



VEGAN BITES

Spring 2013

ACT VEGAN & VEGETARIAN SOCIETY

NEWSLETTER

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to the spring edition of your newsletter. It was supposed to be a short one! Lots of letters and articles this time.

What a wonderful spring it has been so far. Just about time to dump the winter PJs in favour of a summer nightie, and kill the pilot light in the heater. I'm enjoying the warm days, the activity of the insects and birds in the garden, and the new flowers and growth everywhere. Not so good for hay fever sufferers, I really sympathise. The wind certainly doesn't help.

You may have noticed the letterhead has changed. We are running a competition for a brand new newsletter name, with a prize for the winner. See page 2 for details.

Thanks as always to all the contributors. This is your newsletter and it is much more interesting to read when there are articles, info and recipes from a variety of people. I love to receive your input so please continue to send contributions, suggestions and comments to newsletter@actveg.org.au. Maybe you've tried a recipes from here, you have a response to something you've read here, or if you have discovered a new eating or shopping venue.



Tracey Lofthouse, Ed.

Who Said That?

Who was it who said...

"A dead cow or sheep lying in the pasture is recognized as carrion. The same sort of carcass dressed and hung up in a butcher's stall passes as food."

Answer at the end of this newsletter

Facilitator's report

Just a short report from me this time before we head off to Vietnam for a little adventure.

Firstly, I'd like to acknowledge all the people on our committee for their enthusiasm and work. It is wonderful being part of a team that is working together to create a more dynamic Society. It is exciting to be developing a more collective style of working together. Thank you all!

It's so inspiring to see how committee and other members of the Society have been stepping up to help in varying ways; helping organise and facilitate the Peaceable Kingdom screening at the Canberra Student Housing Coop, volunteering to bake and work on the two Living Green Festival fundraising cake stalls at Gorman House, being involved on the AnimalACTivism Collective working group to gather information about the impact of the animal industry on the environment, planning the 'Drum Action' to enliven protests and rallies, working on the 'Green Savvy' stall at the Old Bus Depot Markets, coordinating the LGF Cake & Compassion stall, and organising our social events. You are all greatly appreciated!

All members are very welcome to come along to our committee meetings. You don't have to be on the committee to participate. We value everyone's thoughts and input. Working together is one of the best

ways to get to know others and to build connections and friendships. If you've never ventured out to an event, please don't be shy! We are a friendly group and would love to meet you ☺

If you have ideas for an event, or would like to organise one yourself, that would be awesome! Just email me on contact@vegact.org.au or come along to a meeting.

If you are reading this newsletter but aren't a financial member, or your membership has expired, I would like to encourage you to think of joining or renewing. Membership fees are essential in enabling us to do the good work we do in promoting a compassionate plant-based diet.

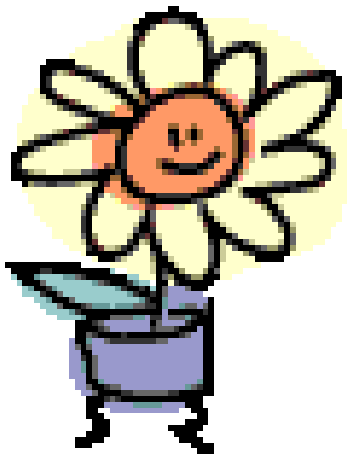
It's easy – you just need to connect up via our website <http://www.vegact.org.au/join/join-up.html> and can pay online.

Memberships are only:

\$16 student/concession
\$20 Single
\$30 Family

In return you receive a good feeling for supporting something fantastic and receive discounts at great places like; Au Lac, Malaysian Chapter, Lamyong online, A Personal Vegan, V Spot and My Rainbow Dreams. You only need to eat out a few times to pay for your membership!!

Jyoti Dambiec



Name the newsletter!

We are looking for a wonderful new name for the newsletter. Please send all your ideas to me at newsletter@vegact.org.au by COB 15 November.

The winner will be voted on by the VVS Committee at the next meeting, and will win a \$10 voucher to spend at Mountain Creek Wholefoods (members can also use your membership card to obtain a discount off non-fridge items).

Ed.



Front counter of the V Spot cafe

New vegetarian/vegan café open in Civic

The V Spot is a new café in Civic, on the corner of Centrepont opposite David Jones and the merry-go-round, run by Christine Wittich.

Chrissie came to Canberra as a 16-year-old and did her apprenticeship at the Tower Restaurant. Since then she has worked in or run various venues related to the hospitality industry.

The café offers organic, fairtrade coffee and other warm beverages made with oat, soy, rice, almond and dairy milks. All milk is organic and all priced the same. Food and drink comes from a variety of local and other business such as Raw Capers, Veganarchy, Real Chai, Funky Pies and Byron Gourmet Food. There are also gluten- and sugar-free options, but the goodies go fast!

All food and drink is served in compostable or recyclable containers and there is no plan to change, at present. Order at the counter outside on arrival and then take a seat inside or out, or take away.

Chrissie hopes to organise some raw food dinners down the track.

While you're there, grab some used coffee grounds for a donation and a list of their many uses.

Opening hours are:

Mon - Fri 7.30am – 3.30pm

Sat and Sun open also during Floriade

Ed.



Living Green Festival 2013

Sunday 13 October



The third Living Green Festival is coming very soon! Get ready for loads of fun, live entertainment, delicious food (some regulars and also some new ones) and even more stalls to visit than in 2012.

Just some of the fabulous stalls you'll see are Armada, Veganarchy, Salvadorean food, Arbonne, Rustic Treasures jewellery, Curry Club, The ACT Vegan & Vegetarian Society, Climate action Canberra, Carpets for Communities and The Orangutan Project.

On the outside stage you'll see Pocket Fox, John Burgess and many more great acts.

The Kids' Zone features storytelling, rock climbing, facepainting and other fun activities.

Don't forget to check out the Cake & Compassion stall, where you can get a bottomless cup of tea for \$2 and any number of delicious home-baked treats, with all proceeds going to the 2014 Living Green Festival.

As usual, the Living Green Festival will have a stall in the foyer where you can buy all sorts of books and various Living Green merchandise.

You can volunteer to help at <http://www.livinggreenfestival.org.au/registration/volunteer> and receive a great thank you gift, and offer other support at <http://www.livinggreenfestival.org.au/support>.

Come along and watch a demo or listen to a talk, shop, eat, or just enjoy the free entertainment.

10am – 4pm

Albert Hall Yarralumla (it's on Commonwealth Ave near the bridge, just a few minutes' walk from Floriade)

FREE entry

<http://www.livinggreenfestival.org.au>



Letters

Published letters from members and others

Roos in sights

Canberra Times, 13 July 2013

Shamefully, the ACT Civil and Administrative Tribunal has ruled in favour of the government's unconscionable kangaroo slaughter. The government should expose their hidden agenda. The extremist concern for endangered species is obviously a ploy, convenient green-washing, and can't be upheld with robust ecology.

Obviously the "cull" of Canberra's unwanted kangaroos, or "overpopulation", has a more pragmatic and monetary basis.

It's probably much more to do with traffic accidents and insurance claims, due to collisions with kangaroos. If the total condemned of 740 does not take into account small dependant animals that would be orphaned, it will inevitably be higher.

There needs to be more investment in devices that warn kangaroos away from roads, not just trigger-happy solutions. For animal lovers and conservationists, there's only one party to vote for in the upcoming election - the Animal Justice Party. The Greens, besides their rhetoric, can't be trusted to keep to their policies on animal welfare.

Vivienne Ortega, Heidelberg Heights, Vic

Cull is more humane

Canberra Times, 16 July 2013

No committed conservationist, including myself, could take a moment's satisfaction from the need to cull kangaroos in ACT nature reserves.

However, in recent decades, the people of Canberra have supported the establishment of large forest, woodland and grassland reserves which now rank as some of best of these declining habitat types anywhere in Australia.

