



Web: www.vegact.org.au
Email: contact@vegact.org.au
Post: PO Box 1259, Belconnen ACT 2616
Phone: 0417 464 675

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Thanks to all the contributors. It makes for a much more interesting read when there are articles, info and recipes from a variety of people. I love to receive your input so please continue to send contributions, suggestions and comments to newsletter@actveg.org.au. Maybe you've tried recipes from here, you have a response to something you've read here, or you have discovered a new eating or shopping venue.

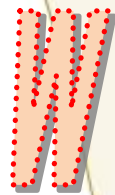
Tracey Lofthouse, Ed.

Who Said That?

Who was it who said...

"We do not need to eat animals, wear animals, or use animals for entertainment purposes, and our only defense of these uses is our pleasure, amusement, and convenience."

Answer at the end of this newsletter



WELCOME

Welcome to the Autumn/Winter edition of your newsletter. I hope you are enjoying the glorious colours we're seeing everywhere – still some Autumn foliage but now early spring flowers too, and the frost crunching underfoot.

We have had some truly magnificent days and some much less so. Some very cold nights, too. Brrr.

The winter solstice is well past and the days are getting longer and longer. This makes me happy.

There's plenty of content in this edition of the newsletter, so I hope you enjoy reading about all the wonderful activities and initiatives of the Society and our members. Also, in case you were holding out for the answers to the Xmas crossword – they're in here, too!



As always, I welcome comments, suggestions, responses to something you've seen here and contributions of all kinds. Feel free to send me anything and I'll consider it. If you are sending an article and/or photos about an event, please include the event name, date and location in the email, plus suggestions for photo captions (if names, first-name only – unless they are famous! ☺)

Facilitator's report

Well, I don't know quite where to begin with this report. 'Thanks' is probably a good way to start! Thank you to the wonderful people who have come forward to work on the committee this year. It's super-inspiring to have a new and enthusiastic team. Welcome to Elena, Amanda, Kai, Emma, Dieter, Sara and Rowena, and to our continuing members Tracey and Natasha, who are still keen after a few years on the committee! Thanks must also go to the committee members who worked with us in 2012: Karyn, Kerri, Amy, Sundara and Rob.

After all my firm intentions to stand down in the role of President, somehow or other I still find myself in this networking and overseeing role. So here I am again, but with the new name of 'Facilitator'. This title change is just one of the little steps taken to move the group towards a more collective and inclusive way of running. Things are continually evolving and changing and this helps keep the group dynamic and interesting.

The Society will continue its important role as a networking, support and connecting space for vegans and vegetarians in the ACT. As always, one of our key

focuses will continue to be outreach and educating people about the reasons to live a compassionate plant-based diet and to support people as they take these steps.

We now have general meetings regularly. You are very welcome to come along to these and share thoughts about the direction you'd like to see your Society go in. These meetings are a place where any members can put forward ideas for events rather than this happening only at the committee meetings. The aim of this change is to make the group decision-making process more inclusive and to facilitate and support non-committee members in organising events. This is your Society! So come along and join us in moving our Society in new and exciting directions!

Another change is that the AnimalACTivism Collective which was started in Nov 2011 has now become the 'activism working group' within the Society. There always was an overlap of people and events between the two groups so this amalgamation makes things a little clearer.

Here's a little info about the AnimalACTivism Collective. You can find out more on the Facebook page. This collective exists to:

'Provide a forum for passionate individuals in the ACT to network, collaborate and advocate in support of the rights of animals. We seek to foster discussion and

open, honest debate about these issues with like-minded individuals and the wider community.

We resolve to organise and participate in animal rights focused activism based on egalitarian, non-hierarchical, collective decision making. We seek to network between and support the activist activities of the formally constituted animal rights organisations that exist within the region, opposing the exploitation of non-humans using techniques of non-violence, creative education and solidarity.'

One of the important activities of the Society is education about the vegan lifestyle and animal issues. The AnimalACTivism Collective is currently working on the gathering, analysis and presentation of data and information that specifically relates to the environmental impact of the animal/dairy industries, with a specific focus on Canberra and Australia. We will be sharing this information with people who are involved with environmental education and activities in the ACT, with the aim of increasing the understanding of the full impact that the animal industry has on the environment.

So, exciting times for our Society! We look forward to seeing you at some of our events.

Jyoti Dambiec



Joint Committee Meeting



L-R Tracey, Jyoti, Emma, Robert, Kai, Michael, Clayton, Sara

Meet the Committee

Jyoti Dambiec (Facilitator, Contact, Public Officer, Stalls/Activism and Collective Emails)

Email: president@vegact.org.au; contact@vegact.org.au; activism@vegact.org.au



I became a vegan in June 2011. Prior to that I was vegetarian for 29 years. I eat a 'satvik' yogic diet, which excludes eggs, onions, garlic, mushrooms and alcohol – and now also excludes dairy products.

I have raised three children with my husband Dieter, who are all now adults and life-long vegetarians. I am a ceramic artist and art teacher at Orana Steiner School.

Things I enjoy: organic gardening, visual and performing arts, music, reading, meditation and yoga, walking, kayaking and social times with friends and family.

Natasha Bourke (Treasurer)

Email: treasurer@vegact.com.au

I joined the committee in 2010 as Vice President & Treasurer. I moved to Canberra from Perth several years ago now.

I have been vegan for about eight years, starting out as a vegetarian for three months. I love animals and just can't see why anyone would want to eat them.

I love to eat and cook. I sometimes fail in the kitchen, but I always have lots of fun. Vegan sweets are my favourite, particularly rocky road.



Kai Wakerman Powell (Secretary)

Email: secretary@vegact.org.au



I discovered vegetarianism when I was 13 or 14 and have never looked back. My vegetarianism comes from an ever growing sense of ethical and environmental necessity, as well as a true love of the natural world. (Attenborough anyone?) Now it has become a defining part of my life and how I see myself.

I'm a Canberra native, currently studying economics and finance at the Australian National University. My studies are truly a passion, alongside a love of music (all kinds), podcasts of all kinds, and reading in the sun. If you ever spot me around, please come over and introduce yourself! I'm a nice guy, I promise.

Tracey Lofthouse (Newsletter Editor)

Email: newsletter@vegact.org.au

I am a vegetarian of 20 years and a vegan of five. I've been a member of the Society for about seven years and on the committee for six, which I have really enjoyed and recommend trying. I love being vegan and only wish I had done it much sooner.

Going vegan was a breeze and I've tried many delightful new foodstuffs that I never considered before. I eat a lot of raw food these days and feel much better for it. I love the fact that my life choices do not support a cruel and oppressive culture of breeding non-humans for exploitation by humans and as a bonus they are far better for the environment. My health is great as well but for me the animal rights and anti-cruelty stance is paramount.

I also enjoy singing, martial arts, travelling and spending time in nature, and am part of the committee that organises the Living Green Festival in Canberra every October.





Amanda L. Wallis (Website and Facebook Manager)

I was vege for 5 years prior to transitioning to vegan in early 2011. I say transitioning as it took me several months of going back and forth, including eating eggs from a friend's "loved" chickens, before I finally aligned my eating habits with my values.

When I'm not ranting about the abhorrent mistreatment of our animal friends, I am a passionate advocate for social justice and human rights. I am currently at university studying criminology and criminal justice and I also work in an accommodation service which provides support to men with various complex needs.

Prior to my current career path I worked as a chef for almost 10 years and although I have had a lot of experience within hospitality I consider myself an absolute novice when it comes to vegan food. I am interested in facilitating information sharing amongst the members of our society with the aim of building upon the connectedness of our community.

Dieter Dambiec (Web Host Manager/Mail Collection)

I have been vegetarian for 36 years. I've been in the legal profession for 28 years, including Master of Laws in Human Rights and Social Justice.

I am interested in mysticism and expression of spirituality in world cultures. I enjoy all kinds of music, kayaking, walking, cycling, theatre, and being in nature.

