



ACT VEGETARIAN SOCIETY

Spring 2011

VEGETARIAN BITES NEWSLETTER

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WELCOME

Spring is sprung again and at the beginning it was lovely. However it didn't take long for those awful Spring winds to start and the cold snap to hit again. I am enjoying those beautiful blossoms on the trees but the wind has taken a lot of them already. It looked like snow at my place for a while, or a wedding...

Later, you'll read about the Society's dinner at Shepherds Run Winery. This just happened to coincide with my birthday and I was most surprised when dessert came out in the form of a cake with candles. I was also rather embarrassed but it made me feel very special. Thank you to Kerri and Sundara for organising it, and to all those who came along for what was a lovely evening with great food and company. Thanks also to Elke and staff for putting on such a wonderful feast. I hope to get back there soon.

Planning for the Living Green Festival is well underway and it's getting very exciting with lots of great sponsors, stalls and activities. I hope you can join us on the 16th of October. It's going to be awesome. I may be a bit biased, but still... See elsewhere in this newsletter for more information.

Lots of bike riding in this edition! Thanks to everyone who has contributed. 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@vegetariansociety.org.au.

Tracey Lofthouse, Ed.

Please note, wherever you see Vegetarian mentioned in this newsletter it includes Vegans.

Who Said That?

Who was it who said...

"In fact, if one person is unkind to an animal it is considered to be cruelty, but where a lot of people are unkind to animals, especially in the name of commerce, the cruelty is condoned and, once large sums of money are at stake, will be defended to the last by otherwise intelligent people."

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From the President

Feeling Connected and Our New Website Forum

Hiya everyone. The Vegetarian Society is 'your' Society. The Oxford Dictionary says that 'society is the distinguished or fashionable members of a community, the upper classes' - I'm sure some of us are distinguished, and some may even be fashionable - but we steer clear of a class system in our group! Our aim is inclusivity :) Good old Oxford also says society means 'mixing with other people, companionship, company, association of persons sharing common aims or interests.' So that's more what we're about.

It's been brilliant over the last year to see increasing numbers of people come along to our many activities. We always have a crowd these days! It's very inspiring to see the wide range of people and ages being involved and connecting so nicely together. Great to see 'new' vegos of only a few months coming along. Another neat thing has been watching as 'oldies' who were around years ago come back and start participating again. So, if you haven't been brave and ventured out to a Veg event yet- you are welcome! Come along, we're a friendly group and we're just waiting to meet you. The Society is only as alive and exciting as we all make it.

When we were working on our new website a little while back I put these few paragraphs together by way of an introduction to the Group:

'Our Society is made up of a diverse and interesting bunch of individuals. Life-time and very new Vegetarians; Vegans; Lacto-ovos; and everything in between. The reasons why each of us became Vegetarian are also extremely varied. Omnivores wanting to learn more about the Vegetarian lifestyle also join us for events.

We are a friendly 'mixed bag' of individuals of all ages and wide ranging beliefs. We are not an exclusive group! The central shared view that brings us together is that we don't eat other sentient beings. As a Society our aim is to promote the 'Vegetarian' lifestyle and to have fun along the way :)

The term 'Vegetarian' is the umbrella word that is used in the ACT Vegetarian Society and in Society generally to refer to people who don't eat animals. The term 'Vegetarian' is inclusive of 'Veganism'

Personally I feel it is very important that we continue to welcome everyone who wishes to join us. My hope is that we all come together in a friendly way so that we can inspire each other as we seek to live the most compassionate lives we can. There is room within the group for vegos of all types to 'be themselves'. No-one is expected to compromise their personal beliefs. This is what makes the unique and interesting 'tapestry' of our group. We certainly don't aim to be a homogenous little clique, all thinking and doing the same things! So let's come with open hearts and minds - there is always so much we can learn from each other.

Website Forum

Another way you can be involved is by actively participating on our website; sharing recipes, information about products and your personal stories. If you're not on our Facebook I'd encourage you to pay it a visit, there are lots of interesting discussions going on there as well as a regular sharing of information. We have just created a Forum so now you also have the opportunity to discuss and debate issues there. Again, we encourage the sharing of a wide range of views and opinions. Let's make this an alive and 'happening' space.

The categories currently there are: Health, Environment, Ethics, Food, Spirituality and Other.

We envisage this Forum as being a wonderful 'safe space' for us to inspire each other and also to stimulate deeper thinking about the many issues around our Veg lifestyles. There is much more to a compassionate life than just what we eat! Sharing on a Forum can help us stay open to the many perspectives - and to remind us that things often aren't as black and white as they may at first appear. So, I would like to invite you all to become involved, to come along to events, and to participate on our website. This is the way to feel connected and more a part of the Veg family that we are.



Jyoti Dambiec

Shepherds Run Winery

by Kerri Hames

I had friends come down from Sydney the other week and they wanted to buy some local wine. So, lucky us we went to three wineries in the Wamboin/Bungendore region. The best one I found (as a Vegan) was Shepherds Run.

We got there and started talking to Elke and after mentioning being Vegan, she said that all the wines were Vegan. So guess what I did, tried them all. They had sold out of a few, but trying five different ones was still fantastic. They are so nice. They are light, smooth and you can taste the quality and love in the making of the wines from the family. The father came in and we all talked some more about the wines and being vegan. After going to the bottle shop every now and then and not spending much money, I now have a taste and a better appreciation for better quality wine and local too. This was very much a treat for me as I rarely go to wineries.

We also spoke about the menu; Elke is the Head Chef in the restaurant. She brought the menu out and she showed me that she caters for vegetarians and Gluten-free lifestyles. She did mention that some of the veg dishes were vegan and I suggested putting this on the menu, so at least the lactose-intolerant people can know that food is available to them. Elke was so excited and very enthusiastic about catering for different needs.

So, after two hrs of chatting, drinking wines and suggesting things for her menu, we left with a few bottles and had a few more wines over a great feast of pasta and salad, good music and an open fire. What a great way to end the day.

I highly suggest going there for a day out but if you are going to eat there, please make sure you call ahead as they are booked out sometimes and let Elke know your dietary needs. Unless you just go for the wines

Recent activities

Winter Potluck dinner, Jyoti and Dieter's house 24/07/2011

by Jyoti Dambiec



L-R Tracey, Jane, Grazyna, Marianne, Helen

It was a very chilly evening as can be expected in July in Canberra, but the heating and the wonderful company kept us all cosy. A large group of 19 braved the cold night air and helped us create a warm and friendly evening. As people arrived the long low tables filled up with a huge range of tasty dishes.

