



Spring 2007

ACT VEGETARIAN SOCIETY

VEGETARIAN BITES NEWSLETTER

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WELCOME

First, my apologies for the lateness of this edition. I'm blaming the dreaded lurgy – we veg*ns tend to get used to being relatively healthy so when an indiscriminate flu bug knocks you over for a couple of weeks it is a bit of a shock. I might also blame the imminent decision in the ACT Legislative Assembly on battery cages and my preoccupation with that campaign over the last few months.

But, enough excuses. Spring is here and with the announcement that water restrictions should not become more stringent before next March we can set up a veggie garden with a drip watering system and look forward to our own tomatoes, lettuce, basil etc. (provided we find the time of course).

This edition has some very welcome contributions from our members - a report on surviving as a vegetarian in France from David and several recipes from Louise, Mark and Glenda as well as Judy's report on her first stall as new stalls coordinator.

Unfortunately, a lack of space has forced us to hold over David's latest crossword until the next edition.

Editor

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Who Said That?

Who was it who said...

"We all love animals. Why do we call some 'pets' and others 'dinner'?"

COMING EVENTS

Your chance to meet new people or catch up with those you've met before – usually over a terrific meal.

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.

National Vegetarian Week - Dinner

When: Friday 5th October, 7pm

Where: Kingsland Vegetarian Restaurant, Dickson Plaza, 28 Challis St, Dickson

Cost: Whatever you choose from the menu

In celebration of the first Australian Vegetarian Week, please join us at Kingsland for their famous Chinese, vegan food. They are licensed for BYO and there are a couple of bottle shops nearby.

RSVP via email (above) or ring 0417 464 675 and leave a message indicating numbers.

BBQ Lunch

When: Saturday 10th November, 11:30am onwards

Where: Lennox Gardens, Flynn Drive Yarralumla

Cost: None – BYO everything

We'll try to get an electric barbecue in the Nara Park area, otherwise there are others nearby. If you can't find us on the day call the Veg Phone (0417 464 675). We will bring a couple of aluminium cooking trays to avoid the essence of meat on the hotplates.

RSVP not necessary.

Christmas Dinner

When: Saturday 8th December, 7 for 7:30pm

Where: Satis Café, Watson Shops

Cost: TBA (pre-payment will be requested).

We will be talking to the café shortly to confirm that they will open just for us so please keep this date free and we'll advise the details soon.

Do you have a suggestion for a Vegevent? We're open to all suggestions - send Mike an email at contact@vegetariansociety.org.au

FROM THE PRESIDENT

National Vegetarian Week

We are in, or at the end of, Australia's first National Vegetarian Week (1 – 7 October).

The UK has had a Vegetarian Week for about 15 years and it was good to see the NSW Vegetarian Society initiate our first.

Having said that, we are disappointed that in their apparent effort to avoid discouraging prospective new vegos they have published an explanation of "*What is Vegetarianism?*" that perpetuates the myth that "*While most vegetarians do not eat any meat at all, many people who eat chicken or seafood also consider themselves vegetarians*".

Two of our committee members have let them know that they are not pleased with the words and I support their complaints completely. I believe that we must be consistent with our definition of what constitutes vegetarian and vegan diets so that eventually, everyone, including waiters, will understand that no, vegetarians do not eat fish.

Vegetarian Week is sponsored by *Sanitarium* and their products get a healthy push in the **Jackie O** BBQ cook book being promoted with the event. (You can download the pdf file at www.vegetarianweek.com.au)

The promotion avoids the ethical reasons for vegetarianism concentrating on health and environmental issues. I guess that's fine – as long as we get more vegetarians out of it or at least reduced meat consumption. We will be looking at the ethical aspect at this weekend's **World Farm Animals Day** stall (Garema Place, Sat 6th, 10am to 2pm).

While on the subject of Sanitarium, their *Veggie Delights* web page (www.vegieidelights.com.au/response-to-enquiries.aspx) has a handy list of those products that are vegan. But as we've told them before, we'd like to see all their products vegan.

The page also has a confusing note regarding their use of flavour enhancer disodium ribonucleotide 635 listing several animal sources of the natural product. I emailed them to clarify the situation – to ensure that they did not use the animal sources – and received the following reply:

Thank you for your enquiry regarding flavour enhancer 635. I am pleased to provide the following information.

Commercially used flavour enhancer 635 can be derived from a number of sources, including animal sources, however the 635 used in Sanitarium products is produced via the fermentation of glucose and does not use any animal products. All Sanitarium products are suitable for lacto-ovo vegetarians and include no

ingredients of animal origin, this includes any additives or flavours used.

Why didn't they just say so on the web page?

Help Please

I hope you enjoy these newsletters, news emails, quarterly magazines, discounts at various businesses around town and the social get-togethers. But please remember that all of these things are available only because of the few of us who do the work.

We are in a position now where we can certainly use a few extra hands and are always ready to accept new ideas and fresh faces onto the committee. Specifically, we still need a social, events coordinator (below) but assistance in any of our tasks would be greatly appreciated. And, of course, the more who put their hands up the less each of us has to do.

So, please, if you'd like to be involved in running the Society, we'd be very pleased to hear from you. Just drop me a note to contact@vegetariansociety.org.au or call the Veg Phone (0417 464 675).

Monthly Meetings

On a related matter, the committee holds monthly meetings (second Tuesday) at a committee member's home. The next will be at Judy's place at 11 Waldox St Chifley on Tuesday, 9 October at 7pm.

