



ACTIVE VEGETARIAN SOCIETY

Summer 2011

VEGETARIAN BITES NEWSLETTER

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WELCOME



to the Summer edition of the Vegetarian Society newsletter. Is it summer though? Not much evidence in the weather!

The Society has been quite busy this year, with all sorts of get-togethers and stalls, including one at the Living Green Festival (LGF) at the Albert Hall on 16th of October. What a great day! The weather couldn't have been much better, there were over 50 colourful and eclectic stalls, lots to see and do and the turnout was fantastic – almost 2000 people. I would like to thank my fellow committee members and everyone who was there or assisted in some capacity, including our amazing team of volunteers and all the happy, smiling attendees. Everything came together to make a fun and successful Festival. If you attended and didn't fill out a survey we would still love to hear from you. Your comments will help us make an even better LGF in 2012. You can contact me at the address below and I will send you the survey. All responses are treated as confidential and your contact details will not be kept. Feel free to drop into our Facebook page and leave a story of your experience of the Festival, too.

If you like desserts you're in for a treat (no pun intended). Our recipe section this edition is loaded with them. Thanks to everyone who has contributed to the Summer 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@vegetariansociety.org.au.

Tracey Lofthouse, Ed.

Please note: "Vegetarian" is at all times inclusive of "Vegan"

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



A new friend found in a wheat-field in Poland

The year has raced by with so much having happened. It has been a very productive year for the Society with; a Raw Food Vegan workshop, a fantastic talk at ANU on Vegan and Vegetarian nutrition, a talk and panel at a High School assembly, a 40 km bike ride around Lake Burley Griffin, some cooking classes, stalls, walks, picnics, climate change rallies, restaurant meals and potlucks in people's homes. We created a completely new website which has many interactive features including a forum, restaurant review section and recipe sections. Our Facebook page has

also become a very active space with many lively discussions occurring about all sorts of topics.

Some Important News

Proposed Name Change and Amendments to the Constitution.

At our last meeting the committee decided to call a General Meeting which will take place in February 2012 prior to our AGM. This will be an opportunity for all members to vote on a 'Special Resolution' to change the name of the Society to 'The ACT Vegetarian and Vegan Society'. If this resolution is successful changes to the Constitution will also be voted on. These would be to remove a number of paragraphs which refer to dairy products and eggs and similar things. The Society's 'objects' would then clearly be to promote a diet and lifestyle that causes the least possible suffering to animals.

The Constitution was written many years ago and some things have changed since then. The proposed amendments would bring the Constitution in line with how the Society has actually functioned for many years. For those of you who have helped at or passed by our stalls you will have seen that our display boards and all of our pamphlets and information promote a vegan diet. All the food baked for stalls and events is similarly 'plant-based' i.e. dairy and egg-free. These changes would not effect the actual functioning of the group, they would just be a truer reflection of how we actually do work.

Many people appear to be transitioning quite quickly from a lacto-ovo-vegetarian diet to a vegan diet these days. This may partly be due to the increased availability of information about the practises of the dairy and egg industry. A large number of the people who contact me about the society say they are already vegan or are 'transitioning to a vegan diet'. Our Society has to reflect the needs and wishes of our members and we must be willing to grow and change. Everyone would continue to be very welcome to join the Society and come to our events. We are an open, friendly and inclusive group of people. People are welcome to contact me via email if they wish to discuss any of these things.

president@vegetariansociety.org.au

Some other Exciting News

Formation of an AnimalACTivism Collective

Activism is something that is an integral part of the Vegetarian Society, in fact I think outreach is the main reason the Society exists. Recently I was thinking about how we could be more effective in educating about animal issues and promoting a lifestyle that causes the least possible suffering to animals. I was wanting to do more activism with others in a non-aggressive, non-judgmental and friendly manner. I was also hoping to increase the connection between keen individuals, and across groups, so that we could work more cooperatively and effectively. There is so much that we could be doing and it is more inspiring and fun to do it with other like-minded friends. Forming a larger 'activism collective' seemed to be the way to go.

The first step was to make an idea a reality. The first stage was to gather up interested people. Next step was to come together. A bunch of us had a lively and inspiring gathering and shared meal on Nov 19th and the outcome of this meeting was the formation of a core group of people who are keen to be involved with animal activism and outreach. As we have only had one meeting so far we still have quite a few things to work out. The core group will come together to organise and plan outreach activities which will be publicised via our many networks. Anyone who wants to make a difference for the animals is very welcome to participate. The Vegetarian Society will be supporting this AnimalACTivism work by providing flyers, display boards and other equipment, as well as publicising activities. Some people from the society will also be actively involved in this core group, including myself.



Some of the ACTivism group enjoying a hearty lunch

Our first activity will be to create a club at ANU and have a stall at O Week. The plan will be to have many stalls and to do leafleting at the Unis. One of our initial events will be to have a workshop led by Joe Brock on non-violent communication. A workshop on Activism is also in the pipeline with Bede from 'A Poultry Place'. There will also be a film night and panel discussion at ANU Food Coop early in 2012.

If you would like to be involved with this AnimalACTivism collective either by being part of the organising group, or by being part of the network of 'helpers' at events please contact president@vegetariansociety.org.au

Committee for 2012

A number of our committee will not be re-electing in 2012 due to other personal commitments and some have also served for a few years.

It is absolutely essential that new and younger people become involved with the Society if it is to grow and remain vital and useful. Our Society had a good beginning 20 years ago when it was started by Kimberley as an enthusiastic 19 year old who was looking to meet other vegetarians. So don't let age or experience be a barrier! Being on a committee is a

brilliant opportunity to learn lots of new skills. If you care about animal welfare, the environment, health and veg lifestyle and would like to be part of a team working on these things in a constructive way please contact president@vegetariansociety.org.au and I will give you some more information. We have monthly meetings and committee members need to be willing to take on an active role. The main requirements are a cooperative and friendly approach and a willingness to do 'real things'. Our meetings do involve 'talk' but the talk is only there to enable action! If the Society is to continue its good work we will be needing five or more new people to join our team in 2012.

Jyoti Dambiec

Dairy

By Jess Ferry

There's nothing wrong with dairy, right? Happy cows living in fields of green giving their milk freely to farmers who in return look after them and have their best interests at heart.

It sounds like a pleasant and beneficial exchange for both human and non-human.

Well that scenario is what the dairy industry would like us to believe anyway.

Dairy cows

The reality is that 1,700,000 Australian dairy cows are kept in a non-stop cycle of impregnation to each produce around 5,250 litres of milk per year.

The cows are viewed as commodities only kept in good health to allow their products to be taken and sold and when they are no longer deemed valuable they are killed.

They can suffer from mastitis (infection in the teat and udders), lameness (such as laminitis where ligaments tear due to the weight of the udder), and diseases such as Bovine's disease.

They are impregnated (usually by artificial insemination) annually to maintain their milk supply. According to the *Dairy Australia's InCalf* book, which is a farmer's guide to achieving the best reproductive performance in dairy cows, the most important question a farmer can ask themselves each day is not how can I keep my cows healthy *and* happy but; "Today, have I done all I can to ensure high reproductive performance?"

Dairy cows' babies are removed from them within a few hours of birth. *Dairy Australia's* website states that the early removal is to prevent disease and reduce stress on cow and baby as "there will be minimal bonding between them". But cows are known to bellow for their babies for days after only spending a few hours with their newborn. New mothers are returned to the milking herd to maximise profits and the milk that should go to their calf is processed for human consumption.

