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WELCOME

Thank you very much to the members who've contributed to this issue. It's their input that makes this newsletter unique – you could probably get the rest of the items in here from other sources (just as I did). So, thank you to Mark for his chronicle of his US cycle tour, to Tara for her item on the Animal Law course and her recipes and to Steve for his cook book review. Terrific stuff! I hope they inspire you to submit something for the next issue.

Please enjoy the read.

Editor

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COMING EVENTS

After a pleasant start to the year's events (lunch at Kingsland and dinner at Vegetarian House) we are aiming to have at least one event per month.

You can check our website and watch for details in our emails. Remember that you don't need to be a member to attend our functions – you don't even need to be vegetarian. And please, bring a friend or two.

RSVP EMAIL

Where an event asks for an RSVP, please respond to this address - rsvp@vegetariansociety.org.au or call the phone number listed.

Dinner – Au Lac
Saturday 24th March, 7pm
Au Lac Gourmet Vegetarian Restaurant
Shop 4/39 Woolley St. Dickson

Join us for a dinner at the popular Au Lac serving a wide variety of Asian style vegan food. They are BYO and there's a bottle shop directly across the road.

All are welcome.

RSVP essential by Thursday 22nd March to Alison on the rsvp email (above) or telephone 6287 4806. We look forward to seeing you there.

Dinner – Fekerte's
Saturday 21st April, 7pm
Fekerte's, Dickson
(to be confirmed)

Something different! Not a vegetarian restaurant but has a good vegetarian menu and all vegetarian meals are also suitable for vegans.

RSVP essential by Wednesday 18th April to Mike on the rsvp email (above) or telephone 6258 7130. We look forward to seeing you there.

Lunch – Water's Edge
Sunday 27th May, 12noon
Waters Edge, Parkes
(to be confirmed)

We are investigating this restaurant for a vegan lunch in May. A menu will be provided in advance and payment will be required in advance, similar to the *Chairman & Yip* dinner in October last year.

It is likely seating will be very limited, so advance booking will be essential.

Payment will be required by a couple of weeks before the event. Watch this space.

Christmas Eve in June
Sunday 24th June, 4:30pm - 9pm
Venue to be advised.

Similar to last year's very successful Christmas in June buffet dinner, we would like to hold a dinner on the Sunday which would be "Christmas Eve".

Each person is asked to bring a dish to share, letting the RSVP person know in advance what that is, so we don't have 10 starters, no mains and 1 dessert!

Enjoy a warm mid-winter party.

Who Said That?

Who was it who said...

"A reduction in beef and other meat consumption is the most potent single act you can take to halt the destruction of our environment and preserve our natural resources. Our choices do matter. What's healthiest for each of us personally is also healthiest for the life support system of our precious, but wounded planet."

Answer at the end of this newsletter.

(Coming Events, continued...)

We are looking for a host for this event. If you would like to volunteer your home please contact us through the RSVP e-mail.

RSVPs will be essential for this dinner.

Do you have a suggestion for a Vegevent? How about a talk, a walk, a dinner or lunch? Know a good eating spot (doesn't need to be a Vegetarian restaurant - just one that caters for vegetarians). We're open to suggestions - send Mike an email at contact@vegetariansociety.org.au

FROM THE PRESIDENT

Nothing deep and meaningful this time (is there ever?). I'd just like to mention a couple of things – our finances and our library.

In our last issue we advised of the reduction in membership rates. This change was pretty much imposed on us by the Australian Vegetarian Society (NSW) who jointly produce the newly renamed *Natural Health and Vegetarian Life* magazine. As one of the five participating societies who offer that magazine as part of their membership deal, we were consulted beforehand but in the end, our size means we don't have a lot of say in such things.

We've calculated that we're likely to have a 25% reduction in income this year compared to last – unless, of course, we can attract a few more members. Increased membership was the goal of the magazine

publishers when they decreased the fees – to encourage many who buy the mag at the newsagent to join instead. (Under the old fee structure, it was actually cheaper to buy it over the counter than to subscribe).

The AVS have been very understanding of our situation and promised that they won't let us suffer as a result of the decision – though they're taking a gamble as well. But, I thought you should know what brought about the change.

One of our minor expenses is purchasing the occasional book for our library. It's not a huge collection of books but for a society of our size it's respectable.

Unfortunately it gets almost no use at all – which is sad. I have listed the catalogue (as copied from our website) below. It is a few months old and we've added a couple of books since then including more from *David Horton*, the reprint of *Colin Spencer's* work on the history of vegetarianism and, soon to arrive, member *Edgar Crook's* history of Australian vegetarianism. We will update the catalogue soon.

We also have many back issues of *Vegan Voice* and *New Vegetarian and Natural Health* (now *Natural Health and Vegetarian Life*) magazines.

You are encouraged to use this resource and you may borrow from the library by sending an e-mail to library@vegetariansociety.org.au

Happy Autumn.

Mike O'Shaughnessy

ACT Vegetarian Society Library Catalogue

"*The Silent Ark*" by Juliet Gellatley - meat - global killer
 "*Save the Animals*" by Peter Singer and Barbara Dover - 101 easy things you can do
 "*Compassion the Ultimate Ethic*" by Victoria Moran - an exploration of Veganism
 "*A Vegetarian Sourcebook*" by Keith Akers - Nutrition Ethics Ecology of Natural Foods Diet
 "*Diet for a New America*" by John Robbins - Food choices for health happiness and the future of life on earth
 "*The Livewire Guide to Going, Being and Staying Veggie*" by Juliet Gellatley
 "*Diet for a Gentle World*" by Les Inglis - Eating with Conscience
 "*Out of the Jungle*" by J. Jay Dinshah - The way of Dynamic harmless - Ahimsa
 "*Family Health and Fitness Manual*" by Greg Chappell
 "*Food for Life*" by Dr. Neal Barnard - How the new four food groups can save your life
 "*The Vegetable Passion*" by Janet Barkas - A history of Vegetarianism with a difference
 "*Food for a future*" by Jon Wynne-Tyson
 "*Why kill for food?*" by Geoffrey Rudd
 "*Diet for a Small Planet*" by Frances Moore Lappe - High protein meatless cooking
 "*On Behalf of the Creatures*" by J. Todd Ferrier - A plea. Historical, scientific, economic, dynamic, humane, religious
 "*These we have not Loved*" by Rev. V.A. Holmes-Gore
 "*In Good Company*" booklet of quotations compiled by E.M. Ahlston
 "*Vegan OZ*" by David Horton - a new world outlook
 "*Beyond Vegan*" by David Horton
 "*Pregnancy, children and the vegan diet*" by Michael Klaper MD
 "*The teenage vegetarian survival guide*" by Anouchka Grosse
 "*Friends and Connections*" by David Horton

