



President's column

by Robert

Apologies for the lateness of this newsletter. I've been buying a place to live and dealing with all the stress of moving. There were a string of events that were really hard to get through and I needed help from friends & family to get through it all. Now I'm settled in and it's time to get back into the society.

Back in October I did an information stall at GetUP climate change event at parliament house. Someone made a comment about water use that I've heard a few times now and so I think it's time to write something about this. Reading the newspapers, you'd think that rice and cotton are the main problem. A few people have come up to me, wanting to indulge in a bit of rice-bashing. With these things, as always, it pays to look at the actual figures.

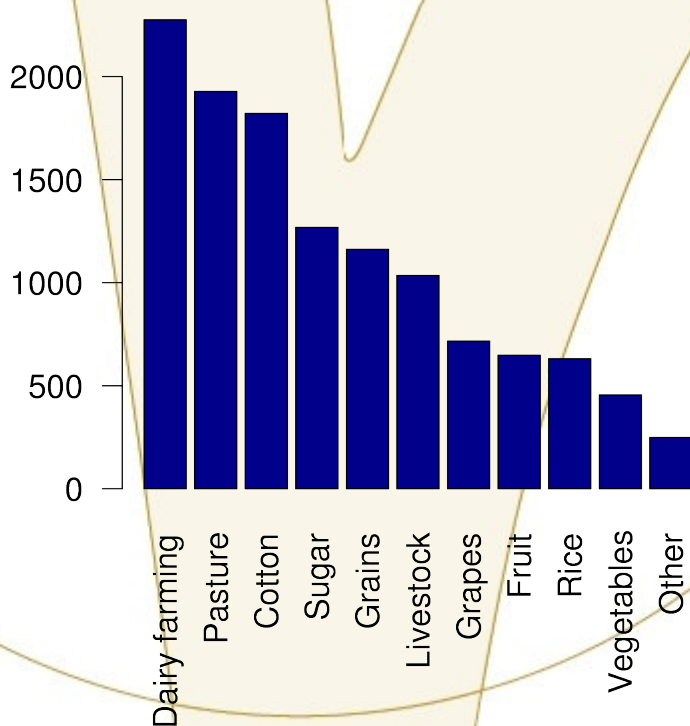
Put simply, the dairy industry is the biggest user of irrigation water and irrigated land in the Murray Darling Basin. This was confirmed in an official report to the Murray Darling Basin Commission.

Another comprehensive report on water use, the ABS Water Account, is available for download and was compiled by the Bureau of Statistics.

This report shows that the agriculture sector is by far the biggest water user. In that sector, the dairy industry is the biggest single water user, using about 19% of all water in agriculture. Pasture for non-dairy production is the second largest user of water. In addition, livestock use about 8% directly. By contrast, rice uses about 5%

(continued on page 2)

Water consumption, 2004-5 (Gigalitres)



Agricultural water use in 2004-5. Numbers sourced from ABS Water Account, 2004-5. Note that dairy farming is the largest water user and "Pasture" (i.e. for animal grazing) is the second largest. Other animal foods production are also significant water users.

continued from page 1

These figures can be broken down further, because so much of grain production is directed towards the production of animal flesh and dairy foods. Figures from ABARE, the government body which studies agricultural economics, show that around 30-50% of our grain output is fed to livestock, depending on the size of the harvest.

So that's the broad picture on water use. But there's another part of the story. How much nutrition can you get per drop of water for various foods? It turns out again that dairy foods (and other animal foods) are quite inefficient and rice actually uses less water to produce the same amount of energy or protein. However there are several food crops that are more water-efficient than rice: pulses, beans, lentils and the like.

This is worth restating in simple terms:

Dairy foods deliver less protein and energy per drop of water than rice does.

It is the animal foods industry that has the biggest

hold over Australia's water resources and these happen to be the least water efficient. There are problems with cotton and rice, but why turn a blind eye to the biggest user of water? It seems to me that if we are going to tackle water scarcity we should start with the biggest problem first.