If they do not fall pregnant regularly or stop producing copious amounts of milk dairy cows are no longer valuable to the farmer and are 'culled' – in other words slaughtered. Domestic cows can live up to 20 years. In Australia, a dairy cow would be lucky to see her 7th birthday.

Dairy offspring

Dairy Australia has an education site which encourages teachers and students to learn all about the fun world of dairy. It has a module labelled 'From farm to plate' which proclaims that "female calves grow into heifers and then milking cows and male calves become bulls and are often sold".

But once again the website skips over the realities of the industry preferring to give children games to play rather than reveal the truth.

To keep a cow in a lactating state, i.e. producing milk, she must be kept in a cycle of pregnancy and calving. So if there are 1.6 million dairy cows in Australia (*Dairy Australia stats 2010*) and every year they give birth to a calf shouldn't Australia be overflowing with heifers and bulls?

What the education website doesn't tell people is that there are actually three possible outcomes for calves borne of dairy cows.

Heifers who join the milking herd

Heifers are female calves who haven't given birth. Small numbers of heifers are kept for milking where, like their mothers, they are committed to a lifelong cycle of impregnation, calving, and lactation. The calves who remain to become milkers can then be subject to procedures such as de-budding (removal of their horn buds usually carried out without pain relief) and tail docking (believed to reduce risk of infection but causes frustration to the cows as they are unable to keep flies off themselves).

See the next part of the story to find out what happens to the girls who don't make the cut as dairy cows...

Calves who are used by the meat industry

On some farms, a small percentage of dairy cows may be mated with a 'beef' bull to produce calves who have the potential to be beef cattle. Remember though that these calves only have the *potential* to become beef cattle. Dairy calves, due to genetics, do not grow at the same rate as beef calves and their meat quality is considered sub-standard by the beef industry.

Another small percentage are raised for veal products. *Dairy Australia* insists that, unlike the overseas veal market, male calves are not kept isolated in veal crates and fed low-iron diets to obtain the prized white meat. However groups of male calves still may be reared on grain and hay and killed at 22 to 35 weeks to produce red or pink veal.

Calves not needed for herd replacement and not suitable for beef or veal production

The third and most likely outcome for a dairy calf is a premature slaughter. The more cost-effective method of impregnation, artificial insemination, is being utilised more regularly to impregnate dairy cows and this has resulted in less demand for male calves to be kept as future breeding bulls. Add this and the fact that male calves have nothing of monetary value to offer dairy farmers and the result is that 700,000 bobby calves are slaughtered each year as 'waste-products' of the dairy industry. Calves are either killed at birth or trucked off to abattoirs when they are barely five days old. This issue of bobby calves was recently the subject of a national campaign by animal protection organisation *Animals Australia*. Their campaign aimed to raise awareness about the cruel Australian livestock transport standards which deem it acceptable to withhold food (milk) from five day old calves for up to 30 hours before they are slaughtered.

"As soon as calves reach their fifth day of life the Australian livestock transport standards allow the calves to be transported to abattoirs and saleyards. Bewildered calves are subjected to the stresses of unfamiliar sights and sounds and multiple and often rough handling as they are transported to calf scales, sale yards and slaughterhouses. This means that calves can be fed in the morning, then transported and kept at the abattoir overnight without any food before being killed the next day. To go without food for such an extensive period of time has an enormous negative welfare impact due to a feeling of hunger next to the already stressful event of transport. Whilst calves normally suckle about 5 times a day, the Australian Standards and Guidelines for transporting animals allow this to happen."

Animals Australia

The majority of dairy calves have no value to farmers and are killed as a consequence. Once again the *Dairy Australia* website is caught in a blatant lie when they say; "No one loves calves more than farmers..."

The World Health Organisation recommends increasing physical activity, reducing intakes of animal protein, and increasing consumption of fruit and vegetables to promote healthy bones. But the dairy industry would have us believe that milk and milk products are a necessary component of our diets for healthy bones. There is inherent cruelty in the dairy industry and all the nutrients they claim we must consume dairy for are available in a plant based diet so there is no need to support an industry that exploits animals for the sake of profit.

Green smoothie paves the way to George Benson's green room

By Maryanne McKay

I entered a photo of my raw, vegan, nutritious, delicious green smoothie in 666 ABC Canberra's *Feast: Show us your Breakfast* competition – and won! The prize: tickets to see George Benson live in concert at the Enlighten festival, and backstage admission to meet the great man too!

I was motivated to enter the competition equally by the chance of meeting George Benson and the opportunity to promote a vegan alternative to breakfasts that are so often reliant on animal exploitation – particularly dairy milk.



The famous Green Smoothie – see Recipes section for more info

A recently awakened convert to veganism after over 25 years of being vegetarian, I'm passionate about sharing delicious, healthy and easy vegan recipes with friends. Kemi Nekvapil's raw food workshop in October last year introduced me to the raw, vegan green smoothie; that's been breakfast for me ever since and I have never felt healthier. I saw the competition as a great opportunity to share the breakfast idea and hopefully inspire a broader audience.

The ABC informed me that my entry had been shortlisted. But I didn't know I'd won until Louise Maher announced it on air, as I was waiting excitedly and nervously on the phone line. I spent the rest of the week beside myself with excitement in anticipation of the concert.

I took my vegan friend, former ACT Vegetarian Society President and big George Benson fan, Robert Davy, and we started the night early with a tour of the wonderful *Ballets Russes* exhibition at the National Gallery, which was part of the festival experience included in the prize. We then meandered through the Sculpture Garden and over to the grassy outdoor amphitheatre at Commonwealth Place, overlooking the lake. We enjoyed a delicious home-made vegan picnic of spicy quinoa pilaf and polenta chocolate cake, while listening to the smooth tones of Afro Celt Sound System, a fantastic world music outfit from the UK who were touring Australia and playing at the WOMADelaide festival that weekend.

When George Benson graced the stage at 9.30 pm, I abandoned the picnic rug. Poised second from the front in the 'dance zone', watching such outstanding musicians on stage – headed by the great man of jazz and funk (and R&B and pop and ...) – was simply terrific. He rolled out his old hits and a few newbies to a delighted crowd. Encore was none other than *On Broadway*, where George had swiftly changed from his suave white suit jacket to a crowd-pleasing bright pink jacket.

Meeting the man after the concert was truly an honour and a privilege – if all too fleeting. From behind his dark shades, George warmly shook our hands, signed our complimentary CDs (and my green smoothie recipe!), and chatted briefly about his whirlwind trip to Canberra, before his minders shuffled him off to dinner. We were so overwhelmed, we forgot to ask for a photo!



Robert with Stanley Banks

An unexpected highlight for both Robert and I was meeting George's bass player, Stanley Banks. Funky as all get up, an exquisite musician, and wonderfully charismatic on stage, Stanley was friendly and cheerful – and instantly taken with Robert's 'Herbivore' T-shirt! As Stanley rummaged in his wallet for business cards, he excitedly chatted about being a raw food enthusiast, and, as he put it, 'working on' becoming vegetarian. A lovely connection and a fitting bookend to our fantastic night that came about from the humble yet healthy and life-enriching raw, vegan, nutritious, delicious green smoothie!

Q&A 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.

Iron

Q: Parsley seems to be VERY high in iron -- but it also contains a lot of oxalates which I have heard can leach iron and calcium in high quantities. Therefore would you say parsley should only be used moderately, even though it contains high amounts of good things?