I have raised 3 children with my wife Jyoti, who are all now adults and are life-long vegetarians. I have been doing meditation and yoga for 38 years.



Elena Kusta (Membership/Graphic Design)

Email: membership@vegact.org.au



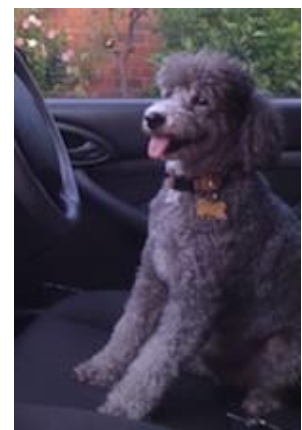
After years of trying, I have only recently become vegetarian after visiting the Animals Australia website. I am now in the process of transitioning into a vegan and hope to meet more Canberra vegans and other long-time vegans who can guide me and provide me with advice and support. The choices I have made to change my lifestyle have vastly improved the way I feel, both in mind and body.

I have lived in Canberra my whole life and love it! Some of my hobbies include arts and crafts, studying (I'm currently at the University of Canberra), working, exercising (including cycling), volunteering at the RSPCA's cattery and spoiling my beautiful adopted cat, Freddie. I love animals and believe in a cruelty-free life. I'm excited to join a community who believes so too.

Emma Davies (Fundraising/Animal Activism)

I was a vegetarian on and off for over 10 years before becoming a vegan about two years ago. I'm looking forward to working with the ACT Vegan and Vegetarian Society to raise awareness about animal cruelty and to highlight ways that people can easily eliminate animal products from their daily lives.

I have a law background and currently work in gender policy/human rights. I also help out with other animal advocacy groups, including volunteering for the Animal Law and Education Project based in Lismore. www.alep.nrclc.org





Sara Vancea (Animal Activism/Facebook)

Hello, my name is Sara and eating a vegan, mostly organic diet has given me back my health – better health, against some very curious odds. But I also have another reason for being vegan and that is my utter disgust and dismay at the barbaric and cruel treatment of farm animals, in both large and small-scale commercial industries, in particular the plight of the dairy cows. They suffer an entire life of pain-causing conditions in a concrete shelter all day, subject to a 24 hour milking schedule, artificial insemination and the taking of calves directly after birth: all this is known to be the US-Style or Mega Dairy method, a farming practice that has operated in the US for some time and is also operating here in Australia.

Back to school, I am studying Nutritional Medicine and learning more about the harmful effects that genetically modified foods have on human and animal health and other emerging research about the epidemic proportions of chronic disease in developed countries, due to poor nutrition and environmental factors.

I would like to see governments committed to the health and well-being for all people, for equality and empowerment of women, the health and sustainability of the environment and respect and care for the lives of animals.

Rowena (Website and Outreach)

Going vegetarian in 1995 was the best thing I had ever done until I went vegan in February 2011 after reading a brilliant booklet by Animals Australia (www.animalsaustralia-media.org/documents/why_veg/why_veg_2008.pdf). I just wish I had seen the light earlier! I've shown PETA's gentle but highly informative 'A Chicken's Life' comic book to many people over the years and they are always extremely shocked and angered by what happens to billions of chickens each year (www.scribd.com/doc/14173113/A-Chickens-Life-PETA-Comic).

It would be great to create similarly effective resources that highlight the wonder and plight of other animals. In mid 2012, I watched Earthlings (www.unleashed.org.au/features/earthlings/). It strengthened my resolve and prompted me to write my very first song. I adore being vegan so I am proud to be part of an organisation that helps people make kinder, greener choices and live happier, healthier lives (as shown in this joyful song www.youtube.com/watch?v=FLqjLn0W5K0).



Mamabake

The ACT Vegan and Vegetarian Society's Mamabake is based on the concept of mums getting together regularly to group, big batch bake.

Mamabake is basically an event where a group of six or so people meet at someone's house to do some big batch cooking. Here's how the event goes:

- * Each person brings whatever kitchen utensils they need to make the dish of their choosing (usually a big pot!) as well as the ingredients needed (so people will need to decide what big batch recipe they are making. The Mamabake website recommends people select a dish they feel confident making, is easy and then double or triple it). Also, everyone brings a plate of nibbles to share (for mamas and any children).
- * No need to bring your partners, however children are more than welcome. If kids are under school age, Mamabake recommends designating one person to watch them – this person won't be doing any cooking, but will be bringing back their fair share of food.
- * Allow 3-4 hours for some creative fun in the kitchen.
- * Role of hostess: The hostess opens her home to Mamabakers (this will rotate), provides one plate of nibbles (everyone else will bring nibbles also) and makes sure everyone has a cup of tea or a glass of water at hand.

Everyone cleans up at the end so that hostess doesn't have a mess to clean up.

On Saturday April 24 we held our fourth Mamabake. With vegan cholent, spinach lasagne and roasted vegetable pasta sauce on the menu, Antonia's kitchen was full of delicious smells. Yummy snacks, good conversation and a couple of lively four-year-olds completed the fun afternoon.

Antonia

Interview with Karen Vincent – mum to two vibrant vegan boys, and new Arbonne consultant

How long have you been vegan?

I gave up meat when I was 15, and dairy and eggs in my mid twenties (I'm now 35). My two young boys (Noah: 3 years, and Tobey: 10 months) have been vegan since conception!

Tell us about your boys. How have you found it raising two vegan children? What would they eat in a typical day?

Raising vegan children is relatively easy. The boys simply eat what I eat and I've always made sure I've eaten a varied diet, ensuring that all our nutritional bases are covered. I'm still breastfeeding so it's important that I eat healthy and often, to keep up a quality milk supply for Tobey. Noah is a busy, typical 3 year old who snacks throughout the day to maintain his energy, as well as sitting down to three home-cooked meals a day. A typical day for Noah and I would include oats with soy milk, banana, cinnamon and agave for breakfast, a hummus and salad sandwich for lunch, and dinner with plenty of vegetables and protein. Noah is especially fond of the Fry's schnitzel, which we'll have with vegetables and salad. We have his favourite meal of pumpkin, sweet potato and red lentil soup at least once a week. Other popular dinners include vegetable stir-fry with tofu, burritos with TVP mince and beans, pasta, scrambled tofu, vegetarian sausages, soy roast and roast vegetables, and noodles with vegetables. For snacks we both enjoy lots of different kinds of nuts, fruit, muesli and nut bars, toast with vegemite and avocado, or peanut butter, baked beans, homemade muffins and biscuits, and soy yoghurt. At the moment both the boys have very simple tastes so I'm not cooking too many stews and casseroles, because they just won't eat them. They both prefer finger-foods (except for pumpkin soup!). The three of us also enjoy green smoothies, and fruit smoothies which I make with organic frozen berries, fruit and rice milk, and I always include chia seeds in our green smoothies. Tobey is extremely fond of a good green smoothie! Tobey is still only very little so he isn't eating as much as Noah and I are, but he's growing up so quickly it will only be a matter of time before he's eating everything Noah and I both enjoy.



Do you take any supplements?

Not currently. I often have my bloods checked and I'm always within the healthy range for everything. When I was pregnant I took Vital Greens (available from most health food shops), and I took an iron supplement for a couple of months after giving birth. I try to get all my nutrients from my diet, but I do have an Arbonne

nutrition bar most days which is high in protein, and vitamins and minerals.

Do you have any favourite vegan-friendly places to go locally?

40 Café in Cooma have a vegan menu which includes, among other things, Funky Pies, and a great selection of vegan cakes and slices. Lots of other places have vegan options also. I just ask. Everyone in Cooma is so friendly, they usually always cater for us. (*how wonderful – Ed.*)

How do you go about getting all your vegan supplies in a small town?

Cooma isn't that small! We have Aldi, Coles and Woolies with all the usual vegan products, we have a great health food shop, and 40 Café stocks vegan cheeses, chocolates and other treats. Anything I can't get I just buy when I'm in Canberra, or online, or I ask the health food shop and Asian supermarket to order it in for me.