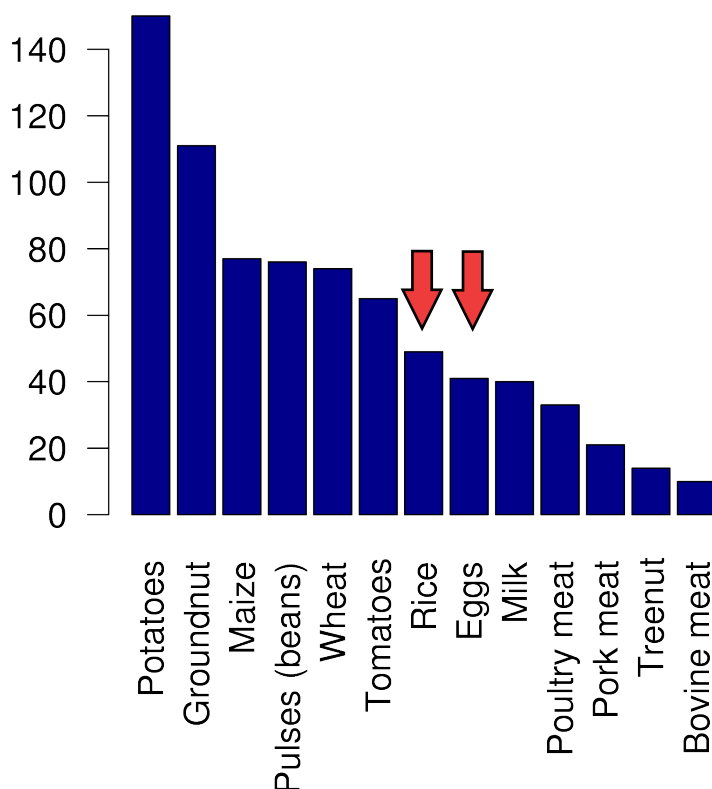
And the biggest problem is the animal foods industry.

The full reports are:

B. Bryan and S. Marvanek. *Quantifying and valuing land use change for Integrated Catchment Management evaluation in the Murray Darling Basin 1996/97 – 2000/01: Stage 2 Report to the Murray-Darling Basin Commission, CSIRO Land and Water, 2004.*

Feedgrains: Regional Demand and Supply in Australia, ABARE, 2007.

Protein in grams per 1000 litres



Protein in grams per 1000 litres of water used for various foods. Rice is more water efficient than any animal based food.

Numbers sourced from : Renault D, Wallender WW. Nutritional water productivity and diets. *Agricultural Water Management*, 2000;45(3) 275-96.

Committee doings

The web site has had a tidy-up and a change in look. We're still working on electronic payments so thank you for your patience with that. Thanks to Chris for all the work done so far.

In late November Robert will give a presentation to a Seniors group in Belconnen who are interested in learning about vegetarianism.

In October an information stall was held on the lawns of parliament house as part of the climate change event staged by GetUP. A few enquiries were received but it would have been good to actively handout leaflets to people, especially those lining up for the meat barbecue. In order to do that we will need more helpers in the future. There will be Walk Against Warming on December 6 which will be another opportunity to promote the message about positive impact of adopting vegetarian diet.

Look for us at the multicultural festival on Saturday, 7 February, 2009.

Social events

for your diary

Please send rsvp to Karlene at this address,

rsvp @ vegetariansociety.org.au

or leave a message on the society's phone. It would help us if you could leave a contact phone number just in case of late changes.

Saturday 29 November, 3pm 'til late "Bring On Summer" party at Sundara's place

Come and join us at 9 Lavan Pl. Evatt after for an afternoon of fun and games. This will be an ideal opportunity for new members and prospective members to meet others over pool or board games or just a drink and a chat. Go for a swim in the pool or try the outdoor spa. Bring a drink and a plate of vegan food to share.