This has involved a significant investment by the community, involving the "loss" to the real estate market of land potentially worth many hundreds of millions of dollars, the relocation of planned suburbs and regional centres, the construction of the Mulligans Flat feral-proof fence, continuing restoration, controlling weeds and pest animals and the reintroduction of locally extinct and threatened native animals.

I have seen the damage to habitat caused by uncontrolled kangaroo populations, in particular at Rotamah Island, in Victoria in the 1980s.

Kangaroos had eaten out the habitat, most looked like survivors from Auschwitz and could hardly move. A large male could only crawl on all fours in the dirt, searching in vain for non-existent blades of grass. I only wish I had had the permission and means to end his misery.

We could find ourselves in a similar situation here; degrade the values of conservation areas and see mobs of hungry kangaroos spill on to roads, to the benefit only of the panel-beaters.

This is an unpleasant business. I hope that the ACT government will redouble its efforts, over time, to find other ways of reducing kangaroo impacts.

I hope animal liberation activists will now accept the umpire's decision, refrain from the vandalism so evident last year, and work actively with ACT authorities on alternative strategies.

As for cruelty, surely a marksman's bullet to the head is more humane than slow starvation or being run down by a 4WD.

B. Lindenmayer, Chapman

Michael Evans ("No sacred cows: let me eat whale for dinner", July 13), while pretending he wants to try a whale burger, actually shows why we should all stop eating animal products.

He admits to being "appalled at footage of how we slaughter cows, pigs and chickens for human consumption". He points out the inconsistency of being squeamish about eating some animals while slaughtering others.

He also says that the breeding, growing and slaughter of animals is "arguably a questionable use of limited resources". He says the "only truly logical argument appears to be not to eat or even domesticate any animal".

He's right. He asks how realistic that may be but for me and millions of others it's our daily routine. Moreover, our choice of a plant-based diet now has the blessing of the National Health and Medical Research Council along with health bodies in other countries as a perfectly viable, healthy option.

Evans can join us and as the number of vegans increases, the numbers of animals bred and slaughtered will decrease.
Mike O'Shaughnessy, Spence

Article (2) at end of letters

Roo activists to fight on

Canberra Times, 17 July 2013

The idea that animal rights protesters should "accept the umpire's decision" misses the whole aim of the anti-kill actions, which is to stop the cruel and needless shooting of sentient, healthy native animals and the slaughter of their dependent children ("Roo target in doubt as protests disrupt cull", July 16, p3).

The legal action at the tribunal was just one way of trying to achieve that goal.

Just because that tactic wasn't successful (though it did reduce numbers and delay the start) does not mean that other methods would be dropped - quite the opposite.

Mike O'Shaughnessy, Spence

Kangaroo fairytales

Canberra Times, 28 July 2013

IT WAS delightful reading about Greg Stoodley's photography ("The secret life of Canberra's roos", July 21). However, I was shocked to learn that he has been taken in by the ACT government's propaganda about kangaroos starving.

I was surprised he was not corrected on this point as this is not the reason for the killing at all; kangaroos have evolved with the capacity to suspend their pregnancies when conditions aren't suitable to sustain their offspring - these are healthy animals that are in no danger of starving. It is perhaps not surprising that the public still clings to reasons which might appear more logical than "protecting grassland" - from a native animal that evolved over millions of years with the environment, the government is indeed clutching at straws with this idea. I wish Canberrans would stop listening to the lies and start listening to the facts.

Kate Luke, Canberra

Now that the ACT Civil and Administrative Tribunal has made its decision on the kangaroo cull, can we hope that Territory and Municipal Services (TAMS) will be able to get on with the work we pay it to do and politicians continue to do what we elect them to do without further interference?

It is disappointing that the tribunal felt it necessary to justify its existence by changing the cull numbers in some reserves, not just because it will mean less than satisfactory outcomes in the current cull but also because it will keep the matter contentious and gives unjustified moral support to misguided animal rights activists, people who appear to be driven by an emotional attachment to one species and its unfettered propagation at the expense of others. This appeal has cost residents significant money, wasted government time, reduced the effectiveness of the cull and closed the reserves unnecessarily for weeks.

I use the Callum Brae reserve often and have seen it at times reduced to a pitiful state through overgrazing by kangaroos and rabbits, something activists have apparently not seen or appreciated.

If every kangaroo was removed from Callum Brae, the place would be full of them again in six months with the interchange of hundreds of them hopping fences between the reserve and three private properties in search of water and feed.

Given the foolishness of the activists' arguments and their ignorance of (or willingness to ignore) the facts, the case should never have been entertained by the tribunal. TAMS has a responsibility to apply good husbandry to the reserves under its control. It applies science and considerable observation and experience to formulate its plans and obviously doesn't decide on culls lightly.

Julian Robinson, Narrabundah

Cruelty to cats

The Australian, 12 August 2013

THE almost literal shoving of vegan beliefs down cats' throats ("Cats and dogs on vegan diets give experts paws for thought", 10-11/8), despite scientific concerns that it poses serious health problems, is an extremely narcissistic abuse of power.

It's simply the high-brow torturing of a defenceless creature to satisfy a self-righteousness complex. To practise such cruelty in the name of being environmentally ethical would make even Sir Humphrey Appleby blush.

Julian Murray, Paddington, Qld

Article (1) at end of letters

Welcoming cell mate

Canberra Times, 12 August 2013

I would like to thank The Canberra Times for Tom Chivers' excellent article on the debut of stem cell meats in London ("Let's applaud the lab burger", Times2, August 7, p4). The article was well reasoned, well written, serious and amusing at the same time.

As an environmental scientist who knows the human world must stop producing animals for food or destroy the planet, I see cell culture meats as a huge breakthrough, ultimately something people will be able to grow in kits in their homes.

I have been a vegetarian for more than 35 years and would probably find the taste of meat pretty horrid now.

But I welcome cell culture meat as a way of keeping our companion dogs and cats healthy and happy long after animal food production ceases.

Frankie Seymour, Queanbeyan, NSW

Keeping cats under control

Canberra Times, 18 August 2013

I WAS heartened to read Ewa Kretowicz's article that the RSPCA wants cat curfews. In most ACT suburbs, unless a cat can be proved to have fouled someone's garden or a child's sandpit, or killed or maimed a native animal or is persistently noisy (caterwauling), it is allowed to roam by day or night.

As a member of a NSW native animal rescue organisation, I have seen first-hand the injuries and deaths cats inflict on small native mammals and birds. Most cat owners will defend their pets, but they are mistaken. Cats are only following their instincts and cannot change, so we must change owners' behaviour.

Feral cats are a big part of the problem, but domestic cats can kill on average about 30 native animals a year. House cats are not usually subject to cat fights, dog attacks, car accidents, cruel people, ticks or infection if they encounter other cats carrying the feline virus toxoplasmosis. This disease can cause blindness, birth defects and miscarriage in humans, as well as blindness and organ damage to native animals.

For the benefit of people, our native animals and our pet cats, please let's put cats under the same confinement rules as dogs.

Lois Katz, Tathra, NSW

Roo cull is pointless

Canberra Times, 18 August 2013

RELOCATING kangaroos from reserves ("Minister to consider roo relocation over annual cull", August 16) might well be the best option for kangaroos that are imprisoned behind fences, for example at the Mulligans Flat and Goorooyaroo reserves. If animals must be removed from an area, translocation to another more suitable area has always been the only ethical option. Translocation was successfully used, without any kangaroo casualties, at Government House at Yarralumla more than 20 years ago. It was also the only ethical option for the kangaroos that were slaughtered, with such terrible pain and distress, at the Belconnen Naval Transmission Station in 2008. But even if it is a non-lethal and relatively humane alternative to culling, translocation is just as completely pointless and environmentally perilous as the government's current culling policy.

There is still no science to support claims that kangaroos are overpopulated or are any threat to the environment. The recent hearing at the Administrative and Civil Appeals Tribunal confirmed the total absence of any scientific basis for the slaughter.