What is your new business?

I've recently decided to become an Independent Consultant for Arbonne. For those who don't know, Arbonne is a vegan-certified company who specialise in high-end skin-care, as well as cosmetics and health and wellbeing products. They have products for all ages, and for both men and women. As well as being vegan, all their products are gluten free, GMO free, botanically based, hypoallergenic, Earth friendly and not tested on animals. They are also formulated without parabens, animal ingredients, mineral oil & other petroleum-based ingredients, sodium laureth sulfate (SLS), chemical dyes & fragrances, and phthalates.

I feel really privileged to have discovered such an amazing company who make such beneficial products, as well as being a company totally in line with my ethics. If you haven't tried their products before, contact me and I'll send you out a free sample from a selection of their most popular lines.

Check out my business page on Facebook, or contact me directly if you'd like more information or a sample: www.facebook.com/arbonne.karenvicent
Phone: 02 6452 6938 or 0414 874 883
Email: karenvicent44@yahoo.com.au



Activities

Running Raw (and Vegan!) Around Oz
Sweet Bones Vegan Bakery Café, Lonsdale St
Braddon
Tuesday evening, 22 January 2013

In January this year, the ACT Vegan and Vegetarian Society organised a talk and delicious raw, vegan and organic meal at Sweet Bones Vegan Bakery Café.

We welcomed veteran raw vegan athletes Janette Murray-Wakelin and Alan Murray who together were running a marathon a day for 365 days – approximately 15,500 km in total! They were doing this to inspire and motivate conscious lifestyle choices, to promote kindness and compassion for all living beings and to raise environmental awareness for a sustainable future.

We were fortunate to have them speak to us as they passed through Canberra. Check out their website: <http://www.runningrawaroundaustralia.com/> or follow them on Facebook.

Emily, Russell and the Sweet Bones team kindly agreed to open their doors especially for this event and provided us with a delicious meal of organic, raw delights: raw zucchini pasta with creamy pesto or chunky tomato dressing; a fresh almond milk based smoothie with maca powder, chia seeds, banana hemp and flax oil; a light layered salad with kale, tomato, macadamia cheese, sprouts and marinated mushrooms, and a 'special dessert'.

Jyoti



And a little more info:

Alan Murray and Janette Murray-Wakelin, originally from New Zealand, are internationally acclaimed endurance athletes and inspirational speakers and have travelled and lived worldwide. They have collectively participated in 60+ international marathons and ultra runs, and to celebrate the year 2000 and Janette's 50th year, they ran the length of New Zealand covering 2182 km running 50 marathons in 50 consecutive days. The next chapter in their lives created the biggest challenge. At 52, Janette was diagnosed with breast cancer and the prognosis was only 6 months or



possibly a year with conventional chemotherapy and radiation treatment. The natural path that Janette chose to take, with the support

of Alan and her family, resulted in an inevitable journey to healthy living and the passion to share their (extensive) knowledge and experience with others. They founded a Centre for Optimum Health in Canada, where their focus was on encouraging healthy lifestyles through living nutrition and exercise for the mind, body and spirit. Their vision was to share their knowledge gained through their multitude of life experiences, and to encourage natural, healthy lifestyles within their community. Alan and Janette established a highly successful Living Food & Conscious Lifestyle Course and have shared their secrets of good health through a series of inspirational presentations internationally during the past ten years. See Janette's full story here: www.rawcancure.com

YOU MIGHT ASK – "WHY RUN AROUND AUSTRALIA?"

WE ASKED OURSELVES – How can we share the information and experiences we have gained through conscious living during the past decade, so that others may make their own informed lifestyle choices that will make a difference to their health, the health of their family and future generations, the health of their community, the health and well being of the animals, and ultimately, the health of our precious Earth where we live? What can we do to inspire and motivate conscious lifestyle choices, to promote kindness and compassion for all living beings and to raise awareness for a sustainable future?

THE ANSWER – We can lead by example, walk or (in this case) run the talk. By running a marathon distance together per day, every day for a year around Australia, we hope to inspire others to believe in themselves, to follow their dreams, and to achieve their goals through making more conscious lifestyle choices. We can be living proof of what can be achieved by making conscious life choices. While we are running around Australia during the year 2013, we will have the opportunity to show that by eating raw living plant-based foods, we are healthier, more physically fit and have unlimited energy at beyond 60 years of age than in our earlier years, including when we ran the length of New Zealand 13 years previously. Inspiration is what motivates people to 'never stop pushing' for what they believe in and for what they want to achieve.

We will also have the opportunity to raise awareness and funds for selected charitable groups instrumental in making a difference to the health and welfare of the people, animals and environmental sustainability within Australia and worldwide. We believe that the survival of our (human) species is dependent on our kindness, compassion and caring for all living beings, and that this

is achieved by making conscious lifestyle choices. By doing so, we can make a difference.



Little Chickens

Little Chickens is a vegan/vegetarian playgroup which meets regularly, where herbivore children and their families can come together for some socialising. Get-togethers are advertised in the weekly Society collective emails. There is also a Little Chickens email list where people connect, discuss venues and chat. If you would like to be added to the email list or know more about the playgroup please contact Kate, Dahlia or Karlene on playgroup@vegact.org.au.

Little Chickens has organised a number of Mamabakes in 2013, with more to come.

Little Chickens picnics

A number of fun gatherings of parents and kids were held at Black Mountain Peninsula this year, and more gatherings are planned for the coming warmer months.



Little Chickens picnic

Black Mountain, Monday 28 January 2013



Animal Activism get-together

20 April 2013

The first AnimalACTivism Collective planning meeting for the year. The team enjoyed a shared lunch at Caroline and Guy's home.



l-r Dieter, Rowena, Robert, Caroline, Bec, Guy, Clayton, Sara & Jyoti

Vegan barbeque at the 'Big Solar BBQ' organised by Climate Action Canberra

Sunday 7 April 2013

Thanks to our members Sara Vancea and Clayton McDonald for organising vegan food for this event. It was great to see all people enjoying the vegan food and to see the barbeque with the dead animals not being used! We hope to bring the vegan perspective to people at many more environmental events such as this in the future.

The event was celebrating 19,000 homes with solar panels in Canberra! It was also a chance to ask questions about joining the solar future.

The speakers were Professor Andrew Blakers, Director of the Centre for Sustainable Energy Systems at ANU, and Lawrence McIntosh, Co-ordinator of Canberra Clean Energy, which is about to launch a community

solar farm that you can co-own! The MC was Caroline Le Couteur.



Sara cooking up delicious marinated tofu and vegan patties at the Big Solar BBQ



Ban live export rally

Sunday 26 May 2013

A contingent of Society members joined Animal Liberation ACT and other concerned citizens at the third Canberra rally against live export on the lawns of Parliament House.

Update from A Poultry Place

1 May 2013

By Bede Carmody

Today marks the start of International Respect for Chickens Month. May was declared International Respect for Chickens Month by United Poultry Concerns (UPC) in 2005 in order to celebrate chickens throughout the world and protest the bleakness of their lives in farming operations. To this end United Poultry Concerns encourages individuals to do something for chickens during the month — their ideas include leafletting on a busy street corner, holding an office party or classroom celebration, writing a letter to the editor, doing a radio call-in, hosting a vegan open house, posting a blog, or simply talking to family, friends or strangers about the plight — and delight — of chickens and how people can help them.

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.



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

Throughout the month I will highlight stories about chicken residents of the sanctuary on the A Poultry Place Facebook page (www.facebook.com/apoultryplace) in order to encourage people to reconsider their attitude towards chickens, who are the most abused land farmed animal in the world. I have accepted two speaking engagements to mark the month as well. On Monday (May 6) I am speaking at the University of Wollongong as a guest of the uni's recently formed Animal Rights Society. Beginning at 4pm, the talk is open to the public and will be at the CSE Meeting Room in Building 11 at the university's Wollongong campus. On Tuesday (May 7) I am the guest of Animal Liberation at Macquarie University and will be speaking at Tute Room: C5A 313 at 2pm; again this talk is open to the public.