We would be pleased to have any members attend these meetings. Come along and meet us and throw your two-bob's worth in. You won't be pressured to join the committee – we'd just like to hear from you and let you see what we get up to.

Meetings are **very** informal and there are usually nibbles and the odd drink around as well. Please give it some thought.

Mike O'Shaughnessy

STILL WANTED

EVENTS / SOCIAL COORDINATOR

- Suggest and organise social and other events such as talks
- Assemble relevant information regarding events for advertising and articles
- Send information regarding upcoming events to free community advertising such as Fridge Door.
- Take bookings and liaise with the restaurant or other venue
- Act as the Society's primary representative at the event or delegate someone to fill in.

BOOK REVIEW: PLEASURABLE KINGDOM

By Nicola Robinson
The Sydney Morning Herald
August 6, 2007

US scientist Jonathan Balcombe asks what positive feelings occur in the minds of billions of animals worldwide.

Animal emotions? I'm no scientist. If you ask me, when my cat purrs, she's happy. When she escapes the neighbour's dog yet again and he whines, he's disappointed. And when the lamb roast in my freezer was alive ... er, no, don't go there ...

In the past decades, the animal liberation movement has forced society to reconsider human use and consumption of "dumb beasts". Authors Peter Singer and Jeffrey Masson have convinced us animals feel pain in the laboratory, misery when farmed intensively, terror in the slaughterhouse and grief when separated from their young.

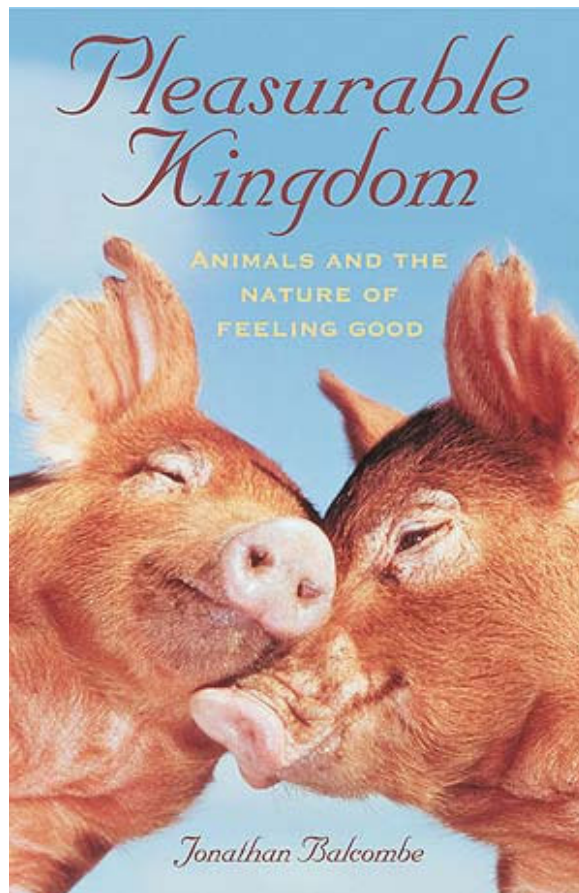
US research scientist Jonathan Balcombe aims at a different goal in his highly readable book. He takes the odd tweak at our heartstrings but seems more interested in piquing our curiosity by asking: what positive feelings occur in the minds of billions of animals worldwide?

It's a question that thwarts ethologists, psychologists and philosophers because, although neuroscience has uncovered many similarities between human and animal (especially vertebrate) brains, the animal mind is, in Balcombe's words, "an inaccessible mystery". It's also a question that would make most of them shudder, given its anthropomorphic implication of animal consciousness.

In the science community, a whiff of anthropomorphism is like a public fart: embarrassing and undignified. Most scientists expunge all suggestion of animal emotion from journal articles or research grant applications for fear of not being taken seriously (and going unfunded).

Ethology, the science of animal behaviour, favours the functional and causal, whereby animals instinctively follow patterns of behaviour that result in good evolutionary outcomes. The idea that animals may, as with humans, choose certain behaviours because they feel good is not on the ethological radar.

Balcombe recalls a photograph of a squirrel, shown in a natural science book. The photo was captioned, "A squirrel sunning itself on a tree branch. This is thought to provide vitamins in its fur." Balcombe adds: "This implies that the animal suns only because if she didn't she would become vitamin-deficient. I would hazard that the squirrel suns because soaking up the warmth feels good."



Balcombe's point is that animals also seek pleasure and that the activities that feel good may also be good for them. Pleasure can be adaptive; evolution can favour sensory rewards.

Pleasurable Kingdom returns to this point frequently, using anecdotes to demonstrate the possibility of animal enjoyment of food, play, sex, touch and love. Sometimes - as with the sunbaking squirrel - Balcombe suggests a pleasure-based reason for behaviour that ethologists assume is to do with survival. Elsewhere, Balcombe often tells of behaviour with no clear adaptive value: the relaxed frolicking of a badger family; a chimpanzee's use of food-gathering time to gaze at a sunset; and an orgy of sexual activity that has nothing to do with procreation. (Balcombe prefaces his chapter on sex with a warning that some

readers may find it distasteful. Other readers will find it an excellent source of dinner conversation.)

