



Spring 2009

ACTIVE VEGETARIAN SOCIETY

# VEGETARIAN BITES NEWSLETTER

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## WELCOME

Spring has sprung! Along with hayfever and the icy gusts we normally associate with this time of year in Canberra. We have also had some gorgeous days - I hope you are enjoying the sunshine and blooms and not suffering too much with the other. Let's hope this latest cold snap is over soon. I don't know about you but I've really been looking forward to daylight savings, too.

This is my first edition of the newsletter and I'd love to hear from you with contributions or about what you'd like to see in here. Recipes, articles, letters, cartoons etc are most welcome. Please send any comments or offerings to [contact@vegetariansociety.org.au](mailto:contact@vegetariansociety.org.au).

Tracey Lofthouse, Editor

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## From the President

G'day Everyone.

Just when you thought I'd gone, here I am again. When I stood down at the 2008 AGM it was with the real intention of packing up and moving closer to grandchildren in Melbourne. Then the financial crisis hit and selling and buying houses didn't look like such a good idea. There was also the matter of bushfires in Victoria sweeping through a couple of the areas we had considered as a possible new home. Combined with a dread of having to pack up, those events have resulted in a distinct lack of movement on my behalf.



Of course it's not just negative influences that have kept us here. I do like Canberra. I like our home with its local birds and possums. I enjoy being able to walk round the lake and the clean air. And the winter wasn't too harsh this year either.

Mike O'Shaughnessy

When Jyoti Dambiec contacted me

earlier this year concerned that the Society may go down the tube I agreed to stand with her for a place on the committee. We both believe that the Society can do a large amount of good by promoting a more humane, healthier and environmentally responsible diet to the people of Canberra. We're pleased to now be back as Pres and Vice Pres. We agreed that stalls and outreach in general should be our focus. We have now built up a supply of several leaflets and booklets and with the outdoor weather now coming on, we've done some stalls and are planning several more.

A few months ago I was persuaded by a talk by Vegan Outreach founder, Matt Ball that veg activists should concentrate their limited resources on younger people as they are generally more amenable to the vegan philosophy and will have more years to effect change through their own actions. The committee has agreed that much of our outreach will be directed toward

## Who Said That?

Who was it who said...

*"As custodians of the planet it is our responsibility to deal with all species with kindness, love, and compassion. That these animals suffer through human cruelty is beyond understanding. Please help to stop this madness."*

Answer at the end of this newsletter.

younger people. The talk is online at [www.veganoutreach.org](http://www.veganoutreach.org) titled "Letter to a Young Matt".

Another article to influence me recently was one by Adam Kochanowicz on [www.examiner.com](http://www.examiner.com) named "Why vegetarianism should not be advocated". It came up at the same time as I was considering the real meaning of 'vegetarianism' and 'veganism' and the need for the two separate terms. I've been vegan for a number of years now and I have to admit to concerns that the Society's rules stipulate that it promotes a diet that may include dairy and eggs. In this age of factory farming and its outcomes for cows and their calves and for layer hens and the male chicks and breeder hens, I could not in good conscience advocate a diet that supports those industries. In reality, the Society has, for many years, predominately promoted a vegan diet.

What do you think, should our rules be amended to reflect the reality?

National Vegetarian Week is taking place from 28 September to 4 October and the theme this year is "Pledge to Try Veg". We are building on that locally with library displays and media releases to push the theme "ACT Veg" where we encourage people to at least act as if they are vegetarian for a meal, a day or more per week. We will also have an 'ACT Veg' page on our website.

So – please refer your non-vegetarian friends to the site or the National Vegetarian Week site where they can Pledge to Try Veg. Then, if they are still scared to give it a try, invite them over for dinner and show them how easy it is.

Cheers

*Mike O'Shaughnessy*

## From the Vice-President

I have been a vegetarian for 28 years. There are so many 'categories' of vegetarian these days - so I'll just add to that by saying my diet is 'satvik' vegetarian which means no eggs, onions, garlic, mushrooms and of course no eating of dead animals! No alcohol and drugs are also part of the diet - and I avoid coffee as well. This way of eating is followed by many of the Taiwanese Buddhists and also by many people in India. It's also the diet of the Hare Krishna's so those of you who have Kurma Dasa's fantastic cookbooks will be familiar with it.