At the end of the month, in conjunction with Animal Liberation ACT, there will be a special open day here at A Poultry Place on Saturday May 25, in order to give

people the opportunity to spend some time with former battery hens, broilers and roosters.

Chickens have been dominating my headspace in recent weeks. During the past month I have had the joy of re-homing almost 100 former battery hens with life-time human carers (and even managed to re-home a rooster as well!). These were the hens mentioned in the last update who had been surrendered to our friends at Edgar's Mission late last year. Re-homing is not something which is taken lightly. Potential adoptees first need to complete a questionnaire put together by my friends at NSW Hen Rescue and then pass my inspection of their facilities. It is a lot of work but it is rewarding when you find those individuals who really want to give hens a happy life and don't expect an egg a day in return. Of course some aren't quite happy with such scrutiny and just don't get it when you explain that as the guardian to these animals you need to ensure they will no longer suffer at the hand of humankind.



Recently Foghorn joined the family. A broiler rooster, he was found on the pavement of a very busy road in Sydney. His rescuers, who have some former battery hens in their backyard, took him home and cleaned up the cuts and blood on him. But as they told me via email, "we aren't allowed to keep a rooster on a residential block, he does crow a few times a day, and he is very friendly. We would like to know if you can offer him a forever home?" It is the second time in recent years A Poultry Place has been asked to take in "a big white chicken" found along the same stretch of road, which perhaps suggests they may fall from trucks transporting them to be slaughtered. Foghorn was 'fully grown' when he was found so he was probably on his way to being someone's roast.

And then there were a few precious days spend with a little cherub, who became known as Charity.

One morning I got a phone call about a lamb who needed temporary care and the next thing I know I'm telling myself "you can't fall in love with her, she is not

staying". It had been a while since the sweet little calls of a lamb were heard at A Poultry Place. Charity had some issues — birth deformities, which meant she only had one properly formed foot. Yet somehow she survived and thankfully her humans contacted our friends at Edgar's Mission, who have had some experience with lambs and kids (baby goats) with leg deformities, to see if they could help.

They could, but in the interim Charity needed a home for a few days so I unselfishly said yes, knowing full well my kindness would be returned a thousand fold in lamb love! When I first saw Charity I was amazed to see such a happy little being given she only had one properly formed foot; another was just a twisted stump and there are no feet on her right side legs at all. Despite the handicap she is quite mobile and very, very vocal and it was a pleasure to be assisting her on her way to her permanent home. We shared many special moments together and she had no problems making herself at home as the picture illustrates.

She also liked herding the ducks, though they were less than impressed! Yes, it was tough saying goodbye to her the morning Uncle Bernie and Aunty Michelle came to take her to Pam but I knew it was for her own good. Fingers crossed she gets to have a long life.

While every day is different when you reside at an animal sanctuary there are constants in life. The currawongs and the magpies are back in force—they seem to be settling in for their winter break and no doubt their spring nesting. They join the cockatoos, who are still about in big numbers as well. The antics of all these guys add to the joy of waking up each day.

At this time of year, with autumn quickly coming to an end and winter fast approaching the constant is the reducing amount of daylight I have to do everything which needs to be done. I often joke to people about needing to find a 'sugar daddy' so that I could give up the full-time paid work in order to focus full-time on running A Poultry Place. At this time of the year, such statements are more fact than joke!



Adding to the stress of diminishing daylight is diminishing water. As the picture illustrates the dam has dried up for the first time in five years, so I will have to get a few more wading pools for the ducks to provide them with water for bathing, which they love so much and require to maintain their feather health. Rainfall this year has been basically non-existent. We have received just over 151 mm since January 1—the average to this time of year is 246 mm. In contrast, at the same time last

year we had received 518 mm of rain. The lack of rain has meant there was no autumn regrowth in any of the

paddocks and it looks as if it will be a bleak winter. The sheep have already eaten out one of their three paddocks and are half way through a second. There is no doubt in my mind that I will be hand feeding them before the end of winter. It is the first time since the establishment of A Poultry Place that the dam has dried up in autumn/winter and makes me fearful of the summer ahead.



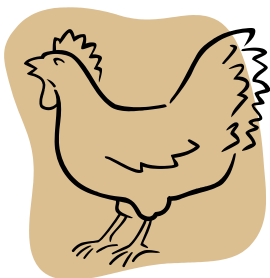
I am glad I am taking leave from the paid job in a few months so that I will be on-hand throughout most of winter to help them through it all. I will also be needing to get a regular supply of lucerne chaff to ensure feathered friends have access to some green pick in the months ahead, for all the poultry paddocks are beginning to resemble the dustbowls which result from having grazing animals and no rain.

Remember, it is International Respect for Chickens Month and please consider doing something for the chooks. It could be something as simple as "liking" and "sharing" one of the posts from our facebook page; you might consider baking something egg-free and sharing it with work colleagues, family or friends who still believe they cannot live without eggs; or, why not encourage/challenge those you know who eat chicken to go chicken-free and vegan for the month?!

To visit A Poultry Place email:
freechook@bigpond.com

Donations are welcomed and can be sent to Bede Carmody
PO BOX 976 Civic Square ACT 2608
or directly deposited into the following bank account:
BSB 012925 Account 484228991

Keep up to date with all the happenings here via Facebook www.facebook.com/apoultryplace



A Poultry Place open day

Saturday 25 May 2013

A few ACT Vegan and Vegetarian Society members joined other friends and supporters of A Poultry Place for the annual open day on a sunny autumn day.

Close to 50 of us had a tour of the sanctuary with Bede and met all the residents and then enjoyed a lovely vegan barbeque and potluck lunch. Everything was delicious.

It was nice to catch up with old friends, both human and non-human, and see all the hard work Bede has put into the place.



Did you know sheep love cabbage? They do! Especially purple cabbage.

Tracey

Odds 'n' Ends

Product Review – Vegusto Vegan Cheese

If you haven't tried the newest vegan cheese to be sold in Australia, I recommend going out and getting some.

So far I have only tried the No-Moo Mildly Aromatic and it is the best vegan cheese I have tasted.

Vegan cheeses often claim they will melt or taste great - I think we can all admit this is sometimes not the case. Vegusto does not melt very well but the flavour is fantastic; it has a slightly fruity taste, and is even edible on its own on a sandwich. It's the first vegan cheese I find that I can eat chunks straight off the block and enjoy.

Vegusto retails for around \$11.00 a block.

Vegusto is available at Mountain Creek Wholefoods, 14 Barker Street Griffith. Discount available to members on non-fridge/freezer foods.

Natasha

I have tried the mild and the piquant and can attest to the tastiness of both – ed.



Vegan Organic Gardening on Facebook

<https://www.facebook.com/groups/176862412339363/>

Vegan Organic Gardening – Worldwide

<https://www.facebook.com/groups/veganicgardening/>

Vegan Organic Network

<https://www.facebook.com/groups/veganorganicnetwork/>

Online shopping:

- ♥ <http://www.veganperfection.com.au/>
- ♥ <http://crueltyfreeshop.com.au/>
- ♥ <http://www.greenedgeonline.com.au/>
- ♥ <http://www.veganonline.com.au/>
- ♥ <http://www.veganandvegetarianshop.com.au/>
- ♥ <http://animalsaustralia.qnetau.com>
- ♥ <https://www.veganwares.com>
- ♥ <http://www.vegetarian-shoes.co.uk/>
- ♥ <http://www.planetshoes.com/vegan>
- ♥ <http://www.veganstyle.com.au/shop/>
- ♥ <http://veganshoesaustralia.com.au/>
- ♥ <http://www.mattandnat.com/>
- ♥ <http://www.wozwaste.com/>

These are just a few on the growing list of places to buy certain vegan goods. Let me know *your* favourite online vegan outlets – ed.