What Mr Rattenbury needs to do is to throw out the current science-free policy, which pretends kangaroos are somehow a problem for the environment, and start working out how we can preserve what is left of the Canberra Nature Park.

Frankie Seymour, Queanbeyan, NSW

AJP defeats purpose

Canberra Times, 09 September 2013

The Animal Justice Party's few preferences seem to have made the difference to elect a Liberal over a Greens candidate as the second ACT senator and possibly will make the difference between Senate constraint on a Coalition government or none. There is no greater injustice that could be done to an animal than to send its entire species extinct. Over a minor local issue AJP preferences appear to have handed power to a government that disregards the scientific consensus and will wind back the action we need on climate change to prevent many more extinctions, not to mention supporting live exports etc. Shame on you, AJP.

Peter Campbell, Cook

A few pests too many

Canberra Times, 11 September 2013

It was with dismay that I read the ACT RSPCA chief Michael Linke defending himself over concreting some rabbit burrows ("RSPCA chief defends concrete in rabbit warrens", September 10, p1). What craziness is this where the eradication of a few of the most destructive pests ever introduced rates as front page news? It is a pity that he did not concrete the whole lot. I am sure Simon Sheikh would be there for a media opportunity as Mr Linke tries to help him rabbit-proof the Senate. Hang on, I may have missed something.

T.J Farquahar, Ainslie

Bigger issue at stake

Canberra Times, 13 September 2013

Peter Campbell (Letters, September 9) seems to be a bit premature in his accusation that the Animal Justice Party has delivered an extra seat in the Senate to the Coalition. As I understand it, the distribution of preferences is still under way, and the Greens are actually predicted to pick up extra seats in the Senate. This would be at least partly with the help of Animal Justice Party preferences in states other than the ACT.

Personally, I would not have risked giving the Coalition an extra Senate seat, courtesy of ACT voters, for anything. But I would scarcely call the cruel and unnecessary slaughter in July of over 1400 kangaroos a "minor local issue". If we can't trust the Greens to do the right things by animals and the environment, how can we trust them to do the right thing in relation to climate change or any other issue?

If both the AJP and the Greens can learn from this experience, perhaps it will be a win for the animals in the long run.

Frankie Seymour, Queanbeyan, NSW

Traps Kill, Fullstop

Canberra Times, 26 September 2013

Cliff Peady (Letters, September 24) wants to ban the sale of yabby traps - not because they are used to kill yabbies but because they may accidentally kill "air-breathing animals". Why should sentient air-breathers have a higher moral value than sentient water-breathers?

Mike O'Shaughnessy, Spence

(1) Cats and dogs on vegan diets give experts paws for thought BY:GINA RUSHTON

From: The Australian, August 10 2013

A CAN of Whiskas and a cuddle aren't all that's expected of the new-age pet owner these days. A growing number of cat and dog owners are extending their ideological food preferences to their pets and raising their four-legged friends as vegans.

Founder and owner of Australia's first vegan pet-food company, Sandy Anderson, said her customer base had grown by at least 30 per cent a year since she started Veganpet in 2007, despite never having advertised.

"These are people who really care about the environment and their own wellbeing and their cats' wellbeing too and they are willing to try alternatives," she said.

With Nick Costa of Murdoch University's School of Veterinary and Biomedical Science, she developed a "complete and nutritionally balanced" vegan pet-food range using human-grade organic products.

However, Melissa Catt of Sydney's Paddington Cat Hospital said a vegan diet could pose serious health problems for cats in particular, and vegans were "making an inappropriate decision on behalf of another living creature".

"Cats are one of four creatures in the world who are obligate carnivores; they need to have meat protein in their diets," she said. "Maybe vegan pet food is the next thing to come along in that long line of 'what you do for yourself you then do for your animal'."

Jess Bailey, the owner of The Cruelty Free Shop in the inner-western Sydney suburb of Glebe, said the Veganpet range was one of her top-selling products, which she feeds to her two former strays.

"There has definitely been an increase of vegan pet owners. I guess there has been a growing awareness and there are definitely more people becoming a vegan every day and realising that animals can be perfectly healthy on a vegan diet," she said.

Hilary Lawrence, who works at the shop, switched her cat Baby to a vegan diet because she was unhappy with commercial pet food.

"There were lots of additives, lots of scientific words that I didn't understand, just so many unnatural things," she said.

"We were hesitant for the same reasons that a lot of people are -- that cats are carnivores -- but then we did some research and when I picked up the Veganpet food I knew all the ingredients and I didn't have to look up any of them."

The store also stocks faux pig's ears for dogs and a range of non-leather collars and leashes.

Filmmaker, spiritual teacher and author of *Secret Animal Business* Billie Dean feeds the product to her 14 cats and seven dogs on her property in the NSW Southern Tablelands.

"Sandy's done her research; I feed Veganpet to my cats like a vitamin pill."

Ms Dean believed commercial pet food was the source of a range of animal illnesses and domestic animals were becoming "intolerant" to meat products.

"I do animal telepathy and I actually tune in and I've had cats say to me 'I'm addicted to this stuff and it's bad for me and I feel sick'," she said.

She stressed a vegan pet diet should only be executed by owners aware of the protein and omega requirements of their pets.

"I know there is a big furore because some vegans gave their cat a diet of potato but of course that cat isn't going to thrive; that is ignorant," she said.

Nutritional ecologist at the faculty of Veterinary Science at the Charles Perkins Centre David Raubenheimer was sceptical about the sustainability of a vegan diet for cats.

"I have nothing against vegetarian diets for humans -- it is an ecologically and ethically sound position -- but I think if people feel strongly about their issues, they shouldn't own pets that are adapted to be carnivores; it is not fair on the animals," he said.

<http://www.theaustralian.com.au/news/health-science/cats-and-dogs-on-vegan-diets-give-experts-paws-for-thought/story-e6frg8y6-1226694529729>

(2) No sacred cows: let me eat whale for dinner - Michael Evans

Canberra Times, 13 July 2013

Sitting atop the food chain is a hand-wringing place to be.

Oh, the daily angst of deciding which fellow beast from the animal kingdom should be slaughtered to ensure my survival.

Excuse my existential dilemma as I wipe the pork fat from my lips and devour a chicken leg before tossing the bone to the pooch at my feet. Lucky hound - how did he get to be domesticated rather than filleted anyway? Best not take him on holiday to Asia.

Funny how we humans make the rules about what we can - and can't - eat.

Pigs, yes. Cows, yes. Dogs, no. Horse, no. Whale, no way.

But why not? Why shouldn't I be able to eat dog, horse and, heaven forbid, whale?

Sound the alarm bells, set the greenies loose on my door and force-feed me grain to turn my liver into foie gras: I wanna try a whale burger.

Like any coast-hugging Sydneysider, I love gazing out to sea and catching a glimpse of a majestic breaching whale. But I also love a trip to the country and seeing cattle and sheep grazing.

Yes, I am uneasy at the sight of blood-stained water on TV when those Japanese boats start pinging harpoons into whales' backs. But I am equally appalled at footage of how we slaughter cows, pigs and chickens for human consumption.

We've so removed any notion of animal slaughter from our meat consumption that it's little wonder kids answer the question of where sausages come from with a deadpan: "the supermarket".

Culturally, we select which animals are fit for slaughter and consumption and which are not.

Many Asians eat dog, a fact that disturbs a good number of us. Many of us aren't keen on eating Skippy despite plenty of good reasons.

The recent European horsemeat scandal sparked outrage that quality beef was being substituted with meat straight from pony riding school. But why shouldn't we eat horse? It's standard fare throughout parts of Asia, Europe and South America: recipes for traditional Veronese horsemeat stew or Parisian pot-au-feu de cheval are easy to find online.

Is it because in Australia we'd rather see a 5 foot tall jockey thumping the nag's hide with a strap to make that noble beast run faster?