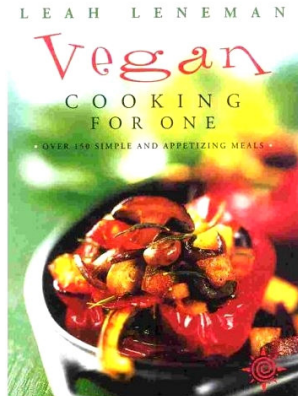
Cook books

"*The Book of Tofu*" by William Shurtleff and Akiko Aoyagi
 "*The Gentle Persuasion Cookbook*" by Brook Katz - Seitan - the friendly alternative
 "*The Higher Taste*" - A guide to gourmet vegetarian cooking and karma-free diet
 "*Fat-Free and Easy*" by Jennifer Raymond - Great meals in minutes, no added fat or animals ingredients
 "*Vegan Cooking*" by Leah Leneman
 "*Passionate Pure Vegetarian Cuisine*" by Christine Lehmann
 "*The Findhorn Family Cookbook*" by Kay Lunne Sherman

BOOK REVIEW

Vegan Cooking for One by *Leah Leneman*, published Harper Collins
Review by **Steve Bailey**

This book was a serendipitous find when I came across it. For the single person, this is a very good recipe book. The author has set out two nine week menus covering Spring/Summer and Autumn/Winter.



There is a standard pantry items section in the Introduction. Finding all the goodies in the supermarket took some time (some Canberra supermarkets are not that vegan friendly) but it only takes one shopping trip to have the staple vegan pantry.

The week's ingredients are included at the start of each week. This means that the week's dinner shopping can be done in the one go as well.

Starting from Sunday lunch, the recipes cover the next seven days. All of the recipes are very easy to prepare. I find that putting every thing on the bench before cooking makes it easier to organise the steps as well.

I would recommend this book because (so far), all of the recipes have tasted fantastic, such as the chick pea burgers, and the mushroom risotto. *Vegan Cooking for One* removes the challenge of deciding what to cook each night.

Why can't all cook books be as methodical and well set out as this one?

SUDOKU

Complete the grid so that every row, every column, and each of the nine 3x3 boxes contains all and only the digits 1 through 9.



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

Rating: Hard
Answer at the end of this newsletter.

Marie Claire Letter of the Month

Congratulations to member **Michele Brennan** who has this 'letter of the month' in the current edition of *Marie Claire* magazine.

Congratulations on your Cool It! campaign. It will empower many people who might otherwise have felt helpless in the face of the dire global warming forecast and infuriating political inaction.

It's disappointing, however, that the article didn't mention a key contributor to global warming. The Food and Agricultural Organization' of the United Nations recently reported that raising animals for food is degrading land, contributing to the greenhouse effect, polluting water resources and destroying biodiversity. The report found that the livestock sector accounts for 18% of global greenhouse gas emissions - more than transport, which emits 13.5%.

A study from the University of Chicago also found that those wanting to reduce greenhouse gases would be better off changing to a vegan diet than to a hybrid car. (Going from a meat-eating diet to a vegan one reduces carbon dioxide output by 1.5 tonnes per year, while converting from a petrol to a hybrid car saves around one tonne of carbon dioxide per year.)

We need to face what is perhaps the most inconvenient truth of all: our appetite for meat is destroying the earth.

Michele Brennan

CALCIUM IN A VEGAN DIET

by Alison Walsh (reprinted from *Aduki – animal free food and living* - www.aduki.net.au)

After looking at Vitamin B12 and iron as areas of the vegetable-based diet needing specific attention in previous issues of *aduki*, let's now take a closer look at calcium. Most of us know that calcium is one important factor in bone and teeth strength, but did you also know that our body uses calcium for muscle, nerve and hormone function? Therefore, there's more than just your bones to consider when making sure you eat and drink enough calcium-containing foods!

Calcium consumption in lacto-ovo and lactovegetarian diets

You may be interested to know that calcium intake of vegetarians and non-vegetarians does not differ significantly, but much of the research is unclear as to calcium intake of vegans. This is likely to be because lacto-ovo and lacto vegetarians can obtain calcium from dairy products (including milk, cheese, yoghurt, custard, and ice cream), hence are not likely to be at risk of calcium deficiency. Some vegetarians will consume milk and yoghurt from dairy sources, but not dairy cheese containing rennet (usually made from the stomach of the sheep). For those wanting to forgo the rennet, Mainland makes a 'vegetarian' cheese that is rennet free and available from supermarkets.

Vegans need to work a little harder to find calcium!

Vegans are at greater risk of low calcium intake, as they do not consume any dairy products at all. It is therefore important that in place of dairy products, vegans consume soy products (e.g. soy milk, yoghurt, cheese, custard) that have been fortified with calcium. This is because most soy products in the natural state are not high in calcium. In regard to cheese for vegans, Cheezly from the UK is now available in health food stores in Melbourne and online and Tofutti make a great range of soy cheeses.

What other foods can I get calcium from?

Regardless of whether you are vegan or vegetarian, you can also get additional calcium from tofu (particularly calcium fortified varieties), nuts like almonds and cashews, fortified cereals and fruits juices, sesame seeds and tahini, leafy dark green vegetables (especially Asian greens), dried figs, and legumes.

How can I absorb more and excrete less of the calcium in foods I eat?

The body absorbs calcium from food and drinks with the help of vitamin D. As you may know, most of us make enough vitamin D in our body from sunlight on a daily basis, but some communities are more at risk than others, particularly groups that cover the skin for religious reasons, those who are unable to go outside (e.g. some nursing home residents), or those who are

overzealous with the sun protection 'slip, slop, slap' message. Therefore, although it is worthwhile noting that good food sources of vitamin D include fish, egg yolk, butter, milk and meat, these are not particularly helpful for vegans and vegetarians! So, it's important to know that the Cancer Council of Victoria advises that it's ok to expose your face, arms and hands to the sun for a total of 10 minutes before 10am and after 3pm without using sunscreen between September and April, whereas between May and August, two to three hours a week exposure to the sun will give you your Vitamin D dose. This gives a great guide for all people, but especially vegans consuming little Vitamin D in their daily diet.

