, so it's a gamble I take every time. Then, it all depends on what sort of an image you would want for yourself. For me it has to be perfect, so I steer clear of situations that don't help me move in the right direction."

And even as he shapes his professional career, Duggal has not lost sight of the causes close to his heart. "I gave up meat eating when I was in standard IX for religious reasons as my family had taken deeksha. Post that I also witnessed chickens being slaughtered, and decided that I would never be a part of something that inflicted so much suffering on a mute animal," avers the model.

So when PETA approached him to endorse their cause for vegetarianism, Duggal was more than ready to comply with his body, mind and soul.

"Though I told them that I was a vegetarian, and not a Vegan and I do eat dairy products, and they were ok with that. So we went ahead with the body art and got my favourite veggie, a bhindi, tattooed on my back," he laughs.

And has that made him conscious or even affected his image in the glamour world? "Oh not at all. In fact, the message that it has sent out to many is that one does not have to be a meat-eater to have a great body. So, being a veggie has worked in my favour," he avers.

Now, that's carrying an attitude!

## Q&A: PAMELA ANDERSON

*The Guardian*

*Rosanna Greenstreet*

*Saturday January 19, 2008*

**Pamela Anderson, 40, was born and raised in Ladysmith, Canada. Her father was a furnace repair man, her mother a waitress. Her modelling career began after she was filmed at a football game wearing a Labatt T-shirt. In 1992, she was cast as CJ Parker in the hit television series *Baywatch*, a role that made her a sex symbol worldwide. Her films include *Barb Wire*, *Scooby-Doo*, *Scary Movie 3*, *Borat* and *Blonde And Blonder*, which was written by her brother, Gerry. She is also the author of two novels, *Star* and *Starstruck*. She has two sons, and was recently married for the third time. She lives in Malibu.**

*When were you happiest?*

When Peta picked me to be on their first Times Square anti-fur billboard.

*What is your earliest memory?*

Trying to use a red jelly bean as lipstick.

*Which living person do you most admire, and why?*

Brigitte Bardot for defending animals and not caring what people say.

*What is the trait you most deplore in others?*

Greed.

*What was your most embarrassing moment?*

Not realising Ugg boots were made from sheepskin.

*Aside from a property, what's the most expensive thing you've ever bought?*

Every non-leather shoe Stella McCartney can cobble.

*What is your most treasured possession?*

My Linda McCartney Memorial Award for promoting vegetarianism.

*Where would you like to live?*

My family roots are in Finland and I've considered moving there and opening a strip club called Lapland.

*What would your super power be?*

Having people's mink coats come back to life to attack them.

*What makes you depressed?*

That people who call themselves environmentalists still eat meat.

*What is your fancy dress costume of choice?*

Elvira, Mistress of the Dark.

*What do you most dislike about your appearance?*

Being bald - I wish I didn't have to wear these big, blond wigs every day.

*Who would play you in the film of your life?*

Any drag queen will do.

*What is your most unappealing habit?*

Wearing high heels to bed - some people don't like getting poked.



Pamela Anderson

*What is your favourite word?*

'Yes.'

*What is your favourite book?*

*Committed: A Rabble-Rouser's Memoir*, by Dan Mathews of Peta.

*What or who is the greatest love of your life?*

My dog, Star.

*Is it better to give or receive?*

Give, give, give.

*What is your guiltiest pleasure?*

Receiving.

*What does love feel like?*

Natural ecstasy.

*What was the best kiss of your life?*

When I first took Star to the beach.

*Which living person do you most despise and why?*

Anna Wintour, because she bullies young designers and models to use and wear fur.

*Who would you invite to your dream dinner party?*

Jack the Ripper and Anna Wintour.

*Which words or phrases do you most overuse?*

'Yes.'

*What has been your biggest disappointment?*

That after I collected countless signatures on a petition, the Queen's Guard still wear bearskin hats.

*If you could edit your past, what would you change?*

I don't have any regrets.

*If you could go back in time, where would you go?*

1920s Hollywood. No paparazzi yet - you could get away with anything!

*What is the closest you've come to death?*

I die laughing almost every day.

*What do you consider your greatest achievement?*

Diverting the ridiculous amount of attention heaped upon me to my activism with Peta.

*What songs would you like to have played at your funeral?*

*Fools Must Die* and *Stop Your Sobbing*, both by The Pretenders.

*How would you like to be remembered?*

By two simple words... any two words, as long as they're simple.

*What is the most important lesson life has taught you?*

Opportunity only gives you knockers once.

## FAMOUS VEGETARIANS

### Lynda Stoner

Lynda Stoner was born 10 September 1953. She enjoyed a reputation as one of Australian television's most glamorous women throughout the late '70s and early '80s.

Lynda had leading roles in the soapie "The Young Doctors" and police drama "Cop Shop". She later moved on to play the villainous *Eve Wilder* in the cult soapie "Prisoner" and also had a part in the later Australian soap "Chances".

She subsequently moved away from acting to become a prominent spokesperson for animal rights issues and is active with the NSW Animal Liberation group.