I became vegetarian at almost the same time I started learning Ananda Marga meditation and my vegetarian lifestyle is very much a part of an overall way of looking at life. The understanding is that "all living beings of the universe belong to one family...The entire universe is everyone's homeland, and all the animate and inanimate entities are the various expressions of one and the same Supreme Consciousness."

I have been working with clay as a ceramic artist for over 20 yrs and for the last three years have been teaching Art/Ceramics to teenagers at Orana Steiner School. I also continue to make and sell my own work and from time to time work on public commissions. I'm currently involved in helping create a 50 metre mosaic/tile pathway at Birrigai with a number



Jyoti among the broccoli

of schools. One of my other passions is organic gardening. My father had a huge and amazing one acre garden. I first started digging around with him 50 years ago, and have been doing

something with dirt ever since. I think I'm happiest in my garden. I'm quite a physical person and love to walk and cycle. When it's not winter I can often be found kayaking on the lake with my husband Dieter. I enjoy music. Humour is also a very important part of my life - nothing like a good laugh to put everything into perspective!

Dieter and I have three grown children - Taranii 21, Nitya 23 and Karun 25. They are all life-long vegetarians. Taranii and Karun are living at home while Nitya has spent the last 2 1/2 yrs working in a home for orphans and street kids in Outer Mongolia. She is now in Germany working as a meditation/yoga teacher.

Over the years I have been involved in various social justice issues and have also worked with disadvantaged children, physically disabled adults, aged ladies and gentlemen and Indigenous teenagers. I was involved with the Vegetarian Society for about seven years, most of those as President.

Everything that I do in my life is informed and inspired by the understanding that we are all connected and part of a 'bigger picture'. This connection includes animals and plants, everything in fact - from the smallest to the greatest, from the ant to the planets...

I'm very happy to be involved with the Veg. Society again. It's a great time to be 'out there' with information about vegetarianism as individuals seek to reduce their carbon footprint - not eating meat is such an obvious step!

*Jyoti Dambiec*

## The “Easy Vegan Challenge”, for people who aren’t already vegan

From 1 November, Animal Liberation Victoria (ALV) is launching Australia's first 30 Day Easy Vegan Challenge.

Eat healthy, save animals, save money, save water - all at the same time.

There will be a range of inviting recipes on offer that will be easy to prepare. You'll get a full 30 day menu including Mushroom Risotto and Tofu Turkey through to Vegan Trifle and Lemon 'Cheesecake'.

By joining the Challenge you'll be in the running to win \$1,000 plus other prizes.

All participants receive a free info pack, recipes and a Vegan - You Can't Get Greener keyring.

To find out more visit the Easy Vegan Challenge on Facebook: <http://bit.ly/6ve6l>

The Easy Vegan website will be coming soon: <http://www.veganeasy.org>

### THIS IS YOUR NEWSLETTER

We always love getting contributions from our members. Articles on health and nutrition, reviews on restaurants, book or movies, recipes or anything else you'd like to see in the newsletter. A letter to the editor would be most welcome, or a copy of one you've had published elsewhere. Tell your fellow members what you think about vegetarianism, the Veg Society, the world.

Or if you can draw cartoons or devise a puzzle of some sort, please send them in. 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 Nov 2009**

Thanks to Robert Ryan, Monica Gallacher, Karlene Dickens, Silverfire. For contributions contained in this edition.

## Committee 2009

At the AGM in May 2009, a new committee was elected. The members are:

### -President-

Mike O'Shaughnessy - [pres@vegetariansociety.org.au](mailto:pres@vegetariansociety.org.au)

### -Vice-President-

Jyoti Dambiec

### -Secretary-

Miranda Bone

### -Treasurer-

Natasha Glover – [payment@vegetariansociety.org.au](mailto:payment@vegetariansociety.org.au)

### -Librarian-

Tracey Lofthouse – [library@vegetariansociety.org.au](mailto:library@vegetariansociety.org.au)

### -Contact Officer-

Tracey Lofthouse - [contact@vegetariansociety.org.au](mailto:contact@vegetariansociety.org.au)

### -Newsletter Editor-

Tracey Lofthouse – [newsletter@vegetariansociety.org.au](mailto:newsletter@vegetariansociety.org.au)

### -General Members-

Kath Faulkner

Judy Matusiewicz

Jenny Persi

Karlene Dickens

Kate Teasdale

Amanda Ingram

All positions without their own email address can be contacted by sending an email to the Contact Officer and specifying the person you are trying to contact.