(For more information, see

[http://www.sunsmart.com.](http://www.sunsmart.com.au/downloads/resources/information/UV_Radiation_and_Vitamin_D.pdf)

[au/downloads/resources/information/UV_Radiation_and_Vitamin_D.pdf](http://www.sunsmart.com.au/downloads/resources/information/UV_Radiation_and_Vitamin_D.pdf))

In regard to excreting too much calcium through urine, be aware to of consuming too much salt or protein in your diet. Some research proposes that animal protein increases calcium excretion more than vegetable protein, but the jury is still deciding on this one.

It is likely though that any protein up to the recommended daily amount doesn't have a detrimental effect on calcium excretion, but many meat-eating Australians often overeat on protein (unlikely for most vegetarians!).

What if I am lactose intolerant?

Some people feel that they are lactose intolerant and tend to produce more mucous when consuming dairy foods. There is more anecdotal (self-reported) evidence for this, rather than scientific evidence. It is true that dairy products (particularly milk and yoghurt) can thicken the saliva, but a direct link between mucous and dairy remains unknown. Having said that, some people claim they feel better when not consuming dairy, as long as adequate calcium is consumed from other dietary sources, this is a viable and healthy option. For those who are diagnosed with lactose intolerance, but follow a lacto- or lacto-ovo vegetarian diet, usually yoghurt with live bacteria and cheese can be eaten with no adverse effects. Dairy milk can sometimes still be consumed up to one glass daily, and many people find that regular rather than reduced fat dairy milk is often better tolerated. There are also some lactose free milks on the market which are based on dairy but with minimal or no lactose.

What about taking a calcium supplement?

While dieticians certainly prefer for you to get in all you need from the diet rather than relying on supplements, if you cannot consume enough calcium from your diet, consider taking a calcium supplement. The risks of developing osteoporosis are too great to be ignored.

It is therefore important that in place of dairy products, vegans consume soy products (e.g. soy milk, yoghurt, cheese, custard) that have been fortified with calcium.

Calcium supplements are available from chemists, most supermarkets, and health food stores. A supplement of around 500mg per day is all you may need, but it is always best to speak to a dietician or your GP before starting any supplements. Also, be aware that many of the well known calcium supplements are made from animal sources such as bone meal or oyster shells. Whilst this may not bother some vegetarians, vegans will need to know the exact source of calcium, as will stricter vegetarians.

Alison Walsh is a Sports and Clinical Dietician, and has worked as dietician for the Carlton Football Club and Victorian Titans Basketball team. She now runs a busy private practice, writes for Runner's World magazine, and presents on RRR 102.7FM "Run Like You Stole Something" (Sat 9 – 10am). She also lectures to community, corporate and sporting groups. To contact Alison, email alisonwalsh@optusnet.com.au

ANIMAL LAW COURSE

By Tara Ward

Early last year I learnt that for just the second time ever, the University of NSW intended running the only Animal Law course to be offered by an Australian university.

I had first heard of animal law as a subject back in the early 1990s. It was a course run by the University of East Anglia in England, and in the hope that one day such courses would be taught in Australia, I undertook a graduate law degree. Over a decade later in 2005 the University of NSW offered the first course in Animal Law ever to be held in Australia. Unfortunately I was unable to do the course then, so when it was offered again in 2006 I was determined not to miss out!

At first it looked as though my long-held goal of studying animal law might continue to be frustrated, as shortly before the course was expected to start the lecturer informed us that, due to insufficient numbers, the course might have to be cancelled. Fortunately, however, there must have been a late surge in interest, because the course did go ahead and over 15 students turned up on the first day.

The course itself was structured to make it easy for interstate students to attend, as it was held over two weekends in March with eight hours of lectures each day! As it turned out I was the only interstate student, but there were quite a few students who had come from cities such as Newcastle and Wollongong. A vegan lunch was provided by the university on all four days, so the organisers must have assumed (correctly in my

case) that we were doing the course because we were concerned about the plight of animals in our society (and especially in the food industry!). While presented as a postgraduate law subject, the course was actually open to all students, including those who had never done law before and/or who wanted to do the course as a one-off subject (rather than as part of a degree). The course itself covered a wide variety of subjects, and contained an interesting blend of legal and philosophical topics. On the legal side we looked at the various statutes and case law governing matters such as the history and status of animals as property, animal experimentation, companion animals, animals in agriculture, standing, zoos, animals in the wild, veterinary surgeons and anti-cruelty legislation. The more philosophical subjects included the ethics and jurisprudence of human treatment of animals, and the history and profile of animal politics.

I ended up doing my essay on animal rights, and while the prospect of having to write 6-7,000 words on the subject seemed daunting at the outset, it turned out to be a fascinating and very worthwhile experience (and of course I went way over the word limit)!

In short, I would heartily recommend the course to anyone who has an interest in how animals are treated in our society today, how the law operates to sanction such treatment, and how it might be changed to improve the plight of animals. You don't need legal qualifications – only the stamina to endure eight hours of classes for four days, and to produce a rather long essay! The good news is that other Australian universities are now looking at introducing such a subject, so Australia may eventually catch up with England and the United States of America where animal law has been a serious academic subject for decades.



FAMOUS VEGETARIANS

Judith Durham

Judith Durham, OAM (born Judith Mavis Cock on July 3, 1943, in Melbourne) is a former jazz singer who became the lead singer for the Australian popular folk music group The Seekers in 1963.



She was Australia's very first international pop princess and pin-up girl who caused millions of men to fall in love with her - and many (of the over-50s) have remained that way!

Judith's jazz career began one night at the Memphis Jazz Club in Malvern, a suburb of her home city Melbourne when as a shy teenager she asked the leader of the Melbourne University Jazz Band if she could sing with them. He told her to come back next week when she was an immediate hit. By 1963 the M.U. band had been replaced at the Memphis Jazz Club by noted international group Frank Traynor's Jazz Preachers and Judith had started singing with a folk group on Monday nights at the Toorak Rd coffee lounge, the Treble Clef. This group was the Seekers: Athol Guy, whom Judith had met on her first day as a secretary at the J. Walter Thompson advertising agency; Bruce Woodley (whom Judith had a requited crush on for a while), who worked for rival company Clemengers; and Keith Potger, an ABC radio producer.

In early 1964, the Seekers set sail for England as the on-board entertainment. Originally they were to return after ten weeks but a steady stream of bookings had the group staying on. In November they released a Tom Springfield composition entitled "I'll Never Find Another You" and by February 1965 the disc was number one in England and Australia.

A succession of hits followed, including "A World of Our Own", "Georgy Girl", "Morningtown Ride", "Emerald City" and "The Carnival is Over", before Judith gave the 'boys' six months notice of her intention to leave. Judith left the group in mid 1968 to pursue her successful solo career but has performed with The Seekers a number of times in recent years.

