

## WELCOME

to the autumn edition of the Vegan and Vegetarian Society newsletter.

Another huge year for the Society in 2011 and this year is shaping up to be similar. Check out 'From the President' to find out more. I hope you all had a good Christmas and NY. I made the nutloaf from the summer edition's recipes and it was delicious, as promised.

What strange weather we've had in the last year. Spring was more like summer, summer was more like autumn many days, especially the last week that got quite cold due to the sun being MIA. Autumn so far hasn't been too bad since the week of rain, with some absolutely gorgeous days. It's my favourite season but who knows what we're in for this year. El Nina is to blame, but I believe the weather patterns are also hugely affected by worsening global warming. We as veg\*ns are doing a lot to combat this as much of the cause comes from agriculture, but there are just not enough of us. However, personally I feel like the tide is turning in our direction. Even those who haven't discovered the ethical side of our food choices are making the change because they realise how much it impacts on the environment around them and their own health. Meat-free Mondays are becoming far more common all over the world. May our numbers continue to swell until we are the majority! How good would it be to go to a restaurant where most of the dishes were veg\*n.



Thanks to everyone who has contributed to the newsletter. It really is appreciated by this busy Editor, and makes it so much nicer to read. Please continue to send your contributions, suggestions and comments to [newsletter@actveg.org.au](mailto:newsletter@actveg.org.au).

*Tracey Lofthouse, Ed.*

### Who Said That?

Who was it who said...

"It is just like man's vanity and impertinence to call an animal dumb because it is dumb to his dull perceptions."

Answer at the end of this newsletter.

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### From the President

2011 was a very busy year for the ACT Vegan & Vegetarian Society!

We held 11 Committee Meetings; approximately half of these were preceded by potluck dinners. A very successful Raw Food Vegan workshop was given by Narada Neels at Orana School. This six-hour class was attended by 30.

One highlight in 2011 was an inspiring and professional talk at ANU on Vegan & Vegetarian nutrition given by Nutritionist Miranda Bone. This was organised in cooperation with YouthVeg. The talk was followed by a panel question-time with Miranda Bone, Maryanne Mackay, Pragma Sharma, Sophie O'Rourke, Joe Brock, Chris Delforce and myself. Hot soup was provided free and cakes sold. People from Veg Soc, YouthVeg and Animal Lib, plus many others helped. Attended by 120+ The money raised was shared between Veg Soc. and YouthVeg. \$372.00 was given to YouthVeg.

Another 'stand out' event was the presentation given by Chris Delforce and Joe Brock at the High School Assembly at Orana Steiner School. This was attended by a few hundred Y8 to Y12 students. The talks were followed by a panel which included Chris, Joe and four vegetarian students.

Other activities were; a 40 Km Bike Ride around Lake Burley Griffin with Pedal Power members, four Picnics and walks, coordination of two vegan cooking classes, a children's cooking class, three restaurant meals, stalls at the Harvest Festival, Live Animal Export Rally, Living Green Festival and Uni Canberra and four potluck

meals. The Society organised the cake stall at the Living Green Festival which raised \$1,000 for the LGF.

The past year was productive in other ways also: a new website was created which has many interactive features - a forum, restaurant review and recipe sections. The membership/database was automated and is now administered via the website. Our Facebook page has grown and has become a very active space. Our weekly Collective Email goes out to 650+ people and continues to grow.

Another exciting event which occurred in November 2011 was the formation of the AnimalACTivism Collective which will work alongside and in cooperation with the ACT Vegan & Vegetarian Society. The Collective has come together for three shared meals and planning meetings. It held a stall at ANU O Week and 100 students signed up. The Collective was invited to provide vegan food for the Elders and others at the Tent Embassy during their week of Celebrations.

### The General Meeting and AGM

Approximately 18 people attended the meetings on Tues. 21 February to vote on the name change of the Society and also changes to the Constitution. Taking into account the proxy votes; an overwhelming 31 people voted in favour of changing the name to ACT Vegan & Vegetarian Society (ACTVVS) and making changes to our constitution. Two people voted against.



The section below was read out by the President:

“The ACT Vegetarian Society has been in existence for 22 years. The four Presidents who have guided the group over that time all support and agree with the proposed changes.

The Constitution was written many years ago and a number of things have changed since that time. The proposed amendments would bring the Constitution in line with how the Society has actually functioned for many years. All the information on Society pamphlets and on our display boards promote a wholly plant-based vegan diet. All the food baked for our stalls and events is similarly 'plant-based' i.e. dairy and egg-free.

The proposed changes should they be passed, would not effect the actual functioning of the group, they would just be a truer reflection of how we actually do work.

The Committee has proposed the changes to the Constitution as it believes the Society's 'objects' should

be to promote a diet and lifestyle that causes the least possible suffering to animals.

The Society will remain an open and friendly group that welcomes all people who wish to learn more and move along the vegan and vegetarian pathway.”

The Aims of the Society now are to:

- (a) promote a wholly plant-based diet which excludes, all food derived from members of the animal kingdom;
- (b) promote a lifestyle that causes the least possible suffering to animals and the ideal of a healthy, ethical and humane mode of life;
- (c) encourage and facilitate co-operation between vegans and vegetarians throughout the world
- (d) co-operate with other organisations and people concerned with sound nutrition, positive approaches to physical and mental health, the preservation and improvement of the environment and the prevention of cruelty to members of the animal kingdom; and
- (e) facilitate the supply of vegan food
- (f) promote the use and development of animal-free alternatives for food, clothing and other purposes, for the benefit of humans, non-human animals and the environment

### New Committee:

Thank you to the wonderful people who have elected to continue on! And a special big welcome to new members; Amy, Rob, Dieter and Kim.

Jyoti Dambiec

## Recent activities

### ACT Vegan & Vegetarian Society Family Picnic

Black Mountain Peninsula  
Friday 20<sup>th</sup> January 2012

On Friday 20<sup>th</sup> January a family picnic was organised for all members and interested people of the ACT Vegetarian Society. The location was Black Mountain Peninsula and the weather was sunny and delightful. From a personal perspective I only joined the society a couple weeks prior and knew that going along would be a great chance to meet some like minded people and share some wonderful food.