Remember that if you have any issues you'd like raised at the meeting you are more than welcome to join us, on the 2<sup>nd</sup> Tuesday of every month, or send your suggestions to be added to the agenda – call or email them to the Contact Officer or the President. The locations for the meeting vary from month to month so to keep up-to-date with this and other Society news, please subscribe to our email list via the website or [mail-list@vegetariansociety.org.au](mailto:mail-list@vegetariansociety.org.au).

## 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.



Rating: Intermediate  
Answer at the end of this newsletter

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

### Some things you mightn't have known are vegan

- ⊙ Red Bull
- ⊙ V energy drinks turns out the taurine and vitamins are synthetic)
- ⊙ Paradise Jam Fancy biscuits
- ⊙ Oreo biscuits (but can vary with country of origin – please check)
- ⊙ Arnotts' Jatz biscuits
- ⊙ Allens' Jelly Beans
- ⊙ You'll Love Coles brand Salt and Vinegar Chips
- ⊙ Skittles
- ⊙ Ricci liquorice (raspberry flavour too)
- ⊙ Coles mint crunch lollies
- ⊙ Kmart Lolliland brand hard jubes, soft jubes and mint leaves
- ⊙ Pringles Smokey Bacon flavour
- ⊙ Arnotts' BBQ Shapes

## Recent events

In June 2009 the Society had a stall at the National Climate Emergency Rally. It was very cold but there was a good turnout. It was a worthwhile day that kept Tracey and Jyoti busy chatting with interested people. We had some interesting conversations with attendees and handed out information to many interested parties. Our ex-president Robert called by to say hello.



From L to R:  
Tracey, Robert and Jyoti at the Climate Change Rally

In September 2009 we had a stall at the Switch to Green expo. It went for two days and it was great to have a presence there. We were able to show people that the greenest thing they can do is to reduce their meat and dairy intake, and we touched base with some former members and quite a few potential members who weren't aware of us.

## New Products

New on the market or just newly discovered

Lamyong Tom Yum Paste (vegan), available at many Asian grocers. Costs about \$3.85 for a 340 g jar.

Cherlis Botanical Skincare (vegan) - full range available at pharmacy/healthfood shop in Gungahlin, opposite Woolies

## Shopping on the Internet

*Sometimes you just can't find the stuff you want in supermarkets or stores in Canberra. What are your favourite or recently-discovered veg\*n shopping sites?*

[www.veganperfection.com.au](http://www.veganperfection.com.au)  
[crueltyfreeshop.com.au](http://crueltyfreeshop.com.au)  
<http://cherlis.com.au/>

## RECIPES

### Chewy ginger and choc-chip biscuits (vegan)

From Karlene Dickens – thanks Karlene

#### Ingredients:

- 1 cup flour
- 1 cup oats
- 1/2 cup sugar
- 1/2 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp salt
- 1 tsp cinnamon
- 1/3 cup maple syrup
- 1 tsp vanilla
- 1/2 - 3/4 cup sultanas/raisins
- 1/2 packet of candied ginger, chopped roughly
- 100 grams chocolate, chopped roughly
- soy milk as required for binding

#### Method:

- Preheat oven to 165/170 Celsius.
- Combine all dry ingredients then add wet ingredients.
- Add enough soy milk to bind together.
- Spoon generous tablespoons onto greased trays.
- Cook for 10 - 15 minutes. Check often as they can overcook quickly.
- Eat and enjoy!

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### No Egg Meringue (Vegan)

From everyday health, issue 19 vol1/2009

#### Ingredients

- 1/2 cup (90g) Orgran No Egg
- 1/2 tsp citrus pectin
- 1 cup (250ml) ice cold water
- 1 tsp (5ml) vanilla essence
- 3/4 cup (125g) pure icing sugar
- 1 tblsp (17g) soft brown sugar

#### Method

- Preheat oven to 130C/250F. Gas mark 1/2.
- Blend Orgran No Egg and pectin together thoroughly **while dry**, and then add to cold water in a mixing bowl.
- Mix on high speed for five minutes.
- Add vanilla and sugar one tablespoon at a time, and continue mixing on high speed for a further five minutes. The foam will increase in volume.
- Spoon or pipe meringue onto a tray lined with baking paper.

- Bake at 130C for two hours. After two hours, turn the oven off without opening the door, and allow the meringues to dry out further by remaining in the oven until cool.
- If not serving immediately, store in an airtight container.