She was awarded the Order Of Australia Medal [OAM] for services to music, particularly as an entertainer and composer.

A committed vegetarian since 1968, Judith advocates a non-smoking, environmentally-friendly, alcohol-free and cruelty-free lifestyle.

2007 Annual General Meeting

The **Vegetarian Society of the ACT Inc.** will hold its
2007 Annual General Meeting
 at **10 Clarey Crescent, SPENCE ACT**
 on **Tues 8 May at 7pm**

All members are invited to attend. For further information phone Mike on **6258 7130**

THIS IS YOUR NEWSLETTER

You are invited and encouraged to contribute items. Articles on health, nutrition, restaurant reviews, book reviews, recipes or anything. A letter to the editor would be most welcome. Tell your fellow members what you think about vegetarianism, the Veg Society, the world.

Or if you can draw cartoons please do; if you would like to submit a poem - by all means do so. We look forward to hearing from you. Contact details are at the end of this newsletter.

If you would like to contribute something for the next newsletter (Winter) please note the deadline is: **8 June 2007.**

VEGGING ACROSS NORTH AMERICA ON A BICYCLE

By Mark Collins

Bicycling across North America and a bit of Canada coast-to-coast from June to August last year was an experience I'll always treasure. The sights, people, weather, the 6,200km and the hours in the saddle started with my bicycling companion Jim in Portland Oregon, zigzagging across the northern states and into Canada through Ontario. From there we followed the Erie Canal and Hudson River to New York. This took less time than we anticipated and Jim decided to fly home early. I cycled back up through New York State, Vermont, New Hampshire then Massachusetts spending 10 days in Boston. From Boston I caught a bus to Washington DC and stayed eight days before ending an eight week tour.

Our tour avoided the major population centres and freeways where possible. Most states would not permit bicycles on freeways and I don't have a death wish though I found US and Canadian drivers more polite and cautious with bicycles than in Australia. We used secondary roads that followed historical trails such as Lewis and Clark and Nez Perce. Major cities were time consuming to cycle through – some centres had bicycle infrastructure and others did not. Small towns were found to be welcoming and friendly. Many had camping grounds that were as little as seven dollars a night. On some occasions the money was paid using an honour box. Sometimes when we ran out of light at 9:30 pm we camped on the side of the road. Some campground operators would not accept payment and one resort operator in Necedah Wisconsin upgraded our campsite to a hotel room.

For a vegetarian cycling an average of 160 km per day across America with Jim my meat-eating friend had its challenges. The first was five to six full meals per day to get in enough kilojoules to power a bike and sixteen kilograms of luggage over the Rockies, Bighorn, Badlands, Black Hills, Catskills and Adirondacks to name a few challenges. The second was that small towns close early. And third, most diners had no vegetarian choices and many were reluctant to make an exception.

To overcome this problem we carried a small stove with disposable gas canisters and cooking gear such as a lightweight frypan, billy, cups, plates etc. Jim had no problems eating anywhere and was often tempted to dump the cooking gear and food when faced with a steep 2,000 foot incline and a stiff head wind. We carried freeze dried instant flavoured rice and quick oats.

All things do not go to plan however. Despite being assured we could purchase MTI disposable gas canisters anywhere in the US, the canisters ran out and purchasing more in small townships was impossible. Some towns did not offer any freeze-dried food, or canned or prepared food that didn't contain meat. The

photo (below) of the beef jerky that occupied most of the counter at a service station 40 km from the next town of Rupert Idaho illustrates the dilemma.



Variety? Jerky, Jerky, beef snacks and more Jerky

Cycling the back roads provided opportunities to witness factory-farming methods. The dairy feed lots in Wisconsin and beef lots in Minnesota were ½ km in length and another ½ km of manure covered under blue plastic to decompose. Unlike Australia, Cattle were not seen grazing, rather articulated trucks loaded with hay would make their way to the feedlots. It was explained that cattle must be kept under cover during the winter months. Unfortunately the US was experiencing its second hottest summer in recorded history at the time. Also in Minnesota I cycled past a piggery with prominent signs stating “**No Photography - No Visitors**”. The pigs could be heard squealing, as a “bobcat” was shovelling out manure into a tip truck. I found the odour appalling but Jim didn't seem to notice.

We scarcely saw television and only occasionally heard some radio. A surprising radio advertisement from the Cattleman's Association that I heard a couple of times in South Dakota stated that there was no evidence that red meat was responsible for ill health because vegetarians statistically smoked less, consumed less alcohol and exercised more and this is the reason vegetarians suffered less heart disease, stroke and some forms of cancer. The reader can drive the truck through that argument but perhaps the meat industry is feeling a veg*an bite.

When we cycled into large mid-American cities vegetarian choices were available. McDonalds and Burger King had vegetarian options such as veggie-burgers and salads. The best places to buy food were the local supermarkets. We would buy a hand of bananas for 29 cents/lb, berries by the huge punnet, rice, pasta, salad etc. The checkout operators would ask if anything was wrong when two skinny blokes reappeared at their checkout wearing cycling nicks and

The checkout operators would ask if anything was wrong when two skinny blokes reappeared at their checkout wearing cycling nicks and cleated shoes. We would explain that we were back for the usual second helping.

cleated shoes. We would explain that we were back for the usual second helping.

Sitting outside supermarkets eating our groceries was a great way to meet the locals. They would approach and ask if we were okay. Occasionally some locals would offer us accommodation even after we assured them we were fine. Sometimes we accepted the offer and were shown around the local attractions.

It was sometimes difficult to find a decent cup of coffee in mid-town America whereas all the soy options were readily available along the coast and Canada. But almost everywhere we cycled the food was plentiful and cheap except on a few occasions.

After leaving Cody Wyoming we cycled north along the Nez Perce trail as the locals told us that the small towns along the route had camping and food. We cycled 205 km against a hot head wind only to find towns the size of a few houses. The only "food" we happened across was a "bikers" bar with the usual beef jerky and muffins in plastic bags. Eventually we came to Bridger Montana where we just made it to a café-casino before the 9:00 pm closing. With only a bowl of porridge for breakfast we ate two plates of food and then purchased two huge helpings of pie and cake all washed down with mugs of really good soy cappuccino and soy-milk shakes. The café attendant had closed the till so the bill came to \$7 each. We stayed way past closing time so we left a big tip.

After leaving the Bighorn battlefield memorial we cycled through the Northern Cheyenne Reservation in 105° F heat and strong head winds. We did this to avoid a major highway but it gave us some wonderful experiences. We would climb numerous 9% gradients thinking we were nearing the top only to find a flat area for changing vehicle snow chains before climbing even higher. We finally cycled into the town of Busby



Idaho Montana border. Targhee Pass - elevation 7072 ft.