For more details, please contact Sundara on 6259 9660 or 0418 620 387 .

Getting to know you

We're hoping to contact members with a short quiz so that we can learn more about ourselves. It should be fun! Here's one from the vice president just to start things off.

Name: Kath Faulkner

Your light-bulb moment? Travelling in the country with my family and being stuck behind stock trucks off to the abattoir. I asked dad where they were being taken and he had a very honest answer :/

What's the silliest thing said to you or question you've been asked regarding vegetarianism?
"It's a double edged sword you know... if we didn't eat beef they'd kill all the cows!"

If you could choose one product to be animal-free, what would it be? White chocolate

Surprise animal-free product? Skittles... yum!

Favourite restaurant/cafe? Kingsland for dinner and My Rainbow Dreams for the best coffee.

Disaster dinner? When all I could eat (and all the chef would offer me) was a big bowl of broad beans.

In your lunchbox today? Sandwich with tofutti cream cheese, wholegrain mustard, tomato and baby spinach.

Who would you like to be stranded on an island with? Astroboy... he can fly anywhere :)

One piece of advice for new vegetarians?
Don't forget your b12 supplements.

How many omnis have you converted? Um...
2

Would you kiss a meat-eater? Nope

Member Profile

by Karyn Fearnside

My name is Karyn Fearnside and I have recently joined the ACT Vegetarian Society and would like to take this opportunity to introduce myself.

My grandparents on my mother's side were sheep farmers in South Australia and my grandmother living in Adelaide on my dad's side has been a vegan for 50 + years. As a child I would visit the farm and see sheep being killed, and then see my grandma, Mutti as we call her (100 this year!) and she would hand us the latest anti vivisection pamphlet as we stepped in the door.

Consequently I grew up loving the taste of meat but thinking there was something morally wrong about a whole range of issues. As a young adult I would be a vegetarian on again off again, as I fell in love with meat eating boyfriends. When I finally met my partner Adam, in 1997, I had been a vegetarian for 3 years, and I said that if we were to have a relationship, he would have to become a vegetarian. For me, being a vegetarian wasn't about not eating meat, it was a lifestyle.

At that point I had just finished a Bachelor of Visual Art majoring in Textiles at the Canberra School of Art. During this 4 year period some of my work had a go vego theme. I made a website called "Meet meat." To inform this piece of work I spent some time out at the abattoir near Queanbeyan and was allowed to take lots of photographs. The website is designed to lead you in, you click on the pictures to move to the next page. There is one page of thumbnails that linked to other websites but they are so old that they

don't all work anymore. Here is the link:

<http://www.anu.edu.au/ITA/CSA/textiles/graduates/karyn/meetmeat1.html>

I created an animated piece about cows. The animation is happening in the background of a little blurb from Jeremy Rifkins' book Beyond Beef. Then, as an added dimension, if you click ~enter~ below the animation, it takes you to my final piece of artwork "Civil/lies" that completed my stint at art school and won a 6 month residency at Gorman House.

<http://www.geocities.com/SoHo/Canvas/4348/cow.htm>

When I first met Adam we created this animation called "little lambs"

<http://users.sa.chariot.net.au/~ozwines/adam/karyn/lamb.htm>

The whole website can be accessed here:

http://www.geocities.com/kferny_14/

When people talk to me about being vegetarian I often suggest people start by reducing the amount of meat they eat, and if they do eat meat to buy free range/bio-dynamic meat. I talk about all the different reasons for becoming vegetarian, and these days people are interested particularly around the issue of climate change.

Fish Fact - Empty Oceans

Some landmark scientific research published in 2006 found that at the current rates of fishing, all commonly exploited species will collapse by the middle of this century.

Boris Worm (and others). *Impacts of biodiversity loss on ocean ecosystem services*. Science, 2006;314(5800) 787-90.