Wikipedia reckons that in 732 AD, Pope Gregory III began a concerted effort to stop the ritual consumption of horsemeat as it was a common pagan practice.

Australia is, in fact, one of the world's largest horsemeat exporters. We just don't eat it here.

If there is a legitimate demand, why shouldn't a regulated industry be allowed to meet that demand? Imagine the marketing opportunities of a Black Caviar burger!

I know, I'll be accused of wanting to dine on dolphin dumplings and wear baby seal fur coats. And of having a heart as cold as a John Dory's privates.

But our choices appear culturally contrived. Historically, the Japanese and Icelanders have enjoyed a bit of whale blubber with their tea.

We as Australians find this troubling. (They probably don't think much of us eating Vegemite.)

One argument that excites anti-whalers is that the mammals are endangered. It's true 100 years ago we nearly fished them into extinction.

Today it's estimated about seven of the 13 species of great whale, including the blue whale and the bowhead, are endangered. But some fin and Bryde's whales and minke whales are abundant. Not that it's as easy or accurate to count whales in the ocean as it is sheep in a paddock. A few years ago, one Japanese bureaucrat reportedly labelled minkes the cockroaches of the sea.

I'm not talking about allowing hunting of endangered species. Iceland, Norway and Japan have argued they want to hunt only abundant species of whales. Scepticism is appropriate - but many controversial industries operate in a regulated environment.

But if you stop whaling and numbers return to a healthy level, how do you then argue they should not be farmed when they are once again frolicking in abundant numbers?

Should we not farm whales simply because they are magnificent mammals? Are we letting emotion guide us?

The Japanese do their cause no favour arguing they hunt in the name of science. But what's the harm in them saying we've eaten whale for years. It tastes good on a bed of rice with a splash of soy sauce (or however they eat it).

And if there aren't many left, we'll back off for a while or choose a different species. After all, cows and sheep are farmed sustainably. Our position appears historically ingrained, unchallenged and arguably a questionable use of limited resources.

The only truly logical argument appears to be not to eat or even domesticate any animal. And how realistic is that?

Now, what's for dinner?

<http://www.canberratimes.com.au/comment/no-sacred-cows-let-me-eat-whale-for-dinner-20130712-2pv9e.html#ixzz2YsWdV6Ky>

Roo target in doubt as protests disrupt cull - Tom McIlroy and Stephanie Anderson

Canberra Times, 16 July 2013

Animal activists claimed a strategic victory over shooters involved in Canberra's annual kangaroo cull on Monday, saying they had disrupted shooting in the Pinnacle Nature Reserve.

Shooting in the reserve, adjacent to Weetangera and Hawker, stopped temporarily about 8pm on Sunday after activists sounded air horns and charged across the reserve.

Animal Liberation ACT spokeswoman Carolyn Drew said all shooting was abandoned for the night about 9.30pm.

"We are elated that the pressure brought to bear by repeated forays onto the reserve has meant many adult kangaroos and joeys have been protected," Ms Drew said in a statement.

"Activists will be out on the ground at every reserve and will continue this pressure to protect kangaroos from a gruesome and unjustifiable death until the end of the culling season on August 1."

The protests came as it was revealed the cull may fail to reach its annual target by the July 31 deadline, following repeated legal delays.

The program had been given the green light after a decision handed down by the ACT Civil and Administrative Tribunal on Wednesday, ruling that 1244 kangaroos could be shot by the end of July. A further interim application lodged by the Australian Society for Kangaroos on Friday was dismissed.

ACT Municipal Services Minister Shane Rattenbury confirmed on Monday that culling operations had begun, but the delays had left a narrow window for shooters.

"No doubt this will have an impact on the original target," he said.

"There are a few factors against reaching that original target."

Speaking on ABC Radio, Mr Rattenbury said "minor adjustments" had been made due to the presence of activists across the seven sites. "There have been protesters on site," he said. "I believe some warnings have been issued, but I'm not aware of any major incidents at this point."

Activists had vowed to disrupt shooting across the reserves - Callum Brae, Goorooyarroo, Kama, Mount Painter, Mulanggari, Mulligan's Flat and the Pinnacle - but those caught trespassing could be fined up to \$5500 under the Nature Conservation Act.

Earlier, Ms Drew disputed Mr Rattenbury's claim that warnings had been issued.

"We were sitting there from 10.30pm till 5am waiting," she said.

"As far as I know, no fines or warnings were issued."

An ACT government spokeswoman confirmed one written warning had been issued as of 2pm on Monday.

<http://www.canberratimes.com.au/act-news/roo-target-in-doubt-as-protests-disrupt-cull-20130715-2q0h5.html#ixzz2Z9gHxNU7>

Backlash over 'cruel' concreting of warrens

Date September 10, 2013 - 12:54PM

Stephanie Anderson

Breaking news reporter at The Canberra Times.

Animal rights groups have expressed horror over the "cruel" concreting of rabbit warrens at the RSPCA ACT's Weston headquarters last month.

Concrete slurry was used to fill a number of holes on the site on August 28, prompting concerns for animal welfare from the union representing staff at the headquarters, United Voice.

Animal Liberation ACT has also voiced its alarm over the actions, which spokesman Bernie Brennan said left members "horrified".

"The more humane solution would be, leave them be," he said.

"They're part of nature, whether we like it or not."

Mr Brennan said current eradication methods utilised by some organisations were "horrific and cruel", adding that investments should be made into finding a non-lethal solution.

"It's not acceptable - rabbits, they do feel pain," he said.

"I don't think it's acceptable to kill any animal by starvation or dehydration. There have got to be non-lethal methods of controlling them."

However chief executive of the RSPCA ACT Michael Linke said the warrens had been concrete-filled to protect the health and safety of the society's workers, not to eradicate a pest population.

"There are 57 rabbit holes on site and five have been filled," Mr Linke said.

"There are three or four holes in a high-traffic area and we took a decision to start the slurry. It didn't flood the warren. Ultimately, the solution that I came up with was to protect the staff first."

Mr Linke said it was never intended to kill the "scores" of rabbits on the 20,000sqm site, with the death of a couple of rabbits an accepted risk.

However, the Animal Justice Party has raised questions over the number of animals onsite at the time of the operations.

Canberra-based member Marcus Fillinger, who recently failed to gain an ACT Senate position, said it appeared a lot of assumptions were made regarding the number of rabbits potentially affected.

"They could potentially meet a very cruel and slow demise," he said.

"I find that most concerning, that this is being conducted by an animal welfare association."

In June, Mr Linke told an ACT Legislative Assembly estimates hearing that rabbit eradication at the site would occur in the most humane way possible.

"We would cover rabbit warrens with traps, we would get rabbits out of their warrens and into the traps and we would humanely euthanize them," he said.

- with Matthew Raggatt

<http://www.canberratimes.com.au/act-news/backlash-over-cruel-concreting-of-warrens-20130910-2th6v.html>

Inspectors look into RSPCA's rabbit holes

Date September 11, 2013

Matthew Raggatt

Reporter at The Canberra Times

ACT government inspectors will view the RSPCA's Weston premises on Wednesday to identify the extent of concreted rabbit warrens and the pest infestation, as the society's ACT chief executive maintains the action posed no animal welfare issue.

Michael Linke has acknowledged the concreting of a number of warren holes on August 28 was done in part to test whether concrete slurry was an option for the widespread wipe-out of the vermin.

"Every option needed to be explored - it's a solution we considered," Mr Linke said.

"Had the concrete flowed properly, we could have explored the use of CO2, fumigated the warrens and then concreted them.

"[I said] 'let's have a look at how the product works'. Now I've made a decision that it's not a solution that works."

On Tuesday, a Territory and Municipal Services spokeswoman said the directorate had advised RSPCA ACT against concrete sludging, and understood the actions taken were for workplace safety.