A: Parsley does have lots of iron, as well as oxalates and phytates which are fibres found in many plant foods, and which bind iron and calcium. However, my understanding is that they are already bound to the iron/calcium within the food. Thus they do not 'strip your body of iron' but rather reduce the amount of iron you can absorb from the food. So although parsley and spinach have lots of iron, you actually don't absorb that much of it. But they don't take away iron from other

foods or from your body. So use as much parsley as you like, but don't count on it to provide all your iron!

Q: Are there any extremely good sources of non-haem iron (miracle foods!) which don't have any side effects?

A: Non-haem iron is found in foods like beans, especially kidney beans, and greens (including parsley and spinach). By eating a vitamin C food (like orange juice, fruit, red capsicum, raw tomato) with the non-haem iron, you can increase absorption, thus get more iron from the meal. There's no real need for "miracle foods" and I don't know of any veg*n "miracle iron sources" - even red meat like steak doesn't provide more than spinach - it is all about absorption!

Q: Which fortified cereals (if any) do you recommend as good sources of iron?

A: Many ready to eat cereals are fortified with iron. Check the nutrition information panel on the back of your favourites, looking for around 3mg of iron per serve. It is good to choose whole grain, low sugar options. It is less common for muesli/oats to be fortified, but these are still a good food to include in your diet as they are a less processed whole grain with a low GI, and have cholesterol lowering properties. Iron fortified cereals make useful contribution the iron intake of most Australians, and I, personally, eat them, however, it is possible to get your iron from other sources.

Climate Change camp 2010

By Karin Schultz

Hi I'm Karin...I am a subscriber that still wants to attend a meeting or a picnic! I'm usually somewhere else a few hundred miles away. In the first weekend of December 2010 it happened again. I caught the train to Climate Camp, held this year in NSW up at Lake Liddel near Muswellbrook where there were extraconfrontational views of the Bayswater Power plant over across the man made lake that provides water to maintain the 'plant'. It was a surprise to me how much effort had been put into organisation to maintain consensus and ensure peaceful activism and make an impact for media whilst bringing people in with a wide range of experience, speaking, writing, workshopping, playing music, watching films like 'Home', 'Our Generation', 'Gasland' and demonstrating against..... business as usual whilst Coal burns.

One forum on climate solutions had visiting speakers from the 100% Renewable Campaign and Beyond Zero Emissions who outlined the Zero Carbon Australia Project developed at Melbourne Uni on transitioning to 100% renewable energy in 10 years. It is terrible to realise that the mining companies because of their investments in oil, coal and now coal seam gas, are so unwilling to budge and are willing to invest millions in advertising to not make the change to 100% renewables possible in 10 years.

I ate beautiful vegetarian breakfast, lunch and dinner at the Climate Camp which was planning for better weather and a tent city of a thousand. The bad weather brought the numbers down but we could feast in abundance, double portions, on local food and fresh milk....the Hunter Valley was once dotted with hundreds

of little dairies. Our cook in charge was a Frenchman who has delayed returning to France by enrolling in a cooking course here making pastries and chocolates. He was assisted by very willing volunteers and the food was superb. Next Climate Action Camp I will definitely go for the lovely food as well. This time I was even amazed at the background research the organisers, known in Newcastle as Rising Tide, put into the making the five day camp a success for bringing people together to learn and play and make a final colourful peaceful demonstration. Most of the 150 campers who ranged in age from a Kakoda trail veteran of 87 to a sweet baby of a couple of months, expected to walk five kilometres carrying the baby to the entrance of the Bayswater power station to protest. We only got 1 kilometre down the road from the camp in the blinding sunshine when to my surprise the seven foot barrier fence between us and the tracks where the coal train had been thundering along at regular intervals, was pushed over. The fence had been carefully modified the day before by a strategic few, in order that the event would be a surprise also to the police. The protesters then divided into two groups. About half who were willing to face arrest then left the road and walked across the fallen fence down to the railway track and set up the blockade with some locking - on to the tracks. The protesters up at the road had a truck from which they had a platform and microphone to give moral support with speeches and music and some incredible cheer leader presentations by a talented group of women who wrote and strutted their stuff. The police were in good humour in general. As far as the planned arrests...I believe all those who remained on the tracks were arrested over the day..but with a lawyer present and a legal support team and two people assigned the job of communicating officially with police all went as planned..whilst moral support was directed down from the road above. At about 3pm a deluge of rain came and the police didn't have umbrellas...many protesters had to use placards to shelter under and some relaxed under a large tarp, others had brought umbrellas or jackets, so we hung in there. By 4pm many of the supporters were taking the shuttle bus back to camp to be able to get back to their homes. However there was a lot of work still needed to be done after many had left to pack up four large marquees and a dome and equipment. I'm incredibly grateful for the local people who helped Rising Tide host the event...and who had to look after the final cleanup. I'm also very grateful to the people who were willing to be peacefully arrested to demonstrate their commitment, in particular to bring Kristina Keneally to respond to the urgent petition of people who live and work in the Hunter Valley and all of us who don't want big business as usual at the expense of people's health and well being. The three demands to the State Government are:

1. Withdraw the Bayswater B proposal (which would involve adding a power plant the same size as Bayswater and after that 15 more proposed power plants in the next few years in NSW).
2. Commit to no new coal mines in NSW.
3. Immediately begin a transition to renewable energy. You can follow the news and get some pics and twitter or Facebook links by going to www.climatecamp.org.au

For more helpful info you can check out Noel Pearson's writings. He is an expert on coal at The Global Change Institute at the University of Qld with other experts in food security and ocean science: www.gci.uq.edu.au
Tanya Newman a social movement educator from NZ who facilitated at Climate Camp, has written a report on democratic use of 'spokescouncils' at the Climate Camp: www.thechangeagency.org/03_eneews/newsletter.asp?ID=340, and



Member Discounts

Don't forget that flashing your Veg Society membership card around can get you some pretty cool stuff in certain places.

Below are just a few of the places you can receive a discount for satisfying your hunger.

Restaurants

Au Lac Gourmet Vegetarian Restaurant

What: 10% off - open for lunch Tuesdays-Sundays and dinner every night from 5.30pm and is BYO.

Where: Shop 4/39 Woolley St, DICKSON ACT 2602

Contact: (02) 6262 8922.

Kingsland Vegetarian Restaurant

New owner – now purely vegan

What: 10% Discount (20% discount on Tuesdays and Wednesdays for cash payment)

Where: Dickson Plaza, 28 Challis St, Dickson ACT 2602

Contact: 02) 6262 9350

My Rainbow Dreams Cafe

What: 10% Discount

Where: Shop G1b, Dickson Chambers, DICKSON ACT 2602 (opposite the Dickson Post Office)

Contact: 02) 6247 8591



Shopping

Mountain Creek Wholefoods

What: 5% Discount or 10% on purchases over \$100.

Where: Griffith Shops Unit 1/14 Barker Street, Griffith ACT

Contact: 02) 6295 1474

Organic Energy

5% for members (10% for people on cancer diets)
Griffith Shops - Shop 8A Barker Street Griffith ACT
Phone: 02) 6295 670



- Functional medicine
- Weight loss programs
- Diet and lifestyle advice
- Bach flower essences
- Kinesiology
- Iridology
- Reiki

We also have a large range of allergy friendly and vegetarian products. All vegetarian society members now receive 10% off any full price purchases.