There were about 20 people in attendance, ages ranging from young kids to the more mature, and everyone

brought along some vegan food to share. As always at

these kinds of occasions, there was an abundance of tasty dishes, finger foods and desserts, a great example of how many different kinds of healthy, fun and nutritious vegan meals can be easily made. The president of the society had also brought along a couple of kayaks and life jackets and all the kids had a really great time paddling in the lake. The atmosphere was friendly and inclusive, it was relaxed and informative, and it was lovely to see a broad spectrum of the community represented by their common shared beliefs. After a couple of hours of chatter and smiles it was time to pack up the blankets and chairs and bid farewell to new and old friends. I look forward to attending more events and getting to know more vegetarians and vegans in the future, and encourage everyone else to do the same and come along.

Laura Skeates



Happy kayakers

We had a picnic on Friday 20<sup>th</sup> of January at Weston Park. As it was still school holidays we had an excellent turnout with group of kids who had a great time together. They all really enjoyed hanging out together and had a lot of fun kayaking on the Lake. The usual broad age range from very new babies right up to the older generation. This was a special picnic as we had mothers and their mothers! Three generations in one of the vegetarian families who attended, how fantastic is that! So inspiring to see people successfully raising healthy veg kids and then see it continuing on down the line.

Jyoti Dambiec



The picnic group

## Potluck

Jyoti and Dieter's, Evatt  
Friday 10<sup>th</sup> February 2012

Another wonderful potluck at Jyoti and Dieter's. Approximately 20 of us gathered at their house in Evatt for dinner, with everyone bringing food to share. After dinner we retired outside for dessert, chai and guitar around the fire. The food and company was lovely. Thanks for having us at your home J & D.

Tracey Lofthouse



Enjoying a shared meal at the Potluck

A big crowd enjoyed each others company at the Potluck on Friday 10<sup>th</sup> Feb at our home. We were fortunate in that the very changeable weather that day decided to stay fine for the evening. The night started around an outside fire with snacks and then we moved indoors for the banquet. Then outside again for some hot chai, and music provided by Nitya. The evening was rounded off with some gentle Satie played on the piano by Robert and some very lively discussion before the last people made their way home at midnight.

Jyoti Dambiec

## ACT Vegan & Vegetarian Society Dinner

Au Lac  
Friday 9<sup>th</sup> march 2012

The March Monthly Meal was held at Au Lac Restaurant in Dickson. For those of you who have yet to make it to this establishment they offer authentic Vietnamese vegetarian food that uses a lot of soy based "mock meat". There were 17 people at the dinner and there was lots of laughing, discussion and, of course, good eating with the majority of us opting to go for a banquet style meal. Recently Au Lac has been trying to make more of their dishes vegan (with only a handful of non-vegan options on the menu) and were open to discussion about further vegan options. Au Lac also offer a discount to ACT Vegan & Vegetarian Society members.

It is hoped that restaurant social meals will become more regular. If you know of a veg-friendly restaurant for future meals please let us know!

Lisa Green



The group at dinner in the new-look Au Lac

A large group of us went to the Au Lac restaurant in Dickson. Hours later, after excellent food and a lot of interesting and pleasant conversation, we left feeling well satisfied for the night.

Peter Wilkie

### ACT Vegan & Vegetarian Society Picnic with Bill the Teepee Man

Lake Ginninderra  
17 March 2012

A few of us got together to show our support for Bill by taking vegan food to share with him at a picnic next to his home on the Lake. We dined on the most awesome lime cupcakes from Amy's kitchen, tasty vegan sausage rolls and blueberry cake from Nina, wholemeal noodles and roasted vegetables, organic corn chips and other delights.



The group at the picnic

Bill has been living in a beautiful tipi on a raft on the Lake for the last few weeks. This is his creative way of protesting about a few things including the cost of student accommodation. He built the raft and tipi himself. Some of us in the AnimalACTivism Collective and ACTVVS were so inspired by this that we wanted to get together with Bill to celebrate with him before he is 'moved off' by the authorities.



Bill's tipi on the lake with Amy and Sarah

### Harvest Festival Stall

Environment Centre  
Saturday 31 March 2012

We had a really successful and fun day at the Harvest Festival at the Environment Centre on 31 March. This was a cooperative effort with people from the AnimalACTivism Collective and ACT Vegan & Vegetarian Society. Thanks to the helpers and to people who baked. Ash made some irresistible oreo cupcakes and little strawberry chocolate mousses. Lots of great conversations and connections were made. We publicised the 'Our Generation' documentary screening and panel discussion where we provided free vegan soup for the people attending. This is a good way to bring vegan lifestyle to the broader public while highlight important social justice issues.



ACTVVS & AnimalACTivism Collective Stall L-R Ash, Fiona, Rob, Amy, Jyoti



## Committee 2012

**Jyoti Dambiec** – President/Public Officer/Contact person/Collective Email/Mail Collection Stalls & Activism Coordinator

**Natasha Bourke** - Treasurer

**Dieter Dambiec** - Secretary

**Sundara DeSilva** - Facebook Coordinator/IT Coordinator

**Tracey Lofthouse** - Newsletter Editor

**Karyn Fearnside** - Family Group Co-ordinator/Website Manager

**Rob Regent** - BITE Club Coordinator

**Amy Bascomb** - AnimalACTivism/Collective Liaison & Activism/Stalls

**Kerri Hames** - Membership Co-ordinator/Design Coordinator

**Kim Garretty** – General Committee Member

### Contact Email addresses

If the Committee member/position you wish to contact is not represented below, please use the Contact address.

[President@actveg.org.au](mailto:President@actveg.org.au) (Society business)

[Payments@actveg.org.au](mailto:Payments@actveg.org.au) (Monetary issues)

[Newsletter@actveg.org.au](mailto:Newsletter@actveg.org.au) (Newsletter offerings)

[Contact@actveg.org.au](mailto:Contact@actveg.org.au) (General business)

## Meet the Committee

An intro to our new committee

### Jyoti

I have been a vegetarian for 30 years and follow a 'satvik' (ayurvedic or yogic) diet, which excludes eggs, onions, garlic, mushrooms and alcohol. I became a vegan in June 2011 and am having fun moving along this pathway. This further step towards living a more compassionate life has been awesome! It has added another dimension to my animal activism as well as some interesting experiences when eating out with friends! I have raised three children with my husband Dieter, who are all now adults and life-long vegetarians. I am a ceramic artist and have been involved with clay all of my adult life and have taught in this medium for 12 years. Currently I am an art teacher at Orana Steiner School.