It was lovely to see such a crowd and to see quite a number who were attending a Veg Soc. event for the first time. We're all keen to come to the next one!



Some of the Indian dishes

We started at 6pm with a chapatti and poori making demo and a little introduction to spicing up moong dhal with ginger, tomato paste, and a yummy Sambar mix.* Then came the sampling of the many dishes. After the meal we all enjoyed some homemade chai which had been carefully 'watched over' by Divya.



Divya serving Tracey some delicious home-made soyamilk chai

Here's the recipe if you want to make your own authentic Chai Masala Spice Mix:

- 10 cardamom pods
- 1 small cinnamon stick
- 12 cloves
- 15 black peppercorns
- 1 teas. ginger powder.

Grind together in an electric grinder. This will keep in an airtight container for a couple of mths.

To make 2 cups of chai:

- 1 1/2 cup water
- 1 cup soy milk
- 2 teas. sugar
- pea-sized piece fresh ginger, grated
- pinch chai masala mix
- few sprigs spearmint (optional)
- 2 teas. tea leaves or 2 tea bags.

- 1 Put water and soy milk in saucepan and bring to boil.
2. Put the sugar, ginger, and chai masala in the pan. Simmer for 1 min. Add spearmint and tea leaves and simmer further 3-4 mins.

Strain into two cups and serve hot.

Dinner at Shepherds Run Winery 13/08/2011

by Kerri Hames

Well, I'm always on the lookout for new restaurants I can enjoy and now exploring the world of local, vegan wine. Lucky for me, I was staying on a farm in Bywong and had a friend come down from Sydney and of course, wanted to buy local wine for his family. This is how I stumbled across Shepherds Run. After a few hours of talking to chef Elke, her mum and dad and drinking, we left with a few bottles and I was impressed with the energy of the owners and could feel the love that went into the wines.

So, the place is called Shepherds Run. A small winery located just north of the ACT on a beautiful hill overlooking the valley. Just down the road is Bungendore. I would highly recommend just the drive and enjoy a day in the sun.

Sundara and I organised a dinner for our regular restaurant get together and combined it with a birthday bash for Tracey. I was nicknamed 'Veggie girl' by Elke. I was the one that got lost (of course) and had two girls in

the car, probably quietly freaking out about my driving and getting lost. So, I called the Chef (Elke) to find out where they were and the first thing she said was 'Where are you'.



Shepherds Run 13/08/2011 group shot

The place was quiet when we got there but the staff were running around ready to feed about 22 people. Wine was being poured, conversation was happening and we were getting ready to eat, just as much as Elke was ready to serve us some great food.

The menu was fantastic. Elke called me a few days before to go through the menu. What a feast. Pumpkin/Maple/Chilli Soup with bread (entrée); this was divine, you could taste all the individual flavours at a perfect consistency. Moroccan Veggie Kebabs, Moroccan and Lemon Couscous, 4 different types of pizzas, salad bowls with balsamic and olive oil (Main); there was so much food on the table and it was a pleasure to try everything. Everyone I thought was impressed and we ate the lot. The kebabs had the Moroccan spices encasing the veggies and then lightly grilled. The pizzas were very delicious and a great choice of flavours. Having the salad and couscous was refreshing so I felt healthy eating this food. Dessert was of course a chocolate birthday cake, soy whipped cream and a berry coulis. Yum, Yum, Yum. The cake was warmed and dusted with icing sugar. I know we should eat like a pauper for dinner but we ate like kings and queens. Tea and coffee were available and all this for \$40. Definitely worth it.



Shepherds Run 13/08/2011 2nd table group shot

All the staff were friendly, assertive with our journey of eating such good food. Everything ran smoothly and timed to perfection. After the mains, we moved around to chat to other people and everyone was in conversation, telling stories and having fun. Overall, I will be back and I suggest that if your vegan or vegetarian, call Elke first and let them know. She will be more than happy to cater for your needs. It's a treat to

eat at a winery and drink vegan wines. Well done Shepherds Run. I'll be back.

Potluck dinner, Jyoti and Dieter's house

24/08/2011

by Peter Le Mesurier

On the 24th of August some of us got together at Jyoti's to have a meal and meet a couple of Sydney society visitors – Mark Berriman and Kathy Divine. Here are some comments from a couple of attendees:

A prodigal returns – the promise of the Potluck was lively interaction between members of a club (or a Soc in our case) and the promise was realized on the night. Why? Informality in the warmth of a home in winter (in this case, of Jyoti, Dieter and family), a celebrity guest (Mark Berriman with collaborator Kathy) who looked taller (and a tad greyer, it must be said) than in the photo that had graced our NV&NH mag for so many informative years, and us lot, sitting or sprawled around a long, low table in the lounge room, goaded into revealing our innermost secret (age! though that cup mysteriously passed by this writer), our joys and hopes, and why we became converts and maybe even apostles of eating naturally and without cruelty. We brought our (or hoed into Jyoti's) bakes, our juices, our salads and bread and dips and nuts, pappadams and pastas, and, later, sticky-date pud and cheeseless cheesecake. We arranged our palettes of food artistically, frilly lemon-oiled leaves cascading over red-ball tomatoes, rolling back a swell of penne, consumed between mouthfuls of conversation and interjections. Good to be back after 20 years or so (just a rough guess). You're all thriving and that's great to hear. We could hatch beautiful schemes together.

As a new vegetarian, it was great to attend the recent ACT Vegetarian Society Potluck. It showed me an even greater variety of food that vegetarians and vegans have access to. I'd already started to explore all the different options and new staples that vegetarians eat which you would never have heard of otherwise. Quinoa ("keen wah," as I pronounce it) is a great example of this; and is both delicious and easy to cook with. The meet up also helped to alleviate my fears that other people who had my beliefs might not be as easy to get along with as other 'normal people', as society would call them. Everyone I met at Potluck was lovely, very personable and no one was pushing ideas or beliefs around the table. It was merely a group of wonderful people sharing their own experiences (and cooking).

Peter McGee

For someone as socially reclusive and shy as myself to be able to come out of my shell and really enjoy making new friends and trying great food, I think is a great testament to the success of the potluck dinner! As a newbie vegan (as of April 2011, with no intention of returning to omnivorism), I was at first terrified to find myself making such a radical lifestyle change with no seasoned veg*ns to turn to for advice or solace. Everywhere you turn, people are always ready to tell you how a vegan diet is "impossible," "too hard," or

"unhealthy" - and it was so hard to disprove them when I didn't have examples of persons following the lifestyle long-term. But, of course, these fears were completely dissolved the moment I entered Jyoti's home and met so many long-term veg*ns. Everyone was so friendly and essentially there for the same reasons; to celebrate living life without the needless slaughter of animals for our tastes, with health and planetary benefits to boot. It really was a huge relief to know there are living testaments to good vegetarian health so close to home (and so friendly, too!).

