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WELCOME

to the Winter edition of Vegetarian Bites. How are you liking the cold nights (and days!) and the biting winds that seem to be a bit early this year? I thought they were supposed to mostly wait until Spring? Perhaps I've just forgotten... I'm not enjoying them, anyway. I know the ski season has been a bumper one so far this year but that is not helping me keep warm ☺

Thanks to everyone who has contributed to this edition. Please continue to send your contributions and comments to newsletter@vegetariansociety.org.au they are appreciated and help to make it *your* newsletter.

Tracey Lofthouse, Ed.

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



Who Said That?

Who was it who said...

"I am in favor of animal rights as well as human rights. That is the way of a whole human being"

Answer at the end of this newsletter.

From the President

Our new ACT Vegetarian Society website has been launched! This website will be the 'hub' of our Society activities and will change the way we do many things. In short it will mean our committee doesn't have to spend so much time on boring administrative tasks. You can now join online, direct credit membership fees, connect to the collective emails yourself etc. It will also enable you, our members to be more involved. There are sections for personal stories, recipes, restaurant reviews and the like. So we are eagerly looking forward to your contributions!



Chris Delforce giving a website lesson to our Website Manager Karyn

A great deal of work has gone into making this site happen. It was a huge task. A gigantic thank you to Chris Delforce for his amazing work on building the site and his willingness to add the many features we wanted to include to make it more interactive. Thanks Chris for the long hours you've put in and for your patience in explaining the 'back-end' and other somewhat daunting computer places. Thanks to Taranii Dambiec for generously giving her time to create the bright & attractive design for the site. Initial content to 'get it started' was added by Natasha, Karyn and myself - so

thanks to 'we three ladies'. It seems abit funny thanking myself :) And thank you also to the people who willingly added their stories and other items to start the ball rolling.

It has been a busy and productive year so far. There is still so much we could be doing, but one step at a time... It makes such a difference having an enthusiastic team of people with a wide variety of skills working together. We would still like one more person to join us on the committee.

It was great to work alongside the Youth Vegetarian Association on the Nutrition talk at ANU & also on preparations for Vegetarian talks for High School and College students at Orana School. The first of many such activities I hope. It is so important that we are there with good educational information to inspire and support people as they move forward along the Vegetarian pathway. Plans are also under way for Vegetarian cooking classes.

If you have energy and skills and would like to play a more active role in the Society please contact me. We have started a list for people who aren't able to be on the Committee but would like to help out from time to time.

Most of all, please come along to our many activities. We organise them for you!

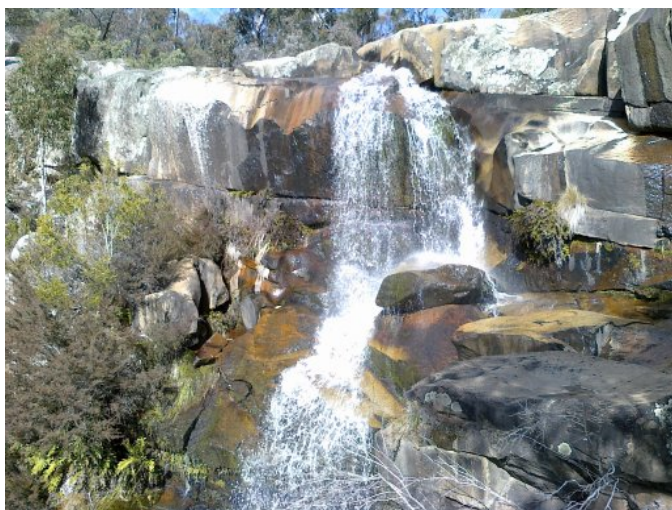
Jyoti Dambiec

Recent activities

Picnic and walk at Woods Reserve Sunday 22nd May 2011

from Karyn Fearnside

When we arrived at Woods reserve which is on the way to Corin Forest, we found a lit fire in one of the fire places so we got that going and everyone enjoyed soup and roast potatoes. Next we set out on a walk up the creek to Gibraltar Falls, I didn't go as I had a sore foot, so I relaxed and read a book aiming to meet people at the top who would like a lift down.