Activism in a variety of forms has been an important part of my life, including 12 years as President of the ACT Vegan & Vegetarian Society. I am very happy to have participated actively with others in moving the Society towards a clearer direction on animal welfare issues this last year. Recently I've also had the privilege of being involved in the newly formed AnimalACTivism Collective. This has already been a wonderful source of inspiration, positive energy and friendship. I am very much looking forward to working with the Collective and with the Vegan & Vegetarian Society this year as we help people to see non-human animals in new and more compassionate ways.

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

### Natasha

Hi, my name is Natasha and I am continuing on the Committee this year as Treasurer, stepping down from the Vice President role this year as life is overtaking at the moment. I have been vegan for almost eight years now. I love sweets and enjoy baking. I am always on the hunt for new vegan friendly treats.



### Dieter

I have been vegetarian for 35 years. I've been in the legal profession for 27 years, including Master of Laws in Human Rights and Social Justice. I am interested in mysticism and expression of spirituality in world cultures and have been doing meditation and yoga for 36 years. I enjoy theatre, all kinds of music, kayaking, walking, cycling and being in nature.

## Sundara

I have been vegetarian my entire life and vegan for nearly 20 years (I've lost count). My main reason for being vegan is I do not wish to be responsible for the unethical and cruel treatment of animals. For me being vegetarian was good, but the more I found out about how cows and chickens are treated the more I moved to being vegan. The health and environmental benefits are of course major bonuses :)

I like bushwalking, camping, photography, travelling and most things that involve nature. I also LOVE my food and perhaps will open my own vegan restaurant in Canberra one of these days. I am also the Australian representative for the International Vegetarian Union.



## Tracey

I am a vegetarian of almost 20 years and coming up for my 4-year vegan anniversary. I've been a member of the Society for about five years and on the committee for four, which I have really enjoyed and recommend trying. I love being vegan and feel it's the best thing I've ever done.



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 was part of the committee that held the first ever Living Green Festival in Canberra in October 2011.

## Karyn

My name is Karyn Fearnside and I would like to introduce myself to you all.

My grandparents on my mother's side were sheep farmers in South Australia and my grandmother living in Adelaide on my dad's side had 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 called her, (She died in 2010 age 102!) 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, 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.

Well we've been together for 14 years now, we live in Tuggeranong and have 2 daughters, 8 and 11 who are also enjoying being vegetarians. We have our own chickens and enjoy eating their eggs.



I am still amazed that people cling to their meat eating practices with such fierce disregard to the suffering of animals. I often suggest people start by reducing the amount of meat they eat, and also buy free range/bio-dynamic meat. I talk about all the different reasons for not eating meat, it seems that people are always asking.

## Rob

I'm in my 30s and married with one beautiful 6-month old girl called Nieve. I've been vegetarian since 1998 after attending an incredible presentation by a Melbourne based nutritionist, John Toomey. Since then I've been an on-again off-again vegan and have not worn leather for about 8 years. I've managed to maintain a vegetarian lifestyle despite travelling extensively through Africa, Asia, the Middle East and the Pacific in the last 10 years. This includes living for a year as a vegan while working and travelling through Sierra Leone, Guinea and Mali in West Africa – three of the world's least vegetarian friendly countries. I've also managed to maintain an incredibly active lifestyle, playing first grade cricket for years, regularly lifting weights, running and mountain biking, and am currently in training to run the Paris Marathon. I do all this because I love it but also to prove to the naysayers in my life that being a vegan doesn't mean I'll end up emaciated and dreadlocked with bad breath, yellow teeth and chained to a tree somewhere in Tasmania wearing hessian pants...



Once I made the decision to become vegetarian, I read profusely to really get my head around my reasons – other than thinking it would help me score with the ladies! My foremost reason in the early stages was for health after reading about the stuff that goes into meat and because everyone agrees that eating more vegetables can never be a bad thing. My reading led me to get a much deeper understanding of the environmental benefits being vegetarian and once I read about and saw some films about the horrors of the meat and dairy industry, I realised the ethical importance of being vegetarian. I feel like I've evolved to have a more intellectual/philosophical motivation for being vegetarian now. Knowing what I know from years of reading books/etc, searching the web and watching documentaries, I couldn't intelligently go back to eating meat. Plus I feel

great, feel like I've hardly aged in 10 years, and really love the food I eat. I took the 30-Day Vegan Challenge run by Animal Liberation Victoria in November last year during which I read *Vegan Freak*. After I got past the horrific editing and spelling mistakes, I went straight back to strict veganism and am loving it.

When I'm not being an awesome vegetarian, I work in international development, designing and managing programs in developing countries that use sport to improve people's lives. My main focus is in the disability sector, but my career has enabled me to work in refugee camps in Sierra Leone, Palestine and Lebanon, townships in South Africa, Botswana and Swaziland, special schools in Fiji and Samoa. In my spare time I volunteer with a variety of charities – Cerebral Palsy Alliance, Camp Quality, Barnardos and the White Ribbon Foundation. I really enjoy organising events and being involved in planning and creating ideas. At the moment I'm raising money for Cerebral Palsy Alliance as part of my marathon adventure.

## Amy

My name's Amy and I am the new Activism liaison officer for the VVS. I've been lacto-ovo vegetarian since I was about 7 or 8 - the moment I made the connection between the furry animals I loved and what was on my plate. No one else in my family is veg, so it was a challenge at times but many years later I'm very glad I stuck to my principles and didn't let my parents sway me (my Dad loves to tell the story that my first sentence ever was "you're not the boss of me"). I was never involved in animal activism during those years - instead concentrating on other social justice issues concerning us humans - and I had no idea about the inherent cruelty in the egg and dairy industries. After receiving a flyer in an order from the Cruelty Free Shop, I learned about the story of bobby calves and the horrible lives of dairy cows. From that moment my partner Tim and I decided that vegan was the way to go.



I've encountered so much more judgment and ignorance in the 8 or so months since we made that decision than in the 17 odd years I was vegetarian that I became an 'unofficial' activist almost instantly - constantly defending my choices, dispelling myths and promoting a cruelty-free lifestyle to friends, families, co-workers and even strangers. It seems everyone has an opinion about vegans. When Jyoti put the call out for people wanting to join a new activist collective I was keen to find out more, and we have since formed the Animal ACTivism Collective along with a bunch of other fabulous Canberran veg\*ns. A big part of my motivation to become a more active voice on issues concerning our non-human friends comes from my own ignorance and the guilt I feel at having contributed for so many years to the suffering and death of so many animals - not because I didn't care but because I just didn't know, and I didn't take the time to find out. So I want to help get more information and knowledge out there, not just about all the bad stuff that happens behind closed doors, but also how easy and rewarding it is to live a happy, healthy life which in no way relies on the use and abuse of animals.