"TAMS was aware that this was an option being considered by the RSPCA to control the local rabbit population and advised that this was not an appropriate means of eradication," the spokeswoman said.

"[TAMS understand] the concrete was only used on a small number of the larger holes and there are still many passages for the rabbits to enter and exit. However, TAMS compliance officers will visit the site tomorrow to investigate and confirm this."

The comments come after Fairfax Media revealed the concreted warrens on Tuesday. Mr Linke said the plan involved filling in five of 57 rabbit holes for the purposes of protecting the safety of staff caring for animals.

"There are three or four holes in a high-traffic area and we took a decision to start the slurry. It didn't flood the warren," he said on Monday evening.

"Categorically, this is not a method that RSPCA would use to eradicate rabbits."

Mr Linke said he had delayed the planned use of the concrete slurry the week earlier, and had made directions for trapping and other actions to ensure rabbits were removed before the August 28 work.

In a statement on Tuesday afternoon, the union which represents RSPCA ACT staff, United Voice, said minutes from one of the society's occupational health and safety committee meetings this year indicated TAMS had advised that poisoning was the preferred rabbit solution.

A TAMS spokeswoman confirmed to The Canberra Times that certain types of poisoning were appropriate for rabbit control.

Mr Linke said he did not accept the use of poison at the site.

"TAMS don't govern what we do. We decide what to do, and I'm not going to use poison - RSPCA doesn't think poisoning is appropriate at any time," he said.

The chief executive has said the death of a couple of rabbits in the completed concrete slurring was an acceptable risk, and estimated there were between 40 and 60 of the animals on the Weston site.

<http://www.canberratimes.com.au/act-news/inspectors-look-into-rspcas-rabbit-holes-20130910-2tind.html>

Police shoot dog after three people attacked, man bitten

Date September 11, 2013

Police shot a dog which was attacking a group of people on Tuesday evening in Dunlop.

A woman was bailed up by the attacking dog in a park area between Fassifern and Jarramlee Ponds.

When a man went to the woman's rescue, the dog bit him. A 17-year-old boy had clothing ripped as the dog attempted to bite him.

Police were called to the scene shortly before 6pm and a sergeant from Belconnen police station fired his gun, injuring the tan-coloured dog.

Advertisement

The dog retreated to a nearby home where it was contained to the backyard until the owner returned home.

It was later taken to a vet for treatment.

<http://www.canberratimes.com.au/act-news/police-shoot-dog-after-three-people-attacked-man-bitten-20130910-2tilg.html>

RSPCA shooting starving sheep and cattle

Date September 12, 2013

John Thistleton
Reporter for The Canberra Times

RSPCA officers are shooting starving sheep and cattle on parched farms around the Canberra region.

As lambing and calving livestock compete with kangaroos in plague numbers, welfare officers and police are prosecuting some farmers with hungry stock for animal cruelty.

Rain at the wrong time and high numbers of cattle from the north flooding markets and depressing prices - a legacy of suspending live export with Indonesia in 2011 - have caught farmers off guard.

Braidwood district vet Bob Templeton is warning farmers passers by won't tolerate seeing skinny cows in paddocks without grass.

"We are getting neighbours putting in people for their (starving) stock, where they never used to do it.

"The animal welfare bar has been raised dramatically in the last few years, which is a great thing because it keeps people on their toes."

RSPCA regional inspector Jean Sprague has attended Yass, Gunning and Goulburn farms where cows and sheep have either been shot, or owners ordered to feed them.

"It's just unacceptable. A good farmer knows he has to take into account the cost of keeping the protein level up to his stock," Ms Sprague said.

"People say, 'the prices have dropped, I was waiting for the price to go up.' Well, you are going to go out backwards. They just don't do the maths on it."

Ms Sprague said land owners at fault ranged from absentee farmers to experienced stockmen, who had become complacent.

"It all comes down to this: if you've got stock, feed them. An animal can get sick, an animal can have a veterinary issue and that is a different thing all together.

"When an animal is simply starving, the finger points to the person in charge," Ms Sprague said.

Elders Goulburn manager Steve Ridley said a post-winter sale on Tuesday attracted about 2000 older sheep and lambs.

Mr Ridley said prices were firmer than cattle prices, which had been falling, partly because Indonesia had stopped trading with Australia.

"Central Queensland has been very dry. What that does is push a lot of those cattle south, it has a flow on effect, right the way through."

Bungendore grazier Harry Osborne, who has been feeding his stock all winter, said on the urban fringe people bought land and made money from cattle but did not have the experience to cope with unexpected weather.

Mr Osborne said rain in any month beginning with J spelt disaster. Heavy falls in January and June had drained nutrients from the grass, while warmer autumn and late winter were not accompanied by much needed moisture.

Farmers who needed help weren't given it.

"It's not 'mate, you need to do this'. It is 'mate, we're here to shoot your stock'," Mr Osborne said.

"I'm not pessimistic, I'm uneasy. I'm looking at this and thinking, my get out of jail card is slipping away from me.

"That is, I was looking forward to spring being a time where stock prices might claw their way back north and I would be able to off load stock for good money."

<http://www.canberratimes.com.au/act-news/rspca-shooting-starving-sheep-and-cattle-20130912-2tm4k.html>

One from earlier in the year:

[Vegan Australia says no to Bacon Week](#)

Friday, 17 May 2013

Vegan Australia rejects the assertion by Australian Pork that "It is often said that bacon is the meat that will tempt vegetarians to follow the carnivorous path back to sal(i)vation. And this is the week to do it."

"The suggestion that this week people should encourage those who eschew animal products to consume bacon is disappointing and shows a limited understanding of the issues involved," said Greg McFarlane, CEO of [Vegan Australia](#).

"While we understand that some people may enjoy the taste of bacon we believe that taste should not be the only factor in considering who/what we eat. There are far more important aspects than taste, such as the cruelty and death inflicted on the animals we are eating, the impact on the environment, the impact on our health and the impact on the world's hungry," said McFarlane.

"Pigs have the capacity to experience emotions, feel pleasure and form strong social and family bonds. All these are impossible on the majority of Australian farms, where pigs are denied the opportunity to roam freely, denied mental stimulation and are often subjected to surgical procedures such as tail docking and castration without anesthetic. Ultimately these sentient, social animals pay with their lives for our desire for a tasty treat. You may consider bacon to be a tasty morsel, but to the pig, whose body the bacon comes from, it is life itself.

"Australian Pork has avoided highlighting the real cost of bacon production on the pigs and on the environment. Piggeries produce large amounts of methane (a leading greenhouse gas) and other forms of pollution. Pigs are involuntarily one of the oceans' biggest predators, along with cows. Humans' use of pigs as "food" is killing the oceans and the planet.

"There is also a health cost to those who consume bacon due to its high saturated fat and salt content. Fortunately there are plenty of delicious, healthy vegan alternatives to all animal products.

"It is now clear that there is no need for humans to consume pigs or any other animals to be healthy. In fact, avoiding animal products can have many health benefits. The use by humans of animals for food or any other purpose is not ethical and Vegan Australia is calling for an end to all animal use," said McFarlane

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

Odds 'n' Ends

New discounts for members

Lamyong online is now open at www.lamyong.com.au/shop.

We deliver to most major cities and regional areas in NSW. We also offer delivery to capital cities like Canberra, Melbourne and Brisbane.

For a limited time, we are offering a 10% discount orders over \$50 made on our website. Please look through the delivery schedule and areas.

If you have any queries, please contact the Lamyong team at lamyongonlinesales@gmail.com.

The V Spot is a new café that has opened in Civic (see article p2).

Discount %10 off everything on showing membership card.

Animal Activist Forum

Melbourne, 18/19-20 October

As Australia's leading animal activist conference, Animal Activist Forum endeavours to provide a space within which activists can network, collaborate and learn regardless of their background or specialisation. Over the two-day event this October, AAF will showcase individuals and groups at the forefront of animal activism both in Australia and internationally whilst also hosting captivating workshops and seminars.