And of course, the food: absolutely fantastic! My only regret from that night was not having asked everyone for their recipes (though to my joy, the delicious gluten-free, vegan sticky date pudding's recipe is on the website). Great food, great people, and a place where I felt like I could really open up... The ACT Veg Soc potluck night was the perfect place to be!

Shima Masoumi



Shima and Peter M enjoying the potluck in August

On the 24th August I had the lovely pleasure of meeting members of the ACT Vegetarian Society at their potluck dinner. It was so nice to meet new faces and enjoy the delicious banquet that was so graciously provided by the members. After dinner, everyone introduced themselves and spoke a little bit about their vegetarian/vegan journey. I was sincerely touched by the stories about how those in attendance made the switch to a plant based diet. The reasons varied among the group but the passion and commitment to the veg lifestyle was something they all had in common and was so lovely to hear about. It was also a nice surprise to hear about several families who were all vegetarian and in some cases the multiple generations that were carrying on a vegetarian tradition. I felt really inspired by this sharing of stories and was so glad I had the opportunity to attend.

I attended the potluck with Mark Berriman, the President of the Australian Vegetarian Society (NSW) who also enjoyed meeting everyone and listening to their stories. We both look forward to seeing everyone again at the Living Green Festival on October 16th.

Your vegan friend from Sydney,

Kathy Divine

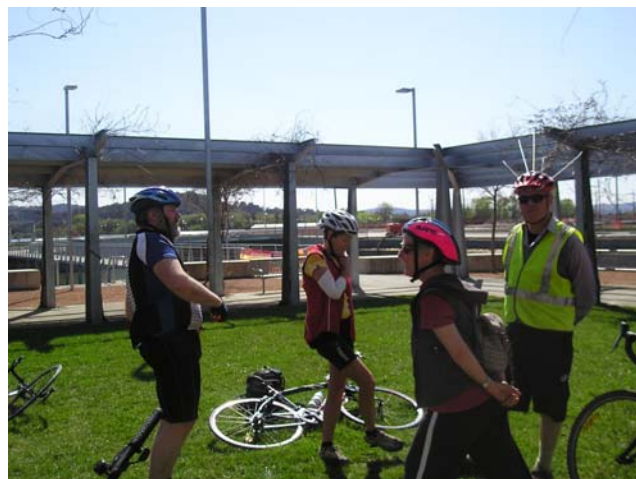
www.facebook.com/katdivine

Veg Bike Ride 18/09/2011

by Jyoti Dambiec

Lake Burley Griffin Bike Ride
Veg & Pedal Power Sept 2011

Just back from the 'big bike ride' around Lake Burley Griffin. FORTY KILOMETRES, 2 hrs 45 mins. For the Pedal Power riders who joined us, in their lycra bike gear; those fancy gel gloves and padded pants, this must have seemed like a tiny jaunt. One guy had already cycled from Theodore before joining us at 9.00am. The 'PPs' were lovely and very encouraging to we Veg novices. I even received some personalised training on how to use the left-hand side of my gears, and by the end I was happily using 10 gears instead of my usual 5 or so.



Pedal Power members Ed and Coral, Jyoti, and Peter (PP and VS)

I have to confess this was the longest bike ride I've ever done. Luckily we had warning of this event so I was able to dust the cobwebs off my bike, check under the seat for redbacks, oil the chain and have a few hr long rides to get the old cycling muscles working again. Anyway, all was well... I made it round with only hopping off my bike for a 2 minute walk up one of the small hills. No punctures, didn't fall off once, wasn't swooped.

The two chains that fell off belonged to a couple of the Pedal Power people, and of course they whipped them back on in 30 seconds. I would have been mortified if I had a flat tyre. My carefully kept secret would have then come out - never changed a flatty in my life, bike or car! What sort of a Vegfem am I?

And what a beautiful ride it was. Day was perfect, not too hot and just a slight breeze. Canberra looking its beautiful Spring self. Good weather and good company. After the ride we chilled out at Tilley's.



Coral (PP), Peter (PP&VS), Dieter, Tamzen (PP&VS) and Mark (PP)

Thanks for organising Peter. Happy to join you and Pedal Power anytime :)

And a word from Peter, the one up front on The Whole Lake Ride, 18 September 2011.

As Jyoti noticed, Pedal Power members enjoy a change of gears, all the more so when mingling with energetic Veg Soc members. It's great that Jyoti and Dieter dusted off their bikes and rolled along fine all the way. For Tamzen, it was her first group ride. All in all, a very encouraging start to joint efforts.

Already planning the next ride. More news further down the track!

Peter

Acoustic Soup Night 27 July 2011

by Jyoti Dambiec

I attended the Acoustic Soup Night for the first time and 'jumped in the deep end' by offering to help serve food. What a great night! Lots of people - a good mix of ages, past & present students and others. Music was also varied, starting with some great African music provided by a guy who just popped in, and followed by 3 other excellent acts. Something to please everyone.



Musos performing at July Acoustic Soup Night - ANU Food Coop

Lots of chatting and people obviously enjoying the company of good friends and also making new connections. For those of you old enough to remember 'the good old days' the night was reminiscent of friendly music nights of years ago, and a nice change from all the communication many of us do via email & facebook these days. Nothing beats a warm smile, handshake or

hug. Somehow a smiley face or 'like' on the computer just isn't the same as face-to-face human connection in the flesh.

The food was mostly vegetarian/vegan - but vegos need to keep an eye out as sometimes pastries and similar are donated which contain animals. I'm going to offer the lovely Acoustic soup team some laminated cards from the Veg Soc. which will make it easier to find the veg food & avoid accidentally biting into something that contains meat.

The Acoustic Soup team is certainly a hard-working and dynamic bunch. A great night and I recommend it to all of you.

Jyoti

Live Export Rally

Parliament House 14 August 2011

There was a really good turnout for the Live Animal Export rally in August. The Vegetarian Society stall was well positioned next to our Animal Liberation friends.

Our reason for being there was not just to protest about the horrors of the Live Animal trade but also to highlight the suffering of animals and poultry right here in Australia. At the same time we wanted to connect with vegetarians of all varieties and to let people know about our Society. Our stalls are always very busy with lots of people coming up asking about nutrition and related things.