When I got there after an hour, everyone had been at the top for a few minutes, having measured the walk, no one could believe it was only 990 metres! Apparently it was quite a tricky walk, as there has been so much rain and also fire damage, but everyone felt good for having done it.



Adam and Lisa during the walk

Back at base camp we barely had time before it started raining, and it was a race to pack everything up and get out of the rain! I would love to organise some more bush walks with combined picnics in the future.



The walking group



Vegetarian Society's launch of website dinner Friday 10th June 2011

by Claire Ede

What a way to celebrate the end of the week, and the launch of the website, by meeting with people of like mind, and enjoying many delicious courses of good food at Kingsland in the warm.



Some of the group enjoying dinner together

Around 26 of us were greeted by Darren and chatted into the night, not before there were the formal thanks for all Chris' hard work and Taranii's initial design of the website. And what a beauty it is – so appropriate for getting the message out there even more urgently, that we don't need to be killing to be living!



The whole group, after dinner

Nutrition talk Tuesday 21st June 2011

What a night! A fantastic turnout with 128 people attending. It was inspiring to see people getting excited before it even happened.

One thing I'd like to mention here is that when we run an event like this we do have to 'narrow' down a topic and we also have to decide on a target audience and what we hope to achieve. This particular event was geared towards omnivores, vegetarians and vegans - a broad range. We're not just interested in talking to the converted, although we realise it's essential that we support each other once we've made a commitment to a veg lifestyle. So we had a little challenge in keeping things

running smoothly - we also had a 'time-frame' to work within. There are so many areas within the vegetarian/vegan lifestyle to share and discuss. It is very obvious that there is a real need for events like this and that people are keen to learn.



Smiling soup servers' and a lovely mix of ages - Claire, Jared and Maryanne

Hosting an event like this is a huge amount of work but we definitely plan on doing more of them. If we are to make this happen we need many more willing 'helpers'. If you would like to be involved in future things please contact president@vegetariansociety.org.au and I will add you to our 'helper' list. It would be useful if you could provide some info - age, how long you've been vegetarian/vegan, skills you may have i.e. computer, public speaking, cooking skills, knowledge about nutrition, ethics, environment etc.

A huge thank you to the brilliant and generous Miranda, the wonderful open panel, the talented cooks, the friendly stall minders, the hard-working soup-servers and people who set up and packed up.



The Panel L-R Joe, Pragma, Maryanne, Sophie, Jyoti, Chris and Nutritionist Miranda

Our events are only a success when people help and most importantly come. So thank you all for braving the chilly winter weather and coming out to join us!

Jyoti

Nutrition talk Panel and Programme

created by Kerri

ACT VEGETARIAN SOCIETY



THE PANEL

The ACT Vegetarian Society organises many events - if you would like to join the Society and/or connect to our email events info please go to our website www.vegetariansociety.org.au

Hi I'm Sophie, I'm a 17 year old year 12 student, I became vegetarian at 13. I am a passionate spokesperson for the environment and believe as animals on this planet we have a responsibility to look after it and care for all other living species we share it with. My value system fits hand in hand with a vegetarian diet.

Hi I'm Natasha, I am in my second year as Vice President/ Treasurer with the ACT Vegetarian Society. I am 30 years old and have been vegan for about 7 years, vegetarian for about 3-4 months prior to this. I love to cook and bake and don't feel like I am missing out on anything.

"The love for all living creatures is the most noble attribute of man." Charles Darwin 1809-1882

Hi, I'm Maryanne, I'm 40. My vegetarian journey began over 25 years ago when I fled a Year 8 science class which was dissecting mice. I love to cook and experiment with food, and I rarely follow a recipe to the letter. I have two gorgeous nieces aged 4 and 7 who are healthy and aware vegetarians. I am a recent convert to veganism and I'm exploring raw food too. I'm a big fan of green smoothies.

Bok choy for breakfast
- yum!

Hi, I'm Chris Delforce, I'm 20 years old, and was a vegetarian for almost 9 years before going vegan a few months ago.

Last year I founded the Youth Vegetarian Association, (YVA) aiming to mobilise the next generation of animal rights activists.