When: October 19-20th 2013 (With a day of activities planned for Friday 18th)
Where: Victoria Trades Hall
Cnr. Victoria & Lygon Streets
Carlton South, VIC 3053 Melbourne

The 2013 Animal Activist Forum is due to exceed previous expectations due to the plethora of events and excellent speakers scheduled. This year, the Forum will kick off on Friday morning with a preliminary "Day of Action" providing activists with the opportunity to engage in different activism activities around the Melbourne CBD.

The weekend's formal forum event will include refreshments, break time snacks and vegan lunch for both days. After a full day of inspiring speakers and workshops on Saturday, there will be a social dinner held in conjunction with "Keep Talking". The social dinner will commence immediately after the close of the forum workshops, allowing attendees to continue their conversations at the bar or return for the set dinner at 7:30pm.

Early Bird tickets will be available from July 1st followed by general ticket release.

If you are interested in presenting at the Forum, please contact Rowan Fetzer at presentations@activistsforum.com.

Pricing for the social dinner and ticketing is yet to be confirmed. For more information, and to register for the forum and social dinner, see the website: www.activistsforum.com or follow us via the social networking links below.

We look forward to meeting you all in October!

AAF Team

No bones about it

Kirsten Lawson, COnline 20 March 2013

Photos: Jay Cronan

They recently opened a vegan cafe but this pair are not new to a lifestyle without meat. The paleo diet, with its focus on meat protein, is arguably more prominently on the radar than its virtual opposite, a vegan diet, but it's a vegan cafe that is making the noise in Canberra at the moment. Sweet Bones is a tiny, shabby-chic set up in the super-homespun Traders Mall in Lonsdale Street, run by a couple still in their 20s.

They are not, owners Russell and Emily Brindley insist, simply tuning into a hipster trend. Rather, this is how they live, their lives and their diet now shared with whoever wants to head in here for a vegan cupcake or brownie, sandwich, wraps, or salad, granola - everything vegan other than the milk with coffee. Over summer, they also do a vegan dinner on Thursdays.

The day we visit, Emily Brindley is planning the evening's menu - wild rice salad, with a maple and miso-glazed baked tofu, a seaweed and kale salad, and balsamic caramelised beetroot.

The meal is for Valentine's night, so they also had candles set up in the tiny narrow alleyway out the back, where they're growing a few tomatoes and edibles in pots. There's another small group of tables set up in the mall area, alongside a bike rack for the neighbouring bike shop.



Sweet Bones owners Emily and Russell Brindley

It is homespun and very casual, and judging by the response from customers, it's also just what people are after.

The couple was brought up at different ends of the globe - she is from New Jersey, he from near Queanbeyan, but they share much in their families' approaches to life.

Menu is the wrong word, since this is the only option for dinner - there's one thing offered each Thursday, 5pm-9pm, and she plans for about 60 people.

Russell Brindley, 28, a professional BMXer, was brought up on a hobby farm near Queanbeyan and by 16 had left school and was on the BMX circuit. He was also vegan, rejecting all animal products, meat, eggs and dairy, and says he was influenced mainly by his idols in the world of pro BMXing. Vegetarianism and veganism had a hold in that world and the teenage he made the switch, too. His upbringing on the land reinforced the decision. "Just being with the animals - having pet cows and goats and chickens, things like that, I couldn't imagine eating our pets on the property." His mother was committed to health food and his sister is now also vegan.

Russell Brindley has scruffy blondish hair under a cap. His wife is bright-eyed and has a kind of 1950s American rockabilly look.

They're quietly spoken and share a kind of sharp-edged conviction, which is neither fervent nor strident, but nor is it fuzzy on the margins.

Russell Brindley's BMX riding feels suited to his under-stated, underground ethos. It's a big passion and he spends part of his year on the world circuit, including competitions, but he plays down the competitive part of what he does. When you ask about winning, he concedes that yes, he wins sometimes but he's vague about what and where and when. Winning is not the point. What he likes is "free riding", dirt jumps and the like. "Competitions I go into are a minor part of the riding," he says.

It was at a bike event in the US six years ago that he met Emily Fisher, a chef from New Jersey. Emily, then 22, is the daughter of a man who works as a heavy-machine operator and a mother who works in a pharmacy, both of them connected to the land and big on gardening. Her mother, she says, belonged to a co-op and ate "natural foods". Her dad was a hunter and Emily was already vegetarian, thanks in part to a taunting brother.

"I never liked eating meat, especially when I made the connection that a deer was venison and my brother loved that. When I ate that he would be like, "you just ate Bambi". It took longer to discover that steak came from a cow but once she learnt that truth, beef was off the menu also.

She had just quit her job and was about to move to California in 2006 when she met Brindley. She moved to a vegan diet and added to her cheffing qualification with a certificate in raw food from Living Light International in California.

By 2007, the pair were living in Canberra (they married in 2008), working at Organic Energy in Griffith, where she made the vegan ice-cream sold at the store and taught raw-food classes (which she still does occasionally). The ice cream, she says, is based on cashews and young coconut meat, with flavours such as passionfruit, chocolate and coffee.



Eighteen months ago, they entered the world of commercial baking. "My parents came and visited for the first time in 2011," Emily Brindley says. "When they left, I got into a depression and all I did was bake. Then Russell's brother [a Sydney magician who goes by the professional name Adam Mada, clearly a creative family] said 'these are ridiculously good, why aren't they in a cafe?' He made a phone call and set up a meeting and it took off from there."

The couple began baking cupcakes, banana bread, muffins and the like for Lonsdale Street Roasters, Organic Energy, Mocan and Green Grout, Ona in Manuka and Red Brick in Curtin. They were making 100 cupcakes a week when the opportunity came last year to open their own cafe.

In typical 2012 style, they raised the money with the help of crowd-funding, through New York-based website Kickstarter. They registered their project at the end of November and within a month had exceeded their \$10,000 target through almost 200 small donations. Donors are thanked in muffins and the like.

Emily Brindley says fitting out their tiny cafe in the Lonsdale Street mall cost \$25,000 to \$30,000, even using secondhand equipment and doing the labour themselves, and she took her lead from a girlfriend who opened a vegan bakery in Austin, Texas, using help from Kickstarter donations.

The cafe opened at the end of last November. Now, they're making 400 cupcakes a week, as well as other baked goods, lunches and the once-a-week dinners.

For this pair, vegan food is about the entire package - the animals, the environment, the lifestyle, the organics and health.

Compassion for animals came first, Emily Brindley says. "For me, once I realised animals were on my plate, I didn't want to eat them. I didn't need to eat them." Then came awareness of the health benefits: "I really believe that animal products are really bad for you, especially dairy. We're the only animals that drink other animals' milk," she says. And the environmental benefits followed on from that.

But I'm wondering about the emphasis on baked goods. If you're going to head down the path of super-healthy eating, the first thing you would jettison would be sweet stuff, right?

Well, they respond, it's easier to adopt a vegan lifestyle if you don't have to quit sweet foods.

"This is all stuff that when people commit to being vegan that's all stuff that they can't have any more," Russell Brindley says. "So a healthy alternative is like really good for those people."

The Sweet Bones baked goods are made with organic biodynamic flour organic raw sugar, aluminium-free baking soda and, in place of eggs, butter and milk, they use apple cider vinegar and soy milk. The frosting is made with preservative-free, additive-free, non-homogenised margarine. "You're not going to eat it for dinner," Russell Brindley says. "But if you want it [sweet foods] this is a good way to go."

"If you want to look at it as being a cake, then you can, but it's more than just a cake," his wife adds. "It's not a white, processed, nutrientless cake."

If leanness is an indication of health (and it largely is), then the Brindleys are shining examples of the rightness of their path. "We've always been skin and bones," she says (and from that comes the name of their cafe) and it's not only in the diet - there's his BMXing, and her dancing - she does reggaeton dance, an African, Latin American mix, and both practice yoga.