Stalls are always busy. Maryanne in action - 3rd from left

Kerri designed and printed posters and I spent a few hrs prior to the rally cutting corflute, creating placards and preparing for our stall. The placards were really well received and helped people to identify vegetarians & vegans easily.



Some of our display boards



Veg Uriarra Walk & Picnic 10 September 2011

by Claire Ede

Eight of us gathered to walk and picnic at Uriarra. First, a fire was lit to keep the picnickers warm. The walkers then set off following the Murrumbidgee river along until it was joined by the Molonglo river, at which point we veered back along this tributary, up over a hill and back to our picnic spot.



Live Animal Rally August 2011 - people carrying Veg. Soc. Placards

Thank you to Maryanne for being there right at the start to help set up and staying to the end. It was also great to have Tom who is in Yr5 so enthusiastically wearing our new bright yellow chicken suit. Great job Tom!



Molonglo River

The wind was cold, so bread was toasted on the fire using imaginative methods, and eaten with home-grown salad greens and hummus, amongst other goodies. The younger girls explored the river banks, and the dog entertained us with her tricks, before it was time to go home, refreshed and contented.



L-R Maryanne, Tom the chicken, Jyoti

The success of our stalls depends on having friendly people who enjoy sharing and answering questions. Thanks also to the various people who popped by, and to all those who carried placards.

We are only limited in the number of stalls we can do by how many volunteers we have. Stalls are 'work' but also fun :) If you would like to join us for future stalls - even for an hour or two, please contact me on president@vegetariansociety.org.au

Cheers, Jyoti



Dieter and Yilani making 'smoked toast'

Indian Cooking Class 19 September 2011

Bharat International, Belconnen

by Claire Ede

Here are some images of the cooking class/dishes from the cooking class on the 19th of September, where I met some lovely people, and learned to make four dishes. These four dishes were not named at the time, but looking up on the net they were probably potato fritters/Pakoras, Lauki Kofta (left), and Kidney bean curry, with a dessert too intricate to make at home that looked like the photo below, (and are sold in the shop).



probably potato fritters/Pakoras, Lauki Kofta (left), and Kidney bean curry, with a dessert too intricate to make at home that looked like the photo below, (and are sold in the shop).



I learned that real Indian cooking takes time to prepare, and with the right equipment is very rewarding. The flavours were awesome.



With only three weeks to go, the Living Green Festival is shaping up to be an exciting, fun event chock-o-block with demos and workshops, entertainment, speakers to hear, an amazing kidzone, videos to watch and much more, all for free (donations are welcome).

There is far too much going on to list it all here, but below is a just a taste of what you will see on the day:

Kind Food

ACT Veg Society Cake & Compassion – home-baked vegan delights with freshly brewed tea/chai

Slacktarts - a lazy girl's cupcakes from the cool mountain region of Jindabyne

Funky Pies - the best Aussie 'meat pie' there is & 100% animal free

Global Ethiopian Food – one of Canberra's best kept secrets will be at the Festival serving traditional Ethiopian cuisine

Kingsland Vegan Restaurant – Canberra's oldest veg restaurant will be serving up its finest

Living Green Coffee Cart – for the best coffee in town brewed by professional baristas and with a great range of plant milks available

My Rainbow Dreams Cafe – local Canberra veg cafe featuring wholesome food that is nourishing and delicious

Neeta's Indian Cuisine – mouth-watering range of North Indian dishes from the wilds of Gungahlin

Raw Capers - local Canberra raw food business, specialising in homemade raw cakes, raw sweets, and raw vegetable chips

Rubyfruit – a boutique bakery that specialises in egg-free and dairy-free vegan indulgence

Market Stalls

Adorn Mineral Cosmetics – great range of makeup plus a makeup stand with fabulous product tips, ideas and special promotions

Armada Solar - learn about their range of residential and commercial solar panel energy systems and double glazed windows

Canberra Holistic Massage – take a break from browsing with a relaxing massage by one of Canberra's very best!

Carmel's Creation – jewellery made here in Canberra and with a climate change theme

Choku Bai Jo – the founders of Canberra's farmers markets, selling fresh veg produce straight from the farmer to you!

The Cruelty-Free Shop – Australia's first cruelty-free shop is coming down to Canberra for the Festival

Cruelty-Free Super –switch over to a Superfund that doesn't support animal exploitation

Ethnic Spirit– ethnic and ethical hand-crafted clothing and accessories

Green Wood Chairs - made from Australian regrowth timber using a blend of traditional and modern techniques

Loom Exotic Threads – clothing made from natural fibres & textiles, and hill-tribe silver sourced from ethical cottage industries

Morsbags - free up-cycled fabric shopping bags made on the spot – come along and join in!

Naturally Clean – chemical free laundry and cleaning products made right here in Canberra's inner north and certified cruelty-free

Organic & Eco – authentic organic and natural skincare and cosmetics

Puddleduck Designs - sustainable textile jewellery, handbags and homewares using reclaimed, recycled and up-cycled materials

Vegan Online – Australia's newest range of cruelty-free products is coming all the way from Adelaide for the Festival

Vegan Wares – Australia's world famous cruelty-free shoes, bags, belts and wallets will be here

Vegans Are Cool – proud to care about animals and the environment? Come and get the bag that shows it!

Not-for-profit organisations

Australian Orangutan Project ACT

ACT Vegetarian Society

Canberra ♥ 40%

The Co-op Food Shop

MAWA (Medical Advances without Animals)

SEE-Change ACT

Animal Justice Party

Animal Liberation ACT

Conservation Council

Living Green Festival (ACT) Inc

Sea Shepherd

YouthVeg ACT

On the page 11 you will find a poster you can print in colour and put on the fridge, at your local shops or wherever you would like. You can also email us at contact@livinggreenfestival.org.au you'd like us to send you the PDF file or if you would like to obtain some posters and/or flyers to put up around Canberra or elsewhere.

You can also find an Event and Organisation page on Facebook, and follow up on Twitter. If you would like to find out more about what's happening at the Festival, please check out our ever-evolving website at www.livinggreenfestival.org.au.

Tracey

Want to help show Canberra that you can care about the environment AND animals at the same time? That one of the most effective ways to combat climate change is through diet? That 'fair trade' means fair to humans, fair to the environment, and fair to animals?

If you answered 'yes' to any of the above, or if you are simply interested in a fun, free-entry event for the whole family, please make sure you have the 16th of October 2011 booked out in your diary for the Living Green Festival. If you haven't had a look at the website recently you are in for a wonderful surprise! Please check it out and don't forget to visit us on Facebook to 'Like' our [Page](#) and 'Attend' our [Event](#), and to follow us on [Twitter](#).