Recipe

from Milena Trkulja

Cabbage Rolls (Sarma) - serves 4

Ingredients

Pickled cabbage leaves in a jar or a pickled cabbage head (available at Supabarn, Simply Fresh or delicatessen)

200-250g pumpkin seeds

1/2 cup brown rice

5 cloves garlic

1 red onion

3 potatoes

sea salt

pepper

hungarian paprika

extra virgin olive oil or canola oil

tomato sauce or sauerkraut (optional)

Method

1. Grid or crunch pumpkin seeds
2. Grate potatoes and remove the liquid
3. Chop garlic and onion
4. Wash rice
5. Saute onion
6. Mix well sauteed onion, rice, pumpkin seeds, potatoes, garlic, paprika, salt and pepper
7. Add 3 tablespoons of oil to the mixture
8. Fill cabbage leaves with the mixture and roll them up
9. Chop 3-4 smaller pickled cabbage leaves and put them at the bottom of a cooking pot
10. Place cabbage rolls in the cooking pot
11. Add enough water to cover the cabbage rolls
12. Take the spaghetti fruit and chop it in half.
13. Simmer for 45-50 minutes

May be served with tomato sauce or sauerkraut.

Around the web

Go Vegan Radio

www.goveganradio.com

A weekly radio show hosted by Bob Linden also downloadable as a podcast. Informative, funny and topical. Usually there is an interview with someone from the vegan movement as well as some analysis of current events.

Bob never uses offensive language however he does have some stinging criticism for the US "govENRONment" and the entrenched animal foods "EconoMEAT".

Suicide Food Blog

suicidefood.blogspot.com

A lot of advertising for meat creates the impression that the animals willingly lay down their lives for meat eaters. You can see that in those annoying ads where chickens apparently compete on a reality TV show for the special "prize" of being eaten.

Suicide Food blog tracks this phenomenon and analyses all of its nuances. Insightful, yet somewhat troubling.

A Vegan's Life (in Canberra) Part 2

by Chris Russell

Firstly, a reminder. This is a quick little article about living as a vegan in Canberra. I don't want vegetarians running away so it includes options for vegetarians as well. The ACT Vegetarian Society is a great place to interact with people covering the whole spectrum of vegetarianism. I'd like to get people thinking about the diversity of vegan options available in Canberra. What's more, this month I'm treading a fine line talking about some places that also serve meat.

If you are wandering around town and in need of quick meal, then there are vegan options out there. I often don't find I'm in the mood for going to a place where in the end (after all the assurances to the contrary) I end up with something that has some animal product. We've all been there - from broths to fish sauce to eggs and milk.

Japanese & Korean

A lot of people are scared of going to Japanese and Korean places particularly because of the presence of sashimi (this includes at least 1 Japanese vegan friend). What's more, nori rolls at many places use mayonnaise to increase the richness of the product. There are at least two places I frequent for a quick take-away or eat-in meal where this doesn't seem to be a problem.

Sushi Sushi is a new sushi (yes, I can see you are surprised) place in Canberra. It's at the entrance to the Canberra Centre across from Superbarn. OK, they are new to Canberra and Sydney but there are quite a few in Melbourne.

They have a few vegan nori rolls. None of the vegetarian rolls have mayonnaise and they are not prepared alongside the sashimi. They also have a couple of vegan inari options. An asparagus nori roll (with avocado and asparagus) and a couple of plain inarizushi (and of course a bit of soy sauce and wasabi) is \$5.20.

They have made a conscious effort to provide assured vegan (and vegetarian) fare.

Izumi are located in Garema Place and on Marcus Clarke St. They also have non-mayonnaise nori rolls and inari. Their Vegetarian Combo has noodles, tempura and dumplings, and is a nice hot meal on a cold winter's night.

Halal & Kosher

This is the one that surprises most people. Remember, we are trying to promote a non-animal diet, and those that practice Islam and Judaism are at least conscious of food combining.

When they offer vegetarian food they mean it. It is normally also vegan. They will let you know since food combining is factored heavily in their social and religious beliefs. So, as long as you are not afraid to ask about what is in a dish, you'll be surprised by what is on offer.