Tim and I live in Belconnen with our adopted bunny, Arbie, and soon we will have some little people running around as we are in the final stages of applying to be foster carers. I have worked mainly in childcare, but I'm in my final year of law at ANU so see my future either working within the growing field of 'animals and the law' or in child protection.

Looking forward to meeting you all at events soon :-)

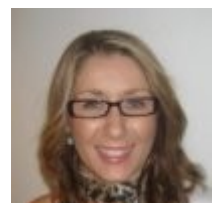
## Kerri

My name is Kerri (Kez) and I have joined the committee over a year ago. I moved to Canberra in October 2010. I have been Vegan for 14 years. I follow the Tibetan Buddhist Philosophy and this is what helped me to become Vegan, to harm no animals, or humans. This progressed to learn more about the impact of food, animals and humans on the planet and I also studied Nutrition for 3 years. I live a simple life on good, wholefood and leaving a small footprint. I absolutely love cooking and learning as much as I can about life, with a smile of course. I am now studying a Bach of Edu (Primary) and although leaving a small footprint on the planet, I am going to leave a big footprint on the kids (and I don't mean 'squash' them). I do alot of camping in and around Canberra and love it.



## Kim

Originally from Melbourne, moved to Canberra around 17 years ago. Was an animal lover from day dot - flirted with vegetarianism in my teens, but was loudly discouraged by my rather carnivorous family. I always knew it was the right thing not to eat animals over the following years, but it wasn't until I watched PETA's "Meet Your Meat" early in 2009 that I decided enough was enough.



Have had a blast being vegetarian, lost 20kg to boot and have discovered a whole other world of fabulous taste. I also have a passion for talking to others about not consuming animals, and the threefold benefits that brings us (health, environment and compassion to all living beings).

In my day job I am an IT executive, and am also studying a Bachelor of Science (Psychology) degree part time. I also have son in Year 9 who provides me with lots of challenges, along with fun!

# Living Green Festival 2011

By Tracey Lofthouse, President 2011

On Sunday October the 16<sup>th</sup> 2011, Canberra played host to its first ever Living Green Festival. It was a green festival with a focus on food, bringing a lot of local and interstate vegan, animal rights and environmental groups and businesses together in one place – something I felt Canberra had been missing. What started as a seed in my mind two years prior turned into a huge event with around 2000 happy attendees, nearly 50 stalls and an array of performers, speakers, videos and demonstrations. With the help of a resourceful and hardworking committee and our wonderful volunteers who generously gave their own time to bake and/or take care of stalls and the various different areas of the Festival, the day went off beautifully and was enjoyed by everyone in attendance.

## Letters



Published letters from members and others

### Cage eggs

Canberra Times, 21 December 2011

The message from the cage egg industry that millions of battery hens should be kept in miserable conditions because free range has a larger carbon footprint is ridiculous ("Emissions lower from caged hens", December 17, p5).

We should do what we can for the environment, but not at the expense of millions of animals whose lives are ones of unimaginable cruelty.

We also should see this for what it is, a desperate marketing ploy by the cage egg industry to sell caged eggs because free-range egg sales are rocketing. And it is notable, too, that the report was produced for the egg industry and caged-egg producers.

Whatever the minimal carbon benefit, and that is a highly debatable proposition, it is far better to buy eggs that are better for animal welfare and not condemn millions of battery hens to living in cages.

It is also perverse that, after humankind has stuffed up the environment so badly for all species that we need some remediation, factory farmers are running the specious argument that millions of helpless animals should now pay the price.

Di Johnstone, Deakin

### Think of animals

Canberra Times, 30 December 2011

How many animals will be traumatised, injured and killed this New Year's Eve just so we humans can enjoy a few oohs and aahs in celebration?

Last year a beautiful golden retriever hanged herself as she desperately sought to escape from the terrifying explosions and a panic-stricken greyhound had her paws shredded and bloodied. Other animals died as they ran under the wheels of cars. This selfish obsession with fireworks has got to end!

Jenny Moxham, Monbulk, Victoria

### Put ethics first

Canberra Times, 07 January 2012

Andrew Hunter's excellent article ("Politics falls into moral abyss", January 4, p11) reminds us that the debate about the iniquities of the live-export trade remains far from over. For many years now, animals have been exported to the countries of the Middle East and Indonesia under appalling conditions and treated with cruelty which exceeds the imagination of most people. The Four Corners video showed only a small part of what is meted out to these animals. It is time that we stopped prevaricating and faced the situation with honesty. To allow this trade to continue is to accept that Australia is more interested in making a profit, regardless of the pain and suffering caused to these animals. To ban the live-export trade would show that we are capable of moving forwards, as a nation that is able to put ethics before profits.

Anne Furnass, Hughes



## Release the hounds

Canberra Times, 16 January 2012

I write in response to your lovely photo and encouraging article, "Greyhounds' chance to go muzzle-free" (January 12, p6). As the largest greyhound protection organisation in the United States, we are pleased to learn that ex-racing greyhounds will no longer be muzzled in Canberra.

This will debunk antiquated myths and give greyhounds the opportunity to reveal how wonderfully gentle and charming they are.

The public is becoming increasingly aware that dog racing is cruel and inhumane. It is inhumane to force greyhounds to endure lives of confinement.

The cruelty doesn't end when they are let out to race, as they then risk suffering broken limbs, broken necks, paralysis and death by cardiac arrest.

Considered short-term investments, over-bred so there is always another greyhound to use as a replacement, they are valued only as long as they generate a profit.

That is no way to treat a dog.

Caryn Wood, board member, GREY2K USA, Arizona, United States

## Worse than whalers

I hope Australian taxpayers will not carry the costs of sending a Customs vessel to pick up the Sea Shepherd extremists ("Anti-whaling activists on way home to WA", January 14, p5).

The reality of these maritime attacks on Japanese whalers, operating legally in the Southern Ocean even if we don't like what they do, is that Sea Shepherd's behaviour is close to warfare and perhaps piracy.

To throw butter bombs onto a ship at sea is close to endorsing manslaughter, if not murder.