Shopping

Just a reminder of some places to get vegan goodies

Yummy lollies available from
<http://stillwatergift.com/index.aspx>

As Nature Intended

Organic foods and Café

What: 10% Discount (grocery items only, not on café items)

Where: Belconnen Markets

Contact: 02) 6253 0444



These Choccola's (left) now available from Supabarn Civic in the chocolate aisle. Also available from online stores such as The Cruelty Free Shop

The Allergy Centre (Go Vita)

What: 10% discount on food products

Where: Shop 2, Jamison Centre, Bowman Street, Macquarie

Contact: 02) 6251 2670; allergycentre@bigpond.com

At The Allergy Centre we have fully qualified naturopaths who are available for consultations during which clients are provided with a complete health appraisal and treatment plan to suit individual needs.

We offer treatment for people suffering from various allergies, food intolerances and environmental sensitivities.

We also treat a wide range of health conditions with the emphasis being on identifying and correcting imbalances within the body to restore optimal function. Our treatments include the use of herbal medicines, nutritional supplements, homeopathy and dietary and lifestyle advice.

- Naturopathy, nutrition, herbs and homoeopathy

The festive season can be a difficult time for some, with all the mindless over-consumption of everything, but there is support available. Check out the Society's and other veg*n websites, forums and Facebook pages to talk to like-minded friends. AND for all your vegetarian shopping needs:

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



RECIPES

ENTREES/SIDE-DISHES

Cranberry Cornucopia

from *Meatout Mondays recipes @meatoutmondays.org*

This fantastic recipe was recently featured in the New York Times blog on holiday recipes. Created by popular vegan chef Nava Atlas, it's included in her new book [Vegan Holiday Kitchen](#). She says, "While it's a festive eye-ful, it's too good to save for only special occasions, and too simple not to make for everyday meals." It also makes an attractive party dish!



Ingredients:

- 1 cup black rice or wild rice
- 3 Tbs. olive oil or other vegetable oil
- 3 - 4 cloves garlic, minced
- 3 - 4 scallions, green & white parts, thinly sliced
- 2 cups thawed frozen corn kernels
- 1/4 cup lemon or lime juice (or to taste)
- 1/4 - 1/2 cup chopped cilantro leaves (to taste)
- 2 tsp. ground cumin
- 1/2 tsp. dried oregano
- 1/4 tsp. dried thyme
- 1/2 cup dried cranberries
- salt & freshly ground pepper (to taste)
- 1/4 cup toasted pumpkin seeds (for topping)

Method:

- If using black rice, combine in a saucepan with 2 cups water; bring to a rapid simmer, then lower heat, cover and simmer gently until water is absorbed, about 30 minutes. (Note: If you'd like a more tender grain, add 1/2 cup more water and cook until absorbed. If using wild rice, combine with 3 cups water and cook same as above)
- Just before rice is done, heat half the oil in a large skillet.; add garlic and sauté over low heat until golden; add scallions and corn kernels and sauté just until warmed through
- Transfer cooked rice to skillet; turn heat up to medium-high, then add lime juice, cilantro, cumin, oregano, thyme, cranberries and remaining oil
- Gently stir the mixture, then season to taste with salt and pepper
- To serve, transfer to an attractive platter and sprinkle pumpkin seeds over the top

MAINS

Carrot and Cashew Nut Roast

from Wendy Ivey – thanks Wendy

Ingredients:

- 1 medium onion, chopped
- 1-2 cloves garlic, crushed
- 1 tbsp olive or sunflower oil
- 450g/1lb carrots, cooked and mashed
- 225g/8oz cashew nuts, ground
- 100g/4oz wholewheat breadcrumbs
- 1 tbsp light tahini
- 1.5 tsps caraway seeds
- 1 tsp yeast extract
- Juice of half a lemon
- 65ml/2.5fl.oz stock from carrots or water
- Salt and pepper

Method:

- Fry the onion and garlic in oil until soft.
- Mix together with all the other ingredients and season to taste.
- Place the mixture in a greased 900g/2lb loaf tin
- Cover with foil and bake at 180 degreesC/350 degreesF/Gas Mark 4 for 1 hour
- Remove the foil and bake a further 10 minutes
- Leave to stand in the baking tin for at least 10 minutes before turning out.
- Garnish as desired, full flavour more prominent when served cold.

Enjoy!

Wendy tells me this roast is delicious and it's on my list to try soon - Ed

DESSERTS

The World's Best (and Easiest) Vegan Chocolate Pudding

by Jo Stepaniak <http://www.vegsource.com/jo>

From *Vegan Vittles: Second Helpings*

Great homemade chocolate pudding in under five minutes? You'll be an instant believer with this remarkable recipe.

Ingredients:

- 1 package (about 12 ounces) firm silken tofu, crumbled
- 1/3 to 1/2 cup organic "raw" sugar
- 1/3 cup unsweetened cocoa powder
- 2 teaspoons vanilla extract
- Tiny pinch salt (optional)

Method:

- Combine all the ingredients in a food processor or blender. Process until very smooth, creamy, and thick. Start with the smaller amount of sugar and add more to taste.
- Chill thoroughly before serving.

Stored in a covered container in the refrigerator, The World's Best (and Easiest) Chocolate Pudding will keep for about five days. Makes 1 1/2 cups

Vegan Christmas cake

from Gunter via Facebook – thanks Gunter

this recipe makes one large (24 cm springform) or two small cakes using spongetins @1015g each

Ingredients:

- 1000 g Fruit mix
- (Sultanas, Raisins, Currants, Mixed peel)
- 100-150 g raw sugar
- 250 g dairy free margarine
- 450 g plain flour " for gluten free use (besan chickpea flour"
- pinch of salt
- 1 tsp baking powder
- 1 level tsp baking soda
- 450 ml soy milk
- almonds and glazed cherries to decorate
- 1-2 tbsp apricot jam

Method:

- Preheat oven to 160 deg C= 325 deg F
- Grease and line springform base with baking paper or foil
- Place fruit mix, soy milk, margarine and sugar into a saucepan. gently stir and heat
- Pour mixture into a mixing bowl. Add salt, baking soda, baking powder and flour
- Use a spatula or wooden spoon to combine all ingredients.
- Fill spring form with the cake mixture. Smooth the top of the cake using a wet spatula
- Decorate with almonds and cherries and bake the cake for 1 hour 50 minutes +/- or until cake tester comes out clean (for small cakes the baking time would be approximately 50-60 minutes or until cake tester comes out clean)
- Let the cake cool, remove the cake from the baking form /tin
- Using a small saucepan heat the apricot jam with 1-2 tbsp of water and brush over cake with a pastry brush

The cake freezes well.

Jyoti's Silken Tofu Blackberry, Strawberry Parfait 'Deluxe Deluxe'

this and the cashew cream variations further down from Jyoti Dambiec – thanks Jyoti

This is the 'deluxe' version of the 'Berry Tofu Parfait' that I had fun creating. This recipe is on the website. That was 'yummy enough' so I guess this is really the 'deluxe deluxe' version. But it's still simple to make - and simple to eat :) And as far as decadent desserts go, apart from the sugar, this is nutritious (unless of course you're into a 'raw and no sugar diet :). Pretty, tall parfait glasses and long-handled spoons are a must. It's a

great recipe for special occasions, but also a goodie for any day!