Christmas Crossword answers

Across:	Answer
1. What you put the gifts under	Tree
3. The colour of carotene	Orange
6. Christmas dessert	Pudding
7. Sour yellow fruit	Lemon
9. Veg Christmas meal	Tofurky
11. Tree decoration	Bauble
13. ----- on Earth	Peace
16. Christmas month	December
17. Large green-skinned fruit containing lycopene	Melon
18. The blue above us	Sky
19. Manager of A Poultry Place	Bede
20. Circular Christmas hanging decoration	Wreath
23. Son of a monarch	Prince
29. We send these at Christmas	Card
30. Vegetarian restaurant in Dickson	Aulac
31. Gas given off by plants at night	Oxygen
32. Colour of banana	Yellow
34. Vegan café in Braddon	Sweetbones
35. Shiny tree decoration	Tinsel
39. Pour this over your dinner	Gravy
41. Christmas incense	Frankincense
42. Night bird	Owl
45. Large tropical fruit, high in vitamin c	Mango
46. Christmas hater	Scrooge
48. Petrol	Gas
49. Small stonefruit	Cherry
Down:	Answer
1. Your editor	Tracey
2. Used for carrying things	Bag
4. ----- warming	Global
5. Another word for Christmas	Yuletide
8. Christmas songs	Carols
10. German for yes	Ja
12. Large grey mammal	Elephant
14. One of Santa's reindeers	Comet
15. Baked, these are a traditional part of Christmas dinner	Vegetables
21. Gift Decoration	Ribbon
22. Some of the residents of A Poultry Place	Chickens
23. Royal colour	Purple
24. Editor's favourite Christmas meal	Nutloaf
25. Colourful Christmas plant	Poinsettia
26. "--- to the World"	Joy
27. Traditional Christmas pie filling	Fruitmince
28. Plant eater	Herbivore
30. Beer	Ale
33. French for yes	Oui
36. Santa's helpers	Elves
37. Type of red sauce often used at Christmas	Cranberry
38. ---- & Compassion	Cake
39. Living ----- Festival	Green
40. Not bottom	Top
43. Baby sheep	Lamb
44. The kids love these at Christmas	Toys
47. Type of tree	Oak

RECIPES

MAINS

From Natasha Bourke – thanks Natasha

Roast Vegetable Salad

From Natasha Bourke – thanks Natasha

Ingredients:

- Mixed greens – lettuce, baby spinach
- Vegetables for roasting – potato, sweet potato, carrot, baby beetroot, red onion, garlic
- Handful of mixed nuts – cashews, almonds work well
- Handful of seeds – sunflower and pumpkin work well
- ¼ cup quinoa
- 1 cup water
- Extra virgin olive oil

Method:

- Preheat oven to 200 °C
- Chop the vegetables (leave the skins on) and drizzle with a good coating of extra virgin olive oil – roast the garlic cloves whole with skins on
- Roast for about 1 hour until vegetables are soft and golden
- While roasting simmer the quinoa in the water until water is fully absorbed
- Toast the nuts and seeds over medium heat in a dry non-stick pan until lightly golden
- Allow everything to cool completely and toss all ingredients together
- Drizzle with a little additional extra virgin olive oil.

This goes really well with some rissoles or pastries on the side.

Cheezy “Chicken” Pies

Ingredients:

- Borg’s puff pastry
- Fry’s ‘chicken’ strips
- Peas (frozen is good)
- Corn (frozen or canned is fine for this)
- 1 onion
- Plain flour
- Nuttalex margarine
- Soy milk
- Dijon mustard or mustard powder
- Nutritional yeast or savoury yeast flakes
- Salt
- Pepper
- Olive oil
- Sesame seeds

Method:

- Preheat oven to 180 °C and defrost the pastry (about 6 sheets)
- Dice the onion and fry in olive oil until translucent
- Dice 1/3–1/2 pack of Fry’s ‘chicken’ strips and fry until lightly golden with the onion
- Add a good handful of corn and peas and stir through
- Turn the fry pan off the heat
- In a small-medium saucepan melt 2 tbs of nuttalex over low heat
- Whisk in 2 tbs of plain flour and cook the flour out for a couple of minutes
- Slowly add soy milk and continue whisking until the sauce becomes the right consistency (thick enough

to hold the pie mixture together)

- Stir in a good dollop of mustard and a large handful of yeast flakes
- Season to taste
- Add the sauce to the mixture in the fry pan and stir together
- Cut the pastry in circles or squares if you don’t have cookware to make pies (a muffin pan works well) – be sure to grease the tray or muffin pan
- If making pies – place circles in muffin trays and press in, poke with a form and bake bases for 5–10 mins until lightly puffed, remove from oven and press pastry down once cool enough
- Fill the bases with a spoonful of filling and apply the tops
- If unable to make pies – place a spoonful of filling in the centre of the square and fold into triangles
- Either way, seal edges and brush tops with soy milk and sprinkle with sesame seeds
- Bake for about 20 mins until golden brown and puffed.

Vegan Fettucine Alfredo

From Meatout Mondays <recipes@meatoutmondays.org>

Ingredients:

- 1 pound fettuccine noodles
- 1 can coconut milk
- 1/2 cup raw cashews
- 2 tablespoons nutritional yeast flakes
- 1 1/2 teaspoon salt
- 2 tablespoons cornstarch
- 1 tablespoon lemon juice
- 1/2 cup water
- 1 tablespoon olive oil
- dash of onion powder and garlic powder

Method:

- Cook fettuccine noodles according to package instructions
- Blend remaining ingredients in blender, then pour over drained and cooked noodles. Cook and stir on stove over medium heat until alfredo sauce begins to thicken slightly
- Serve!

If you subscribe to Meatout Mondays you will get a delicious (mostly, if not always, vegan) recipe delivered to your inbox every week, which includes the nutritional values of the recipe and some interesting info - ed.

DESSERTS

Kuih Lapis

From Dahlia (adapted from Nonya Flavours by Debbie Teoh) – thanks Dahlia

Ingredients:

- 180g rice flour (bought from Asian grocery, preferably from Thailand)
- 200ml water

Syrup:

- 140g white sugar
- 300ml water
- 2 tsp vanilla extract (or 2 pandan leaves, knotted)
- 200ml thick coconut milk

- 1/2 tsp salt

Method:

- Combine the rice flour and water in a mixing bowl. Mix well and soak for one hour.
- Meanwhile, boil sugar, water and vanilla extract until sugar is dissolved.
- Leave to cool (approximately 10 minutes) then add coconut milk and salt.
- Add the rice flour mixture, mix well and sieve.
- Divide mixture into seven portions, 1/2 cup each. Colour to your heart's fancy.
- Place a steamer (bamboo steamers does a great job) over medium-low fire, heat up a greased 20 cm (8") round pan for 5 minutes in the steamer.
- Pour one batch of batter (1/2 cup) on the heated tray and coat it evenly.
- Steam covered for 5 minutes, or until set (test it by touching the layer. If it doesn't stick or lift, it's done).
- Repeat the process until the last layer. Steam the kuih on low heat for a further 3–5 minutes.
- Cool completely before cutting.

Note: Layers may fail to bind if they have been steamed too long.

EXTRAS

From PCRM Food for Life Recipe of the Week info@pcrm.org

Pineapple Apricot Sauce

This sauce is a great alternative to frosting on cupcakes and traditional cake icing. It is free of refined sugars, and its sweetness comes straight from the fruit.

It is an easy alternative to premade jams or frostings. It is thickened with agar, a sea vegetable thickener that has a slightly sweet flavour and contains no sugar or fat.

Ingredients:

- 1 cup apple juice concentrate
- 1 1/2 teaspoons agar powder
- 1 cup water
- 1 cup chopped apricots, fresh, frozen, or canned
- 1 8-ounce can juice-packed crushed pineapple
- 1/4 teaspoon ground ginger

Method:

- Combine apple juice concentrate, agar, and water in a saucepan. Let stand 5 minutes. Bring to a simmer, stirring occasionally, and cook 3 minutes.
- Add apricots, pineapple with its juice, and ginger.
- Stir to mix. Remove from heat and chill thoroughly, 3 to 4 hours.