The Festival is being organised by local members of the ACT Vegetarian Society and Animal Liberation ACT. Please help us make this Festival a great success that can continue on for years to come by sharing information with all your family, friends and acquaintances via email, Facebook, Twitter, forum, blog or any other means you can think of. The following is an example of the wording you can use:

*Canberra's inaugural **Living Green Festival** will focus on the relationship between climate change, the environment, and animals. The Festival will raise awareness about how the choices we make in our everyday lives can affect not only the environment, but also humans and other animals. The theme of the Festival is 'a kinder shade of green', and it will showcase easy ways we humans can reduce our carbon footprint and be more considerate of the other animals we share this planet with. It will feature sustainable, fair trade and cruelty-free food, products and services; talks on environmental, animal protection and health issues; free yoga and gardening workshops; live music and dance performances; children's entertainment and more! All of which will create a fun-filled festival and market atmosphere coinciding with the last day of Floriade in the Capital.*

*The Living Green Festival will be held in the recently refurbished **Albert Hall** on **Sunday 16 October 2011** between **10am and 4pm**. The Hall is easy to get to by public transport, bike, and on foot, and a short walk from Floriade. The Festival is assisted by the ACT Government Climate Change Grants. More information is available at www.livinggreenfestival.org.au.*

Here are some other ways you can help make the Festival a success:

Sustainable Festival – using pre-loved items on the day

In keeping with the Festival's goal of recycling, reducing and re-using we will be encouraging the use of pre-loved mugs and cloth shopping bags at the Festival. If you have used (but good quality) mugs and/or cloth shopping bags you no longer want, please keep them for the Festival! You can either donate them to Festival organisers beforehand, or bring them along on the day. If you would like to donate them beforehand please email contact@livinggreenfestival.org.au.

LGF's Cake & Compassion stall

Like vegan festivals in other states and cities, our Festival will be having a cake and tea stall on the day run by ACT Vegetarian Society volunteers. We are now putting the call out for your best home-made vegan (including some gluten-free options) goodies to sell at the Festival! If you would like to bake something or volunteer at the stall on the day, please contact Kerri Hames at hames.kerri@gmail.com.

Billeting

We are hoping to have a number of interstate visitors to our Festival, and we definitely have some stall-holders coming from interstate. The Festival will be held on the last day of Floriade, making it a perfect double for out-of-towners! It would be great to be able to offer some of our Festival participants the opportunity to be billeted with locals, so if you might be interested in this please let us know at contact@livinggreenfestival.org.au.

If you have any questions or offers of assistance, anything you'd like to donate or would like to volunteer some of your time please email contact@livinggreenfestival.org.au. We look forward to hearing from you and seeing you on the day!

Warm regards

Committee
Living Green Festival

a kinder shade of green



Living Green Festival

CANBERRA 2011

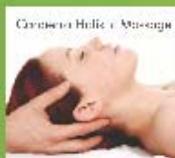
- sustainable, fair trade and cruelty-free food, products and services
- market stalls • talks on environmental, animal protection and health issues
- free yoga and gardening workshops • live music and dance performances
- children's entertainment and more!

Have fun
discovering easy
ways to reduce our
carbon footprint
while being kind
to humans and
other animals

Albert Hall, Commonwealth Ave
10am–4pm | Sunday 16 October
FREE ENTRY

Proudly sponsored by

HEALTHY VEGAN CUISINE
KINGSLAND RESTAURANT



ADORN
MINERAL COSMETICS



www.livinggreenfestival.org.au



RECIPES

MAINS

Chick Pea & Vegetable Patties

*written by Jyoti Dambiec (adapted from 'Meals Without Meat')
by Alison & Simon Holst – thanks Jyoti*

These were yummy.

Ingredients:

- 1 cup pea flour (besan)
- 1/2 cup water (approx)
- 1 teas. turmeric
- 2 teas. ground cumin
- 2 teas. ground coriander
- 2 teas. garam masala
- 2 tbs. finely chopped or grated ginger root
- 1/4 teas. asafoetida (approx)
- 2 medium sized potatoes
- 1 cup vegetables - frozen peas, frozen or fresh corn kernels, cauliflower florets etc
- oil for frying

Method:

- Put the pea flour, ginger root and spices in a bowl. Gradually add the water and mix to a fairly stiff paste. Leave to stand for 5 minutes or longer if you can
- Peel the potatoes and cut them into small cubes or you can grate them. Any other vegetables used should be cut into small pea-sized pieces
- Mix all the vegetables into the batter just before you intend to start cooking. They will thin down the mixture. Add extra pea flour or water if needed to make the batter the right consistency. It needs to be thick enough to hold spoonfuls of the vegetables together and not break apart
- Heat oil 2 cm deep in a frypan. Drop small spoonfuls of the mixture carefully into it being careful that the patties don't touch each other. Adjust the heat so patties brown nicely on the one side in about 4 minutes, then turn them and cook the other side for another 4 minutes
- Drain on paper towels and serve with the simple sauce below if you wish

Sauce:

- plain, unsweetened yogurt (soy or other)
- lemon juice
- chopped mint
- salt

This sauce improves if left standing for a while.

Comments - Serves 4 as a main course (makes about 24 small patties) or snacks for 8. These make excellent finger food, but are also great served with vegetables or salads as the main part of a meal.

Don't cook these on a high heat - they need to take about 8 mins for each pan lot. Faster cooking will leave

the vegetables raw so it's important to get the temperature right - medium worked well for me.

Pea flour is made from finely ground dried peas. It is high in protein and forms a good fritter batter without the addition of eggs or milk

Nori Rolls

from Kerri Hames who made her own with a bit of help from the internet

Ingredients:

- Sushi rice
- 2 cups grated carrot
- 1/2 cup grated fresh ginger or use pickled ginger
- 2 cucumbers julienned
- 2 avocados halved and sliced
- Lettuce leaves, whole (Cos is good as they are long leaves)
- Firm tofu – square 350g block
- Cooking oil
- Small bowl of cold water
- Seaweed sheets
- Soy sauce

Method:

- Cook sushi rice as per instructions
- Grate ginger and carrot separately. Thinly slice the cucumbers. Halve avocados, scoop in one piece out of shell, place flat and thinly slice. Break off leaves and wash
Place all of the above ingredients on a plate, separated
- Slice the block of tofu and gently fry them in oil, place on paper towels and then slice lengthways in half
- Place sheet on bench, place rice starting about a centimetre in from the edge and ending about a quarter of the way in. Flatten with a spoon and make sure it's all the way to the sides
- In the middle of the rice, start from one edge lengthways; place on top of each other ginger, avocado, carrot, cucumber, tofu and then lettuce.
- Make sure they are not too big as they might break when rolling.
- Now dip your fingers in the water and wet the far end of the sheet lengthways about 1cm wide.
- Roll forward the sheet, tucking everything in and seal it with the wet end. Leave for a minute to make sure it is sealed. Don't be too rough as the sheet might break.
- Place on a plate when done and serve with soy sauce

More comments (eg serving suggestions)

I personally don't bother with the rice vinegar and sugar. You can use a mayonnaise in the rice. You can make them a day ahead, great for lunches. Individually wrap in foil, place in an airtight container. No need to slice them unless you want to.