Interviewed by June Bird in 2000, Lynda gave her reasons for becoming vegetarian. "I worked as a volunteer for Friends of the Earth during the early weeks of 'Cop Shop' but was still seeking more information about exploitation of non-human animals. Peter Singer's "Animal Liberation" had just been released and the reading of it was an epiphany. I felt as though I'd 'come home'. That this philosophy was so obvious, so right on so many levels, not just for non-humans but for humans.

The subjugation of races, women, children damaged not only the sufferer but the oppressors. Greed and power were elemental but not more so than societal acceptance of what was considered at a time in history to be 'normal' and anyone arguing against those guidelines was speaking heresy. To paraphrase Edmund Burke, "All that is needed for the triumph of evil, is that good people do nothing." It is as relevant today as it was 250 years ago. As an immediate consequence of reading "Animal Liberation" I threw out all my leather products, makeup that had been tested on animals and never ate animal or fish flesh again. Unfortunately I was much slower about adopting a vegan diet. I believe that the dairy industry is perhaps the cruellest form of animal exploitation and wish I'd done it much sooner.

Lynda's latest protest with Animal Liberation New South Wales follows a 10 month investigation conducted at a number of saleyards and abattoirs across Victoria, Tasmania and New South Wales which revealed the mistreatment of bobby calves. See "**Dairy industry now the target for Animal Liberation**" in the *News* section below.

You can see more on the Animal Liberation Dairy Campaign at <http://www.animal-lib.org.au/campaigns/dairy-campaign.htm>.



Australian activist and actor, Lynda Stoner

## New T-Shirts!

We have just purchased a selection of t-shirts from [AnimalRightstuff.com](http://AnimalRightstuff.com).

If you'd like to purchase one please come along to one of our stalls (notified in our emails) or contact Judy at the Society (see contact details on the back page).

**We are selling them at \$25.00**

## THIS IS YOUR NEWSLETTER

You are invited and encouraged to contribute items. Articles on health, nutrition, restaurant reviews, book reviews, recipes or anything. A letter to the editor would be most welcome. Tell your fellow members what you think about vegetarianism, the Veg Society, the world.

Or if you can draw cartoons please do; if you would like to submit a poem - by all means do so. We look forward to hearing from you. Contact details are at the end of this newsletter.

If you would like to contribute something for the next newsletter (Winter) please note the deadline is:  
30 May 2008.

# THE SOCIAL CONSTRUCTION OF EDIBLE BODIES AND HUMANS AS PREDATORS

CAROL J. ADAMS

(from [www.animal-rights-library.com](http://www.animal-rights-library.com))

Are we predators or are we not? In an attempt to see ourselves as natural beings, some argue that humans are simply predators like some other animals. Vegetarianism is then seen to be unnatural while the carnivorism of other animals is made paradigmatic. Animal rights is criticized "for it does not understand that one species supporting or being supported by another is nature's way of sustaining life" (Ahlers 1990, 433). The deeper disanalogies with carnivorous animals remain unexamined because the notion of humans as predators is consonant with the idea that we need to eat meat. In fact, carnivorism is true for only about 20 percent of nonhuman animals. Can we really generalize from this experience and claim to know precisely what "nature's way" is, or can we extrapolate the role of humans according to this paradigm?

Some feminists have argued that the eating of animals is natural because we do not have the herbivore's double stomach or flat grinders and because chimpanzees eat meat and regard it as a treat (Kevles 1990). This argument from anatomy involves selective filtering. In fact, all primates are primarily herbivorous. Though some chimpanzees have been observed eating dead flesh—at the most, six times in a month—some never eat meat. Dead flesh constitutes less than 4 percent of chimpanzees' diet; many eat insects, and they do not eat dairy products (Barnard 1990). Does this sound like the diet of human beings?

Chimpanzees, like most carnivorous animals, are apparently far better suited to catching animals than are human beings. We are much slower than they. They have long-projecting canine teeth for tearing hide; all the hominoids lost their long-projecting canines 3.5 million years ago, apparently to allow more crushing action consistent with a diet of fruits, leaves, nuts, shoots, and legumes. If we do manage to get a hold of prey animals we cannot rip into their skin. It is true that chimpanzees act as if meat were a treat. When humans lived as foragers and when oil was rare, the flesh of dead animals was a good source of calories. It may be that the "treat" aspect of meat has to do with an ability to recognize dense sources of calories. However, we no longer have a need for such dense sources of calories as animal fat, since our problem is not lack of fat but rather too much fat.

When the argument is made that eating animals is natural, the presumption is that we must continue consuming animals because this is what we require to survive, to survive in a way consonant with living unimpeded by artificial cultural constraints that deprive us of the experience of our real selves. The paradigm of carnivorous animals provides the reassurance that eating animals is natural. But how do we know what is

natural when it comes to eating, both because of the social construction of reality and the fact that our history indicates a very mixed message about eating animals? Some did; the majority did not, at least to any great degree.

The argument about what is natural—that is, according to one meaning of it, not culturally constructed, not artificial, but something that returns us to our true selves — appears in a different context that always arouses feminists' suspicions. It is often argued that women's

subordination to men is natural. This argument attempts to deny social reality by appealing to the "natural." The "natural" predator argument ignores social construction as well. Since we eat corpses in a way quite differently from any other animals—dismembered, not freshly killed, not raw, and with other foods present—what makes it natural?