Per serving (1 tablespoon): 14 calories; 0 g fat; 0 g saturated fat; 2.5% calories from fat; 0 mg cholesterol; 0.1 g protein; 3.5 g carbohydrates; 3 g sugar; 0.1 g fiber; 2 mg sodium; 2 mg calcium; 0.1 mg iron; 0.9 mg vitamin C; 41 mcg beta carotene; 0 mg vitamin E

Source: *Healthy Eating for Life and to Prevent and Treat Cancer* by Vesanto Melina, M.S., R.D.; recipe by Jennifer Raymond, M.S., R.D.

Agar powder is derived from a sea vegetable and is used as a thickening and gelling agent instead of gelatin, which is derived from animals. For each teaspoon of powder in the

recipe, use approximately 1 1/2 teaspoons of agar powder flakes to substitute.

Lemon Crème

This zesty crème is perfect as a guilt-free dessert. It can be served as a pudding or a topping on fruit, cake, or pie. Makes 1 cup (4 servings)

Ingredients:

- 1 12.3-ounce package reduced-fat, extra-firm silken tofu, crumbled
- 1/3 cup Grade A (light) maple syrup or agave nectar
- 3 tablespoons fresh lemon juice
- 1 tablespoon lemon peel, grated

Method:

- Blend tofu, maple syrup or agave nectar, lemon juice, and lemon peel until very smooth in a blender or food processor (or place in a bowl and use a handheld blender). Refrigerate in a covered container until chilled.

Per serving (1/4 recipe): 105 calories; 0.8 g fat; 0.1 g saturated fat; 6.7% calories from fat; 0 mg cholesterol; 5.6 g protein; 19.9 g carbohydrates; 16.7 g sugar; 0.2 g fiber; 79 mg sodium; 53 mg calcium; 1 mg iron; 4.8 mg vitamin C; 0 mcg beta carotene; 0.1 mg vitamin E

Source: *Dr. Neal Barnard's Program for Reversing Diabetes: The Scientifically Proven System for Reversing Diabetes Without Drugs* by Neal D. Barnard, M.D.; recipe by Bryanna Clark Grogan



Lemon is also a wonderfully refreshing accent to rice. Our Piquant Lemon Rice recipe is a tasty side to any dish. [View recipe here](#)

Children!

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

All offerings gratefully received and acknowledged.



Letters

Published letters from members and others



The export trade in live animals is cruel and must be ended

Canberra Times, 05 October 2012

The news from Pakistan is horrendous ("Brutal slaughter of Australian sheep", September 28, p6). Ten thousand Australian animals stabbed and clubbed to death. Brutally injured sheep buried alive. Before their slaughter, these 10,000 sheep had already suffered a long, and extended, sea journey. And now thousands more sheep await what may be a similar fate. We know that, when they are slaughtered, they won't be stunned first. Just how bad must the cruelty be for the government to end this terrible trade? Agriculture Minister Joe Ludwig says the new system is working. It isn't. The memorandum of understanding with Bahrain didn't work. The MOUs on which the government has relied are only useful when both sides are prepared to abide by them. So if Bahrain decides it doesn't want sheep offloaded, they are not offloaded and we can't demand it happens. For these particular sheep, that was very bad news and led to a dreadful fate. There is a fundamental flaw in any efforts to impose welfare controls on this trade in live animals exported to slaughter in other countries. If we send live animals to another country, the Australian government cannot control what happens to them when they are there. I am appalled that my country can allow such animal cruelty and on such a massive scale when it could have been prevented, by stopping the trade. This cruel trade must end.

Di Johnstone, Deakin

Politicians need the courage to ban live export trade

Canberra Times, 08 November 2012

Anyone who saw the ABC Four Corners program "Another Bloody Business" on Monday evening surely must be asking themselves the question, why is Australia persisting with the shameful trade of live animal export? Minister Joe Ludwig failed totally in his attempt to justify this barbaric business, and appeared quite unmoved by the horrific footage showing the recent appallingly brutal handling and culling of Australian sheep in Pakistan.

Try as he might, the minister could not deny that once animals leave our shores, neither the government nor the exporters can control their fate. To its credit, New Zealand banned live animal export years ago when it realised it, too, could not prevent the brutality inherent in the trade; that country now exports chilled meat in an industry that is a major employer of local labour. When will our politicians show some courage and follow New Zealand's lead by banning this miserable trade?

John Sever, Higgins

It is difficult to retain one's allegiance to the present federal government when the Minister for Agriculture, Joe Ludwig, describes the sheep in Karachi as having been "euthanised".

The minister must be unaware of the etymology of this word (classical Greek: a quiet and easy death), unless he is dissembling. But rather than waste time in expanding his vocabulary, he needs to act urgently towards preventing the recurrence of such events, events which shame us all.

Scott Henderson, O'Malley

Shootin' the breeze

Canberra Times, 25 November 2012

AMUSING to read Shane Rattenbury opposing shooting in ACT parks ("Hunters not welcome in parks", November 18, p10). He would, however, be impressed that hunters' political arm "the Shooters and Fishers Party" was able to negotiate with NSW Premier O'Farrell access to parks in exchange for support on electricity privatisation. Because that's the kind of big, anti-democratic policy distortion to which Shane and his own minority party always aspire. What goes around ...

He also highlighted Green confusion over environmental priorities. Feral animals and, of course, farmers clearing everything and never giving any back, no matter how marginal the returns, destroy biodiversity. Greens' abject failure to tackle failing cockies aside, where are Green proposals to suppress rabbit, fox and cat populations, giving endangered native species a chance? Instead, we get huge perpetual subsidies to a few Gungahlin commuters and annoying bans on supermarket bags (negligible impact on waste; no turtle saved).

Adrian Milton, Higgins

Include the Roos

Canberra Times, 26 November 2012

I fully understand the extraordinary risk from bushfire and the efforts that must be undertaken to reduce this ("Red alert for high risk of fires", November 19, p1). But what got my attention were the comments made by TAMS fire manager Neil Cooper that it was "no secret Canberra had lots of grass" and now there is a need to carry out heavy grazing and extra grass slashing. There are also to be extensive burn-offs. This situation happens every year. So why is another arm of TAMS intent on decimating the grass-eating kangaroos year after year? I appreciate the light-footed kangaroos eat less grass than a cow or horse, but surely they should be included in a sensible environmental management plan. Last year the ACT Parks and Conservation Service director, Daniel Inglesias, suggested the kangaroos had to be killed, as they may starve in future years. Given the survival of the species over time this was rather a silly idea. Perhaps the left and right hand of TAMS needs to get together and produce an ACT environmental plan that does more than just kill off kangaroos - which is meant to protect the grassland for endangered species, only to see it slashed, burnt and stomped on by herds of hungry cattle.

Philip Machin, Wamboin, NSW

Veg and no meat

Canberra Times, 02 December 2012

HAVING read the stomach-turning revelations of leading meat producers ("Horse burgers", November 18, p1), I believe there is something to be said for being a vegetarian. I chose that lifestyle in 1958 and haven't regretted that decision.

Evelyn Bean, Ainslie

All nuts to me

Canberra Times, 09 December 2012

EVELYN BEAN (December 2) need only read the front page of this Sunday Canberra Times to find that vegetarianism is no guarantee of safe food. Some growers of her beloved peanuts are just as ready to put the health of their customers at risk as some meat producers.

Peanuts with pesticides anyone?

In addition the peanut plant is susceptible to the mould *Aspergillus flavus* which produces a dangerous carcinogenic substance called aflatoxin.

Roast beef is far safer, and tastier.