The organisation is not a charity and its actions could be interpreted as a maritime terrorist movement.

I understand that Sea Shepherd does publicise the evils of whaling and, to that extent, Australians may agree with its presence. But its actions are another matter and ought to merit strong action by the Australian Government.

It's also time the Japanese Government ends its absurd whaling activity and stops pandering to a tiny minority interest in Japan.

Ian Welch, Farrer

## GM canines

Canberra Times, 31 December 2011

The report ("Woman faces court on animal cruelty charge," December 28, p6), disclosed the disturbing information that the ridgeback Staffordshire terrier pup in question was actually living in an apartment 15m above ground.

The cruelty in this case extends to the inappropriate living area surely. Over thousands of years man has redefined the dog and developed breeds to suit specific traits.

When I was a kid, a mix of breeds produced "bitsers" and often these puppies could only be given away free. An aesthetic respect for a pure breed was at that time still intact.

Today, developed breeds are interbred and pups are worth more than the pure bred.

Traits to do with a specific breed are intermingled into a result of genetic confusion.

Sadly, there seems to be no animals' ethicists speaking out about this.

What we are doing to dogs now, from housing to breeding, suggests that dog is no longer man's best friend - merely his achievement.

Robyn Colquhoun, Giralang

## Dairy's fat problem

Canberra Times, 20 February 2012

The new draft dietary guidelines ("Eat more - and less", *Food and Wine*, February 15, p3) place a high emphasis on dairy.

The guidelines are based on a modelling document that seems impressively long (623 pages). However, it would appear the authors failed to check the percentage saturated fat content of their sample diets, a number of which exceed the upper limit of 10 per cent, as set by the National Health and Medical Research Council.

That the guidelines fail to keep saturated fat below their own accepted upper limit, even with low-fat dairy, shows that something is seriously wrong. It is not surprising that dairy milk has some health benefits for people whose diets are otherwise nutrient-poor. But plant-based foods provide a far healthier alternative. For example, magnesium, which can lower the risk of diabetes and stroke, is available in higher quantities from nutrient-dense plant foods than from dairy.

It is welcome that Dr Amanda Lee (NHMRC) recommends a 30 per cent increase in leafy green vegetables, but this probably represents a small quantum increase. The high nutritional value of leafy green vegetables, including high calcium, puts them in a category of their own, and the guidelines should promote them accordingly.

There is convincing evidence that high intake of dairy raises the risk of prostate cancer, the most common cancer for men in Australia. While I eat only plant foods for ethical reasons, even for the sake of health I would remain with the 65 per cent of the world's population who are lactose intolerant and avoid dairy altogether.

Robert Davy, Evatt

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Following on from letter of 21/02/2012... Page 5

Not such a cracker night for animals

## PAWS FOR THOUGHT

By Larissa Nicholson

[pic]

CAT LOVER: ACT Cat Alliance's Anne McKenna advises pet owners to take extra care.

While thousands are expected to turn out to watch the capital's two fireworks shows this evening, Anne McKenna is urging Canberrans to spare a thought for their furry friends left at home.

The cat lover and acting president of the ACT Cat Alliance said that all too often pets are lost, injured or even killed when the noise of fireworks frightens them.

Ms McKenna said while dogs were more at risk of getting lost during the celebrations, as they may panic and run aimlessly without taking in their surrounds, cats usually seek out a small, dark place where they feel safe.

Unfortunately, if they are not kept indoors or in a secure enclosure, Cats may shelter in less than suitable places.

"They go into stormwater drains, and if there's inclement weather they drown," she said.

Ms McKenna will keep her four Egyptian Maus cats Shai, Seth, DJ and Kes safe inside this evening, but if they do seem scared, she will ignore them.

"Unlike children, if you comfort them you're reinforcing that there's something to fear," she said.

Rather, Ms McKenna said cats should be provided with a darkened room and small and cosy spaces they could crawl into to hide, and that owners could consider turning the television or radio up a little to help disguise the noise of the fireworks.

She suggested owners give their cats a big feed before the fireworks start, as it may send them to sleep, and that those staying home for the evening could consider putting their cat in a cat carrier if the animal liked it, as it could act as a cosy, comforting place to spend the evening.

## About AnimalACTivism Collective

The AnimalACTivism Collective (AAC) provides 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.



The Collective was formed in November 2011 and is a growing and evolving network.

If you would like more information or would like to be involved in the Collective please contact:

Joe Brock [joeylives2ride@gmail.com](mailto:joeylives2ride@gmail.com)  
 Amy Bascomb [activism@vegact.org.au](mailto:activism@vegact.org.au)  
 Jyoti Dambiec [activism@vegact.org.au](mailto:activism@vegact.org.au)

from 'The Revolution of the Heart'  
 by Gary Francione

The abolition of animal exploitation requires a paradigm shift. It requires that we reject violence at its most fundamental level. It requires a recognition that violence is inherently wrong.

The abolition of animal exploitation requires a nonviolent revolution—a revolution of the heart.

That revolution is not going to occur as the result of any leader. It can only occur within each and every one of us. And it can if we want it to. We do not need leaders. We need to recognize that each of us can—and must—become a leader if we have any hope of sorting out this mess that we call our world. That starts with our own veganism—not as some sort of “flexitarian lifestyle”

issue—but as a basic, fundamental, and non-negotiable commitment to nonviolence. Ethical veganism represents our commitment to the notion that we have no moral justification for using animals—however “humanely”—for our purposes. It continues with our daily efforts to educate others in creative, positive, and nonviolent ways about veganism—something that each of us can do if we want to.



Amy and Jyoti at the AAC O Week stall

AnimalACTivism Collective was invited by the Elders at the Aboriginal Tent Embassy to provide vegan food at the Embassy Celebrations on 26 January 2012 (left). This was a wonderful, friendly time and we felt privileged to participate. We also had an information stall at O Wk at ANU in February and 100 students signed up to become involved.

Jyoti



Stall at Aboriginal Tent Embassy 26 Jan

## RECIPES

### MAINS

### Shiitake-Miso Soup

From *Meatout Mondays Meatout Mondays*  
[[recipes@meatoutmondays.org](mailto:recipes@meatoutmondays.org)]

This recipe is one of Dr. Michael Greger's and is available on video at [ChooseVeg.com](http://ChooseVeg.com). It's not only super easy but also nutritious too. Since most the ingredients can be frozen, dried or fermented, it's a soup you can make any time. Spinach is high in iron, and shiitake mushrooms are a good source of zinc and vitamin D, helping to decrease cholesterol and, along with miso, boost the immune system.