Montana where the Cheyenne Indian store was the only place to buy food. Apart from the beef jerky and pork rinds the only vegetarian food was a gallon bottle of milk and a huge box of corn flakes for our 3 pm lunch. Even Jim passed up the meat morsels because everything was so far out-of-date. Of course we ate the entire box of corn flakes with the gallon of milk.

Most of the tour I followed a vegetarian diet but I didn't stick strictly to it. The café-casino at Bridger didn't have any vegetarian options and when we stayed with the locals that had prepared meals I didn't want to appear impolite or difficult after accepting their kind offer. All up a few meals contained meat out of the hundreds I had eaten. Some readers may see this as a failure, but considering some of the remote areas I ventured into and the distances that would take relatively no effort or time to travel by car compared to a bicycle, I feel it was quite an achievement.

Vegan Ultramarathoner: Scott Jurek



Vegan ultramarathon runner Scott Jurek has won the gruelling Badwater Ultramarathon for the second year in a row. Known as the toughest footrace on earth, this 135-mile race takes runners from Death Valley (U.S.), where temperatures often soar to 130 degrees Fahrenheit, to the trailhead of Mt. Whitney in California. The runners cross three mountain ranges with a combined vertical ascent and descent of over 17,000 feet. Jurek won his first Badwater Ultramarathon in 2005, setting a course record of 24 hours, 36 minutes. Most runners take two days to finish the race.

Both this year and last, Jurek won the race at Badwater just two weeks after winning the Western States 100-Mile Endurance Run, which he has won seven consecutive times. In 1999, at age 25, Jurek became the youngest male runner to win the Western States race, and in 2004, he set a record of 15 hours, 36 minutes.

Jurek, who has been following a vegan diet since 1999, credits his wins to his healthy diet, which allows for faster recovery to restore his body to a higher level of conditioning. Jurek was named Runner's World Hero of 2005 and UltraRunning magazine's Ultrarunner of the Year in 2003, 2004, and 2005. In 2003, he was awarded UltraRunning magazine's Performance of the Year.

*(I have seen some reports that **Monica Scholz** (the first female to finish in 2006 and eighth overall), is also vegan. If you can confirm that, please let us know – Ed)*

RECIPES

Socca (Vegan)

Makes 8-10 pancakes
From www.sfgate.com

Eat these chickpea pancakes piping hot and with your fingers. Unlike traditional crepes, where the batter contains eggs and needs to rest before cooking, this is vegan and can be made immediately after mixing.

Ingredients

- 1 cup chickpea flour
- 1½ teaspoons salt
- 1¼ cups water, or as needed
- 2 tablespoons olive oil
- Oil for pan-frying

Method

- Mix together flour and salt.
- Mix water and oil in a measuring cup.
- Pour into flour, whisking constantly until smooth.

It should be the consistency of heavy cream; thin, but not watery. Add more water if needed to thin it out.

Heat a small nonstick pan over medium-high heat. Add oil and when it is shimmering, pour out excess. Add about ¼ cup batter to pan. Working quickly, swirl it evenly and thinly into a crepe. Cook until nicely browned on both sides, turning once. Remove to a plate.

Season with black pepper if required then eat immediately, or keep warm in an oven until ready to serve, which should be soon.



Children!

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

All offerings gratefully received and acknowledged.

A big thank you to Tara for submitting these next two recipes.

Vanilla Poppy Seed Muffins (Vegan)

These are very quick and very tasty – my 5-year old (vegetarian) nephew recently declared them to be one of his favourite foods (up there with hot chips)!



Ingredients

- 150g vegetable margarine eg Nuttelex
- ¾ cup raw sugar
- 150g vanilla soy yogurt
- 30 ml water/soy milk/fruit juice
- 1 tsp Egg-like® powder
- 1 tsp baking powder
- 1 tsp baking soda
- 1 tsp vanilla essence
- 3 tbsp poppy seeds
- 1 ½ cups wholemeal flour

Method

- Cream margarine and sugar
- Stir in remaining ingredients until just combined
- Spoon into muffin pans
- Bake at 160 degrees for about 25 minutes.

Linseed Meal Biscuits (Vegan)

Linseed meal is a good plant source of omega-3 essential fatty acids.

Ingredients

- 125g vegetable margarine eg Nuttelex
- 125g raw sugar
- 1 tsp Egg-like® powder
- 30 ml juice/water/soymilk
- ⅓ cup linseed meal
- 1 tbsp agave syrup (or other honey-like ingredient such as rice syrup)
- 1 ½ cup SR wholemeal flour

Method

- Preheat oven to 180 degrees C.
- Cream margarine and sugar.
- Add the honey, Egg-like powder, and juice/water/soymilk and mix.
- Fold in the flour and linseed meal until just mixed.
- Roll into balls and press with a fork.
- Bake in oven for 16-18 mins, or until golden brown.

WHAT IF... WE ALL BECAME VEGAN?

From *The Earth Blog* : **Giving The Earth A Future** by Keith Farnish - <http://earth-blog.bravejournal.com/entry/17001>
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In June 2006 there were 6,525,000,000 people on the Earth, each consuming an average of 2800 calories per day. That's a total of around 18 trillion calories per day, all of which have to come from somewhere; meat, dairy products, legumes, leafy vegetables, cereals, beets...ultimately though, from the soil, the rain and the sun.

Usually the soil has to be fertilised in some way, from dung, rocks or fossil fuels. Usually the water has to be moved from other places to make up for irregular rainfall. Sometimes the sun is not strong enough and the crops or animal feed has to come from somewhere with warmer weather, or be grown under artificial conditions. Almost always, the food has to be transported from one place to another.

In a world with a **growing population**, whose average calorie consumption is rising, and whose demand for more exotic food is being accelerated by advertising and globalisation, there is one other, almost invisible factor that may be making a huge difference to our global footprint : the amount of food which comes from animals.

So, just for a few minutes, I would like you to suspend any cultural, religious or habitual feelings you have about diet, and just assume that **everyone on this planet suddenly became vegan**. That is, nothing they consumed derived from animals.

According to the UN Food and Agricultural Organisation the typical industrialised consumer derives 28% of all of their calories from animals; largely meat and dairy products. For developing countries this goes down to 8%, so let's strike an average of 15% for the world as a whole.

As part of a detailed and objective analysis in 2000, Vacev Smil discovered that the use of the world's grain harvest alone for animal fodder had gone up from just 20% in 1950 to 45% in the late 1990s, including 60% of all grain produced in the USA.