Neil Porter, Hughes

RSPCA strays off course

Canberra Times, 11 December 2012

Sadly, it's an indication of how far the RSPCA has strayed from its mission, "To prevent cruelty to animals by actively promoting their care and protection" when it can run a Christmas promotion featuring the sliced, seared body of a turkey. It has become the Royal Society for the Promotion of Cooked Animals.

Mike O'Shaughnessy, Spence

Spare carp the pain

Canberra Times, 14 December 2012

It's good to see Shane Jasprizza ("What to do with carp unclear", December 11, p2) finally come clean on his attitude to carp and the environment they are damaging. Earlier this year he lauded the annual kill-fest (the Carp-Out) as an example of him and his fellow anglers protecting "our vulnerable native species", claiming it helped "remove noxious pests". Now he has admitted that the Carp-Out has more to do with the fun of catching and killing than pest control, and that all he wants to do is catch fish - so much so that if he hooks "a whopper carp" he'd release it in the hope of putting it through the stress and pain of being caught again.

Anglers treat all fish, "pests" or not, as if they are unfeeling objects - when they are actually sentient, feeling animals capable of pain and suffering. There needs to be a humane solution found for the carp problem, but anglers should have no part in it.

Alan Bateman, Lyneham

Pets are not toys

Canberra Times, 15 December 2012

Well done to the Adelaide pet store that has stopped selling puppies before Christmas ("No Santa pups", December 13, p4").

It's unfortunate that all pet shops don't stop selling puppies all year round as animal rescue groups and the pounds are left struggling to cope with the vast number of unwanted and dumped pets.

So if you're going on holidays organise a place in the kennels beforehand, take the dog with you, arrange for a neighbour to feed and walk your pet. If the dog is no longer a cute puppy, go to training classes. Your pet is for life, not an unwanted "toy" to be discarded when you're tired of it.

Carol Anderson, Kambah

Humane alternative

Canberra Times, 16 December 2012

MICHAEL PLANE refers to the horrendously sadistic slaughterhouse practice photographed in an overseas abattoir which was recently presented on ABC TV (letters, December 14). When opening an animal shelter for RSPCA (ACT), the ex-governor-general Sir William Deane quoted "a nation and its moral progress can be judged by the way its animals are treated".

Hugh Wirth, an ex-president of RSPCA Australia, has long maintained the export of live cattle and sheep should be banned, because of unsatisfactory conditions of transport and uncertain and often inhumane treatment at their destination.

Although there are large vested interests in the live export trade, we could become a more humane society and provide local employment by re-opening properly supervised abattoirs and refrigeration facilities close to cattle and sheep farms in Australia, under strict humane supervision and consultation with religious authorities, for the export of frozen meat. This could be no less profitable and acceptable to populations in the Middle East and southeast Asia, where most of our meat exports are destined to go.

Bryan Furnass, Hughes

Live export apologists

Canberra Times, 19 December 2012

The SBS series Go back to Where You Came From added an interesting dimension to the asylum-seeker debate. I would like to propose a similar opportunity for senators Joe Ludwig and Barnaby Joyce and other apologists for the live export trade - how about a cruise on a livestock ship to Karachi via Bahrain and Israel, with a final stopover in Indonesia? Travelling cattle class, of course.

Gaynor Morgan, Braddon

The real apocalypse

Canberra Times, 26 December 2012

Now we are finally through the Mayan 2012 end-of-the-world rubbish, can we please get our attention back to the environmental-climate apocalypse we are causing, and living through, right now?

Unless we stop burning fossil fuels which are overburdening our planet's capacity to absorb greenhouse gases and unless we start repairing that capacity by revegetating all the land currently wasted raising livestock, or crops to feed livestock, life as we know it on Earth cannot survive.

Frankie Seymour, Queanbeyan, NSW

Torture for a photo op

Canberra Times, 30 December 2012

Two letters -

WHAT a sad photo and story on page 3 of last week's Sunday Canberra Times ("Oh my cod: the night Rob tamed 'The Hulk'"). That 30- or 40-year-old native fish, and member of a threatened species, is no "monster" - no "hulk", nor "beast". He was simply minding his own business until some human thought it would be fun, an adrenalin shot, "the fight of his life" to put a metal hook through the mouth and haul him out of the water to be posed, unable to breathe, for a photo op. When are humans going to learn to live with other species without subjecting them to pain, stress and death for entertainment and fun?

Alan Bateman, Lyneham

WHAT if that native animal Rob Paxevanos ("Oh my cod: the night Rob tamed 'The Hulk'", December 23, p3) impaled and dragged into an environment where he couldn't breathe had been a native mammal or bird instead of a native fish?

Would The Canberra Times publish a photo of the animal being held underwater? Fish are like all vertebrates with a central nervous system, they have intelligence and, most importantly, sentience. It's time we started treating them better - at least as "well" as we treat other animals.

Mike O'Shaughnessy, Spence

Remember the animals

Canberra Times, 31 December 2012

When making your New Year's resolutions for 2013 why not resolve to be kind to animals - by not eating them. The animals we so casually and callously slaughter for their flesh want to live every bit as much as we do.

Jenny Moxham, Monbulk, Vic

Aren't horses animals, too?

Canberra Times, 22 January 2012

I thought the ACT had passed legislation banning circuses with animal acts. The Moscow Circus has performing horses with a threatening trainer standing by, whip at the ready. Can't be much fun - for the horses. One rule for some and ...

Paul Kringas, Giralang

If the animals could talk

Canberra Times, 15 February 2012

If circus families care for their animals so much ("Youngsters unite in the fun of the circus", February 13, p3) then why do they use force to control them?

Why not let them roam around? If the animals of the Stardust circus were given a moment of freedom they would not walk into the tent freely and choose to perform these tricks.

Carolyn Drew, Page

Impact of roo culls

Canberra Times, 26 February 2012

I think the head of the NSW kangaroo management program, Nicole Payne, is far too confident in suggesting aerial surveys are a robust method to estimate the kangaroo population ("Kangaroo quandary: Is Skippy in peril?" February 25, p3). Aerial surveys are limited and probably only conducted in areas where kangaroos can be expected. Her comment that "there's also a 'correction factor' for the ones you don't see" says it all! Surely if they are not there, they're not there. Over the last three years, the NSW government's own annual reporting indicates that commercial hunters have failed miserably to get anywhere near the planned quotas for killing kangaroos. This suggests to me that the kangaroos are simply not there to be readily killed off. The same thing has happened in the ACT where TAMS appears to have overestimated the number of kangaroos to be culled only to come up short on the day because they are not there in the numbers expected.

What a shame kangaroo management plans don't include areas where there are no longer significant numbers of kangaroos. Only by acknowledging the year-on-year-impact of killing off kangaroos can we have any confidence in a bureaucrat's protestations that "all is well".

Philip Machin, Wamboin, NSW

Stop abusing animals for fun

Canberra Times, 7 March 2012

So the upcoming Queanbeyan Rodeo is good family fun ("Riding for a hiding", canberratimes.com.au, March 4)? Would we take the kids along if, instead of three-month-old calves smashing into the ground at high speed during the roping event, it was three-month-old puppies? Would we want the kids to practise steer wrestling on the family dog? There is nothing family-friendly about watching animals abused for fun and that's exactly what rodeo relies on for entertainment.

Cathrynne Henshall, Bungonia, NSW



Canberra Times, 15 December 2012
Opinion piece

Animal instincts failing

Expanding Australia's live export trade to Vietnam will almost certainly end in disaster, says ANDREW HUNTER

"Now we have a problem in making our power credible, and Vietnam is the place." ---John F. Kennedy, 1961

The decision to expand the trade in live animals to Vietnam stripped the final layer of credibility from declarations that animal welfare is at the heart of the live exports industry. Advocates for the trade always had a problem making such rhetoric credible. If one was to identify a destination for live exports that would make their rhetoric utterly incredible, Vietnam is the place.