This will, of course, apply to travelling overseas. You may need to brush up on your Arabic and Hebrew, but they will not be confused by what you are really asking.

Every country in the Middle East (including Egypt) seem to have their own slightly different type of falafel. With tahini or hummus, and a couple of vine leaves, you have an instant meal.

Ali Baba are obviously all over Canberra. They make sure that utensils and preparation areas are exclusive for the different products on offer. So, there is little chance of contamination.

Hagi Baba is a surprise for many people. Down at Cooleman Court, Weston, they provide Lebanese cuisine. It's still funny hearing them apologise for taking a couple of extra minutes to cook fresh falafel - it's the only way they'll serve it. Add a nice salad I'm a happy camper. In case you hadn't realised, I'm a falafel snob, so I expect it to be fresh, and it is!

I've always considered a Middle Eastern buffet as great party food. See it's easy being vegan and vegetarian!

continued from page 6

Hub Supermarkets

OK, you're not all wandering around Civic. You don't want to eat out, but you need some quick meals. This means stocking the pantry and the freezer with some choice ingredients and maybe some pre-made dishes.

I'm surprised at the number of people who don't know what Hub Supermarkets are. The Hub Supermarkets are Asian grocers. Currently there are two of these gems around Canberra. There is the original one in Gungahlin (near the side entrance to the BigW building) and the other one is in Tuggeranong (fairly central within the Hyperdome, but still not far from Vegetarian House!). My spies assure me the new Hub Supermarket in Belconnen is not far from opening. This one is across from the Westfield, a little closer to the lake.

They offer great Asian vegetables and fruit, along with fresh noodles and tofu. They have many fridges with pre-prepared frozen food. About a quarter would be vegan and another quarter would be vegetarian.

We are going to have an article about mock meats in the next newsletter. I know some people have mixed emotions about them. Many of the vegan dishes available at the Hub have generic descriptions so it's probably still worth checking them out. There are many with *no* mock products.

As I said, the Hub has lots of vegan and vegetarian options. So, remember, if I mention something that sounds meaty from here on it is *definitely* mock meat.

They have Char Siu Bao (BBQ Pork Buns) from Sun Circle, along with other varieties of vegan buns. There are also some other vegetarian options in this style of bao.

They have a Chinese style pork sausage (like *lup chong*). Again, vegan.

There are the Lamyong products, as usual. This

includes satay skewers that are all made up and ready to go. Actually, there are a couple of other brands of satay skewers with different textures and spices.

There are the Korean GM Food products. They are probably less well known in Australia than some other brands. You can check out their website at www.gm-food.co.kr. They had many products that were definitely vegan but they also used to have English on the bag! This included vegan dim sims and potstickers. I recognise the packaging, so I know which ones to buy. I have a friend with basic Korean skills and who confirmed that they were OK, but check if you have any doubt. Just ask the staff if you need a hand..

There are also some Indian style foods. They even have vegan and vegetarian paratha.

The freezers still have frozen deserts and fruits, so there are a lot more vegan options that you won't find elsewhere.

Then there is all the fresh Asian greens like bok choy and choy sum. For me, Vietnamese food is not complete without rum/ram (Vietnamese coriander or mint), and they have it all year round. They get deliveries of all of the fresh stuff a few times per week.

They no longer stock inari, but with the right persuasion we may be able to rectify it.

Finally, they have a shopper rewards programme that essentially gives 5% off your purchases.

Aldi

Hey you need desert or a treat. Aldi has some great stuff. I've seen people obsess about finding vegan chocolate. OK, I love 85% cacao and the two Aldi dark chocolates are both vegan. They have individually wrapped pieces which also come with fruit options. They also have an organic one for just a couple of dollars...

Nighttime munchies are a thing of the past.

Until the next newsletter...

*Be Healthy - Be Social
Enjoy Life!*



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