Smil also found that, if we take 1kg of vegetable matter to equal 1kg of gross energy consumed, then converting the 1kg consumed product into milk would require 4-5kg vegetable matter; pork, 5-7kg vegetable matter; chicken 7-10kg vegetable matter; and beef, 20-25kg vegetable matter.

We can see straight away that a move away from beef to chicken would provide an approximate 65% saving in the amount of vegetable matter required to produce the final food product, and even more if a switch was made away from meat entirely to dairy; effectively a lacto-vegetarian diet. At only 1kg vegetable matter to 1kg

gross energy, there is a huge additional benefit, environmentally, in switching to a completely animal free diet.

In fact, with beef accounting for 25% of the global meat total; pork, 39%; and poultry, 29%; we can take an average of 11.2kg of vegetable matter required for just 1kg of food energy for the whole world.

Based on the UN FAO figures above, this means that the global average of 15% calories from animals requires twice as much vegetable matter as the 85% of non-animal calories consumed worldwide. Therefore, if we all went vegan we would need **only one third of the cropland we use now**.

This is a remarkable figure and one that is scarcely believable; but look at the figures, and that's what comes out. And what also comes out is this:

Therefore, if we all went vegan we would need only one third of the cropland we use now.

Currently 80m tonnes of **nitrogen fertiliser** is produced worldwide every year. Because nitrogen fertiliser production generates nitrous oxide, which has a global warming potential 300 times that of carbon dioxide, the emissions from nitrogen fertiliser comes out at a massive 1376m tonnes CO2 equivalent. In other words, reducing the amount of nitrogen fertiliser by two thirds would offset over 3% of the carbon dioxide produced by humans every year.

The amount of carbon dioxide generated by **food transportation** in the UK in 2002 was 19 million tonnes, which does not include the distance travelled by animal feed. Calculating the amount of CO2 generated by animal feed transportation is tremendously difficult owing to the complexity of the supply chain; however, given the global nature of the animal feed market, the raw materials are unlikely to have been produced any more locally than the average UK apple, quite the converse, in fact. Therefore, we can safely say that if we include animal feed, the true emissions from UK food is closer to 60m tonnes CO2. Globally, the industrialised world therefore produces around 600m tonnes CO2 from food transportation, and the whole of the world a very approximate 1500 million tonnes. The global reduction in carbon dioxide would therefore be around 1000m tonnes, or 4% of all carbon dioxide emissions.

Deforestation is an unfortunate side-effect of cropland growth, especially when the forest being destroyed is amongst the world's richest and most vital habitats, which absorbs around 8% of the world's CO2 each year. Every year around 20,000 square miles (out of 7 million) of the Amazon is lost through deforestation, with over half of that caused by cattle ranching or soya production. Even though the 0.3% loss annually seems

very small, the combination of cumulative loss (17% in the last few decades) and the huge amount of carbon returned to the air through burning and decomposition, is potentially catastrophic for the global environment. A one third reduction in Amazon deforestation resulting from global veganism would be a major saving grace for this irreplaceable resource.

And these are just three examples from many others, including all of the other forests destroyed for cropland; the 19% of global methane produced by farmed ruminant animals; and the run off from slurry, pesticides and fertiliser poisoning oceans and rivers worldwide.

But, even so - setting aside the cultural, religious and habitual arguments for or against it - there are bound to be **objections** to the hypothesis of global veganism. Some of the more likely ones are answered here:

Humans need protein and meat-based nutrients to survive.

There are plenty of vegetable-based alternatives; beans, pulses and nuts of all types, which will suffice. More specifically to veganism, vitamin B12 and other key nutrients can be synthesised, which would be a small price to pay for the environmental benefits.

Soya is destroying the Amazon.

As shown earlier there is really no need for any forest destruction given the two thirds reduction in land requirement. In fact veganism may even allow the Amazon to one day return to its natural state.

There is plenty of fish in the sea; why can't we use this?

Unfortunately this is patently untrue. At West African rates of consumption, wild fish stocks can be maintained, but at the current global rate of fish consumption, which includes vast amounts of fish meal used for farmed fish, many of the most valuable ocean fisheries have already collapsed. An increase in consumption would destroy many of the key food chains that life depends on, forever.

There will be millions of starving people if they are not allowed to eat animals.

The average calorie consumption worldwide is 2800 per day – enough to sustain an average human. In the industrialised world this goes up to over 3300 calories. With a 30% obesity level in the USA there is no question that food inequality is rife, and even if we do have to selectively increase calorie consumption to stave off famine in the worst hit areas, why should this not be offset from the richest countries? Only politics stands in the way.

Realistically, global veganism is not going to happen; but realisation that our obsession with animal based protein and fat is causing global environmental damage on an epic scale, and that by reducing this consumption we could help reduce the greenhouse effect, must be food for thought. Even if not everyone can stomach the outcome.

MEET WHAT YOU EAT

By John Lethlean
reprinted from The Age
10 Mar 2007

An abattoir presents meat eaters with the reality behind their nicely grilled steak, as John Lethlean discovered.

I threw all my clothes in the wash, even the relatively clean jeans. I looked at the soles of my shoes and wondered what traces of death they carried. I found in my shoulder bag a disposable hair net - the kind worn by all sorts of food process people, including meat workers - and, in the sober reality of the morning after, it sent a little shiver down my spine.

For the omnivore, there can be no more profound reconciliation of behaviour and consequence than to visit an abattoir. Especially one where cattle are slaughtered and processed in the one building.

And I am an omnivore; it helps with the job, but really, that's a chicken (yum) and egg (yum yum) thing. Would I be a food writer if I were not an enthusiastic and, for the most part, indiscriminating eater of all types of food? Probably not.

But it entails eating dead animals - animals reared and slaughtered for our consumption - something Al Gore might label an inconvenient truth. And I tend to follow the line of thinking that, if you're going to kill an animal to eat it, the more of the thing that gets used, rather than wasted, the better. Hence, like a lot of the food-curious, I like to eat the bits a lot of baby-booming Westerners ignore. Feet, offal, that kind of thing.

And, like most of the hypocrites who eat meat without thinking about where it came from, I don't like being reminded of meat's origins. Most meat eaters don't (ever notice how fishy things are advertised with images of flapping, rampant salmon? But you won't see a picture of a healthy steer or a bleating sheep in any commercial for beef or lamb).

And there's no starker reminder than an abattoir.

We were on King Island, where it's flat, windy and green, and they grow lots of healthy cattle, mostly Black Angus and Herefords. A lot of them end up at the local meat works. They make for good beef.