#### Ingredients:

- 2 cups water
- 1 cup shiitake mushrooms, dried
- 1 cup chopped spinach
- drop of sesame oil
- 4 tsp. unpasteurised miso paste

#### Optional additions:

cubed tofu, cooked barley, Asian chili sauce

#### Method:

- In medium saucepan, bring water, mushrooms, spinach, sesame oil, and tofu (if using) to a boil over medium heat
- Remove from heat; skim off some hot water and put it in a separate bowl; add miso (2 tsp. per cup of water in recipe) to the water; also add cooked barley (if using) and Asian chili sauce (if using); whisk
- Add miso mixture back to soup and serve immediately.

### Chilli Basil Tofu !!!

From *Sundara D'Silva* – thanks *Sundara*

#### Ingredients:

- 500g Firm Tofu
- 2-4 small red chillies
- 1-2 cloves garlic
- 1 large bunch basil (normal or thai)
- 1-2 tablespoons coconut syrup (or maple syrup)

#### Method:

- Put some olive oil in a frying pan
- Slice up your tofu into slices about 5mm thick. Lightly fry the tofu till lightly browned on both sides
- Add chillis and garlic and fry lightly for a couple of minutes
- Add the finely chopped basil and mix in
- After a couple of minutes add maple syrup and mix in
- Leave for another minute or two till syrup and everything warms up nicely
- Serve Hot !!!

### Classic Broccoli Quiche

By *Isa Chandra Moskowitz*, available at  
<http://www.theppk.com/2008/06/pot-luck-faux-pas-and-a-quiche/>. From *Amy* – thanks *Amy*

Serves 8.

#### Ingredients:

- 2 tablespoons olive oil
- 1 medium onion, finely chopped
- 3 cloves garlic, minced
- 3 cups finely chopped broccoli (see note)
- 1 teaspoons dried thyme
- 1/2 teaspoon dried tarragon
- 1/2 teaspoon turmeric
- 1 teaspoon salt
- healthy dose fresh cracked black pepper
- 2 tablespoons water
- 1/2 cup raw, unsalted cashews
- 1 pound extra firm tofu
- 1 teaspoon prepared mustard (Dijon or regular, most anything will work)
- a handful or cherry or grape tomatoes for decorating (optional)
- 1 9 inch prepared pie crust

#### Method:

- Preheat oven to 350 F. Bake pie crust for 10 minutes, then remove from oven. In the meantime, start preparing the filling.
- Heat a large heavy bottomed skillet (preferably cast iron) over medium heat. Sauté the onion and garlic in the oil for about 3 minutes. Add the broccoli, thyme, tarragon, turmeric, salt and pepper. Cook for 10 minutes, until broccoli is soft. If it starts to look dry add a tablespoon or 2 of water.
- Meanwhile, process the cashews in a food processor into fine crumbs. Give the tofu a squeeze to get rid of some of the water, then crumble it into the food processor along with the mustard. Process until relatively smooth. When the broccoli mixture is done cooking, add one cup of it to the food processor and pulse a few times to combine.
- Transfer to a mixing bowl, add the rest of the broccoli mixture and combine. Taste for salt. Use a rubber spatula to get everything into the pie crust and smooth the top out. Place cherry tomatoes around the perimeter of the pie and one in the centre for maximum Good Housekeeping adorableness. Bake for 40 minutes, until edges of the pie are lightly browned.
- I suggest letting the quiche sit for 20 minutes before you dig in. I think it tastes best when it is moderately warm, not piping hot. It's also great at room temperature.

### Spaghetti with Smoked Tofu and Kale

From <http://www.goodchefbadchef.com.au/> via *Kerri Hames* – thanks *Kerri*

#### Ingredients:

- 1 pkt wholemeal San Remo spaghetti
- ½ bunch kale, finely shredded

- 1 tbs olive oil
- 2 cloves garlic,
- 1 small pkt (1 cup) smoked tofu, cubed (plain if you can't find smoked)
- 1 cup fresh tomatoes
- 3 tbs (vegan) pesto
- 1 tsp chilli flakes (optional)
- 1 lemon, juiced and zested

**Method:**

- Cook your pasta according to manufacturer's instructions. Place the kale on the bottom of your sieve then pour the pasta with the water on top. This will wilt the kale. Run some water through and let drain.
- In a flat pan, heat your oil then add the garlic. Add the tofu and stir to coat it. Now add the tofu and stir again to coat. Then add the tomatoes and pesto.
- Lastly, add the pasta and kale to the pan and gently toss. Finish off with the chilli (if using) lemon juice and zest.

Serves 4

**DESSERTS****Coconut Icecream**

*Adapted by Jyoti Dambiec from The Vegan Scoop by Wheeler Del Torro – thanks Jyoti*

**Ingredients:**

- 1 cup blackberries (fresh or frozen)
- 3 1/3 cups coconut milk (825 mls)
- 2 tbs. arrowroot (16 g)
- 3/4 cup sugar (150 g)
- 1 1/2 teas. vanilla extract (7.5 mls)
- 1 1/2 teas. coconut extract (7.5 mls) optional
- 3/4 cup shredded coconut (60 g) optional

**Method:**

- Bring water to boil. Mix cornflour to a smooth paste with 2 tbs. cold water in the same way you would do when making custard. Slowly add this to the hot water stirring, all the time so that it doesn't go lumpy. Cook until thick. Allow to cool a bit
- In a small saucepan combine 1/4 cups coconut milk with arrowroot and set aside
- Mix remaining 3 1/2 cups coconut milk and sugar in a saucepan and bring to boil over gentle heat. Stir from time to time. Once mixture begins to boil, remove from heat and immediately add arrowroot cream. This will cause the liquid to thicken noticeably
- Stir in the vanilla and coconut extract
- Refrigerate mixture until chilled, approximately 2-3 hrs or overnight
- Freeze according to ice cream maker's instructions. When the ice cream has finished churning stir in the coconut and any other additions. If not using an ice cream maker stir additions in by hand before putting the mixture into the deepfreeze.