Meat is a cultural construct made to seem natural and inevitable. By the time the argument from analogy with carnivorous animals is made, the individual making such an argument has probably consumed animals since before the time she or he could talk. Rationalizations for consuming animals were probably offered when this individual at age four or five was discomfited upon discovering that meat came from dead animals. The taste of dead flesh preceded the rationalizations, and offered a strong foundation for believing the

rationalizations to be true, and baby boomers faced the additional problem that as they grew up, meat and dairy products had been canonized as two of the four basic food groups. (This occurred in the 1950s and resulted from active lobbying by the dairy and beef industry. At the turn of the century there were twelve basic food groups.) Thus individuals have not only experienced the gratification of taste in eating animals but may truly believe what they have been told endlessly since childhood—that dead animals are necessary for human survival. The idea that meat eating is natural develops in this context. Ideology makes the artefact appear



Carol J Adams. Photo by: David E. Stein/Harvard Crimson

*"Animals are made absent through language that renames dead bodies before consumers participate in eating them."*

natural, predestined. In fact, the ideology itself disappears behind the facade that this is a "food" issue.

We interact with individual animals daily if we eat them. However, this statement and its implications are repositioned so that the animal disappears and it is said that we are interacting with a form of food that has been named "meat." In *The Sexual Politics of Meat*, I call this conceptual process in which the animal disappears the structure of the absent referent. Animals in name and body are made absent as animals for meat to exist. If animals are alive they cannot be meat. Thus a dead body replaces the live animal and animals become absent referents. Without animals there would be no meat eating, yet they are absent from the act of eating meat because they have been transformed into food.

Animals are made absent through language that renames dead bodies before consumers participate in eating them. The absent referent permits us to forget about the animal as an independent entity. The roast on the plate is disembodied from the pig who she or he once was. The absent referent also enables us to resist efforts to make animals present, perpetuating a means-ends hierarchy.

The absent referent results from and reinforces ideological captivity: patriarchal ideology establishes the cultural set of human/animal, creates criteria that posit the species difference as important in considering who may be means and who may be ends, and then indoctrinates us into believing that we need to eat animals. Simultaneously, the structure of the absent referent keeps animals absent from our understanding of patriarchal ideology and makes us resistant to having animals made present. This means that we continue to interpret animals from the perspective of human needs and interests: we see them as usable and consumable. Much of feminist discourse participates in this structure when failing to make animals visible.

Ontology recapitulates ideology. In other words, ideology creates what appears to be ontological: if women are ontologized as sexual beings (or rapeable, as some feminists argue), animals are ontologized as carriers of meat. In ontologizing women and animals as objects, our language simultaneously eliminates the fact that someone else is acting as a subject/agent/perpetrator of violence. Sarah Hoagland demonstrates how this works: "John beat Mary," becomes "Mary was beaten by John," then "Mary was beaten," and finally, "women beaten," and thus "battered women" (Hoagland 1988, 17-18). Regarding violence against women and the creation of the term "battered women," Hoagland observes that "now something *men do to women* has become instead something that is a part of *women's nature*. And we lose consideration of John entirely."

The notion of the animal's body as edible occurs in a similar way and removes the agency of humans who buy dead animals to consume them: "Someone kills

animals so that I can eat their corpses as meat," becomes "animals are killed to be eaten as meat," then "animals are meat," and finally "meat animals," thus "meat."

Something we do to animals has become instead something that is a part of animals' nature, and we lose consideration of our role entirely.

**Originally published in** 'Ecofeminism and the Eating of Animals.' *Hypatia*, No. 6, spring 1991, pp. 134-137.

**References**

Ahlers, Julia. Thinking like a mountain: Toward a sensible land ethic. *Christian Century* (April 25): 433-34.

Barnard, Neal. 1990. The evolution of the human diet. In *The power of your plate*. Summertown, TN: Book Publishing Co.

Hoagland, Sarah Lucia. 1988. *Lesbian ethics: Toward new values*. Palo Alto, CA: Institute for Lesbian Studies.

Kevles, Bettyann. 1990. Meat, morality and masculinity. *The Women's Review of Books* (May): 11-12.

**SUDOKU**

Complete the grid so that every row, every column, and each of the nine 3x3 boxes contains all and only the digits 1 through 9.



							3	2
	5			9	6			
8						7		
		4	9					
	7			3			5	
					1	9		
		1						8
				2	5		4	
6	3							

Rating: Diabolical!  
Answer at the end of this newsletter.

## RECIPES

### Quinoa Cabbage Rolls (Vegan)

(from [www.plaincook.com](http://www.plaincook.com) by 'alice' – modified to be vegan).