Hi, my name is Pragya, I am an IT recruitment consultant and mother of a 21 month old girl. Born and raised in India, a lacto vegetarian by birth. My entire family and extended family are vegetarian and proud of the fact that because of our taste buds no living creature has ever been killed to feed us. I love to cook and experiment with different veg dishes, I love travelling and meeting new people, I love different cultures. Personally my wish is that more and more people turn vegetarian and save the planet.

Hi, my name is Jyoti, I'm 52. I am a ceramic artist and teach art at the Orana Steiner School. I have been a lacto-vegetarian following a sattvik (yogic) vegetarian diet for 30 years. My husband and I have 3 adult children who are lifelong vegetarians. I have been President of the ACT Veg Soc. for 10 1/2 yrs. Many people are very interested in the vegetarian lifestyle these days and I am actively involved in supporting, networking and educating about this whenever I can - in a friendly and non-confronting way :)

Hi, my name is Joe Brock, I'm 26. I'm currently finishing my PhD dissertation in biochemistry at the ANU.

I enjoy photography, sewing organic gardening, riding bicycles and activism. I have been a vegan for about 5 years and was vegetarian for 2 years prior to that.

"Animals are my friends and I do not eat my friends"-
George Bernard Shaw.

ACT VEGETARIAN SOCIETY & YOUTH VEGETARIAN ASSOCIATION



PROGRAMME



**ACT Vegetarian Society &
Youth Vegetarian Association
Presents**

Nutrition Talk with Miranda Bone *Bachelor of Human Nutrition UC*

Miranda is a nutritionist and passionate vegetarian, educated in Canberra and currently living in Melbourne. Her interest in nutrition began when she was researching vegetarianism in her teens, and the two interests have been intertwined ever since.

She studied her Bachelor's degree in Human Nutrition at the University of Canberra, graduating in 2009.

She's now working on the clinical qualification of Masters in Dietetics at Deakin University.

Miranda has been vegetarian 10 years (as of May 2011), and vegan for one year. She served as secretary to the ACT vegetarian society's committee in 2009, and has been a volunteer nutritionist with Vegetarian Victoria since 2010.

She's passionate about healthy, compassionate diets that fit in with our busy lifestyles - and budgets.

Her talk will cover the basics of a healthy vegetarian and diets, including food groups, protein, iron, calcium, and B12 as well as some hints and tips for cheap and easy meals and shopping.

This is a 'one-off' talk not to be missed!

Programme Features

SOUP	6.00 - 6.30 pm
TALK	6.30 - 7.15 pm
BREAK	7.15 - 7.40 pm
PANEL DISCUSSION (<i>Question time</i>)	7.40 - 8.30 pm

Location	ANU, Manning Clark Centre, Lecture Room 3
Date	Tuesday 21st June 2011
Fees	Vegetarian Society members \$5.00 Students and YVA Members \$5.00 Others \$8.00
Registration	rsvp@vegetariansociety.org.au

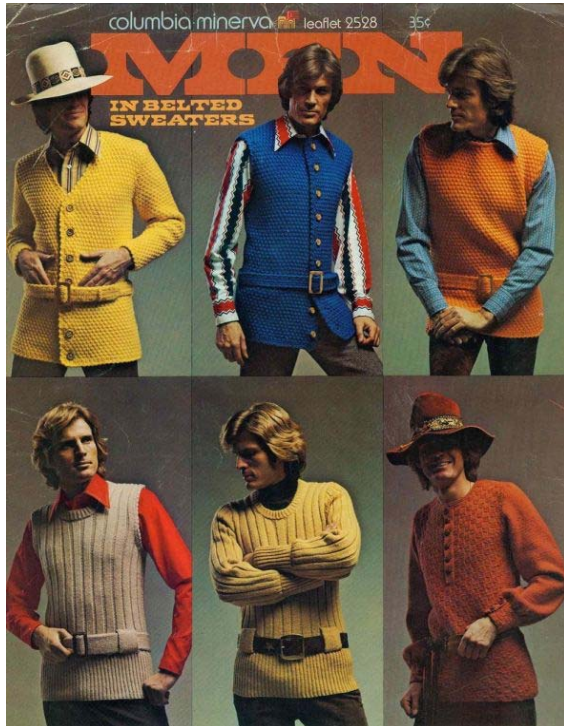
The ACT Vegetarian Society would like to thank Miranda Bone for this wonderful opportunity. We would also like to thank Chris Delforce from YVA, the Panel discussion group and everyone that contributed to this wonderful workshop.