Comments - If you don't have an ice-cream maker you can put in container in deepfreeze. Take out and beat after it's been in freezer for half an hour or so, then repeat this couple more times. A few handfuls of mixed dried fruit is a delicious addition. You could also added toasted chopped

nuts and all sorts of other things. You can replace some of the coconut milk with soya milk e.g. 2 cups soya milk and 1 1/3 cup coconut milk. Berries are also a nice addition. To make chocolate or carob ice cream add 1/4 cup cocoa or carob and 1/2 cup vegan chocolate chips

**EXTRAS****Vegan Olive Oil Pie Crust**

*From 'Vegan Pie in the Sky' by Isa Chandra Moskowitz and Terry Hope Romero; reproduced at:*

<http://vegan.sheknows.com/2011/10/25/vegan-olive-oil-pie-crust/> via Amy Bascomb – thanks Amy

I made this pastry in my food processor, and the results were great (much easier than doing it by hand). Makes enough pastry for 2 regular size pie dishes.

**Ingredients:**

- 2 1/2 cups all purpose flour
- 3/4 teaspoon salt
- 2/3 cup olive oil
- 4 to 8 tablespoons ice water
- 1 tablespoon apple cider vinegar

**Method:**

- To prepare the olive oil, about an hour before beginning the recipe, place the oil in a plastic container. For best results, use a thin, light container, like the kind used for takeaway food. Freeze the oil until it's opaque and congealed but still somewhat soft, like the consistency of slightly melted sorbet.
- In a large mixing bowl, sift together flour and salt. Working quickly, add the olive oil by the tablespoonful, cutting it into the flour with your fingers or a pastry cutter, until the flour appears pebbly.
- In a cup, mix together 4 tablespoons water with apple cider vinegar. Drizzle 2 tablespoons of the vinegar mixture into the dough and stir, using a wooden spoon or rubber spatula. Add more water a tablespoon at a time, until the dough holds together to form a soft ball. Do not overknead the dough
- Divide the dough in 2. Press each half into a disk about an inch thick and place each disk between two 14-inch long pieces of waxed paper. Using a rolling pin, roll each piece into a circle about 1/4-inch thick. For a more even, uniform circle, roll the pin one or two strokes outward, turn the dough a few degrees, roll a few times again and repeat. Repeat with the other half of the dough.
- Refrigerate the rolled dough wrapped in waxed paper until it's ready to use, or as directed in the recipe.

**Children!**

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



*All offerings gratefully received and acknowledged.*

## 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.



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Answer at the end of this newsletter.

## For next year's Easter shopping or bargain-hunting this year:

Many things will be sold out this year, but if you are still in need of yummy and cute cruelty-free gifts or indulgences, the following sites are good places to start and even now you may still pick up a few things, possibly at a cheaper price:

<http://www.veganperfection.com.au/>  
<http://crueltyfreeshop.com.au/>  
<http://www.greenedgeonline.com.au/>  
<http://www.veganonline.com.au/>

Some of the below and more are also available from the above stores:

<http://www.animalsaustralia.org/features/dairy-free-easter.php>  
<http://consciouschocolate.com.au/>  
<http://www.constantcraving.com.au/>  
<http://www.mayfieldchocolates.com.au/index.php?PCID=7458>

Other great tips and links available from the Vegan parents site at

<http://www.veganparents.org/wp-content/uploads/2011/04/Guide-to-Easter1.pdf>

## Links

- A Poultry Place is now on Facebook. You can find them at [www.facebook.com/apoultryplace](http://www.facebook.com/apoultryplace)
- Vegan Parents Australia is an organisation dedicated to bringing together and supporting vegan families by facilitating events and providing guidance, support and information. [www.veganparents.org](http://www.veganparents.org)

## New and discovered products

- If you would like an alternative to Nuttelex, check out [www.avospread.com.au](http://www.avospread.com.au)

- Black and Gold Milk Bottles (from IGA) are suitable for vegans!

Natasha has received a response to her email enquiries about the above two items telling her they contain no animal products. Thanks again Natasha ☺

Fry's Chocolate Cream bars (accidentally vegan – chocolate with fondant!!) in Original, Peppermint and Orange are available at the Sugar Shack in Belconnen Mall, on the top floor (kiosk, in the new part).

I've asked them to try to get in some of the other flavours as well, which I hope are also vegan.

Tracey



Vegan Society NSW - [www.vegansocietynsw.com](http://www.vegansocietynsw.com)

## Australian Dietary Guidelines

### **MEDIA RELEASE - for immediate release**

6 March 2011, Sydney

### **Vegans demand a fair go in new dietary guidelines**

New government dietary guidelines are unfair to vegans, say vegan groups in their [submission](#) on the draft [Australian Dietary Guidelines](#).

"The new guidelines should acknowledge and support the great number of Australians who for animal rights, environmental, health, religious and other reasons, eat plant-based diets," said Greg McFarlane, President of the [Vegan Society NSW](#).

"The current guidance on vegan diets is discriminatory to these groups of Australians," said McFarlane.

"The draft dietary guidelines regrettably serve to reinforce the completely unnecessary abuse and suffering of animals who are raised and killed each year to be eaten."

"The new national dietary guidelines must include consideration of the wellbeing and rights of animals."

The vegan groups' submission also recommends that:

- The Australian Dietary Guidelines emphasise the health and other benefits of plant-based diets.
- The guidelines should be reworded to remove the negative image given of plant-based diets.
- The NHMRC should exclude any studies on calcium and osteoporosis funded by the dairy industry as they may be biased and instead examine the evidence that plant foods are a better source of nutrients than milk.
- Environmental sustainability should be a major focus of the guidelines, in particular by taking into account the large negative impact that farmed animal industries have on the environment and climate change.
- The guidelines should not be influenced by food industry lobby groups or any other group with a financial interest.

Media contact: Greg McFarlane - 0400 492 157 or [info@vegansocietynsw.com](mailto:info@vegansocietynsw.com)

The **Vegan Society NSW** is a community-based, non-profit organisation in New South Wales, Australia. Our aim is to promote the many benefits of veganism and provide quality service, support and up-to-date information to vegans and the general community.

**Vegan Australia** is a new national vegan organisation that aims to promote veganism to the broader Australian public. Vegan Australia envisions a world where all animals live free from human use and ownership. Compassion is the foundation of Vegan Australia - compassion towards animals, people and the earth. Vegan Australia believes that the starting point for people to put this compassion into action is to become vegan and to encourage others to become vegan.

More info at [www.vegansocietynsw.com](http://www.vegansocietynsw.com) or find us on [Facebook](#)

Not a member? You can support the Vegan Society NSW by joining. Please click on "[Join us](#)" on the website.