#### Ingredients

- 6-8 leaves red or green cabbage
- 1 cup quinoa
- 2 cups water
- 1 'chicken style' stock cube
- 2 tablespoons olive oil
- ½ onion, finely diced
- 1 carrot, shredded
- 1 (220g) can mushroom pieces
- 1 cup gravy (from gravy mix and water)
- 1 ripe tomato, diced

#### Method

- Poach large outer leaves of cabbage in boiling water for 2-3 minutes to soften.
- Meanwhile, cook quinoa in water to which you have added stock cube.
- Set quinoa aside to cool.
- Sauté onion, carrot and mushroom in the olive oil until the onion is translucent.
- Mix veggie mixture into quinoa.
- Roll about a quarter cup of the quinoa mixture in each cabbage leaf, by placing mixture at the bottom of the leaf; turn over once, fold sides over, continuing rolling to the end. The amount of mixture you use will depend on the size of the cabbage leaves.
- Place rolled leaves into a large sauce pan, place gravy and tomato on top.
- Bring to a boil.
- Turn temperature down to a simmer, cover and cook for 20 minutes.

### Sautéed Rice with Poppy Seeds (Vegan)

From Kurma Dasa at <http://www.iskcon.net.au/kurma>

Gently toasting the rice in oil before adding the water, in the style of making risotto, allows all the rice grains to remain separate.

Preparation & cooking time: 30 minutes

Serves: 3 or 4 persons

#### Ingredients

- 1 cup basmati or other long-grain white rice
- 2 cups water
- 3/4 teaspoon salt
- 1 teaspoon fresh lemon juice
- 1-2 tablespoons olive oil
- 1½ teaspoons poppy seeds

#### Method

- Bring to the boil the water, salt and lemon juice in a 2-litre/quart saucepan over moderate heat. Keep it covered to avoid evaporation.
- Heat the oil over moderately low heat in a 2-litre/quart saucepan. Sauté the poppy seeds in the hot oil until they become aromatic.
- Pour in the boiling water, raise the heat, and allow the water to fully boil for a few seconds, then reduce the heat and allow the rice to gently simmer. Place a tight-fitting lid on the pan and cook without stirring or removing the lid for about 15 - 20 minutes or until the rice is tender, dry, and fluffy.
- Turn off the heat, allow the rice to steam another 5 minutes.
- Serve hot.

### Simple Lentils (Vegan)

From Deborah Smith – thanks Deborah.

#### Ingredients

- Red Lentils
- Veg stock (not too much)
- Dill (dried is fine)
- Small fresh tomato

#### Method

- Boil gently until soft.

Lovely with mashed potato.

*(Deborah has intentionally left this recipe vague on quantities – it should encourage you to experiment – Ed).*

Now two favourite recipes from Alison and Mark White – Thank you both.

### Penne pasta with silver beet and tomato

We found this one on the internet. It is a very healthy pasta dish with the perfect combination of olive oil, tomato and silver beet to stimulate good digestion and blood circulation. It is also very light for these last days of hot summer time.

Degree of difficulty: Low - Serves 4

#### Ingredients

- 440 g fluted penne pasta
- 1 big bunch silver beet
- 600 g crushed peeled tomatoes (fresh or tinned)
- 2 cloves garlic ... /over

- 100 ml olive oil
- rock salt
- salt and pepper

### Method:

- In a pan, fry lightly the garlic in the olive oil until just golden, then add tomatoes and allow simmering gently over low heat
- Full up a pot for three-quarters with water and bring it to the boil
- Wash and chop the silver beet and deep it into the boiling water for a minute, then drain well, add to the tomato sauce, season with some salt and continue to cook as above
- Add a pinch of rock salt to the boiling water and the penne pasta, stir well and cook for about 10 minutes or until "al dente".
- Drain the pasta, put it back in the pot, season with some olive oil, the tomato and silver beet sauce, salt and pepper and serve hot immediately

We also add: silken tofu, and pine nuts and freshly cracked black pepper....

## Hummus (Vegan)

*"Mark got this recipe from the Australian newspaper magazine. He has modified it slightly and it is by far the best tasting hummus EVER. It does take ages to prepare with all the skinning of the chickpeas but it is worth it".*

Serves 4-6

### Ingredients

- 1 ½ cups dried chickpeas
- 1 tablespoon bicarbonate of soda
- 2 teaspoons salt
- ½ cup hulled tahini

- Juice of 2 lemons
- 1 small clove garlic, crushed
- Pinch of salt
- Olive oil & paprika to garnish

### Method

- Place chickpeas in a large bowl and cover with cold water. Add 2 teaspoons bicarbonate of soda and mix; **leave overnight.**
- Strain chickpeas, place in a large saucepan with remaining bicarbonate of soda and 500ml water. Cook on a high heat, stirring continuously, for 5-10 minutes or until mixture thickens.
- This thickness is a result of the skins coming off the chickpeas. Strain and rinse with cold water, until water runs clear and all the skins have been removed. Place chickpeas and salt in a large saucepan and cover with water. Bring to the boil and cook for 5-10 minutes or until soft. Skim off any white foam that floats. Drain the chickpeas, reserving ½ cup of the chickpea water.
- Place tahini in a bowl, gradually stir in a little of the lemon juice and chickpea water at a time.
- Continue with remaining ingredients until tahini is a smooth, creamy paste. Place chickpeas, tahini, garlic and salt in a food processor; process until smooth.
- Serve hummus in a large bowl, drizzled with olive oil and paprika.