A bit of fun

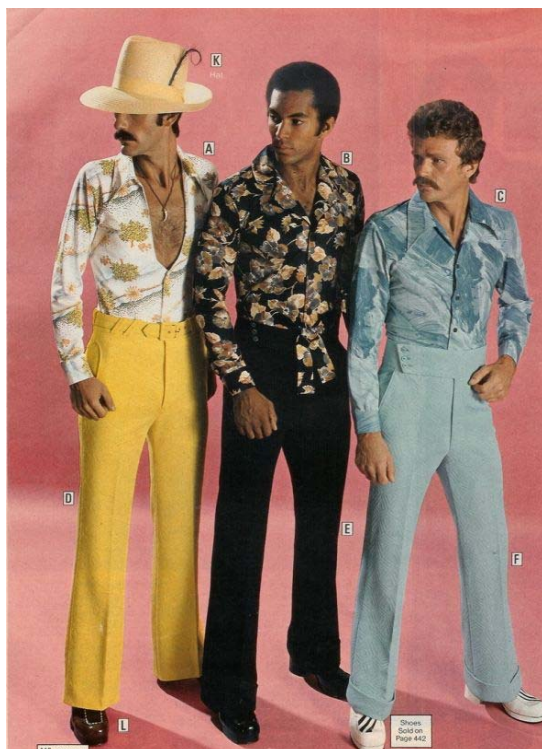
I received this in an email at work and it was so good I felt I needed to share a couple of the pictures. I wish I could include them all! Contact me if you'd like to see the rest. This will take some of us waaay back, and make some others ask "What were they thinking?"

- Ed.

Men in belted sweaters. Oh yes indeed! Hands up if you wore these in the 70s. don't be ashamed, you were a trend-setter.



As Paris would say, That's Hot:



How about these. Check out that collar! Send me that catalogue now please. I want things to HAPPEN.

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At last a 'green' festival that makes the link between climate change and what we eat is coming to Canberra!

If you are interested in performing, volunteering, sponsoring, holding a stall or just want more information, please email contact@livinggreenfestival.org.au. If you have already expressed interest in volunteering we should be in touch soon, but please drop us a line if not.

Attached further down is a poster that contains other contact info. Please print out a copy and display it prominently around your work, home, business, local shops or anywhere else you like.

RECIPES

SIDES

Quick and Easy Vegan Cornbread

from About.com

A good vegan cornbread shouldn't be too crumbly, and should have plenty of moisture. This is a super quick and easy vegan cornbread recipe using self-rising cornmeal instead of fresh corn to cut down on the preparation time.

I reckon you could just use cornmeal or polenta where they say "self-rising cornmeal" but you'll need to add a raising agent like baking powder or soda – Ed.

Ingredients:

- 2 cups self-rising cornmeal
- 1 1/4 cups soy milk
- Egg replacer for 1 egg
- 1/4 cup vegan margarine

Method:

- Pre-heat oven to 400 degrees and lightly grease a small casserole or baking dish.
- In a large bowl, combine all ingredients until smooth and creamy. Pour into greased casserole or baking dish. Bake for 25-30 minutes.

MAINS

Brooklyn Pad Thai

sent in by Jyoti Dambiec
thanks Jyoti

From 'Vegan With a Vengeance' - don't be scared off by the cooking book name, it's really quite a friendly, fun book! :)

Serves 4.

Sauce Ingredients:

- 6 tbs soya sauce/tamari
- 6 tbs sugar
- 2 tbs. tomato puree
- 2 tbs. chilli sauce or hot sauce
- 3 tbs. rice wine vinegar
- 3 tbs. tamarind concentrate/pulp or lime juice

Pad Thai Ingredients:

- 6 tbs. peanut oil
- 450 g firm tofu
- 1 medium-sized red onion, cut in half and thinly sliced
- 2 cloves garlic, finely chopped
- 1 tbs. finely chopped lemongrass
- 125 g bean sprouts
- 8 spring onions, sliced into 4cm lengths
- 2 small dried red chillies, crumbled
- 50 g chopped roasted peanuts
- 4 tbs. chopped fresh coriander
- Lime wedges for serving