Ours, Balcombe proposes, "is a planet rich with other minds and experiences". Now he has to prove it. The author writes: "One of this book's aims is to inspire more interest in the study of positive experience in animals. There are great and growing numbers of accounts and scientific studies that support animal pleasure in a broad spectrum of species. Such is the wealth of evidence that few scientists would deny outright that animals experience pleasure. Yet many, if not most, continue to avoid the subject in their day jobs ..."

I hope Pleasurable Kingdom encourages study of animal pleasure, because it worked for me. I'm curious ... but increasingly queasy about that lamb roast.

FYSHWICK MARKET STALL

On Friday 28 September the Society held a stall at the Fyshwick markets. It was my first stall for the Society and therefore I didn't know what to expect. I did get lots of helpful advice provided to me beforehand, however.

On the day the weather was fine but a very strong wind meant that one side of the stall had to have the door closed. I likened the area to the Gulf of Carpentaria which is essentially a big whirlpool collecting all the discarded fishing nets - in our case, it was all the leaves, dirt and seeds that were blowing about in the car park! Didn't seem to matter how much I swept, the pile under foot kept getting deeper. Anyway, that was the only downside of the day.

Sales started very early, before I was set up, in fact, which meant I had to send an SOS to MOS to quickly bring the cash box so's I could give people change. MOS, and also Geoff Ward, were quickly on the scene and, even more quickly helped me get the show on the road. Sales were brisk, especially in the morning, and the books and CD's went 'whoooosh' out the door! Most of the big stuff also went (including an old microwave which MOS helpfully delivered to its new owner's abode). Sales continued into Saturday when I delivered a couple of extra bits to Simon (of the coffee shop who kept us in Soy Latte's all day). Over \$200 was added to our coffers.

It was a great day, I thoroughly enjoyed it. There was only one 'nutter' to deal with – well done MOS!

Now: we are seriously depleted of stock. I snuck a look at the Amnesty International stall which was held on Saturday and they were doing a brisk trade. They had lots of books, jewellery and toys but no second hand clothes that I saw. Can you please go through your stuff you might not want any more and contact me to arrange delivery to me. Please, whatever you are donating to the stall MUST be in good condition. CDs, books, bric-a-brac etc. would be most welcome. Do any of our members grow seedlings? I might be able to move those as well.

You'll see later in this newsletter mention of the upcoming stall at the Oxfam Christmas stall at Albert Hall on Saturday, 24 November 2007. But for this stall we will only need food – slices, cakes, preserves, etc. (so get your aprons and kitchens ready) and anything else that might make a nice little Christmas gift. Please help us make this a big success.

Please contact me on 6282 3957 or 0416178 861 should you wish to chat about any of this. Please direct emails to me at stalls@vegetariansociety.org.au.

Cheers for now
Jude (Matusiewicz)

FAMOUS VEGETARIANS

Alicia Silverstone

Alicia Silverstone was born in San Francisco, California on October 4, 1976. After some early modelling and advertising work she was cast as the 'dream girl' on American TV series *The Wonder Years*. She then appeared in some music videos for the band *Aerosmith* which lead to her becoming a household name and to her being cast her in 1995's box office smash movie *Clueless*.

Silverstone is an animal welfare and environmental activist. She became a vegan after attending an animal rights meeting. "I realized that I was the problem," she said. "I was an animal lover who was eating animals."

In 2004, Silverstone was voted "Sexiest Female Vegetarian" by PETA.

Recently she appeared nude in a print advertisement and 30-second commercial for PETA championing vegetarianism.

On the PETA website she says, "Like most people, I wasn't always a vegetarian, but I've always loved animals. If you ever have a chance to meet a cow, pig, turkey, or goat, you will see that they are just as cute and funny as your dogs and cats and that they, too, want to live and feel love. They don't like pain. Now when I see a steak, it makes me feel sad and sick because right away, I see my dog or the amazing cows I met at a sanctuary. I've been vegan for 10 years, and it's the single, most important and helpful decision I have ever made. Physically, the effect has been amazing. Once I went vegan, I lost the weight I wanted to lose, my nails were stronger, and my skin was glowing. I feel great, and I look better now than I did 11 years ago."



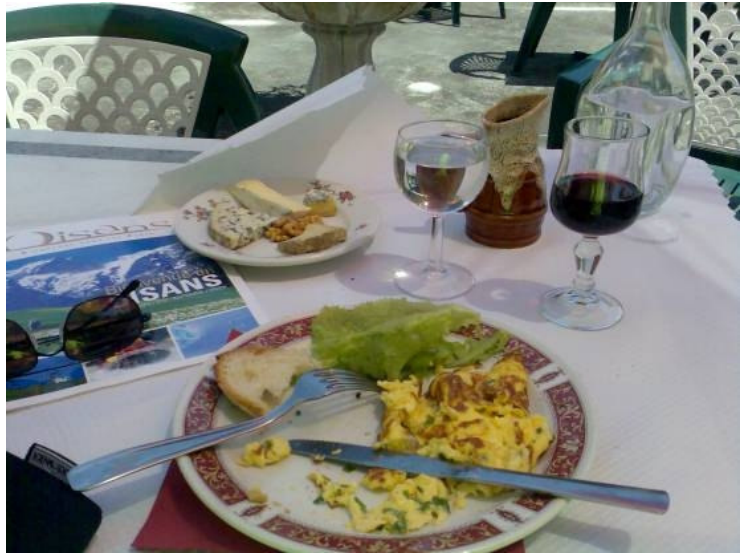
FRANCE GREAT FOR CYCLE TOURISTS BUT VEGETARIANS?