The prevailing sentiment of our little foodie tour group was that, if we were prepared to eat meat, we should be prepared to confront the reality behind it. I couldn't argue with that. So when we were asked who wanted to see it all, and everyone put up their hands, so did I. Gently.

It was a "dammed if you do, damned if you don't" kind of moment. Did I want to see - and hear - a cow shot with some kind of bolt and then skun, gutted and

reduced to a carcass for the quick, deft and stoic hands of the boning room? God no.

Did I feel it was one of those moments in life when I owed it to myself to take responsibility for my behaviour, no matter how uncomfortable and disturbing it might be (nothing really compared to the fate of the cow)? I was afraid so.

And so, having inspected the relatively benign procedures of the boning room, we were - having given our hosts the nod - taken to the killing floor, as I think they call it.

It wasn't pretty, and I won't elaborate, except to say I have never been so grateful for bad timing in my life. The workers were at lunch . . . we would see no slaughtering. What we saw, and we saw plenty, was stark enough. No place for the faint-hearted, except perhaps me.

When I was a kid, I used to occasionally go into the operating theatre to watch my old man - a surgeon - work. It was grizzly and I loved it. I could no sooner do it now than fly to the moon; the stomach for all that blood and guts has gone. You think you get tougher as you get older but in some ways you just don't.

And after our tour of duty, when asked who would like to visit - at some time in the future - another bigger abattoir at Brooklyn, where we were guaranteed of witnessing the entire procedure, I found myself hedging while others got right off the fence to say "yes".

These things take a little while to digest, no pun intended. And I still haven't made up my mind.

Afterwards, we visited farms. And we had several different beef dishes for dinner that night. It was to be a paddock-to-plate kind of experience. And it was a profound experience, although clearly not one that has seriously prompted a change of habit. But it does prompt a few questions.

Will the denouement - at Brooklyn - make a difference, if I decide to follow through on the whole bloody exercise?

Do I eat meat because my parents fed me meat as a child? Do my own children eat meat because we have fed them meat all their lives? Have I done the wrong thing doing so, and should meat be like religion, an act of free will on their part?

Going to the abattoir is no act of heroism but I feel better for not consciously ignoring the processes behind my steak tartare or char grilled rib eye.

Having shied away - quite consciously and ignorantly - from the intellectual challenges of the likes of ethicist Peter Singer, or my favourite proselytising vegetarian, Morrissey, I feel I have gone some very small way to reconciling two realities, farming and my eating. And that's not a bad thing.

But the next time I'm listening to my favourite Smiths album, and Morrissey asks "do you know how animals die?" I suspect there will be a little discomfort. Because while the answer is "not exactly", it must be qualified with "but I've got a fair idea".

That might change.

NEWS

Edited articles from around the world.

Animal rights group tells Al Gore to become vegetarian

9 Mar 2007



NEW YORK: Animal rights group People for the Ethical Treatment of Animals (PETA) has sent a letter to former U.S. vice president and environmentalist Al Gore saying he should as a crusader against global warming go vegetarian. It says the meat industry is the largest contributor to greenhouse gas emissions.

PETA said the effect of meat addition among people on climate is truly staggering and pointed out to a recent report by the U.N., "Livestock's Long Shadow—Environmental Issues and Options," which has shown that raising animals for food generates more greenhouse gases than all the cars and trucks in the world combined.

It also drew attention of Gore to a research study at the University of Chicago, which showed that those who switched to a vegan diet did more to combat global warming than those who switched from a standard American car to a Toyota Prius.

The voluntary group said unfortunately Gore's Oscar winning documentary "An Inconvenient Truth" on the perils of global warming has not addressed the fact that the meat industry is the largest contributor to greenhouse gas emissions.

PETA's president Ingrid E. Newkirk said the single best thing that people can do for their health, for animals and for the environment is to go vegetarian. "The best and easiest way for Mr Gore to show his critics that he's truly committed to fighting global warming is to kick his meat habit immediately."

PETA also reminded Gore how his critics have been questioning him whether he practices what he preaches and that by going vegetarian he can silence them and at the same time contribute his mite to the efforts of controlling global warming.

The organization offered to cook for him faux "fried chicken" to introduce him to meat-free meals.

Joss Stone Poses With Chicken In PETA Vegetarian Ad

13 Mar 2007

British soul star Joss Stone is the face of a new online People For The Ethical Treatment of Animals (PETA) ad aimed at turning music fans into vegetarians.

The singer's new ad launches today - a week before her new album, *Introducing Joss Stone*, is released.

In the ad, available at PETA's youth offshoot [peta2's website](http://peta2.org), Stone poses with a chicken beside the tagline, "I'm a singer, a songwriter, a performer, and a human being accepting of all sizes, shapes, colours, and species. I am Joss Stone, and I am a vegetarian."



The singer has been vegetarian since birth and was voted the World's Sexiest Vegetarian in a 2005 [peta2](http://peta2.org) poll.

She says, "I wanted to do the shoot because I feel there is no need to cause another living thing pain or harm. There are so many other things we can eat. I have never eaten meat in my life, and I'm five feet 10 inches and not exactly wasting away. A wise man once said, 'Animals are my friends and I'm not in the habit of eating my friends.' That is exactly how I feel."

(from: www.starpulse.com)

MP foes attack anti-dairy activist

Dina Rosendorff

Herald Sun

2 Mar 2007

Melbourne: Politicians from the two major parties have criticised Victoria's Australian of the Year Philip Wollen for his "odd views" on the dairy industry.

The vegan merchant banker-turned-philanthropist was awarded the 2007 title last year for his work through his Winsome Constance Kindness Trust.

Mr Wollen, who received an Order of Australia Medal in 2005, said the dairy industry was cruel and dairy products were "bad for human health, the atmosphere, and our dwindling water resources".

Labor's Martin Pakula and Liberal MP John Vogels united in a bipartisan barrage on Mr Wollen and joined federal Agriculture Minister Peter McGauran's call for Mr Wollen to apologise for his "absurd" comments about the dairy industry or give back his award.

Mr Pakula told Parliament Mr Wollen's comments were the "ill-thought-out views of fringe activists (and) ought to be utterly rejected".

"Mr Wollen may well be a high achiever in his field but he has some particular and pretty odd views about the dairy industry: he wants to shut it down," he said.

Mr Wollen made the comments in support of Animal Liberation Victoria's **Milk Sucks** campaign, which urges Victorians to become vegans.

He said: "Apart from the cruelty inflicted on the cows and their calves, dairy products are bad for human health, the atmosphere, and our dwindling water resources.