Ingredients:

- 1 cup blackberries (fresh or frozen)
- 500 g silken tofu (2 tube vacuum packs)
- 2/3 cup raw sugar approx. (or other sweetener)
- 2 tbs. arrowroot powder or cornflour
- 1 1/2 cups water (approx)
- 1 punnet strawberries
- small quantity of soycream or home-made whipped cashew cream (see Extras)

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.
- Reserve about 1/2 cup of the berry mixture.
- Put the silken tofu, sugar and remaining thickened berry mixture into a blender and whizz around until nice and smooth.
- Make nice layers in pretty tall parfait dishes. Put blended mixture first, then sprinkle with thin layer of coconut, and sliced strawberries.
- Put a layer of the reserved berry/cornflour mixture next. Continue layering like this until all the mixture is used up. End with coconut, strawberry layer. Then put a dollop of cashew cream to finish it. Leave in fridge for couple of hrs or more to set.

Comments - This makes about 6-7 dishes. You could use arrowroot in place of cornflour.



Jyoti's Silken Tofu Blackberry, Strawberry Parfait 'Deluxe Deluxe'

Vegan Baked Cheesecake Recipe

adapted from the Goodtaste website by Michele Brennan – thanks Michele

Ingredients:

- 1½ packets Arnott's Nice or other vegan biscuits
- 190 grams Nuttalex or other vegan margarine
- 3 tubs of Tofutti soy cream cheese
- 195 grams caster sugar
- ½ teaspoon vanilla extract (or 1 teaspoon vanilla essence)

- 2 tablespoons (approx.) lemon juice
- 2 tablespoons plain flour
- Egg replacer equivalent to 4 eggs
- 275 grams Tofutti soy sour cream

Method:

- Preheat oven to 160°C
- Line the base of a 23cm (base measurement) springform pan with non-stick baking paper
- Process the biscuits in a food processor until finely crushed. It works best if you break up the biscuits into a few pieces before putting them in the processor. You may need process the biscuits in more than one batch. (I.e. process ½ of the biscuits and put into a bowl, then process the remaining biscuits. When the second batch is finely crushed, put the crumbs from the first batch back in the processor before moving to next step)
- Add the melted margarine (if you melt the margarine in a glass measuring jug, it makes it easier to pour into the food processor chute) and process until well combined. Transfer mixture to the lined pan. Use a straight sided glass to spread the press the biscuit mixture firmly over the base and side of pan, leaving 1cm at the top of the pan. Cover with plastic wrap and place in the fridge for 30 minutes to chill
- If using egg replacer powder (such as Orgran No Egg, which I use) place the powder and specified amount of water in a small bowl and beat with an electric mixer until well combined
- Use an electric beater to beat the cream cheese, caster sugar, vanilla and lemon juice in a large bowl until just combined. Beat in the flour. Beat in the mixed egg replacer (or other egg substitute). Beat in the sour cream until just combined.
- Pour the cream cheese mixture into the base. Place the pan on a baking tray and bake for 1¼ - 1½ hours or until just set in the centre. Turn oven off. Leave the cheesecake in the oven, with the door ajar, for 2 hours or until completely cooled. This will prevent it from cracking. (I usually leave it in the oven overnight.) Place in the fridge for 4 hours to chill.

I sometimes serve the cheesecake with berry coulis and/or soy whipped cream. You can also spread vegan white chocolate chips on the base before adding the cream cheese.

I can totally vouch for the deliciousness of this cheesecake, having had it on a couple of occasions! – Ed.

Vegan Festive Cake

source unknown but has been successfully used by members!

Ingredients:

- 250g dates, chopped
- 250g mixed fruit
- 3½ tablespoons vegetable oil

- 1 cup apple juice
- 2 cups wholemeal flour (plain)
- 2 teaspoons baking powder
- ¼ cup chopped almonds
- Grated rind of 1 lemon
- 1 teaspoon mixed spice

Method:

- Mix together all ingredients
- Place mixture into a greased 20cm square tin
- Bake at 180°C for one hour
- Remove from oven and allow to cool in tin

Decorate to your own liking.

EXTRAS

Christmas reindeer poo

from Maryanne McKay - thanks Maryanne

Gluten-free, sugar-free, vegan reindeer poo. Makes a small mound of droppings. (Can double as bilby poo for Easter)

Ingredients:

(for the kiddies)

- 500 grams pitted dates
- 1/2 cup desiccated coconut
- 1 tablespoon raw cacao
- dash of fresh ginger, chopped
- half a pinch of salt, sea or Himalayan
- squirt of maple syrup, optional
- 2 tablespoons warm water

(for the big kiddies)

- a second tablespoon of cacao (for a rich poo)
- nuts, e.g. walnuts, pecans, 100 grams-ish, or whatever
- a grind of nutmeg

Method:

- Mix in a food processor until poo becomes one
- Roll into little poos.
- Roll in desiccated coconut.
- Chill (them in the fridge, you on the couch).



Reindeer poo

The recipes below for Cashew Cream and Cashew Whipped Cream are from a unique gourmet cookbook called 'The Conscious Cook'. The author is chef Tal Ronnen. Tal was the guy who prepared the vegan meals for Oprah Winfrey's '21-day vegan cleanse' a while back, and according to the blurb he is 'one of the most celebrated vegan chefs working today'.

Jyoti

Cashew Cream

Ingredients:

- 2 cups whole raw cashews rinsed very well under cold water.

Method:

- Put the cashews in a bowl and add cold water to cover them. Cover the bowl and refrigerate overnight.
- Drain and rinse cashews under cold water. Place in a blender with cold water to cover them by 2 1/2 cm
- Blend on high for several minutes until very smooth (if you're not using a professional high-speed blender such as a Vita-Mix, which creates an ultra-smooth cream, strain the cashew cream through a fine-mesh sieve)
- To make thick cashew cream, simply reduce the amount of water in the blender, so that the water just covers the cashews.

About Cashew Cream: 'Cashew Cream' is a vegan-chef staple that stands in for dairy in a variety of ways. In the raw-food world, where it originated, it's used in lots of desserts. When you cook with it, though, it can be so much more - from cheese filling in ravioli to heavy cream in soups. It can be stored two to three days in the refrigerator and can be frozen for up to six months (although after it's defrosted it can be a bit lumpy, so it's good to give it a spin in the blender to smooth it out before using it).

The trick when making cashew cream is to use raw cashews. They have no flavour of their own; they're just a vessel for fat and creaminess (It's the roasting that brings out the familiar sweetness in cashews). Because it has a nice fat content, cashew cream reduces in a pan even faster than heavy cream. (Soy milk which some people use in vegan cooking has no fat, so it doesn't reduce into a thick sauce - it's really not an alternative). Both cashew cream and whipped cashew cream are easy to make, you just need to remember to soak the cashews overnight. A shortcut is to put the cashews in a pot with water, bring them to a boil then turn off the heat, and let them soak for an hour. But this starts to leach out the sweetness, so you're better off with the overnight method.

Comments - I didn't have whole cashews on hand so used cashew bits. Also was in a bit of a hurry so didn't soak them first. And also didn't have the fancy-pants blender, but didn't sieve them. All went well without all these 'extras'.

Whipped Cashew Cream

Ingredients:

- 1 cup thick cashew cream
- 1/4 cup light agave nectar
- 1/2 teas. vanilla extract
- 1/4 cup water
- 2/3 cup refined coconut oil, warmed until liquid

Method:

- Place cashew cream in a blender and add the agave nectar, vanilla, and 1/4 cup water. Blend until thoroughly combined.
- With the blender running, slowly drizzle the coconut oil in through the hole in the blender lid. Blend until emulsified.
- Pour into a bowl and chill in the refrigerator, covered, for two hrs. Stir before serving.