DESSERTS**Pineapple fruit cake**

from Claire who found it online at meatandeggfree.com
Moist winter cake. Will reduce amount of oil next time and see if the texture stays as good.

Ingredients:

- 1 x 425g can crushed pineapple, undrained
- cup brown sugar
- 375g mixed dried fruit (raisins, sultanas, currants, raisins, cherries, etc)
- 2/3 cup oil
- 3 Tbsp soy, oat or rice milk
- 2 Tbsp lemon or lime juice or apple cider vinegar
- 2 cups standard flour (or . and . wholemeal flour) (or . flour and . rice flour)
- 1 tsp mung bean flour or green gram powder
- 1. tsp baking powder
- tsp baking soda
- tsp baking soda
- pinch salt

Method:

- In a large pot bring the pineapple, brown sugar and dried fruit to the boil
- Reduce the heat and simmer 5 minutes. Cool completely
- Combine the oil, soy milk and lemon or lime juice together and stir into the boiled mixture
- Sift the flour, baking powder, baking soda and salt together and stir into the wet mixture stirring well to get rid of any lumps
- Spread in a 20cm (8 inch) springform tin
- Bake at 180oC (350oF) for 1hour or until cooked when tested.

Keeps well. Freezes well.

EXTRAS**Golden Cinnamon Biscuits**

from 'The Australian Women's Weekly Biscuits' via Kerri Hames
- thanks Kerri

Ingredients:

- 60g butter - Nuttalex
- 1/3 cup (115g) golden syrup
- 2 tablespoons brown sugar
- 2 tablespoons caster sugar
- 1 1/4 cup (185g) self-raising flour
- 3 teaspoons ground cinnamon

Method:

- Preheat oven to 200°C/180°C fan-forced. Grease oven trays
- Stir butter, golden syrup and sugars in medium heavy-based saucepan over low heat until butter is melted; cool 5 minutes. Stir in flour and cinnamon
- Roll rounded teaspoons of mixture into balls,

place about 2cm apart on trays; flatten with a floured fork until 1cm thick

- Bake biscuits about 10 minutes or until browned, Stand biscuits on trays 5 minutes; transfer to wire racks to cool.

More comments (eg serving suggestions)

You can change the sugar to Agave or fruit concentrates. Try using gluten free flour.

These biscuits are beautiful. They are warming and would go great with coffee. They are rich in cinnamon flavour.

Crispy Besan Flour & Breadcrumbs Coating

(Good to coat firm tofu, gluten, or 'soya chicken')

from Jyoti Dambiec – thanks Jyoti

Ingredients:

- 1 cup chick pea flour (besan)
- 1 teas. salt (approx)
- 1 teas. cumin (optional)
- 1/8 teas. Asafoetida
- dash cayenne
- 2 teas. egg replacer (Orgran or similar)
- 10 tbs. soya milk
- fine breadcrumbs
- olive oil
- chilli oil (optional)

Method:

- Mix chick pea flour with salt, cumin, asafoetida and cayenne.
- Put egg replacer onto another plate and gradually mix in soya milk to make a gooey paste.
- Put breadcrumbs onto another plate.
- Coat strips of firm tofu, gluten or 'soya chicken' thoroughly with the flour mix.



Dinner is served - Crispy Coating on 'Soya Chicken' strips

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.



Letters

Published letters from members and friends

Canberra Times, Wednesday 29 June 2011

RSPCA cruelty

I write to express extreme disappointment at the ACT Government's failure to adequately support those institutions and individuals that provide welfare for animals.

Under three acts - the Animal Welfare Act, the Nature Conservation Act and the Companion Animals Act - the ACT Government has an obligation for the welfare of animals.

The bulk of these activities are carried out by the RSPCA.

Despite independent audit advice that the RSPCA spends its money in a wise and prudent manner, and that the amount of money it has requested be provided by Government to carry out activities on its behalf is verifiable, supportable and valid, the ACT Government continues to deny the RSPCA adequate levels of funding.

The recent reaction by the Australian public to the *Four Corners* program on the mistreatment of cattle in Indonesia confirms that the public does care strongly about animal welfare. That the ACT Government does not provide adequate funding to allow proper compliance with established law, is incomprehensible.

I urge the ACT Government to reconsider its funding for the RSPCA now, and in the future, so this important community service can continue at an appropriate, professional level of which Canberrans can be proud, and that properly reflects the Government's attitude to animal welfare.

Pauline Bairnsfather, Garran

After roos, what next?

Daniel Iglesias, manager within Parks and Conservation Service, stated in the TAMS media release (Monday, June 27) that 2439 kangaroos were humanely culled to ensure protection of land from overgrazing.

I am wondering when the shooting of horses, sheep and cattle will begin, to manage their grazing impact in the territory.

Jessica Ferry, Wamboin, NSW

An article from P3 of the same edition of the Canberra Times:

NPWS warns of illegal roo culls

By **Henrietta Cook**

The NSW National Parks and Wildlife Service has issued a warning after reports illegal "roo drives" are occurring on private properties.

Wildcare Queanbeyan president Greg Tarlinton said NSW residents living near the ACT border were being sent confusing messages about kangaroos and often took matters into their own hands.

He said the wildlife volunteer organisation responded to more than 20 calls a year from Queanbeyan residents who had discovered maimed kangaroos on their properties with gun and arrow injuries.

"We get quite a few calls from people who say, 'There's a kangaroo on my property, can you shoot it?' Because [culling] is happening regularly in the ACT, people seem to think killing kangaroos is the norm."

Mr Tarlinton said residents used bows and arrows to kill kangaroos because they were quieter than gun shots and didn't alert neighbours to their illegal activities.