### Children!

*Whether you're a chef, a cook or a danger in the kitchen, if you have a favourite vegetarian recipe why not share it with the rest of us?*

*All offerings gratefully received and acknowledged.*

## NEWS

*Edited articles from around the world.*

### Fishing trip turned McCartney vegetarian

*Ireland On-line  
12 March 2008*

Paul McCartney has revealed that a fishing trip turned him into a vegetarian.

The ex-Beatle, 65, poses next to the words "I Am Paul McCartney, And I Am A Vegetarian" in the advert for animal rights group Peta.

He is quoted as saying: "Many years ago, I was fishing, and as I was reeling in the poor fish, I realised, 'I am killing him – all for the passing pleasure it brings me'.

"Something inside me clicked. I realised as I watched him fight for breath that his life was as important to him as mine is to me."

Paul, who is pictured wearing a trilby and a T-shirt with the words 'Eat No' over a picture of a cow, believes that if the world rejected meat there would be no more famine.

Despite the fact that severe food shortages have often been caused by war and civil strife it has been claimed that if crops were grown to feed people instead of animals, millions would no longer starve.

Paul has previously said: "If anyone wants to save the planet, all they have to do is just stop eating meat. That's the single most important thing you could do.

"It's staggering when you think about it. Vegetarianism takes care of so many things in one shot: ecology, famine, cruelty."

Pamela Anderson, Forest Whitaker, Casey Affleck and Alicia Silverstone also pose for the vegetarianism campaign on the Peta website.

## Dairy industry now the target for Animal Liberation

*Farmonline – North Queensland Register*  
3 March 2008

Dairy farmers are normally passive people, but when Lynda Stoner from Animal Liberation accused dairy farmers of being cruel and of harming the environment she pushed the farming community too far.

And local farmers have come out fighting in defence of their industry and the way they treat their animals.

Dairy farmers have done it tough battling through deregulation and drought, and now the very essence of what they do is under fire.

Animal Liberation has come out strongly with an anti-dairy campaign.

They cite:

- Health risks from consuming too much dairy,
- Environmental damage from excess water use and
- Increases in greenhouse gas emissions caused by the production of dairy products.

While the arguments are strong and numerous they can't deflect the fact that if the demand for dairy was not there, dairy farming would not exist.

After 55 years in dairying, Kangaroo Valley farmer Bob Cochrane is shocked to hear the attack on dairy farmers and feels obliged to stick up for his industry.

Mr Cochrane says he is disappointed and frustrated to see people, who are not associated with the land and who don't understand the nurturing that farmers provide for their animals, attacking dairy farmers.

"It's quite offensive.

"Farmers are practical people and people like Lynda Stoner and her group, who are ignorant of farming today, are rubbing farmers' noses in the dirt," he said.

"While I'm expecting this campaign to be a flash-in-the-pan thing we would welcome Lynda Stoner to spend a day on the farm and then I would be more than happy for her to point out the pitfalls of our operation.

[If you'd like to read more of the dairy farmers defence, see <http://nqr.farmonline.com.au/news/nationalrural/dairy/general/dairy-industry-now-the-target-for-animal-liberation/71741.aspx>.

Their claim that "*if the demand for dairy was not there, dairy farming would not exist*" is disingenuous to say the least. As a vegan activist friend has posted on the same site, "it has all to do with incessant brain-washing of kids ("three serves every day") and instilling the fear of osteoporosis in adults – especially during the 'Healthy Bones' promotions. In fact, countries with higher consumption of dairy have higher rates of osteoporosis. According to Amy Lanou Ph.D., nutrition director for the Physicians Committee for Responsible Medicine in Washington, DC, "There is really no requirement for dairy products in the diet. The countries with the highest rates of osteoporosis are the ones where people drink the most milk and have the most calcium in their diets. The connection between calcium consumption and bone health is actually very weak, and the connection between dairy consumption and bone health is almost nonexistent." Dairy is a cruel, water-wasting, greenhouse gas emitting, polluting and completely unnecessary industry.

[See <http://www.animal-lib.org.au/campaigns/dairy-campaign.htm> for more - Ed]

## Schools Pull Beef from Lunch Lines in Wake of Massive Recall

*PCRM Online*  
March 2008

More than 150 school districts around the U.S. pulled beef from their cafeteria lines after the U.S. Department of Agriculture (USDA) recalled more than 143 million pounds of beef. About 55 million pounds of the recalled meat had already been funnelled into the National School Lunch Program and other federal nutrition programs. Most of the meat has already been consumed.

The New York City public school system, America's largest school system, pulled all hamburgers from its menus. School districts in at least 10 other states are no longer using ground beef from Hallmark Meat Packing Co. and its associated Westland Meat Co. until a federal investigation is complete. Last year alone, Westland Meat Co. sold more than 27 million pounds of beef for use in school lunch and other federally funded nutrition programs.

PCRM physicians and dietitians have been speaking to the media about the recall and the importance of offering meatless options through the National School Lunch Program. Meat-heavy diets are known contributors to heart disease, obesity, and some forms of cancer. The hamburgers and other high-fat, high-cholesterol meat products schoolchildren encounter every day in the lunch line pose a serious risk to their health.