Method:

- Prepare the rice noodles according to the directions on packet. Set aside.
- Mix together the ingredients for the sauce.
- Preheat large nonstick frying pan or wok over moderate-high heat. Pour 2 tbs. oil into pan then quickly add tofu.
- Stir-fry 4-5 minutes until the tofu is crisp on the outside. Remove from pan and set aside.
- Pour 2 tbs. more oil into pan. Add the onion and stir-fry 30 seconds.
- Add the garlic and lemongrass and fry 30 more seconds. Add the sauce and when it starts to bubble (should bubble within few seconds) add the noodles. Cook for 2 minutes, stirring constantly, then add the tofu, sprouts, spring onions, chillies and peanuts. Stir for 30 more seconds.
- Transfer to serving plates and garnish with coriander and lime wedges.
- Comments - I make this without onions, garlic and spring onions. I use 1 tbs. finely chopped fresh ginger root and 1/2 teas. asafoetida in it's place and fry it at step 3. The asafoetida only needs to fry for a few seconds. I also often use wheat noodles rather than rice noodles.

Some tips on buying ingredients for Vegetarian Cooking: Check out the many Asian and Indian Shops. They stock a much greater variety of ingredients than the supermarkets. Don't be afraid to try new things - there's a whole world of exciting ingredients out there! These shops are often cheaper than the supermarkets. Using whole roasted spices like coriander, cumin, mustard seeds etc is way superior to 'curry' powders, and it's easy once you get into the swing of it.

On Tofu: Again don't be afraid of this amazing vegetarian staple - and buy from Asian/Indian shops where there is a variety of brands and it's usually much fresher and tastier than the 'tired' supermarket tofu. Get the freshest block you can find. Older tofu can develop a vinegar taste. Tofu is a wonder food, high in protein and with no fat or cholesterol. It's also an excellent source of calcium if you buy the variety made with calcium sulphate not nigari. It comes in 'hard/firm' and 'soft'. The firm is the one to use for stir-fries and things like that. Our favourite by far is 'Soya King' Hard tofu. This is also made with non-genetically modified soybeans. When you've opened the packet store any remaining tofu covered in salted water in a container in the fridge. Change the water daily. (Capital Asian Groceries, Purdue St, Belc. Stocks this brand)

There is also a soft tofu, I buy Fortune brand, that comes in a 260 g plastic tube-thing. This is great to use in potato salads, mayonnaise-type things, desserts, added to vege casserole bakes, mousses, etc. It can also be used to make cakes.

If you're 'new at tofu' try marinating cubes for a few hrs or days. Try experimenting with mixtures of soya sauce, balsamic vinegar, rice-wine vinegar, chopped herbs, tomato sauce, tomato paste. Olive oil, chopped ginger root etc. Then lightly fry in hot oil until crisp.

Another nice way with tofu is to coat it with wholemeal flour after marinating, then lightly fry.

Another simple way is to lightly fry tofu cubes in oil - I also add a small amount of chilli oil, or chopped chilli and a teaspoon of sesame oil. Then sprinkle in soya sauce and fry briefly until it's evaporated.

And I could go on! There are so many ways to use this amazing nutritious food. A 500 gram block will easily feed 4 people and at \$3 a block that's a very cheap 'main' protein dish.

DESSERTS

My Recipe for Chocolate Cherry Cheesecake (Vegan)

*from Natasha Bourke
- thanks Natasha*

Serves 8 (or maybe 2!)

Ingredients:

- 525g silken tofu (1.5 packs)
- 1 tub soy cream cheese (Kingland or Tofutti)
- ½ cup caster sugar
- 2 tsps vanilla essence
- 4 tbsp corn flour
- Zest and juice of 1 lemon
- 1 can cherries
- 1 pack Arnott's Nice biscuits
- ½ cup Nuttalex
- ½ pack of Sweet William choc chips (or ½ block)

Method:

- Preheat oven to 160C.
- Grease and line a cheesecake tin.
- Melt the Nuttalex.
- Process the Nice biscuits in a food processor until crumbly.
- Add the Nuttalex slowly until the mixture forms moist crumbs, you should be able to roll it into a ball in your hand.
- Press the biscuit mix into the base of the tin and place in the fridge.
- In the food processor blend the tofu (strain it off as much as possible) and cream cheese until smooth.
- Add the vanilla, sugar, lemon zest and juice and blend.
- Add the cherries, reserve some for decorating, drain them before adding to mix and blend.
- Add the corn flour and blend well.
- Pour the mixture over the biscuit base and bake for about 1 hr, until the top is darker in colour and slightly cracked.
- Allow to cool.