National Parks and Wildlife Services area manager Franz Peters said NSW residents who wanted to cull kangaroos on their property had to apply for a licence and adhere to the code of practice for humane shooting of kangaroos and wallabies for non-commercial purposes.

He said the ending of a 10-year drought had resulted in an increase in local kangaroo populations.

"For landholders this can be a problem as larger numbers of roos damage fences and crops and eat fodder," he said in a statement.

"If a landholder can demonstrate economic hardship is being caused as a result of an over abundance of kangaroos then the NPWS will consider providing a licence that will allow for a specified number of kangaroos to be culled."

Mr Tarlinton said he did not support the culling of any kangaroos and current licensing procedures were "wishy-washy" and needed to be tightened.

"All they need to do is apply and say their fence is being damaged or there is economic damage to their garden. We would like to see every application have an officer go and check on the property and the supposed economic hardship."

Anyone who kills a kangaroo without a licence in NSW is liable for a fine of up to \$11,000 and/or six months in jail. In the ACT the penalty is a fine of up to \$11,000 and/or one year in jail

Canberra Times, Sunday 31 July 2011

Responsibility for pets

I REFER to the article "Catch 22 sees ACT's feral cat numbers grow" by Frances Stewart (Sunday Canberra Times, July 24, p10). It's ironic that we talk about the ACT's feral cat problem as though it's the cats who have created the problem. Possibly we should ask ourselves why are the animals living in the drains and how they got there in the first place.

Unwanted and undesex-ed cats and dogs have been disposed of for years by selfish, uncaring owners when the animal becomes an inconvenience or an added expense. Domestic animals that have been abandoned and left to fend for themselves do become feral as a matter of survival. If animals could decide where and how they would prefer to live, I wonder if they would choose an existence in the drains of Woden and elsewhere.

Leaving the responsibility to the Government to manage by culling (another word for killing) these cats, like they do with kangaroos, is the coward's way out. If we, the public, are really serious about this dilemma, we will do something about it. It's not the abandoned animals that are the problem, but the people who walk away from their responsibility of caring for them.

Amanda Medcalf, ACT

Fish feel pain

PLEASE, no more of this self-deluding, self-serving drivel from anglers, and especially those who make their living from the angling industry, that fish do not feel pain - or at least, not in the way that we and all their fellow vertebrates do. Rob Paxevanos does it again in Sunday's fishing column (July 24, p58) with the unsupported claim that "fish have a massively higher threshold for pain than you and I". His basis for that claim - the fact that some fish eat "sharp shellfish and spiny fish". Dogs and other animals crunch bones; like fish, they use their teeth. Or is Paxevanos suggesting that dogs also don't feel pain like we do?

In her book, *Do Fish Feel Pain?*, published last year, marine biologist Dr Victoria Braithwaite summed up the available research and answered the question posed by the title with, "Yes, they do". Paxevanos's reference to previously hooked fish "happily" sporting detached hooks through their faces as "body jewellery" shows the arrogant disdain that is typical of humans who subject animals to pain, stress and death purely for the fun of it.

Mike O Shaughnessy, Spence

Canberra Times, Monday 12 July 2011

Deer killers

I'm more than a little bemused by Aaron Tucker's description (Letters, September 1) of deer hunting as a "legitimate, healthy, outdoor, conservation-based" activity.

Let's break that down: "Legitimate" - deer hunting is probably lawful, sadly, but reasonable or justifiable? Not when you consider deer as sentient animals who value their lives and will certainly suffer when the hunter's first shot is less than 100 per cent accurate. "Healthy" and "outdoor" - both would apply to a bush-walk carried out without the violence and killing. "Conservation-based" - now here's the cracker. The Australian Deer Association's interest in conservation is focused on conserving enough deer for its members to kill. The association's website states that it was "formed specifically to better the deer's status and to ensure its perpetuity as a free roaming game animal".

I have to admit a total lack of understanding of anyone who can regard the wanton killing of another being as a legitimate, healthy recreational activity.

Finally, I'd have expected the vice-president of the ACT branch of the association to have identified himself in his self-serving letter - or is that a different Aaron Tucker?

Mike O'Shaughnessy, Spence

Things you mightn't know are vegan

OK, so none of these are healthy. But they are tasty. Some contain MSG. Thanks to Natasha for this info.

Drinks:

- Red Bull
- V energy drinks (turns out the taurine and vitamins are synthetic)

Biscuits:

- Paradise jam fancy
- Oreo (no the mini or strawberry variety) – plain and chocolate variety
- Arnotts Lemon Crisp
- Arnotts Jatz biscuits (new recipe)
- Arnotts Strawberry Shortcake
- Arnotts Nice
- Arnotts Choc Ripple
- Arnotts BBQ Shapes Paradise Jam Fancies

Lollies:

- Allens jelly beans
- Aldi sour straps (99c bag)
- Coles brand choc mint crunch
- Coles brand sherbet bombs
- Woolworths home brand jelly babies
- Ricci liquorices (all flavours)
- Skittles
- Kmart Lolliland brand hard jubes, soft jubes and mint leaves

Chocolate:

- Aldi - Moser Roth: Orange and Almond, 85% Dark, Mint, Chilli
- Whittakers: Dark Peanut Slab, Bittersweet Dark, 85%, Dark Peppermint Cream, Dark Rum n Raisin, Dark Orange, Dark Almond (Look in Woolies or Big W)
- Sweet William: All varieties (look in Health Food Aisle)
- Frys: Peppermint Cream, Original, Orange Cream (Look in the UK section at Woolies)
- Cooking Chocolate: Black and Gold Dark (in the block), Home Brand Dark (in the block), Sweet William Choc Chips (look in Coles or Supabarn)

- Woolworths Grain Wave Style Chips - Roast Onion and Sweet Chilli
- CCs Original Corn Chips
- Doritos Corn Chips Original
- Red Rock Deli Original
- Kettle Sea Salt
- Pringles: Texas BBQ Sauce, Original, Smokey Bacon Flavour
- Aldi - all original chips
- Aldi - Original Corn Chips
- Lolly Gobble Bliss Bombs

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.



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

Answer at the end of this newsletter.

Potato chips/popcorn:

- You'll Love Coles brand Salt and Vinegar
- Thins Original
- Smiths Original
- Grain Waves Original

A vegetarian bike tour in British Columbia

by Rod Katz

Saturday, 30 July 2011. Well a momentous day! The final leg of my bike tour. I woke at first light and crow of cock. Yes, I did unwittingly camp at a campground next door to a free range chicken farm. The chickens looked very happy as I pedalled away - no doubt exulting in the belief that they had paid back the revellers in the site next to me who had kept us all up past midnight.