They also cook raw food (although as Russell Brindley points out, this is more "un-cooking"). Breakfast is a green smoothie and they eat loads of salads. In the cafe, they offer a green smoothie and a raw cheesecake (with cashew and coconut meat as the base), and have done a raw food dinner.

But they also eat cooked vegan food. A typical meal might be chilli beans, or kale with white beans and polenta. They use macadamia oil or coconut oil in cooking, rather than olive oil, which they say becomes toxic when heated. Both macadamia and coconut oil have a high tolerance for heat.

And supplements? B12 once in a while but that's it, Emily Brindley says. "We've both been checked numerous times and we're both fine."

Sweet Bones is open 8am to 2pm Tuesday to Saturday, and 9.30am to 3pm Sunday. Thursday dinners are no longer running.

<http://www.goodfood.com.au/good-food/eat-out/no-bones-about-it-20130318-2gato.html>



Mysterious vegan graffiti is appearing around Canberra



Looks like the Belconnen bus interchange



On the Mandalay bus in Braddon

If you see any on your travels, please take a photo and email it to me with the location.

Ed.

Update from A Poultry Place 17 September 2013

How quickly time flies. I have been back at work a fortnight already after nine weeks leave. I don't know where the time went. In recent years I've taken my annual leave in winter, as well as taking advantage of a system we have where we can purchase extra leave, which means that I basically hibernate during the winter and that makes it easier running an animal sanctuary during the time of year when days are shorter.

At the start of my leave I made a list of things I wanted to achieve during my time off — it was ambitious and admittedly not a lot of it was crossed off — so did I fail? It was a question I pondered on and off during the past weeks. The conclusion I came to is no I don't think I did fail. Someone once said plans are made to be changed and they certainly did as there were unexpected things which popped up and of course weather also played a part.

So what did I get up to? Well in addition to the daily jobs which need to be done I built an extension to the section of the sanctuary known as Roosterville (see pic at end of this update) and planned the final stage of it, which will hopefully be completed during the next few months. The work included moving and realigning three fences, planting new trees (always a good feeling), reconstructing a donation shed and relocating two rooster flocks. I also did some maintenance work on a number of existing night sheds; reorganised the tool shed so I can find things when I need them; set up some shade sails in anticipation of warmer weather; and helped save a few dozen more lives by offering them refuge at A Poultry Place.



Calico

There were some frustrating episodes with people wanting my help with rehoming animals who actually turned out to be nothing more than time wasters and despite their claims to the



Tiberius

contrary weren't really that interested in making sure their animals were safe. Unfortunately it's a behaviour I've come to know all too well.

There was also heartbreak. A young woman from Sydney contacted me saying she had a neighbour with a chicken and a rooster and had found out that they were planning to kill them within the week; she wanted to know if she asked to rehome them could I take them in. When she called me back I could hear her holding back the tears — the neighbour had refused her offer. I tried to comfort her and encouraged her to keep fighting the good fight for the animals despite this setback.

On a brighter note I helped a woman interstate with a school hatching project issue offering advice for her upcoming meeting with the principal of the school her kids attend. The

outcome was the principal would reconsider the program.

Another success was getting a woman who surrendered three roosters to agree to never again put fertile eggs under her broody hens.

Introducing new faces is always a nice experience and especially so when I'm about twenty-four seven to follow their every experience. One overcast Saturday morning Calico arrived. Cal had been left behind when his sisters were rehomed with other people due to his humans moving house. No one wanted Cal cause he is a rooster, who like his brothers crows and doesn't lay eggs — so in the eyes of many is 'useless'. Cal is a gently giant, who loves being picked up and cuddled, so somewhere in his past he must have been a much loved companion. He is slowly making friends with some of the other boys here and can now relax and enjoy the rest of his life.

Tiny tot Tiberius was the result of a hatching project and spent a few weeks getting acquainted with his new brothers (who are a few weeks older and the result of another hatching project) behind the safety of a child's playpen before he chose one sunny weekend to fly over the playpen and formally introduce himself, it all went well and that night he roosted with his new mates in their night shed.

Marvin the duck arrived at A Poultry Place a week after having been found wandering a suburban Sydney street with an injured neck — something had been tied around it. Luckily he was found by a caring couple who took him the Sydney



University Vet to get fixed up before passing him onto a wildlife carer who looked after him for a few days and then delivered him down here. When the woman who saved him saw a photo of him she said: "Marvin must feel like he is in Duck Heaven. I can't tell you how happy we feel to see his photo, know that he is okay and also where he has ended up. He is one lucky duck." Marvin has settled into life in the duck paddock and has a new best buddy — a young black muscovy drake who took a keen interest from the start. The reason became apparently a few weeks later when Marvin laid an egg, and has now subsequently been renamed Martha.

My break ended as spring began and it was a glorious early spring morning when I introduced a new duck family (pic below) to their new life. They had been surrendered separately over a number of weeks to an animal shelter and were most likely all 'impulse buys' by people seeing cute ducklings and then not wanting them after their 'cuteness' began to fade and they began to grow up. The leader of the family is Laurence (far right in pic left), a big black Muscovy drake, who is actually a big teddy bear on the inside, who is often preening himself in the sun after a long bath. When he was at the shelter he met Vivienne and hasn't left her side since. Viv is a little sweetie who doesn't mind a cuddle. The others aren't as friendly towards me but all get on well and are usually quite good at going to bed of a night. As always it is currently a glorious time of the year here as winter has faded and spring has sprung — across the property hundreds of wattle trees have burst into flower and the buds which appeared on the fruit trees recently are beginning to flower; ducks and geese are going broody everywhere making the evening rounds that much more challenging as I have to find where they are hiding to make sure they go into the safety of their night shelters; the sheep are beginning to look shaggy as they approach their annual October appointment with the hairdresser and many of the visiting wild birds such as the rosellas and wattlebirds have returned. But this year there is an underlining concern in the air as rainfall so far has been way below average and I fear the summer which lies ahead because it's been a while since we've had such a lack of rain leading up to summer. Though the 53 mm (just over two inches) which has fallen in the past 36 hours is very helpful.

To visit A Poultry Place email freechook@bigpond.com

Donations are welcomed and can be sent to Bede Carmody, PO Box 976 Civic Square ACT 2608 or directly deposited into BSB 012925, ACCOUNT 484228991

Keep up to date with all the happenings here via Facebook- www.facebook.com/apoultryplace



Green Savvy Sunday at the Old Bus Depot Markets

Sunday, 15 September 2013



On 15 September the ACT Vegan & Vegetarian Society held an information stall at the Old Bus Depot Markets' Green Savvy Day.

As well as many of the regular stalls, a lot of environmentally-minded businesses held stalls, and the markets were abuzz with people looking to lower their carbon footprint. It was an excellent day of outreach and networking.

Thank you to those who helped set up, crew and pack up the stall. We can always use more hands so it's not always the same people doing everything. If you'd like to help out in the future, please email contact@vegact.org.au

Ed.

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International Respect for Chickens month: A day at A Poultry Place

Saturday, 25 May 2013

By Elena Kusta

The day began with a wander around Bede's animal sanctuary where we were lucky enough to get close to some amazing animals, such as a shy but curious group of turkeys, playful hens and the always ravenous sheep! A delicious array of home-made, cruelty-free vegan dishes was on offer for lunch, including a delicious range of vegan cakes and slices. A

tour of the farm followed lunch as Bede enlightened us with background stories and the progress of his new companions. A Poultry Place is a not-for-profit organisation and it was touching to hear and see the



SUDOKU

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



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improvements in the lives of each animal. If you would like more information please visit Bede's Facebook page: www.facebook.com/apoultryplace.