The recall, which covers beef dating back to Feb. 1, 2006, was prompted by an undercover investigation at the Westland/Hallmark Meat Packing Co. in Chino, Calif., that revealed slaughterhouse employees abusing sick and injured cows prior to slaughter. Meat from sick and injured cows may pose a higher risk of contamination from E. coli or salmonella—or even mad cow disease.

Two of the employees are facing criminal charges, and the plant has remained closed since the investigation broke at the end of January. The animal abuse occurred even though the USDA had a number of inspectors at the Chino plant.

## Coach wants Ishant to turn non-vegetarian to put on weight

*Sify.com*

7 March 2008

Wiry pacer Ishant Sharma's coach Sharwan Kumar wants the young lad to try non-vegetarian dishes so that he can put on some weight. On the field, he wants Ishant to work on his no-ball problem.

The Delhi-based Ishant, 19, troubled Australian batsmen so much, despite being so lanky, that it has made Sharwan Kumar think about the next step.

"If there is anything I want him to do after his success in Australia, it will be to ask him to put on some weight," Sharwan told IANS here.

"He can put on weight by two ways: by eating non-vegetarian food or by taking the short cut. And I obviously don't want him to take the short cut," he said, without elaborating.

Sharwan said Ishant has been a vegetarian since childhood.

"He does not even eat eggs. I have been telling him to gradually start eating eggs and I guess he has once or twice tried it too. But he is apparently finding it difficult to switch to non-vegetarian dishes," he said.

Ishant bagged 14 wickets at an average of 20.35 in nine One-Day Internationals (ODIs) in the Commonwealth Bank Triangular Series. He finished third in the wicket takers' list, behind Australians Nathan Bracken (21) and Brett Lee (16).

Widely acknowledged by experts as the most improved Indian player on the long and tough tour Down Under, Ishant also captured six wickets in three Tests against Australia and troubled their captain Ricky Ponting throughout the Test and ODI series.

After a week's rest, Sharwan would like Ishant to sort out his no-ball problem ahead of the three-Test home series against South Africa, starting March 26 in Chennai.

"That has been a problem since I first saw him bowl. The reason is that he starts his run up at a brisk pace," he said. "I have told him to start his run up slowly and gather speed gradually. If he does that, he can overcome his no-ball problem."

Sharwan does not feel Ishant's long legs, with which he takes a long, last stride before delivering the ball, have been a disadvantage really. Neither is he suggesting that Ishant try to bowl from well behind the line to avoid no-balls.

Ishant bowled four no-balls in seven overs in the first innings of his debut Test against Bangladesh in Dhaka in May last year and was again confronted with the same problem in his second Test.



Indian paceman Ishant Sharma

In the first innings of the third Test against Pakistan in Bangalore, Ishant sent down nine no-balls and the problem was extended to the Test series in Australia. In five Tests so far, Ishant has bowled 33 no-balls and 10 wide balls.

On the positive side, the lanky Ishant's bowling can surprise the best of batsmen with his movement, as Ponting found to his dismay. The right-hander was repeatedly

flummoxed by Ishant's pace, bounce and swing. After the tour, Ponting acknowledged Ishant's class.

"Ishant has been the standout young player for India in this tour. Everybody has spoken about him. At different times he has bowled very good spells. The spell he bowled to me in Perth (third Test) on the last day was some of the better bowling I have faced in Test cricket," Ponting had said.

"He's (Ishant) someone who's going to be around for a while and play a lot of cricket."

## Less Red Meat Means Less Colorectal Cancer Risk

*MedHeadlines.com*

5 March 2008

It's Colorectal Cancer Awareness Month. March is National Nutrition Month, too. Nutritionists at MD Anderson Cancer Centre consider this a perfect time to suggest a new, healthier, approach to meal planning. Colorectal cancer, considered a very preventable disease, is the third most common cancer in Americans, causing the second largest number of cancer deaths each year. The American Cancer Society predicts 150,000 new cases will be diagnosed in America in 2008.

Using data recently supplied by the American Institute for Cancer Research (AICR), MD Anderson's Sally Scroggs, senior health education specialist, calls for switching the focus away from meat as the centre point for a meal and focusing on plant-based foods instead.

AICR findings indicate that someone eating 18 ounces or more of red meat each week increases his or her chances of developing colorectal cancer by a significant amount. And for every one and one-half ounces over 18

per week, the risk of cancer increases by 15%. The compound that gives meat its red colour, heme iron, is thought to be the link between red meats and colon cancer.

The US Department of Agriculture says the average American ate 36 ounces of red meat each week in 2006. Red meats are identified as beef, pork, lamb, and goat.

Scroggs suggests a reversal of typical meal planning, which usually involves deciding which fruits and vegetables will go with the meat-based main course. She suggests choosing the vegetables first and deciding which meat would make a nice accompaniment or side dish.

By limiting portion size to about 3 ounces of red meat per meal, the average person can safely consume red meat in six meals each week. Three ounces of cooked meat is about the size of a deck of playing cards.