Comments - So, this solves the 'vegan cream' thing :) The coconut oil solidifies when it is cold so this is what makes this the right consistency. I didn't have 'agave nectar' on hand and used icing sugar which was fine.

Yum! I personally find that raw cashews are quite sweet and am rather fond of them, so am keen to try these recipes – Ed

Green smoothie – raw, vegan, nutritious, delicious!

From Maryanne McKay (inspired and adapted from a recipe by Kemi Nekvapil – <http://keminekvapil.wordpress.com/>) – thanks Maryanne

Ingredients:

- organic leafy greens: a big bunch of one type or a mix (e.g. English spinach, pak choy, kale, parsley)
- seasonal fresh fruit: two or three servings – at least one sweet fruit is ideal (e.g. orange with peel cut off but pith left on, pear, pineapple, melon, stone fruit)
- optional: raw LSA mix (linseed, sunflower and almond meal), or other nuts or seeds
- water
- the secret ingredient... frozen banana! (peel banana and freeze; blend frozen... yum!)

Method:

- Blend and enjoy! I have a big glass for breakfast then fill my water bottle with the remainder and sip until lunch time.

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.

Fishy distinction

Canberra Times Sunday 9 October 2011

COULD someone please explain why the deliberate killing of a native bird at Yerrabi Ponds is a crime ("Man faces charge after swan death", Sunday Canberra Times, October 2, p7) while the same treatment meted out to any number of native animals at the same location, and waterways all over the territory, is regarded as wholesome, family fun?

This newspaper, along with many others, even gives handy hints and tips in weekly fishing columns on how better to hunt these animals.

Given that fish suffer in much the same ways as birds and mammals, how can hooking and killing a fish not also be "aggravated cruelty to an animal causing death"?

Mike O'Shaughnessy, Spence

Hen Hypocrisy

Canberra Times Tuesday 20 December 2011

I am appalled at the gall of the egg industry producing its own report claiming that caged hens have a lower greenhouse footprint than free range hens ("Emissions lower from caged hens", December 17, p5).

Of course, any production of any livestock, with all its inevitable cruelty to animals, has a many times higher greenhouse footprint than producing the same weight in grain or other vegetable crops. But to claim that caged hens produce less emissions than free-range hens, because they eat less is nothing short of disgusting hypocrisy.

Greenhouse gas emissions from transporting feed to caged hen facilities would many times outweigh emissions resulting from the slightly smaller amount of feed these factory farmed hens eat.

Obviously, if we wish to survive this greenhouse holocaust we have created, we must stop raising animals for food altogether. However, until this, or the only alternative (our own extinction), occurs, at least we can begin behaving in a slightly more civilised fashion towards the other creatures on this planet. Otherwise, we will not deserve to survive.

Frankie Seymour, Queanbeyan, NSW

Recent activities

Living Green Festival

16 October 2011, Albert Hall

Living Green Festival: a personal view

Canberra's first vegan festival was a real delight. I've been involved with organising the Sydney Vegan Expo for the last few years and so have not been able to fully enjoy the day. My visit to the Canberra Living Green Festival was the first time at a vegan festival where I did not have any responsibilities and so I could spend all day relaxing and taking in the good feelings. My first impressions were of an event that had had a lot of thought put into the details, to make the day flow smoothly for all the people who attended. Even though I had nothing official to do, I was busy all day! Catching up with old friends and making new ones. Sampling the delicious food (and missing out on a Funky Pie yet again - they sold out quickly as usual). Talking to the people on the stalls (although there were so many I don't think I managed to visit them all). Listening to some excellent talks. And of course gorging myself at the Cake and Compassion stall.

There was just so much going on that I'm really sorry I missed out on these: Being an Activist Workshop, Gardening Workshop, Massage Workshop, Climate Change and Diet talk and the talk by Senator Lee Rhiannon.

Canberra is so fortunate to have the Albert Hall as a venue. It's a perfect mix of indoor and outdoor areas. On the day, the blue skies and sunshine added an extra touch.



Mark Berriman on NSW stall, with Fiona and Karlene on ACT veg soc stall

I'd like to give a huge thank you to the organisers, Tracey, Tara and Jess, and to the many other kind-hearted helpers who made it such a great promotion of veganism to the people of Canberra. I will definitely be going again next year. All the best for 2012!

Greg McFarlane
President, NSW Vegan Society

The Veg. Soc. stall at LGF was placed within the Albert Hall next to the NSW Veg. Soc. stall, and had a steady flow of enquiries about the plant-based life-style from people passing by, and several wishing to join the society.

The volunteers serving at the stall were a great example to those curious, and I'll take this opportunity in thanking Andrew, Ellen, Ryan, Fiona, Karlene, Natalie and Maryanne for their help.

The day was a success with the sun shining, great food and entertainment, and an atmosphere of hope and energy for the future.

Claire Ede
Secretary, ACT Vegetarian Society and runner of the Society's stall



Claire with Andrew and Ellen



LGF Cake and Compassion stall, run by the Vegetarian Society and staffed by friendly volunteers

Kids' cooking Class

Wednesday, 21 September 2011

Rachel Aitchison hosted a kids cooking class in her home, on Wednesday afternoon during the school holidays. Together with her own children, a menu with all the ingredients was prepared, and the recipes printed out for the six other participants.



Salad preparation and for sharing (Yilani, Jenara, Sach, Lucia, Ellen and Atticus)

Menu:

Snack of beetroot and hummus dip

Entrée of rice balls

Main of lentil pies and quinoa salad

Dessert of orange and almond cup cakes, and sticky date cupcakes

Nibbles of savoury and sweet sticks.



Art in cooking – the sweet and savoury sticks

Orana Talk

21 September 2011

TALK & PANEL at Orana Steiner School in September

A small group of us got together to organise a presentation at a High School Assembly at Orana Steiner School in Sept.



Some of the panel L-R: Sophie, Mette, Chris Delforce and Joe Brock

I was involved in the 'background' work of drawing people together and networking, as seems to increasingly be one of my roles in life. Being an Art teacher at Orana and also having taught all the High school students over a number of years made it easier to coordinate this.

Chris Delforce gave an excellent presentation which touched on his personal story, animal welfare, environment and health issues from a vegan perspective. Joe Brock followed on by sharing his inspiring journey of vegan activism. Then there was a panel which included Chris, Joe and four of the vegetarian students from Orana from Y 8-12.

For the next 20 mins or so the few hundred High School students fired a whole range of questions their way. My role as one of the many teachers present was to ensure students were quiet and respectful; this was easy as they were all completely engaged and listening the whole time. It was hard to draw the assembly to a close as the questions kept coming. Afterwards Chris and Joe were surrounded by kids wanting to keep asking them things.

A brilliant bit of outreach - well done to everyone involved!

Jyoti

On the morning of the 21st of September, I had the pleasure of being part of a short presentation about vegetarianism and veganism to the students of Orana high school. Having spent so much of my time talking to people of my own generation about these issues, there was something inextricably joyous in being able to talk to people of such a young age. I have found that it is so easy to subconsciously assimilate into the role of an evangelist during animal rights advocacy. I think what I enjoyed the most about being involved in this event was that it was so impossible to do so. The minds of this audience were much too agile and inquisitive for this. Besides, the lack of preconceptions and prejudices we inevitably all acquire as we grow meant that there was no need to. I wish expressing how I feel about these things was always as free and uninhibited as it was that morning, and hope that my experience there will help it to be more so. My warmest thanks to Jyoti for giving me the opportunity to be a part of this.