"It takes as much water to grow one cow as it does to float a battleship . . . every unsuspecting consumer is subsidising the massive costs of a cruel, unnecessary and unsustainable industry."

Mr Vogels said the dairy industry was the state's largest decentralised value-adding industry, worth about \$5 billion a year.

It also employed more than 50,000 Victorians directly and indirectly, he said.

"According to the guidelines, the selectors for Victoria's Australian of the Year consider the nominee's contribution to the development of their community and economy, their future goals and likely impact," he told Parliament. "On this criteria alone, Philip Wollen does not qualify for this prestigious award."

But Mr Wollen said he had the interests of dairy farmers at heart.

"Indeed the dairy industry is providing a lot of employment at the moment, but I'm thinking long-term and I'm suggesting we diversify before we run out of water," Mr Wollen said.

"I was trying so desperately to say I want the farmers to prosper and to generate rivers of cash-flow without the volatility on their profit and loss accounts."

But the former Citibank vice-president did not back away from his claims that cows were a blight on the environment.

"A vast amount of water is used to produce one glass of milk and water is precious," he said.

"The livestock industry should get in line with the energy industry, which has already taken its fair share of criticism for global warming."

US Agriculture Department predicts meat prices will rise

from www.theeagle.com

11 Mar 2007

WASHINGTON - Strong demand for corn from ethanol plants is driving up the cost of livestock and will raise prices for beef, pork and chicken, the Agriculture Department said.

Meat and poultry production will fall as producers face higher feed costs, the department said in its monthly crop report.

Ethanol fuel, which is blended with gasoline, is consuming 20 percent of last year's corn crop and is expected to gobble up more than 25 percent of this year's crop.

The price of corn, the main feed for livestock, has driven the cost of feeding chickens up 40 percent, according to the National Chicken Council. The council says that chicken, the most popular meat with consumers, will soon cost more at the grocery store.

The industry worries the competition from ethanol could cause a shortage of corn.

Animal lovers win extra life for 400 Chinese cats

From Guardian Unlimited - www.guardian.co.uk

12 Feb 2007

China's nascent animal rights movement claimed a rare and bloody victory today after rescuing more than 400 cats that were about to be slaughtered for their fur and meat.

The felines were saved from a market in Tianjin after a standoff last week between 100 pet lovers and police that left one protester hospitalised.

Until recent years, respect for animal rights was almost non-existent in China, where dogs, cats, birds, lizards and turtles are often displayed in cramped market cages, before being slaughtered - sometimes by being beaten to death.

But the country's rising affluence has brought with it a pet-pampering middle class, many of whom think of dogs as man's best friend rather than a popular item on a restaurant menu.

Activists are becoming bolder, posting video footage of cruel treatment on *Youtube* and staging protests.

Last November, 500 pet lovers in Beijing staged a noisy demonstration against a police cull of dogs and new limits on pet ownership - both introduced to halt the spread of rabies.

In the latest confrontation, 100 supporters of the "Love Kitty" group in Tianjin surrounded a market, where cats and dogs were being slaughtered. Many of the

protesters were local people who had lost their pets and suspected the animals had been abducted by furriers.

The police refused to support the animal protection group because there is no law in China against killing cats and dogs, and all the animal traders were licensed.

Lu Di, director of the Small Animal Protection Association, described the confrontation that followed: "The demonstrators were afraid that the killings were continuing behind the closed doors so they made their way inside. They found cats crammed inside tiny wire cages about 10 cm high. About 80 police officers arrived and there were scuffles. One man suffered a head injury and is still in hospital."

To avoid further clashes, the Hebei provincial government allowed the cats to be taken to Lu's shelter in Beijing. But it has been difficult for her small, non-profit organisation to cope with so many maltreated animals. Of the 444 cats that were initially saved, 19 have died.



Some of the 400 cats that were rescued from a market in Tianjin. Photograph: China Photos/Getty Images

"We don't have enough money, food or medical care so we are calling for help," said Lu.

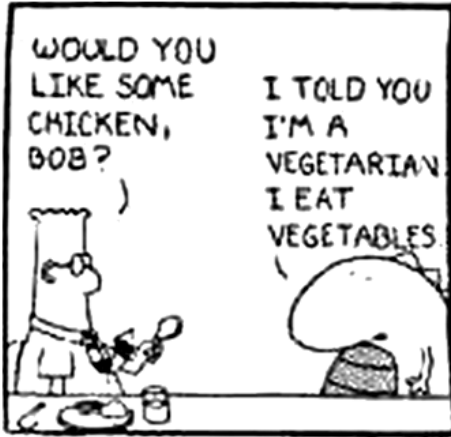
Her fellow volunteers want the government to take steps to prevent a recurrence. "In China, there is no law to protect animals," said the association's vice-director Zhang Dan.

"This is unacceptable. Even poor countries in Africa have such laws. We are petitioning the National People's Congress to make new legislation."

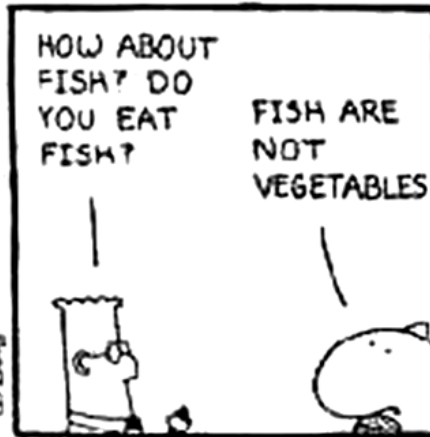
Attitudes to other animals may also need to change. Less than a week before the start of the Chinese Year of the Pig, the local media reported the maltreatment of hundreds of swine that were not allowed to be tended because of a lease dispute.

"Most pigs were so hungry and thirsty that they were not even able to stand and only huddled together, with some piglets lying lifeless," the Yangcheng Evening News said.

DILBERT



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Answer to "Who Said That?"

"A reduction in beef and other meat consumption is the most potent single act you can take to halt the destruction of our environment and preserve our natural resources. Our choices do matter. What's healthiest for each of us personally is also healthiest for the life support system of our precious, but wounded planet."

John Robbins, author of "Diet for a New America" (1987) and founder of EarthSave International in 1988

The Society thanks

Senator Kate Lundy and her staff

for the opportunity to use their office facilities to publish this newsletter.

Sudoku Solution:

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

NEW MEMBERS

We warmly welcome the following people into the Society:

**Miranda Bone
 Cristina Hillingale
 Graeme Kelleher
 Ibolya Losoncz
 Katie Nicolls
 Emma Roche
 Kirsty Stuart**

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