In October, 1500 cattle were shipped to Vietnam. This follows a smaller shipment to the same destination last year. Industry, supported by the Northern Territory government, hopes to export 10,000 cattle annually within the next few years to offset the diminishing trade with Indonesia, a country determined to become self-sufficient. This is a dangerous strategy. Even before recent footage exposed behaviour described as "sadistic" by the spokeswoman of an Israeli abattoir that receives Australian cattle, a prominent industry figure recently remarked, "Until we have the next disaster, we still have an industry." To send live Australian animals to Vietnam to slaughter is to invite further disaster.

The livestock industry apparently believes Vietnam is a market of considerable promise for live exports. This view is shared by the relevant governmental departments, both federal and territory, and their ministers. If the end of live exports is potentially but one disaster away, exporting live animals to Vietnam for slaughter will likely result in a sudden interruption to the trade, and risks permanent closure of the live exports industry. The Vietnamese government does not have a proud record in respect to animal welfare. The notion has little resonance locally.

Even for a developing country, well publicised incidents of animal cruelty in Vietnam are both regular and disturbingly cruel in nature. Most of the relevant industry sectors are unregulated and where regulation exists, it is seldom enforced.

The celebrated expansion of the trade to Vietnam will almost certainly end in disaster. The only question is whether footage of the event will be captured and transmitted back to Australia.

In Vietnam, both the slaughter of dogs and trade in dog meat are completely unregulated. There are no taxes and fees associated with the trade, which makes it an enticing prospect and attracts unscrupulous actors. Demand for dog meat has become so high that animals are now also sourced from outside Vietnam, in Thailand, Laos and Cambodia. In Vietnamese slaughterhouses, workers "stun" dogs unconscious by delivering blows to the head, before their throats are slit. Such blows are seldom dealt with the precision necessary to instantaneously end the suffering of the dog. The livestock industry in Australia will no doubt take solace that the Vietnamese are already familiar with "stunning" techniques used on animals prior to slaughter.

Dogs in Vietnamese slaughterhouses eventually end up motionless on a wet slaughterhouse floor amid entrails mixed with hair, blood and excrement.

Farming bears for their bile is also a common, if illegal, practice in Vietnam. Information collected by the non-governmental organisation Animals Asia suggests more than 2000 bears currently are kept on such farms in Vietnam.

On the farms, the captured bears are kept in metal cages for their entire lives and milked regularly for their bile, which is used in traditional medicine. To extract their bile, the bears are drugged and their abdomens jabbed repeatedly with 10-centimetre unsterilised needles until the gall bladder is pierced so the bile can be pumped out.

Farmed bears frequently experience inflammation and thickening of the gall bladder, recurrent intra-abdominal infections and an extremely high rate of liver cancers.

The official line is that the Australian government does not tolerate cruelty towards animals and will not compromise on animal welfare standards. Is it realistic to expect the slaughter of cattle exported from Australia will miraculously meet reasonable animal welfare standards in a country where cruelty towards animals is often tolerated, even at an official level? The Australian government claims we lead the world in animal welfare practices.

We don't, but we are well ahead of the standards evident in Vietnam. There was hope that attitudes were changing in Vietnam. Animals Asia signed an agreement in 2005 with the Vietnam government to build a bear rescue centre. Based in the Tarn Dao National Park and home to 104 bears rescued from bile farms, until recently the centre represented significant progress for animal welfare in Vietnam. On October 5, 2012 (the day after 1500 live cattle left Australia for Vietnam), the Vietnamese Ministry of Defence issued an order to evict the sanctuary operation and its rescued bears. Apparently, the sanctuary occupied an area of "national defence significance". One wonders how the sanctuary's grounds became significant to the nation's defence only recently.

Although there remains hope that the Vietnamese Prime Minister will overturn the eviction, the sudden reversal illustrates the often dismissive local attitude towards the welfare of animals. Assertions that ongoing involvement in the live export trade provides an opportunity for Australia to influence animal welfare conditions in importing countries are used in an attempt to appease popular concerns. If the desire to improve animal welfare was genuine, government would combine with industry and invest in infrastructure that would guarantee all animals slaughtered in our exporting markets are stunned prior to slaughter, irrespective of their origin.

This would be an expensive task, however. I noted recently in the Adelaide Review that more than a century after Tolstoy asserted that there will be battlefields as long as there are slaughterhouses, we refuse to even do our part to civilise slaughterhouses, let alone to eradicate them. The cost is deemed too high.

The supply chain assurance regulations introduced in Australia earlier this year do not even provide the guarantee of pre-slaughter stunning for Australian live export animals. There is certainly no assurance that Australian cattle will be stunned at the point of slaughter in Vietnam (at least not using a stunning machine). However, the industry would surely have insisted on assurances that animal welfare activists were denied access to Vietnamese abattoirs. After all, the industry understands that with each disaster, it is more likely the government will cede to overwhelming public demand to immediately end the export of live animals. This would have an immediate and severe effect on the livestock industry and those whose livelihoods depend on it.

A transitional period must be negotiated before the next disaster to ensure the livestock industry and the people directly employed in it will continue to thrive. Although the livestock industry is reluctant to publicly admit it, steps have been taken to alter the balance towards domestic slaughter and processing. The Australian Agricultural Company plans to build a multimillion dollar abattoir and meat packing facility in the Northern Territory. This step does make sound strategic sense. It is in the interests of the industry and its workforce that a gradual transition away from live exports is achieved.

What makes little strategic sense is the decision to export live cattle to markets where reasonable standards of animal welfare are regularly violated. A further disaster in Vietnam will weaken the industry's hand in negotiating transitional arrangements with the government, and could well start a domino effect that the livestock industry and government will be powerless to stop. Public opinion occasionally counts for something in a democracy, after all.

. Andrew Hunter is chairman of the Australian Fabians.

New Discount offers for members

The Personal Vegan

thepersonalvegan.com.au

The Personal Vegan is an online store that sells cruelty-free, palm-oil-free, eco-friendly and healthy bathroom and bedroom products. We sell products for the bedroom and the bathroom ranging from massage bars to toothbrushes and palm-oil-free soaps.

The Personal Vegan is a fundraising business initiative which endeavours to help fund film projects that seek to benefit animals, the environment and humans. Profits from the sale of these products will go towards getting a few independent ventures off the ground.

10% discount (for orders \$20 or more excluding postage)

If you are a current member and would like to take advantage of this offer, please email newsletter@vegact.org.au for the code

The Malaysian Chapter

8 Weedon Close Belconnen ACT 2617

ph 02 6251 5670

www.malaysianchapter.com.au

Having lived in Australia for many years now, we miss the authenticity in the Malaysian food that we were able to find there. So we have quit our corporate jobs and decided to do what we do best. Cook the most authentic Malaysian dishes you will find in Australia. We believe so and welcome you to our little restaurant to put us to the test.

T & C: 50% off every second main meal item from main menu only, of lesser value; valid for lunch and dinner; offer only applies to members of the ACT Vegan & Vegetarian Society, ID required; offer expires on 30/09/2013; no split bills; but members will continue to enjoy 10% off the bill subsequent to the offer above, when ID is presented; subject to change without notice

CONTACT US

Email: contact@vegact.org.au
 Phone: 0417 464 675
 Postal: PO Box 1259
 Belconnen, ACT 2616



Sudoku solution

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

Answer to Who Said That?

“We do not need to eat animals, wear animals, or use animals for entertainment purposes, and our only defense of these uses is our pleasure, amusement, and convenience.”

— Gary L. Francione, American legal academic well known for his writings on [animal rights](#) theory and animals and the law.

New and renewing MEMBERS

We warmly welcome the following new or renewing members into the Society:

Darren Churchill
 Katharina Cser
 Dieter Dambiec
 Jyoti Dambiec
 Karlene Dickens
 Brady Horne

Francine Horne
 Leah Horsfall
 Juris Jakovics
 Elena Kusta
 Caroline Le Couteur
 Maryanne McKay

Rebecca Smith
 Lisa Snowdon
 Mark Sommers
 Johnathon Tapsell
 Kerri Urquhart

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