Funny how France with the world's foremost cuisine has less to offer the vegetarian

France - a country of 60 odd million while playing host to 70 odd million tourists each year, rarely compromises its non-vegetarian menu. Specialist chefs abound but tofu is really only available in Paris and then rarely. This is a country where flaked "porc" is regarded as a spice.

Having returned recently for my second cycle tour in five years I was struck by how little has changed.

Packed with tent and laptop, while keeping under 30kilos my bike and I set off, for a couple of months, to experience the east and south of a much differentiated country. All the regions are communally governed and attention is paid to maintaining regional flavours. From Romantic verse, pronunciation, sausage preparation through local vegetables and cheeses to selective wine labels, France maintains its individual regional character at all times. I found myself within a single day's ride surrounded with completely different menus, cheeses and wines. Even the language can change within 100km.



Dejeuner (midday meal) in the shadow of Alpe D'Huez

But deep down very little challenges the accepted order of things. Unlike Australia where one would not expect a pizza restaurant to exist with the same reputation for a decade or more, there is one in a small town in Burgundy, which amazingly was still exactly as my lonely planet cycle guide predicted in 1997.

So with all this localised variation one would imagine vegetarians would have a niche somewhere. Yes, Paris has its restaurants dedicated to the humble or "tasteless" as I was once told, vegetable. These are expensive and light on the tofu in favour of over cooked bean dishes and soups. Portions are dismayingly small and though well presented depend a great deal on cheese or eggs for the protein quotient. But elsewhere I had to depend on the staple omelette with a goat's cheese dessert. Usually prepared with a delectably fresh lettuce and accompanied by a delicate local dry white or rosé. Cheese Pizzas are another vegetarian cyclists favourite.

Generally though, rather than spend time endeavouring to disarm the waiter and thence persuade the chef in my droll François I found it far quicker to eat Italian! They at least understand our delight in a plate of steamed spinach or carrots lightly braised in a robust claret and olive oil or a rocket and garlic pasta. Or... I could go on.

Overall though the mountains more than make up for the inflexible menu for us vegetarian cycle tourists, as you can see by the attached picture of dejeuner in the shadow of Alpe D'Huez.

David Turnbull

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 (Summer) please note the deadline is: 30 November 2007.

RECIPES

An expanded section this issue with five very welcome contributions from members Glenda, Louise and Mark – thank you all.

Black Bean Soup with Avocado Drizzle and Wild Rocket

Serves 4

Ingredients

- 250g Black Turtle beans, soaked overnight
- 2 cloves garlic, peeled
- 1 leek, finely sliced
- 2 tbsp water
- 1 tsp olive oil
- 1 red pepper, finely chopped
- 1 ltr water or homemade stock
- 1 tsp coriander seeds, roughly ground
- 2 tbsp fresh parsley
- 4 tbsp fresh coriander, finely chopped
- 1 ripe avocado, peeled, stoned and finely chopped
- ½ red onion, finely chopped
- Juice of 1 lime
- 50g rocket, roughly torn or chopped

Method

- Soak the beans in cold water overnight. Drain and rinse well.
- Place the onion, garlic, leek, water and oil in a non-stick casserole dish, cover and cook over low heat for 3-4 minutes until soft.
- Add the water or stock, and the pepper. Bring to the boil and add the coriander seeds, parsley, fresh coriander and the beans. Simmer for 35-45 minutes.
- Place the avocado and red onion in a small bowl with the lime juice and the rocket, stir gently to mix but not to mush the avocado.
- Remove the soup from the heat and allow to cool slightly. Transfer half the soup to the processor and process until smooth. Return the processed soup to the pan, stir to mix the two soups and reheat gently.
- Place a large spoonful of the avocado mixture in the centre of four shallow bowls. Spoon the warmed soup around the avocado and serve immediately.

Lemon and Fennel Coleslaw

(Fennel removes fat and mucus from the intestinal tract and acts like a natural appetite suppressant.)

Serves 2

Ingredients

- 350g red cabbage
- 1 fennel bulb, trimmed and finely sliced

- 2 celery sticks, trimmed and sliced
- 2 spring onions, trimmed and sliced
- 4 tbsp freshly squeezed lemon juice
- 3 tbsp extra virgin olive oil
- 50g walnut halves, roughly chopped

Method

- Remove the outer leaves of the cabbage and cut out and discard the central core.
- Slice the cabbage very finely and place in a serving bowl – you should have around 275g prepared weight.
- Add the fennel, celery, spring onions, lemon juice and oil. Toss well together and sprinkle with the walnuts just before serving.

Both the above recipes come from Dr Gillian McKeith's *Ultimate Health Plan* book which I would highly recommend – *Glenda*

Anzac Biscuits

Makes about 60.



Ingredients

- 1 cup rolled oats
- 1 cup wholemeal flour
- 1 cup brown sugar
- ¾ cup desiccated coconut
- 2 level teaspoons bicarb soda
- ¼ cup boiling water
- 2 Tablespoons golden syrup
- 6 Tablespoons olive oil

Method

- Mix dry ingredients well together in a large bowl.
- Add the golden syrup and olive oil to the boiling water, mix well and add to the dry ingredients.
- Mix well again.
- Put in teaspoons on oiled baking trays (or use baking paper) and cook for 20 mins at 150° C (300° F) until lightly browned.
- Turn over and leave in the oven until quite dried out.