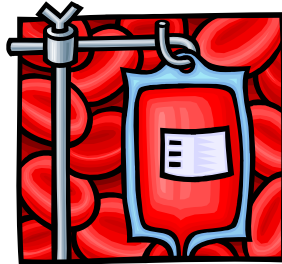
## With the Nutritionist

With Miranda Bone, B. Nutr.

Miranda is a Nutritionist, with a Bachelor of Human Nutrition from the University of Canberra. She is especially interested in Veg\*n nutrition, preventative health care and whole foods.

### The iron in our blood

For any vegetarian or vegan who has spoken about nutrition with a non-vegetarian, the issue of iron has probably come up. "But how will/do you get enough iron?" For most people, iron is associated with big hunks of red meat – so it's hard to imagine vegetarians how can get enough iron to keep their blood red and healthy. Many people have a friend of a friend who is vegetarian and has experienced iron deficiency, and the anaemia that goes with it.



Iron deficiency can occur for many reasons, not only eating a diet low in iron. Women of childbearing age are at particular risk because they lose iron during their periods, so the recommended dietary intake of iron for these women is more than twice that for men or children (18 mg/day vs 8 mg/day).

Vegetarian diets can provide plenty of iron. Generally, dairy and eggs are poor sources of iron, so this advice applies equally to vegetarians and vegans. Good sources of dietary iron are simply remembered as "beans and greens" with one cup of cooked lentils or cooked spinach providing ~6.5 mg of iron, beans and greens at the lower end of the range providing ~3.5 mg per cup. By contrast, 100g grilled lean beef provides 2.5 mg iron (65-100g = 1 serve meat; dietary guidelines recommend no more than 1½ serves meat or alternatives per day for adults). So the difference in iron intake between vegetarians and omnivores isn't very great. Both groups should try to plan iron rich foods into most meals, and do a few small things that help their bodies absorb the iron.



Most of the iron we eat isn't absorbed into our bodies. We can help our body absorb the iron better by eating iron containing foods at the same meal as vitamin C rich foods, like orange/lemon juice, or brightly coloured veggies (raw or lightly cooked) or fresh fruit. The vit C acts in the stomach

to put the iron into a more absorbable form, so they do have to be eaten at the same meal. For women, who need a lot of iron, it is a good idea to have a serve<sup>1</sup> or more of fruit or veg with as many meals and snacks as possible, to take advantage of all the iron-containing foods.



<http://www.wikihow.com/Make-Peanut-Butter>

If you think you may be deficient in iron, *don't* just take an iron supplement! Iron can be toxic, and it builds up in your system. For most<sup>2</sup> of us, that won't happen because we eat too much iron rich food – but it can happen because we take too many iron supplements. So if you think you might be iron deficient, or you're suffering the symptoms of anaemia (fatigue, irritability, decreased immunity) see your doctor – there are many reasons you may feel that way, and the doctor can order the proper tests to check whether your iron stores actually are low or not. If you are low, a course of iron supplements will be needed to get your iron stores back up, and you may wish to speak to a vegetarian friendly dietitian, nutritionist or naturopath about how you can incorporate more iron rich food into your diet.

All of these foods – beans, greens, fruit, veg – are part of a healthy diet. Getting enough iron is about eating them in most meals, most days. Think bean tortillas with fresh salsa; chickpea or soy burgers with melon for dessert; a handful of toasted pumpkin seeds sprinkled on a salad; peanut butter sandwich and an orange for lunch; stir-fry with tofu and capsicum; dahl, rice and salad.... and many more.

*Bon Appetite!*



Curried Chickpea burger

<http://www.veggienumnum.com/2011/03/curried-chickpea-burger/>

<sup>1</sup> 1 serve fruit = 150g; 1 serve vegetables = 75 g. Aim for 2 serves fruit + 5 serves vegetables, or more, each day.

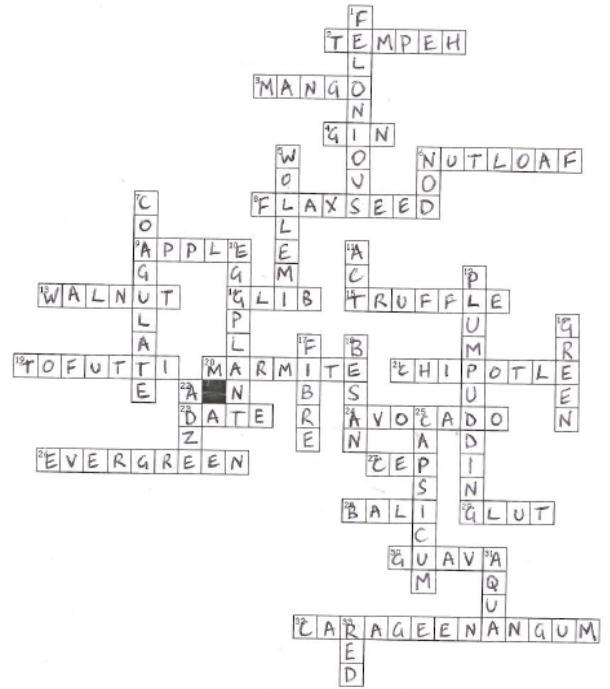
<sup>2</sup> 0.5% of Caucasians have a genetic disorder (hereditary haemochromatosis) that makes them absorb too much iron.



Vegetarian Society Christmas Crossword solution

**CONTACT US**

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



**Sudoku Solution:**

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

**New and renewing MEMBERS**

We warmly welcome the following people into the Society:

Caroline le Couteur  
 Charlene Gerrard  
 Cindie Ursem  
 Darren Churchill  
 Eleanor Browne  
 Ellen Trevanion  
 Emma Davies  
 Francine Horne  
 Jason Grossman  
 Jess Ferry  
 Jessica Hare

Jessica Hudspeth  
 Juris Jakovics  
 Jyoti Dambiec  
 Kate Luke  
 Kieran Fallon  
 Kim Reid  
 Laura Skeates  
 Laura Turner  
 Leah Horsfall  
 Lisa Green  
 Mark Somers

Marny Blom  
 Maryanne McKay  
 Mike O'Shaughnessy  
 Natasha Bourke  
 Nina Herbert  
 Shelley Knoke  
 Shima Masoumi  
 Stella Ashton  
 Sue Paice  
 Tara Ward  
 Zoe Ogden

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