RECIPES

MAINS

Mixed Greens and Spicy Roasted Tempeh with Maple-Sage Dijon dressing

From PCRM Food for Life Recipe of the Week info@pcrm.org

Protein-rich tempeh is a great addition to this light summery salad. Drizzle it with Maple-Sage Dijon Dressing for a taste bud tantalizing meal! Serves 2

Maple-Sage Dijon Dressing Ingredients:

- 6 to 8 sage leaves
- 2 tablespoons low-sodium Dijon mustard
- 2 tablespoons low-sodium stone-ground mustard
- 1 tablespoon red onion, diced
- 2 tablespoons red wine vinegar
- 3 tablespoons maple syrup

Method:

- Crisp the sage leaves in a dry pan over medium-high heat for about 1 minute. Place all the ingredients in a blender and blend until smooth.

Per serving: 187 calories, 1 g protein, 45 g carbohydrate, 16 g sugar, 1 g total fat, 5% calories from fat, 10 g fiber, 366 mg sodium

Tempeh and Greens Ingredients:

- 8 ounces tempeh, cut into bite-size squares
- Pinch of ground allspice
- Pinch of cayenne pepper
- Pinch of ground cumin
- 1 small head red leaf lettuce, chopped
- 1 1/2 cups kale leaves, chopped
- 1 cup baby arugula (rocket)
- 2 tomatoes, sliced
- 4 green onions, sliced
- 1/4 cup Maple-Sage Dijon Dressing

Method:

- Preheat the oven to 375 F.
- Place the tempeh cubes in a baking dish and spritz them with water. Add the allspice, cayenne, and cumin and toss to coat. Cover the baking dish, place in the oven, and roast for 7 to 10 minutes.
- Combine the lettuce, kale, arugula, tomatoes, and green onions in a salad bowl and toss with the dressing. Add the tempeh and toss to coat.

Per Serving: 319 calories; 6 g fat; 16% calories from fat; 30 g protein; 51 g carbohydrates; 37 g sugar; 18 g fiber; 63 mg sodium

Still on the tempeh theme...

Garlic Parmesan Tempeh 'wings'

From Meatout Mondays recipes@meatoutmondays.org

Needs to be refrigerated overnight

Ingredients:

for the marinated tempeh:

- 8oz block of tempeh
- 1/2 cup dairy-free milk
- juice of 1/2 a lemon
- 4 cloves garlic, minced
- 1 tsp. onion powder
- 1 tsp. dried thyme
- 1 tsp. dried oregano

- 1/2 tsp. dried marjoram
- 1/2 tsp. salt

for assembly:

- 1/2 cup arrowroot powder (or cornstarch)
- 2 teaspoons garlic powder
- 1 cup pecan parmesan (see below)

for the pecan parmesan:

- 3 cups raw pecan pieces
- 1 cup nutritional yeast
- juice of half a lemon
- 1 teaspoon minced garlic

Method:

- Prepare pecan parmesan by pulsing pecans, nutritional yeast, lemon, and garlic in a food processor until the mixture has a crumbly texture with tiny pieces of pecan. Chill until ready to use
- Cut the tempeh into 10 short strips. Combine the marinade ingredients in a shallow dish. Add the tempeh, taking care to cover all sides with marinade. Cover and place the dish in the refrigerator to marinate for at least 1 hour, up to overnight
- Preheat the oven to 350°F. Line a baking sheet with parchment paper
- On a plate, combine the arrowroot and garlic powder. Place the pecan parmesan on another plate
- One by one, remove one tempeh strip from the marinade, dredge in the arrowroot powder, then dip back into the marinade. Shake off any excess. Then place the strip in the pecan parmesan and coat. Lay the parmesan-coated tempeh strip on the prepared baking sheet. Continue until all strips are on the baking sheet
- Bake for 15 minutes, flipping once halfway through to allow for even cooking

Serve warm. Enjoy!



DESSERTS

Mango Coconut cake

From Lisa Green – thanks

Base ingredients:

- 250 g raw almonds
- 1 cups dates
- 1 tablespoon coconut oil
- 1 tablespoon agave syrup

Method:

- Grind almonds, dates and coconut oil until smooth then place into a spring top cake tin. Smooth with a spatula especially around the rim.
- Refrigerate until the mango mix is ready.

Filling ingredients:

- 150 g raw cashews
- 270 g coconut cream
- 1 tablespoon agave syrup
- 100 g glace ginger
- 500 g mango
- 2 tablespoons coconut oil
- 1 tablespoon ground flaxseed
- Juice of one lemon

Method:

- Put cashews, coconut cream, agave, half of the ginger, mango, coconut oil, flaxseed and lemon juice into food processor.
- When all mixed together spread over the base. Cut remaining ginger into small pieces and sprinkle on top of cake.
- Put into the freezer until firm.

Vegan strawberries and cream vanilla cupcakes

From Elena Kusta – thanks

These cupcakes recently won the 'best taste' category in my work's annual cupcake competitions, which raises money for the RSPCA's Weston shelter.



Cupcake ingredients:

- 1 cup plain flour, sifted
- 2 ½ teaspoons baking powder
- 2 pinches salt
- ½ cup caster sugar
- ¼ cup canola oil
- ¾ cup soy milk
- 1 teaspoon vanilla essence
- ½ tablespoon apple cider vinegar

Cream icing ingredients:

- 1 tub Tofutti cream cheese
- ~5 tablespoons caster sugar (depending on how sweet you want, add more or less, remembering to constantly taste)
- ~2 teaspoons vanilla essence

Method:

- Preheat oven to 180°C (fan forced) and line a cupcake tray with 10 cupcake patties.
- In a large bowl, mix the flour, baking powder, salt and sugar until combined.
- Add the oil, soy milk, vanilla and apple cider vinegar. Beat with an electric mixer for until the mixture is smooth and without lumps.
- Fill each of the 10 cupcake patties with 2 tablespoons of cake batter.
- Bake for 20 minutes or so until risen and the tops of the cupcakes bounce back when touched.
- Allow to cool completely before adding frosting.
- For the icing, combined the cream cheese, caster sugar and vanilla essence until you have the required taste.
- When the cupcakes are cool carefully cut the tops off.
- Pipe on a layer of icing and carefully lay down four slices of strawberry.

- Place the top of the cupcake on the icing and strawberry slices
- Pipe a small dollop of icing on the top and finish with a half a strawberry.

Raw chocolate raspberry tart

From In2it Bootcamps' Facebook page via Jyoti Dambiec – thanks

Recipe by Rawlifestyle Co. It doesn't say in the recipe, but I would imagine they are using a food processor –ed.

Base ingredients:

- 1 cup of pecans
- 1 cup of walnuts
- 1 cup of almond flour
- 1/2 cup of dates - soaked for 1 hour in cold water
- 1 tsp vanilla
- 4 tbsp. honey/agave
- 4 tbsp. melted coconut oil
- Pinch of sea salt
- 1/4 cup of cacao powder

Method:

- Blend nuts until broken down
- Add the remaining raw base ingredients and pulse then scrape down
- Continue until mixed into a raw mealy dough texture. Press into either your large tin or into mini tins for separate tarts
- Set for four hours prior to filling. That's our raw chocolate bases done!

Filling ingredients:

- 1 cup of cashews soaked overnight
- 1 cup of melted cacao butter
- 1/3 cup of agave
- 1.5 cup of dates - soaked over night
- 1 cup of cacao powder
- pinch of salt
- 1 cup of raspberries
- 1 tbsp. vanilla
- 1/4 cup of water

Method:

- Blend all ingredients until smooth and shiny then pour into the base/bases and set for 4 to 6 hours in the cooler. You can garnish with raspberries to your heart's desire!

Children!

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

All offerings gratefully received and acknowledged.



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Answer to Who Said That?

"A dead cow or sheep lying in the pasture is recognized as carrion. The same sort of carcass dressed and hung up in a butcher's stall passes as food."

— *J. H. Kellogg, American physician (1852–1943)*

Sudoku Solution

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

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