Joe Brock

Family Picnic

John Knight Park

15 November 2011

By Claire Ede

The picnic at John Knight Park on the 15th November was a happy event, with two babies, and their mothers, three grandmothers and a quick visit from an aunt, and many ducklings.



As the organiser of the family picnics I would appreciate any feedback you can give me for the following questions:

- 1) Are you interested in joining with other vegos for picnics in and around Canberra? Do you have children? If so what ages are they?
- 2) Is there anything that would encourage you to attend picnics?
- 3) What times suit you:
 - a) weekends (around lunch time)
 - b) Saturday (am or pm)
 - c) Sunday (am or pm)
 - d) Friday evenings during daylight saving
 - e) School Holidays
 - 5) any other comments:

Thanks,

Karyn Fearnside

webmaster@vegetariansociety.org.au



Christmas Party

Sunday 11 December 2011

The day was looking most rainy from the Tuggeranong end of Canberra, but there was a reassuring email from Sundara to say he had plenty of undercover space, in case it did rain. We decided to go and invited a friend along. I made rice paper rolls which are fabulous for using all that yummy home grown mint.

We got there, and it seemed there hadn't been any rain yet. The 3 kids wasted no time in getting into the pool, and were soon joined by a couple of other brave souls, no adults though. The adults sat near the pool and were able to chat and watch the kids with half an eye, its always enjoyable talking to other vegos and getting to know each other better. We ate food when we felt like it, finally convincing the kids to get out of the pool and play a game of table tennis whilst they dried off. We left shortly after 7 just as a new wave of guests arrived. As we drove off, I could see the rain coming, we were able to stay on the outskirts of the storm all the way home. It was a great way to end the weekend on, thank you Sundara.

Karyn Fearnside

No, I wasn't game to swim. We had delicious food and drink and the threatening weather held off for several hours; long enough for the kids to swim and the adults to sit outside.

By the time most people had left it was starting to cool down considerably, so we moved the party inside to play a couple of games of pool. Soon thereafter the heavens opened with a vengeance, so we made that decision just in time!

It was great to see everyone one more time before Christmas.



Thanks to Sundara for hosting the event and for his always fabulous vegan pizzas, and to everyone else who attended and contributed lovely vegan eats.

Tracey Lofthouse

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.



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

Answer at the end of this newsletter.

Restaurant Review

Pilgrim's Restaurant, Milton

Saturday 26/11/2011

By Karlene Dickens

We visited Pilgrim's restaurant in Milton on the South Coast for lunch. Pilgrim's is a vegetarian café which serves homemade burgers, wraps and pies. It also has Mexican nights a few nights a week.

We sampled the burgers which were largely salad based (tabbouli, green or rice) with some options of beetroot, pineapple and avocado, with a lentil pattie or tofu, plus various sauce options. The burgers were very generously sized and packed with vegies. Somehow we still managed to find a way to finish them; it might've been how delicious they were. Yum!

We also sampled the chai shakes (I had the soy one) which were served in the old fashioned milkshake container. These were delicious too.

So, in short, freshly prepared food, all vegetarian (with vegan very easily accommodated if the original has egg or cheese with it). We will definitely be revisiting!

The No New Gifts Holiday Challenge

Posted: 22 Nov 2011 10:17 AM PST

Post written by [Leo Babauta](#)

From [zenhabits](#)

Are you ready to participate in the mad shopping frenzy that we partake in every year, not only on Black Friday but all holiday season long?

Are you ready for an incredible burst of spending, for racking up credit card debt, for the stress of buying things for everyone on your list?

Are you ready to consume an insane amount of resources, to have a huge impact on the environment, to work long hours to pay for all that?

Yep, it's the holiday season again, and with it comes the worst season for consumerism ever.

I say, let's opt out.

My family and I are issuing a challenge to all my wonderful readers, to the world: **The No New Gifts Holiday Challenge.**

What is this crazy challenge? It's simple — follow all these rules:

- Buy no new gifts during the holidays. Wait, whaaat? Don't fret, there are alternatives:
- Make gifts, like crafts or construction type gifts.
- Bake or cook consumable gifts like cookies.
- Give the gift of your service — wash cars, give a massage, babysit, clean a house, mow lawns, etc.
- Buy used gifts at thrift stores.
- Donate to charity, as a group.
- Volunteer at a charity together.
- Have a [shared experience](#) together.
- Create something, together, instead of consuming.
- Give to others things you don't need (a good sewing machine, etc.).
- Find [gratitude](#) for what we already have.

Are you in? Take the challenge! It'll be fun, you'll save a ton of money, and your family will get creative. Read on.

The Tradition of Traditions

Many people will scoff, and say they love giving gifts. It's a tradition, after all!

Well, sure. But new traditions can be made if the old ones aren't working out. And I'd argue the tradition of buying gifts is broken. Read: [The Case Against Buying Gifts.](#)

Do we really want to teach our children that giving is really all about buying? Do we want to teach them that to show love, you must buy something? Do we want to set an example of consumerism instead of creativity? Are we saying that the only way a family or friends can get together is if we spend a crapload of needless money?

No. Let's be more creative. Let's create new traditions.

What kind of traditions? What if families got together and played games? Built things? Went outdoors to hike, play games, swim, play in the snow, camp out? What if families taught each other how to make things?

What if families got together to help others? Volunteer at a soup kitchen, help others build houses, clean up a neighbourhood? Show that giving can be amazing, but it doesn't have to involve consumerism.

Get creative. Get healthy. Get constructive. Get compassionate.

But teh sales! All the money I'll save!

I think you know this already, but it's worth reminding ourselves that when you shop during a sale, you aren't saving money. You are spending it.

The best way to save money is by not buying at all.

Sure, there are some necessities that we need, but holiday sales are not about necessities. They're about convincing you that all these TVs, iPads, Kindle Fires, iPods, video game systems, clothes, power tools and more are necessities. You can't escape buying all this stuff, because it's Christmas dammit! So come down and save some money, and sign up for store credit while you're at it.



When retailers offer you a major sale, this is a good time to run in the other direction. They're trying to trick you into buying something you don't need. When you see an advertisement for something, anything, it's a good time to shut off whatever you're watching, or go to another website. You don't need it. Opt out of [Black Friday](#), at the very least. (We'll talk about [next year](#) later.)

But ... my family won't!

First, your whole family doesn't have to do this. Just you. You'll be an oddball, and some people won't understand, but you'll be leading by example. Send them a link to this post, and tell them Leo made you do it. Just because everyone else is doing massive consumerism, doesn't mean you have to.

Second, don't be fatalist. Your family might be willing to change, if you at least start the discussion. Again, send a link to this post. Ask them what they think. Challenge them to get creative.

This could save your family thousands of dollars, and be incredibly gratifying in the process. Instead of spending hours of shopping apart from each other, you could be spending hours together, doing things. [Celebrate the holidays simply.](#)

Talk about the benefits of changing, and the problems with the way things have been done.

These holidays weren't always about massive shopping. What did people do before department stores and malls and online retailers? How did they ever survive? Let's try to remember.

Dealing with Difficult People

Some friends or family members absolutely won't join you. That's OK. You don't need to force this on anyone.

Remember that everyone will change at their own pace, and not everyone will embrace changes like this. They'll feel threatened, or criticized. You need to try not to come off as critical of others, but more positive.