- Melt the chocolate over a double boiler and drizzle on the cake (a teaspoon works well), decorate with the leftover cherries.
- Allow to cool and set in the fridge for a further 4-6 hours.



EXTRAS

Vegan Walnut Pesto with Artichoke Hearts

*from Damayanti Muscat
- thanks Damayanti*

This is a classic in Maltese cuisine.....I modified it a bit to make it sentient....this dish tastes like heaven ♥

Ingredients:

- ¼ cup walnuts or pine nuts
- ½ cup artichoke hearts, drained
- ½ tsp asafoetida powder
- 2 tsps extra virgin olive oil
- ¼ tsp red pepper flakes
- Juice from ½ a lemon
- 1 bunch fresh basil
- 3 tsps nutritional yeast
- Salt & pepper

Method:

- Process everything in the blender until smooth.
- Add more olive oil if needed for a creamier consistency.
- Serve with pasta either on its own or with sliced roasted vegetables (drizzled with olive oil) like capsicum, zucchini, tomatoes and aubergine.....mmmmmmmm.....very nice!!!!

Note: Nutritional yeast is an inactive yeast....it is one of the richest sources of the B-group vitamins....it has a cheesy nutty flavour and can be used to substitute cheese in a vegan diet♥

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.

Walk To Freedom update

In our Autumn newsletter we published an article from the Canberra Times regarding the Walk to Freedom "Activists Plot Animal Farming Revolution".

Here is an update on the progress:

Day 15 of the Journey Home (at 31 May 2011)

Tonight we are staying in a cabin in a holiday park – kindly donated at the cost of camping. Feels like luxury after camping for 3 nights. Its kind of cold south of Sydney and last night it was raining hard. Lots to report, here's what we found in the Goulburn Post after visiting last week. *The article can be viewed at*

<http://www.goulburnpost.com.au/news/local/news/general/500km-walk-for-freedom/2177785.aspx>

Yesterday we did a vegan food giveaway at Bowral, it rocked.

The local Veg restaurant Solfood amazing. They let us use their kitchen on their day off to prepare the food and also donated a heap of spring rolls for the food giveaway.

Thanks brothers and sisters! Bowral was going off; people everywhere and many stopping to taste the yummy vegan hotdogs from Vegan Perfection and

chocolate from Rawganics. Kids loved the dancing pig and cow and Wayne got to say hello to many passing local dogs, much to his delight. It was a very positive atmosphere.

This morning we continued walking, from Bowral to Mittagong and back onto the Hume highway. The day started tough, as almost immediately we witnessed a duck get hit by a car. He was with a mate. I rushed over and knew immediately his time was short lived, he had a broken neck. I held him for the last few moments of his life, he passed away quickly in my arms. Both Suki and I felt particularly sad for his mate.

The next few kilometres of our walk was through bushland, so nice to feel nature after this difficult

moment and a pleasant break from the constant noise of the highway.

We will be in Sydney at Wynyard Park from 12 noon this Friday 3 June for World Environment Day, please come see us.

Cheers, Jodi

Day 38 of the Journey Home (28 June 2011)

Well, I haven't written in a while, hope you have been checking us out on facebook where we have been keeping a steady flow of pics and videos. Today I feel inspired to talk about the silent protests we have been doing.

Usually there is between 2-4 of us at the front and we stand in silence out the front of an abattoir, sale yard or factory farm for about 15 minutes. Sometimes we hold the sign "Have a heart for animals", sometimes we are wearing our Journey



Home T-shirts, sometimes we are just standing there, and it is not obvious to anyone who works there what we are doing. It's all about intention, an intention to establish a heart to heart connection with the animals inside. The driving force behind silent protests is the powerful force of

love that has no boundaries. We hope that the animals feel that there are people that care. We hope that they know that there are people trying to make life better for them. We hope that they know that they are incredibly special and that they deserve the best lives possible. And we hope that if everyone in the environment feels love, maybe they will care. It's a gentle force that will take time, but I am sure has the ability to contribute to long lasting change.