There is lots to exult about even if you are not a free range chicken. The morning is perfect. No wind and the sun shafting through the mountains to ripen the blueberry rows. No wind means that if you stop moving you suffer the bites of a million mozzies. I've never been attacked with such ferocity as when I stop to take my vest off. I actually miss the headwinds of the last three days!



Summer on the ski slopes at Silver Star

The views towards the Whistler Mountains are incredible, especially crossing the Fraser River at Coquitlam. A completely different experience to the outbound trip which was in drizzle and mist. It seems the weather had tuned into the mood of the people. Everyone seems really psyched for a summery long weekend. Cars are towing boats or loaded with bikes and canoes.



Okanagan Lake from the West Road

By the time I get to Vancouver, 125kms later, it is 1:30

and I'm pooped. The B&B that I had booked was in Kitsilano. A fancy suburb with large standalone houses and well kept gardens. The proprietors, Julia and Ray, emigrated from Beijing a couple of years ago. They are very hard working and no doubt their kids will go to UBC and make good. If it has stages, Ray and Julia are in the 'trying very very hard' stage of running a B&B. I have never seen a place that is so clean. They ask guests to un-shoe Japanese style as they come into the hall which is a change for North America.



Kamalka Lake at Vernon

I settled in, showered and chatted with some of the other guests before testing the bed - excellent over a forty minute trial. I got onto the Internet and found veg restaurants in Kitsilano. There are quite a few... My kind of place!

A roll down the hill to the Dharma Kitchen, a restaurant that promotes mindful eating, seemed like a plan. It is open and welcoming even though it is only 5:30. I am delighted with a tempeh steak in coconut sauce served in a large bowl covered in a mix of foliage. As you prod through the greens with the chopsticks (teak?) you discover the "steak" strips and then the wonderfully satisfying rice in coconut sauce. A definite change for the better from the staple of veggie burgers that I have been pretty much surviving on for the last couple of weeks. Not that the veggie burgers are bad. Indeed, the one I had for dinner last night at Agassiz was excellent. The chef at the Horn of Plenty cafe there makes the patties himself and is rightly proud of them.

To celebrate the excellent main course, a dessert of banana tapioca was called for. I would get too much scorn from the rest of the family if I ordered tapioca in their company so it was wonderful to indulge myself. Yum. Warm and sweet - just like me ;-). Maybe if I go bike touring more often the family will appreciate me more...



Summer road from Merritt to Douglas Lake

In my short study, Canadians seem to accept vegetarianism without any of the raised eyebrows that I sometimes find at home. No explanations were called for or challenges issued. People thought it was much weirder that I was riding a bike over the mountain passes - even the people I passed fuming in the big RVs that had blown up or boiled over.

Ask 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.

Spring 2011

1. Why Kidneys are great, and how to look after yours...

Kidneys are amazing organs. Most of us have two of them, each a bean shaped organ the size of a conventional computer mouse, located on each side of our lower back. They may be small, but they do a lot! Kidneys filter 190 litres of blood each day, and then concentrate that into around 2 litres of urine. This helps the body remove waste products like urea, which would otherwise build up and cause problems. Kidneys also help you regulate your blood pressure, stimulate the bone marrow to make red blood cells, and help to keep your bones strong by controlling how much calcium goes into the urine.

Doing all this work with our blood makes our kidneys vulnerable though – high blood pressure and high blood sugar levels (for those with diabetes) can damage kidneys. So can recurrent urinary tract infections (if you get more than 1 per year). Kidney damage is called “silent”, because we can lose up to 90% of kidney function without getting symptoms and in many cases, the damage is not reversible. One in 3 Australians is at risk of progressive damage to their kidneys (Chronic Kidney Disease) which leads eventually to kidney

failure and dialysis (being attached to an artificial kidney for 20 hr/week) or transplant or death.

To look after your kidneys, there are a lot of healthy choices you can make. Because two big risk factors are diabetes and heart disease (high blood pressure) all the normal healthy eating advice applies – if you can stay at a healthy weight and exercise (even just a brisk walk) 5 times per week, your kidneys will thank you. Remember that if you are overweight, losing just 5-10% of your body weight can significantly improve your blood pressure and reduce your risk of disease, even if it doesn't bring you into your healthy weight range.¹ Smoking and excess alcohol are also risk factors for kidney damage – but we know those are a bad for us!

Some tips to look after your kidneys...

- **Choose Water** – water is the best drink to quench thirst because it has no calories and no caffeine. Caffeine is a diuretic (takes water from our bodies) and can it irritate the bladder.
- **Drink when you are thirsty** – this sounds simple, but many of us ignore our thirst. Adding a little lemon juice or mint to water can make it more appealing to drink, and always having a drink bottle with you ensures water is available when you are thirsty.
- **Get moving!** 30 minutes of exercise 5 times per week will reduce your risk of many chronic diseases and it will help lower your blood pressure if it is high.
- **Choose a balanced diet of healthy foods** – see my articles on 'Basic Veg*n nutrition' and 'Healthy Snacking' on the ACT Vegetarian Society website, or one of the many other resources around on healthy eating.
- If you have any of the risk factors for kidney disease... **Take Action.** Your doctor and dietician team can help you to lose weight, lower your blood pressure and manage your blood sugars (if you have diabetes). Your doctor can also help if you are having pain around your kidneys, recurrent UTIs, or if you want help quitting smoking. Remember that kidney damage can be slowed and even stopped, but it is hard to reverse – so prevent it!

For more information, check out Kidney Health Australia at <http://www.kidney.org.au/>

¹ It will also reduce your cholesterol levels and improve your body's response to insulin.

CONTACT US

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Answer to "Who Said That?"

"In fact, if one person is unkind to an animal it is considered to be cruelty, but where a lot of people are unkind to animals, especially in the name of commerce, the cruelty is condoned and, once large sums of money are at stake, will be defended to the last by otherwise intelligent people."

—Ruth Harrison, author of *Animal Machines*

New and renewing MEMBERS

We warmly welcome the following people into the Society:

Amy Bascomb	Mark Laugesen
Anastasia Lipapis	Mark Ma
Dimitrie Vicol	Monika Kuppelwieser
Edgar Crook	Renee Smith
Gaye Byron	Rob Regent
Heidi Markmann	Shima Masoumi
Ian Morris	Stephen Pulpitel
Jessica Hudspeth	Sue Paice
Katrina Musk	Sybil Wishart
Louise Hanson	Tamzen Armer
Marcus Edwardes	Tony Harris

Sudoku Solution:

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

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