AICR recommendations identify a healthy meal as one that is composed of two-thirds plant-based foods and one-third meat. The greater the percentage of plant foods, the lower the risk of colorectal cancer.

Processed meats are of special concern. Processed meats include bacon, sausage, pastrami, salami, even hot dogs - anything that has been cured, smoked, or preserved by salt or chemical additives. The risk of colorectal cancer is thought to rise by 21% for every one and one-half ounces of processed meats eaten.

Source: University of Texas M.D. Anderson Cancer Centre

## Foie gras is banished from table of Prince

*Telegraph.co.uk*  
27 February 2008

The Prince of Wales has risked angering the French by banning the delicacy foie gras from royal menus.

The Prince has instructed chefs at all of his royal residences to stop serving the dish.

He will also be reconsidering the royal warrant at one of his favourite shops - the House of Cheese in Tetbury, Glos, - after he was told that it was selling the pâté.

Foie gras is described as "torture in a tin" by animal rights campaigners because it is produced by force-feeding ducks or geese until their livers burst.

Andrew Farquharson, the Deputy Master of the Household at Clarence House, said his chefs were ordered not to buy or serve the food.

"The Prince of Wales has a policy that his chefs should not buy foie gras," he said.

"His Royal Highness was not aware that the House of Cheese sells foie gras and this will be addressed when their warrant is reviewed."

Justin Kerswell, of Vegetarians International Voice for Animals, which has campaigned against foie gras, said the move was overdue but welcome.



The Prince of Wales

"We are very pleased but foie gras should have been banned a long time ago," he said. "There is a groundswell of opinion against the food."

"Foie gras is seen as very posh and the heir to the throne is probably the poshest person in Britain so for

him to ban it is very good news."

Last week one of the country's top restaurants - the two Michelin-starred Midsummer House in Cambridge - removed foie gras from the menu after it was subjected to a "terrifying" campaign of threats and vandalism by the extreme animal rights group the Animal Liberation Front.

The restaurant had been serving the delicacy since it opened 10 years ago but after the campaign that left buildings sprayed with slogans, the dish was withdrawn.

No major retailers in the UK sell foie gras, apart from Selfridges and Harrods. Its production is banned in this country.

## Outlook '08: Poultry meat consumption to rise again

*theland.farmonline.com.au*  
5 March 2008

Australia's annual per capita poultry meat consumption will rise again, by more than one kilogram/head/year, to 40.5 kg by 2012-13, ABARE forecasts.

By then, annual domestic production will have climbed 9pc on 2007-08 levels, to 940,000 tonnes.

Retail poultry prices next financial year are likely to be around this year's level, \$5.36/kg.

In the medium term, ABARE expects poultry prices to ease by 8pc (in 2007-08 dollars) as productivity gains and lower grain prices lift the meat's competitiveness. This will help boost poultry exports by 19pc by 2012-13.

## Akron struggles to be cool enough for Chrissie Hynde

*www.clevescene.com*  
Cleveland, USA  
5 March 2008

When Akron Mayor Don Plusquellic first heard The Pretenders' 1984 hit "*My City Was Gone*," he was none too pleased. Singer Chrissie Hynde was clearly taking shots at his town.

Hynde, an Akron native who lives in London, had every right to bag on the city. The exodus of the rubber industry left the town in ruins, and Plusquellic had recklessly levelled historical centres like South Howard Street — once the heart of Akron's cultural renaissance — to make way for parking decks and high-rises seemingly inspired by communist architecture.

The city of Hynde's youth was gone. But Plusquellic got revenge when Rush Limbaugh made her tune the theme song for his talk show.

Over 20 years later, it appeared Plusquellic had finally forgiven Hynde. When she opened her VegiTerranean restaurant in Akron last year, the mayor proudly announced, "Chrissie, your city is back!"

But the truce was short-lived.

Just a few months ago, Hynde did an interview with *Vegetarian Times* about her new eatery. When asked why she opened a restaurant in Akron, rather than London, Hynde sniffed, "I have nowhere to go when I'm [in Akron], so it was out of necessity. I'm ashamed to be from a place where there's not one vegetarian restaurant in the whole town. But Akron has no downtown . . . I'm surprised it took 30 years to open a vegetarian restaurant in Akron and that I had to do it, you know? I live 5,000 miles away, but I had to come back and do it."

Punch is feeling you, sister. We get that same empty feeling when we're summering in London and can never find decent iron-ore burger.

But Hynde also felt compelled to dog her own customers, who apparently weren't cool enough to be down with her beliefs on chow. When asked why she was making her restaurant vegetarian rather than vegan, she answered: "Because they don't understand what vegan is in Akron. It's too radical."

After the article ran, however, Hynde decided to make the joint vegan, and it's proven enormously popular. That's what's really radical: Akronites are patronizing a restaurant whose owner holds them in contempt.

## Mum skips kangaroo meal

*www.thecomet.net (UK)*  
6 March 2008

ANGER over exotic meat for sale in a restaurant has led to a petition for its removal.

The Australian themed Bom Bora restaurant in Bancroft, Hitchin is under fire from the vegetarian campaigning group Viva! for serving kangaroo meat after it was contacted by a concerned family.