Tell them that they are not required to join you, but that you want to do this for your own sanity. You are trying to save money, but mostly you want to move away from consumerism. Ask only that they respect this.

Others might insist on getting you presents. Politely ask that they don't, but if they do, don't be ungrateful. It can be awkward — for years I've asked family not to buy me presents, only to have some of them buy me stuff anyway. I don't buy them anything, so it's weird. But these days I just smile, and say thank you, and appreciate the effort. It's a long education process, trust me.

In the meantime, you can still suggest starting other traditions, like playing games or going outside or volunteering.

Be patient. Others don't like to be forced into change, so just be the change you want to see in the world.



Veganarchy Sweets and Eats Catering is 100% Vegan. Like most small businesses, Veganarchy started as a hobby, with Gabrielle Carr spending hours baking, tweaking and taste-testing at home.

Recognising an opportunity, Gabrielle quickly progressed to offering up tasty treats for donation at local shows featuring national and international acts, and holding quarterly fund raising events, raising money for the RSPCA and Animal Liberation. From this, Veganarchy Sweets and Eats Catering was born.

With 4 years of vegan baking under her belt Gabrielle has developed an extensive catalogue of sweets. Focusing on making quality vegan baked goods that will rival any counterpart, Veganarchy has now begun catering for private, public, corporate and personal events.

With the goal of opening a vegan bakery + cafe in Canberra Australia, for now Veganarchy is concentrating on the wholesale and catering market expanding clientele, showcasing their products and proving that no animals need to be harmed to make a delicious moist cake, a melt in your mouth cookie or slice.

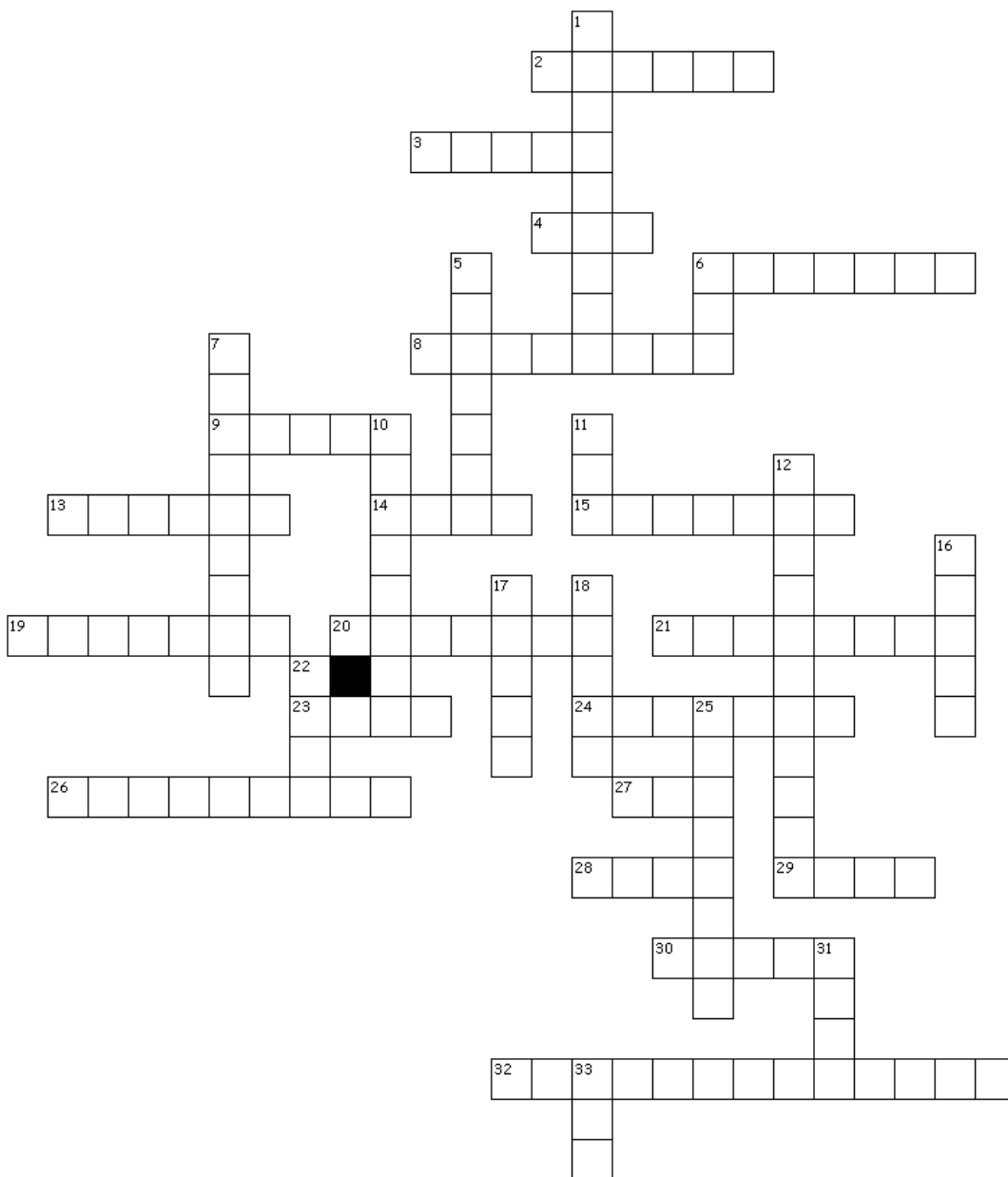
Veganarchy also specialises in allergen free baked goods, such as gluten free, soy free, and nut free. Please visit our website for a menu and contact us via our website www.veganarchy.com.au or email veganarchybaking@gmail.com. We'd love to be part of your next event!

VEGANARCHY
sweets & eats
VEGANARCHY.COM.AU



jhatphoto.com

Vegetarian Society Christmas Crossword



Across

2. Fermented soybean cake
3. Large summer fruit usually yellow in colour
4. White spirit flavoured with juniper berry
6. Vegetarian Christmas meal
8. Small brownish seeds containing lignans. Ground, can be used as egg-replacer in recipes.
9. One of these a day keeps the doctor away
13. This nut is good for your brain
14. Insincere; superficial
15. Edible fungi; also, treat made with chocolate
19. Popular brand of vegan dairy alternatives
20. English yeast spread
21. Smoked jalapeno chilli
23. This fruit is a good source of iron
24. Nutrient-dense pear-shaped fruit
26. Having green leaves throughout the entire year
27. An edible mushroom, that grows wild under pine or other evergreen trees: prized for its flavour
28. Popular holiday island for Australians

29. Excess; oversupply

30. Fruit high in potassium, usually pink inside

32. Thickening agent extracted from red seaweed 10, 3

Down

1. Wicked; villainous
5. Ancient Australian pine tree
6. Move head in agreement
7. Curdle; congeal
10. Purple or white vegetable member of Nightshade family. Good source of many nutrients, including manganese and potassium.
11. To do in a specific way
12. Traditional Christmas dessert 4, 7
16. Traditional Christmas colour
17. Roughage
18. Flour made from chickpeas
22. Cutting tool
25. Salad vegetable high in vitamin C
31. Shade of blue
33. Traditional Christmas colour

CONTACT US

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Belconnen Business Centre, ACT 2617



Answer to "Who Said That?"

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

— Mark Twain

New and renewing MEMBERS

We warmly welcome the following people into the Society:

Lara Martin
 Dan Slater
 Bridget Farrer
 Dianne Fraser
 Robyn Layton-Scheld



search ID: form1176

Sudoku Solution:

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

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