Louise

Chilli Bean Potatoes

Serves 4

Ingredients

- 4 medium potatoes
- 2 tsp olive oil
- 2 onions, finely diced
- 2 tsp minced garlic
- 1 red capsicum, seeded, diced
- 1 tsp minced chilli, or to taste
- 2 tablespoon tomato paste, **OR**
2 Tbs sundried tomato pesto,
- 400g tin diced tomatoes,
- 420g tin red kidney beans, drained

Method

- Cook the potatoes in the microwave until tender, 8-10 mins.
- Heat the oil in a medium saucepan and add the onions, garlic, capsicum, chilli.
- Cook, stirring, for about 5 mins.
- Stir in the tin of tomatoes, tomato paste and kidney beans, simmer 15-20 mins.

To serve, cut potatoes into quarters, and arrange a quarter of the chilli beans over each serve. Can be topped with snipped chives and a dollop of yoghurt or sour cream but is perfectly nice without - *Louise*

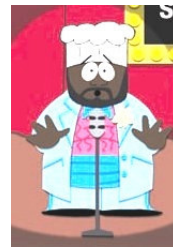
Soy Yoghurt

Ingredients

- 1 litre of malt free soy milk (such as *Nature's Soy* or *Australia's Own*)
- 10 tablespoons of *Herbalife* Soy Milk Powder
- 1 tub of soy yogurt (such as 125g *Kingland* tub)

Method

- Sterilize all utensils in hot water.
- Pour soy milk into saucepan. Add milk powder and stir until dissolved.
- Heat the milk gently, stirring until the milk reaches 90 degrees Celsius, or starts to boil. This will sterilise the milk.
- Cool to 45 degrees and then add the yogurt. Mix well. Strain the mixture through a strainer several times until the yogurt is dissolved.
- Place milk mixture in yoghurt maker and leave until set (I use *Ian's Easy Yogurt Factory* and it works well in a cool room on an 8 to 10 hour setting – *Mark*)



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

All offerings gratefully received and acknowledged.

Oxfam Christmas Fair Stall

As we have done in the last few years, we will hold a fund-raising and information stall at this very popular event.

Stuff needed to sell please.

We can use such things as home made pickles, preserves, chocolates, muffins, cakes etc. as well as anything that folk might buy for Christmas.

**Any food sold must not be intended for immediate consumption.
All vegetarian of course and please list the ingredients on the item.**

Unlike last year when we were roasted outside on the concrete slab, this year we'll be inside so any chocolate goodies donated have a good chance of staying intact.

We will also need some volunteers to man the stall. Please contact Judy at stalls@vegetariansociety.org.au

The fair is to be held on Saturday 24 November 2007, 9am-3pm at the Albert Hall Yarralumla (next to the Hyatt Hotel)

Entry Cost: Gold coin donation

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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Rating: Hard
Answer at the end of this newsletter.

NEWS

Edited articles from around the world.

Maccas eyes new hospital

The Age
September 30, 2007

FAST-FOOD giant McDonald's is battling hard to set up a restaurant at Melbourne's new Royal Children's Hospital — despite a backlash from health experts and hospital staff.

The company already has an outlet at the present Royal Children's Hospital in Parkville and, with the hospital set to move, is lobbying strongly for a presence at the new site.

"We have long-term plans to maintain our presence at the hospital," said Sarah Gibbons, public affairs manager with McDonald's Australia.

She said McDonald's had the option of extending its lease, which expires in 2011, for 10 years, and was also considering options for a restaurant in the new hospital development.

The \$850 million children's hospital is set to open in 2011 at Flemington Road, Parkville, immediately to the west of the current hospital. The Government is expected to announce details in the next few weeks. VicHealth chief executive Todd Harper said a McDonald's restaurant would be inappropriate.

"We would be urging the hospital to not go down this path," he said. "Hospitals should be a health-promoting environment and clearly not supplying high-fat, high-sugar, high-salt foods to children in a vulnerable state during their treatment and recovery process.

"We have got to look at the health of kids first and foremost here, and for sick children who are being treated with diseases like cardiovascular disease, diabetes and so forth, to have a McDonald's next door is clearly inappropriate."



Full story: www.theage.com.au/news/national/maccas-eyes-new-hospital/2007/09/29/1190486635563.html

Vegetarian delight for Dutch MPs

Radio Netherlands Worldwide
September 26, 2007

Members of the Dutch parliament had a special treat this week. At one of the restaurants in the parliament building, a number of renowned chefs prepared an organic, vegetarian lunch, made of locally grown ingredients.

The lunch was the brainchild of Euro-Toques chef, Jos van Grunsven. Euro-Toques is an association of European chefs promoting a change in the way we eat as a way of helping solve global problems such as climate change and world hunger. This week has been dubbed Taste Week in Europe, and Chef Grunsven says the group is using this week to raise awareness of some of our core values regarding taste and food.

"We wanted to remind people of some of the core values that have to do with how our taste has developed, and how it is expressed. Chef Grunsven thinks that too many of us have forgotten how our current taste in food and expectations about food has evolved over the centuries. In particular, he says, we in western Europe take our three meals a day too much for granted.

"Compare our current taste with the fact that two billion people on this earth barely get enough to sustain themselves. I think people should be thankful for the fact that they have a full plate in front of them every day."