I guess ultimately its kind of hard to stay focussed on love and peace knowing what's really happening behind the closed doors we stand in front of. But ultimately, if we bring in hatred, anger, or violence of any kind, (yes thoughts can be violent) wouldn't we just be contributing to what we

are ultimately trying to stop? I hope deep down that some calm and peace will do some good for the animals as well as have a ripple effect. I often try and imagine that the building is no longer there; I picture the animals outside, free amongst beautiful trees growing and living with their friends and family's. Focusing on what we want to create can only have a positive effect.



Jodi feeding Wayne, with Suki in the cow suit

We will be doing a silent protest at the Inghams chicken abattoir in Byron Bay on Saturday 2nd July. Please come join us at 10am Ewingsdale Rd, and then walk the last km's with us to our Welcome Home Party – yeahhhhhhh, we are nearly finished. Free food, entertainment, and workshops. All are welcome from noon at Three Worlds, 7 Marvel St Byron Bay. Hope to see you there.

Lots love, Jodi

From the Our Place on Earth Blog. View other updates and the latest at <http://www.ourplaceonearth.com/blog.html>

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.



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

Answer at the end of this newsletter.



Coming Events

(non- VegSoc)

14/08/2011 – National Day of Action against Live Export

See <http://www.banliveexport.com/rally/> for more details. Please Note: despite some grass roots rallies happening in other cities on July 30, there is NO rally planned for Canberra on that day. The only rally scheduled to happen in the ACT is the one above, organised by Animals Australia and the RSPCA on August 14

16/10/2011 - Living Green Festival

Please see details elsewhere in this newsletter





Living Green Festival

'A kinder shade of green'

Environmental awareness - Health & Lifestyle - Sustainability - Cruelty-free - Recycling

Sunday 16 October 2011, Canberra, Australia 10am - Albert Hall, Commonwealth Ave, Parkes
green cuisine, live entertainment, video zone, cooking demos, talks, kids' zone and stalls

Email: contact@livinggreenfestival.org.au

Web: www.livinggreenfestival.org.au

Facebook: <http://goo.gl/EohvS>

CONTACT US

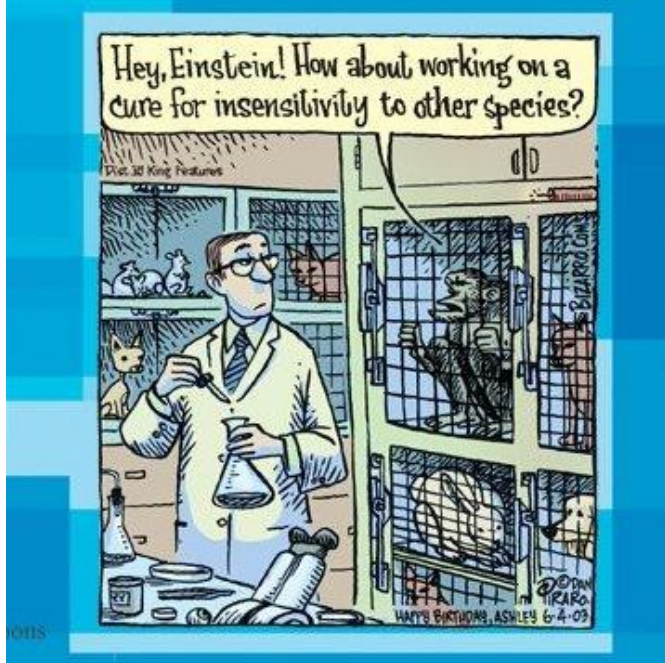
Email: contact@vegetariansociety.org.au
 Phone: 0417 464 675
 Postal: GPO Box 1786
 Canberra, ACT 2601



Answer to "Who Said That?"

"I am in favor of animal rights as well as human rights. That is the way of a whole human being"

Abraham Lincoln



Sudoku Solution:

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

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