Michelle Dixon, 43, and her daughter Abbie McGee, 12, from Amphill Road in Shefford, spotted the meat for sale when they were out shopping in the town.

Michelle said: "We were horrified to see kangaroo meat for sale in Hitchin. They are such beautiful animals, it's hard to believe that anyone could go out and shoot them, especially just to end up at a theme bar. Wildlife belongs in the wild not on people's plates."

Viva!, which has campaigned against UK supermarkets to stop the sale of kangaroo meat, has sent the restaurant evidence of what it claims is extensive cruelty in the slaughter of kangaroos.

Viva! campaigns manager Justin Kerswell said: "Every year millions of kangaroos are shot in the wild, at night, unmonitored and out of sight of any witnesses. Many are incorrectly shot and can die agonising deaths. The kangaroo population in Australia has plummeted partly because there is this desperate push to make money off the back of this national symbol.

"We are calling on Bom Bora to do the right thing by not serving up one of Australia's national symbols dead."

The restaurant manager, who did not wish to be named, said: "We received an inflammatory letter from Viva! suggesting we are responsible for slaughtering kangaroos. It's the responsibility of people to decide what they eat. We don't sell shark or cod which are endangered. We get kangaroo meat from a game farm where the animal is treated well. How they are slaughtered is a matter for the Australian government.

"Viva! has already held a protest outside our premises which was both threatening towards our customers and our staff. We do not want a repeat of any threatening behaviour.

## St Kilda Wins AFL Pre-Season Premiership

*The Age*  
8 March 2008

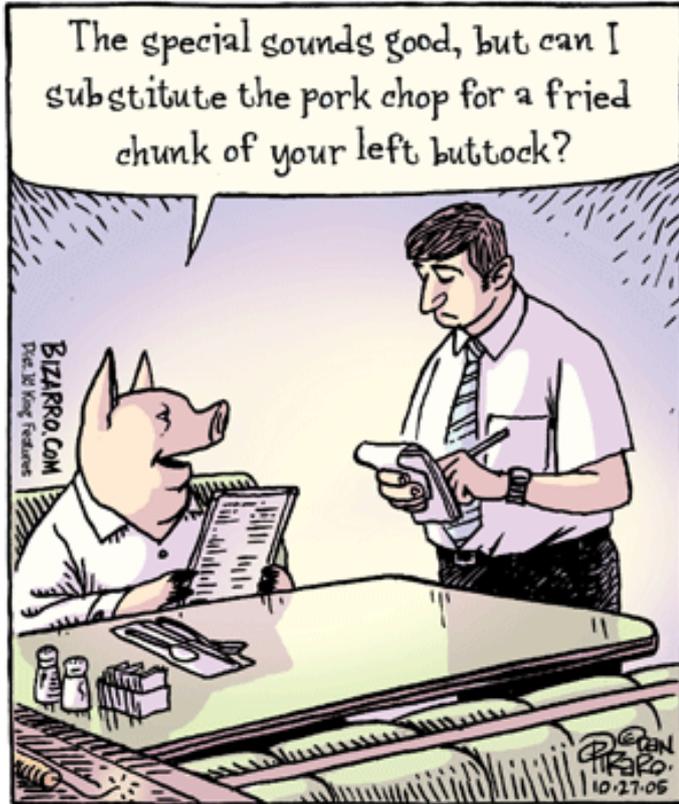
St Kilda claimed the 2008 AFL pre-season title with a deserved if scrappy five-point win over Adelaide at AAMI Stadium.

Leading narrowly after an ugly first half that produced only five goals, the Saints swept to a 20-point third term lead and weathered a Kurt Tippett-inspired Crows attack to win 2.7.9 (69) to 0.9.10 (64).

*(Nothing to do with vegetarianism – but what the heck - Ed.)*

# CONTACT US

Email: [contact@vegetariansociety.org.au](mailto:contact@vegetariansociety.org.au)  
 Phone: 0417 464 675  
 Postal: GPO Box 1786  
 Canberra, ACT 2601



## Answer to "Who Said That?"

*"I know, in my soul, that to eat a creature who is raised to be eaten, and who never has a chance to be a real being, is unhealthy. It's like...you're just eating misery. You're eating a bitter life."*

**Alice Walker**, American author, poet and vegan. Born February 9, 1944, she received the Pulitzer Prize for Fiction in 1983 for her critically acclaimed novel *The Color Purple*.

## Sudoku Solution:

4	1	9	5	8	7	6	3	2
2	5	7	3	9	6	8	1	4
8	6	3	1	2	4	7	9	5
1	8	4	9	7	5	2	6	3
9	7	6	8	3	2	4	5	1
3	2	5	6	4	1	9	8	7
5	4	1	7	6	9	3	2	8
7	9	8	2	5	3	1	4	6
6	3	2	4	1	8	5	7	9

## NEW MEMBERS

We warmly welcome the following people into the Society:

**Christopher Golding & Gayle Oldham**  
**Jennifer Hurley**  
**Sandra & Sean King**  
**Di & Emily May**  
**Peter Williams**

The Society thanks  
**Senator Kate Lundy and her staff**  
 for the opportunity to use their office facilities to publish this newsletter.