What better way to raise awareness, thought Chef Grunsven, than going straight to the top. So he planned a so-called World Meal, consisting of locally produced, organic ingredients but at the same time meeting his high culinary standards. The ingredients were grown in a traditional manner in a nature reserve in the Dutch province of Brabant. And there was no meat or fish.

The Party for the Animals, with two seats in the Dutch parliament, jumped at the chance to help Chef Grunsven bring his lunch to the parliament building. The party's leader, Marianne Thieme, was pleased with the lunch, and not just for its political message. "It's

delicious. It's especially nice because I'm a vegetarian, and normally I have to ask if there is meat in the food, but today I can just eat what I want and it's delicious, it's really haute cuisine... You really can taste the regional strength of each product."

Ms Thieme was also pleased with the reaction she got from her fellow parliamentarians. No one complained about the absence of meat, a fact which didn't necessarily surprise Ms Thieme. "What I encounter in our country is that a lot of people are very positive about the vegetarian lifestyle. Nowadays if you say you've become a vegetarian, they give you a pat on the shoulder, and congratulate you like you've just quit smoking."

The lunch went very well... the head of restaurants in the parliament building, Michiel Koudijs, said the restaurant was busy and that everyone was pleased with the food.

Judging from the reactions of parliamentarians and staff as they left the restaurant, the organic chefs would be welcome back anytime.

Climate campaign to stop ill wind

MediaGuardian.co.uk
September 19, 2007

The UK Vegetarian Society is to raise awareness of "emissions" from cattle as a leading cause of global warming with an ad campaign using the strapline "Silent but deadly".



Sir Paul McCartney and daughter Stella are patrons of the Vegetarian Society, which argues that "damaging gaseous emissions" from farmed animals exceed those from the world's entire transport system.

The campaign, which features a close-up of the rear of a cow, will include a range of "Silent but deadly" postcards and press ads that will run in environmental and ethical magazines over the coming months.

Ads will run in publications including Ethical Consumer, Ecologist, the Green Planet and Organic Life, as well as the Friends of the Earth's members' magazine Earth Matters.

"'Silent but deadly' is about getting the reader's attention, making them think and hopefully wanting to find out more about the connection between diet and climate change," said the Vegetarian Society head of communications, Liz O'Neill.

The ad claims that farmed animals produce 18% of the world's greenhouse gas emissions, while the global transport industry accounts for 13.5%.

The advertisement finishes with the line "It's not just a lot of hot air."

Space age rations for vegan Diggers

The Australian
August 30, 2007

IT'S a long time since a Digger fought on a bellyful of bully beef, but new space age ration packs for the Australian military are dispensing with cans altogether and will for the first time look after the vegan soldier.

And for a change, the Tommy and the GI are lining up for bit of the culinary action under development by Australia's Defence Science and Technology Organisation.

Stodgy old "rat pack" fare is being replaced with eight main courses in microns-thin food pouches, strong enough to survive an air drop.

As well as including a vegetarian main course for the first time, the new rations will include vitamin-enriched, melt-proof chocolate, which has attracted the interest of the British and US militaries.

"The chocolate is high melting point and will also have vitamins added to it - vitamin A, C and B group vitamins," said DSTO nutritionist Chris Forbes-Ewan.

"Even more, we are working on protecting the vitamins from heat degradation to 50 degrees centigrade.

"Lots of other nations who have heard about this, including our allies, are very keen about this and are beating a path to our door."

Designated one-man combat rations, the new packs are designed to provide a basic level of sustenance and a measured 15,000 kilojoules of energy for about 24 hours.

Vitamin A, C and B are the most important for people engaged in vigorous physical activity in harsh environments.

DSTO is also researching the benefits of probiotics, so-called good bacteria that live in the large intestine and protect against infectious disease.

"Not only are we planning to put probiotics in some of our foods. If the process works we will micro-

encapsulate them as well so they are protected against harsh environments, including human digestive enzymes, and do their good work when they reach the large intestine," Mr Forbes-Ewan said.

Defence nutrition scientists are working on a prototype hot-weather ration that should be ready for field testing in Darwin next year.

Research and development is also being conducted on ration packs designed for "long-duration, low-intensity" operations.

RSPCA: Survey reveals pig ignorance

UK.

September 25, 2007

If you didn't know that chickens communicate using 20 different types of call then you aren't alone - Freedom Food believes that whilst most people are aware of their own pet's intelligence, they haven't really got a clue when it comes to farm animals.

In a new Freedom Food survey - carried out on the RSPCA website to mark Farm Animal Week - a staggering 88 per cent of people didn't think pigs were intelligent, when in fact some tests show they are smarter than dogs!

The survey also revealed that:

- three out of four respondents didn't know a sheep can recognise 50 members of its flock
- a similar number (73 per cent) didn't know chickens communicate using 20 different types of call, including an alarm call for each different predator
- overall 40 per cent of people got over half the questions about farm animals wrong

Dr Julia Wrathall, head of the RSPCA's Farm Animals department, said: "When an individual animal is given a name, people automatically seem to give it a personality too - just look at the success of films and books like 'Babe' and 'Charlotte's Web'. Yet sadly, when it comes to the lives of farm animals in general, most people seem to be blissfully pig ignorant - when in fact the term 'pig ignorance' couldn't be further from the truth!

"An overwhelming number of people doubted pigs' intelligence, yet they are as trainable as dogs and in many ways smarter. Although the survey was light-hearted the results show a clear lack of knowledge about farm animals, and with over 900 million reared in the UK each year for food it's about time people found out more."

Full story: [www.politics.co.uk/press-releases/opinion-former-index/animal-welfare/rspca-survey-reveals-pig-ignorance-\\$478844.htm](http://www.politics.co.uk/press-releases/opinion-former-index/animal-welfare/rspca-survey-reveals-pig-ignorance-$478844.htm)

Mars bars miss out on veggie approval

The Scotsman, UK

Mon 20 Aug 2007

CHOCOLATE giant Mars has failed to win the approval of vegetarians because its bars are not made with free-range eggs.



Mars UK has been denied use of the prized vegetarian symbol on packaging because its products contain battery-farmed eggs.

The chocolate firm sparked a storm of protest earlier this year when it was revealed it was replacing vegetarian whey in some of its products with an animal-derived rennet.

After being deluged with more than 6,000 complaints from consumers and vegetarian groups, the confectionery giant had to make an embarrassing U-turn.

Mars said it hoped to be granted the right to use the Vegetarian Society's logo on its packaging. But now the accreditation request has been denied because of the battery-farmed eggs.

Instead new packaging will state "suitable for vegetarians" on the back of brands including Mars, Snickers and Galaxy using Foods Standards Agency guidance on vegetarian labelling as a benchmark.

Vegetarian Society chief executive officer Annette Pinner told trade magazine *The Grocer* yesterday: "We are happy to remain in dialogue with the manufacturer.

"However, it is important for consumers to recognise the difference between minimum vegetarian standards and the higher criteria associated with VS approval."

Mars said that using battery eggs was "currently the most practical solution to our manufacturing needs".

Fiona Dawson, managing director of Masterfoods' UK snack foods business, said: "As a company we believe in clear, transparent labelling and are introducing this initiative because we want to communicate the suitability of our products to vegetarians."

Bloodless coup as Indian vegetarians flex muscle

The Age

July 14, 2007

AS INDIANS shop in supermarkets for the first time, some vegetarians are caught in a dilemma — how to push a trolley down the aisles and avoid the displays of meat and fish.

With supermarkets and shopping malls mushrooming all over India, vegetarians in Mumbai see no reason why a simple shopping expedition should be an affront to their sensitivities.

They are calling for meatless supermarkets and want the cafes and restaurants in malls to stop serving meat dishes. But trouble lies ahead as meat-lovers are appalled by the vegetarians' demands.

Militant vegetarians are on the warpath against the Birla group, a gigantic business empire run by the Birla family, from the Marwar region of Rajasthan, who are strict Hindus.

The Birlas have decided that supermarkets are big business in India and are opening a nationwide chain of stores called More.

The first two have just opened in Mumbai, and vegetarians are horrified to find More supermarkets selling meat.

"They are abandoning their beliefs for the sake of profit," said Narendrabhai Parmar, who is leading the anti-Birla campaign. "If they don't stop selling meat, we will demonstrate outside all their outlets."

Vinod Gupta, president of the Maharashtra Gopalan Samiti vegetarian group, added: "Why should dead animals be put on shelves?"

Some supermarkets — aware of vegetarian sensibilities — stock meat items in separate areas to avoid offence.

Strident vegetarianism has become a feature of Mumbai life in recent years. First it was vegetarian apartment blocks. Then it was vegetarian neighbourhoods.

This aggressive vegetarianism has given birth to meatless enclaves, led by two small but influential and prosperous business communities: the Jains, a religious minority, and the Marwaris. Both groups abhor the killing of animals. Some Jain monks and nuns even wear a mask over their mouths to avoid inhaling small organisms.

These communities are rich and tend to live in the swankiest parts of town. Their influence is so strong that many restaurants in the areas where they live have stopped serving meat.

Once Jain and Marwari families move into a neighbourhood, they tend to take control of the housing society and exclude meat-eating tenants.

"I don't want the smell of meat from a neighbour's kitchen to come through my window," said Gita Parmar, a Jain housewife in Malabar Hills. "I live in a vegetarian housing complex because I want to be with like-minded people."

Shopkeeper Bhavesh Shah, a Jain, who lives in a vegetarian block in Breach Candy, said: "Our housing

society asks new tenants to sign a declaration. If they're found cooking meat, they're thrown out."

Meat-lovers are appalled at the latest demand. "The whole point of a mall is the convenience of getting everything under one roof. I don't want the hassle of shopping for meat somewhere else," said secretary and carnivore Pooja Tiwari.

Not all Indian Hindus are vegetarians, though they eschew beef. Millions of Indians enjoy meat, fish, and eggs. But vegetarians can be exacting, which is why McDonald's in India caters to their demands by offering numerous vegetarian options.

Pizza Hut has three purely vegetarian outlets. The Pizza Hut on Marine Drive — Mumbai's Champs Elysee where many Jains and Marwaris live — offers only vegetarian pizzas.

The latest demand for meatless supermarkets and malls has disconcerted moderate vegetarians.

"Supermarket chains are free to sell what they want. If you don't want to see meat there, don't go," said Pankaj Shah, president of the Vegetarian Society.

District fires vegan art teacher

Board: Pupils asked to keep lessons quiet

Chicago Tribune

September 25, 2007

Dave Warwak said he wouldn't return to the classroom unless Fox River Grove Middle School served only lunches free of animal products, but with meat still on the menu, school officials on Monday fired the art teacher.

"We are not going to go vegan at this time," said Pat Hughes, president of the Fox River Grove School District 3 School Board.

The board, which voted 7-0 to fire Warwak, said in a prepared statement that he told pupils not to tell their parents, teachers or the school's principal what he was teaching and that he repeatedly refused to answer questions from school officials on that subject.

The statement also said Warwak converted his art classes into classes on veganism and animal rights.

Warak, who spoke on his own behalf, chastised administrators for hiding from pupils what he called the truth about healthy eating habits.

"You are ruining my world and eating my friends," he said. Steve Beyer, whose 13-year-old son was one of Warwak's pupils, told the board that the teacher was supposed to "teach art, not use his classroom as a platform for his vegan ideas."

Warak, 44, of Williams Bay, Wis., was asked to leave school grounds on Sept. 4 because he refused to stop talking about the benefits of a meatless diet and the humane treatment of animals, he said.

Warwak said posters in the school cafeteria that promoted milk were of particular concern to him. He called pupils' meal choices in school "poison," and said that he would not return as long as the school menu remained the same.

Warwak taught at the school for eight years and said his annual salary was \$55,000. The district, he said, should be training teachers about "humane education."

Warwak, a former fishing guide, said he became a vegan in January. Earlier this year, he gave his 8th-grade pupils a book, "The Food Revolution," by John Robbins, subtitled, "How Your Diet Can Help Save Your Life and the World."

His efforts gained praise from animal rights groups.

Trying to Connect the Dinner Plate to Climate Change

New York Times
August 29, 2007

EVER since "An Inconvenient Truth," Al Gore has been the darling of environmentalists, but that movie hardly endeared him to the animal rights folks. According to them, the most inconvenient truth of all is that raising animals for meat contributes more to global warming than all the sport utility vehicles combined.

The biggest animal rights groups do not always overlap in their missions, but now they have coalesced

around a message that eating meat is worse for the environment than driving. They and smaller groups have started advertising campaigns that try to equate vegetarianism with curbing greenhouse gases.

Some backlash against this position is inevitable, the groups acknowledge, but they do have scientific ammunition. In late November, the United Nations Food and Agriculture Organization issued a report stating that the livestock business generates more greenhouse gas emissions than all forms of transportation combined.

When that report came out, People for the Ethical Treatment of Animals and other groups expected their environmental counterparts to immediately hop on the "Go Veggie!" bandwagon, but that did not happen. "Environmentalists are still pointing their fingers at Hummers and S.U.V.'s when they should be pointing at the dinner plate," said Matt A. Prescott, manager of vegan campaigns for PETA.

So the animal rights groups are mobilizing on their own. PETA is outfitting a Hummer with a driver in a chicken suit and a vinyl banner proclaiming meat as the top cause of global warming. It will send the vehicle to the start of the climate forum the White House is

sponsoring in Washington on Sept. 27, "and to headquarters of environmental groups, if they don't start shaping up," Mr. Prescott warned.

He said that PETA had written to more than 700 environmental groups, asking them to promote vegetarianism, and that it would soon distribute leaflets that highlight the impact of eating meat on global warming.

"You just cannot be a meat-eating environmentalist," said Mr. Prescott, whose group also plans to send billboard-toting trucks to the Colorado Convention Center in Denver when Mr. Gore lectures there on Oct. 2. The billboards will feature a cartoon image of Mr. Gore eating a drumstick next to the tagline: "Too Chicken to Go Vegetarian? Meat Is the No. 1 Cause of Global Warming."

The Humane Society of the United States has taken up the issue as well, running ads in environmental magazines that show a car key and a fork. "Which one of these contributes more to global warming?" the ads ask. They answer the question with "It's not the one that starts a car," and go on to cite the United Nations report as proof.

On its Web page and in its literature, the Humane Society has also been highlighting other scientific studies — notably, one that recently came out of the University of Chicago — that, in essence, show that

"switching to a plant-based diet does more to curb global warming than switching from an S.U.V. to a Camry," said Paul Shapiro, senior director of the factory farming campaign for the Humane Society.

The society, Mr. Shapiro said, is not only concerned with what happens to domesticated animals, but also with preventing the carnage that global warming could cause to polar bears, seals and other wildlife. "Our mission is to protect animals, and global warming has become an animal welfare issue," he said.

Even tiny pro-veggie operations are starting to squeeze dollars out of their shoestring budgets to advertise the eating meat/global warming connection. Vegan Outreach, a 14-year-old group in Tucson with just three full-time workers and a \$500,000 annual budget, is spending about \$800 this month to run ads and links to its Web page on about 10 blogs. And, it will give more prominence to the global warming aspect of vegetarianism in the next batch of leaflets it orders.

Full story:

www.nytimes.com/2007/08/29/business/media/29adco.html





NEW MEMBERS

We warmly welcome the following people into the Society:

Jake Blight
Annie Burke
Nina Fahey
Deepali & Praveen Jain
Tracey Lofthouse
Karlene & Hugh McLean
Tan Nguyen
Milena Trkulja
Danielle White

Sudoku Solution:

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

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The Society thanks
Senator Kate Lundy and her staff
 for the opportunity to use their office facilities to publish this newsletter.

Answer to "Who Said That?"

"We all love animals. Why do we call some "pets" and others "dinner"?"

k.d.lang - Grammy Award-winning Canadian singer, songwriter, actress and activist

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