- **Notes:**

- Mix must be baked immediately, it cannot be stored.
- When using conventional oven, bake one tray at a time.
- Citrus pectin is readily available in health food stores.

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### Raw Chocolate milkshake (vegan)

From Silverfire at <http://www.vegsoc.org.au/forum> - thank you Silverfire

#### Ingredients:

- Handful of nuts (usually cashew or macadamia, but I also use almond milk).
- 2 large frozen bananas (more for a thicker shake)
- pinch of Celtic salt
- half a teaspoon of cinnamon powder
- tablespoon (or more) of cacao powder (or coco powder)
- 1-2 dates
- Melted coconut oil (optional)
- water to consistency

#### Method:

- Blend the nuts with some water first to make the milk (no need to strain nuts like macadamias or cashews, just use the whole thing).
- Add the cacao powder, cinnamon, salt, and dates and coconut oil to the blender and once it's all mixed in add the frozen bananas.
- Blend blend blend!

- **Note:**

- The coconut oil adds creaminess but can be left out or substituted with coconut cream/milk. Be sure to blend the oil with the rest of the ingredients before adding the cold frozen banana, otherwise it goes into little lumps.
- Try other fruit like cherries, peaches, mango or berries instead of/as well as the banana.

## I can't believe it's not Meat pie

from [www.aliveandcooking.com.au/recipes/season2](http://www.aliveandcooking.com.au/recipes/season2)

### Ingredients

(Makes 2 family pies)

375g French lentils, pre cooked (bring to boil and simmer for 45 minutes)

180g red lentils, pre cooked (bring to boil and simmer for 20 minutes)

1 Spanish onion, finely diced

1 stick of celery, finely diced

2 carrots, finely diced

1 small red chilli, finely sliced

3 medium potatoes, diced

2 tbsp tomato paste

500ml vegetable stock

1 bay leaf

50 ml soy sauce

2 tbsp tamarind paste

2 sheets short crust pastry

2 sheets puff pastry

Extra virgin olive oil

### Method:

Splash oil into a hot pan and toss in all the vegetables and bay leaf. Fry for 7-8 minutes or until browned. Add tomato paste, tamarind, soy sauce, both lentils and stock. Stir well and remove the bay leaf. Cook mixture for 3- 5 minutes.

Line 2 spring-form cases with shortcrust pastry.

Fill the lined pie tins with the lentil mixture. Cover with puff pastry. Cut a hole in the centre of each pie.

Bake pies in a preheated oven at 190°C for 25-35 minutes.

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## Monty's Magnificent Garlic-Free Hommous (vegan)

From Monica Gallacher – thanks Monica

All the other flavours come to life in this hommous without garlic.

- 1 can chickpeas
- 1 tbsp tahini (preferably unhulled)
- half lemon or lime squeezed\*
- handful of parsley or coriander or basil\*
- salt to taste
- half cup water (or to desired consistency)
- olive oil for drizzling

\*lime and coriander go exceptionally well together in this recipe.

### Method:

- Put all ingredients except olive oil into blender.

- Blend until fairly smooth, with slightly textured consistency. Add more water if it seems too thick.
- Scoop/pour into final container for serving/storing
- Drizzle good olive oil over hommous and stir a fork loosely through to allow oil to fold in - do not mix in.
- Serve with rice cracker, good pita/afghan/Turkish bread, veggie sticks and with falafels on wraps.

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## Broccolini with tamari and sesame

From Tracey. The name says it all, really. This is a simple, tasty and healthy side-dish or starter.

### Ingredients

Bunch broccolini

Olive or other suitable cooking oil

Sesame Oil

Tamari to taste (I like low-salt organic)

Sesame Seeds – approx 2 tsp per bunch of broccolini

### Method

Wash and cut up broccolini into pieces approx 3cm long.

Heat pot, pan or wok with around 2 tbsps cooking oil. Stir-fry broccolini for three mins on medium-high heat, tossing constantly.

Add tamari (2-3 tsps should be plenty), toss 30 secs.

Add sesame oil, toss, then add sesame seeds, toss 30 secs.

Serve in a bowl as side-dish or on rice of choice as entree.

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## Indian Vegetarian & Vegan Cooking Classes

Learn the art of Indian cooking with simple to more interesting ways of preparing a dish. You'll learn a lot on how to use a vast variety of spices and vegetables in different ways. A wide range of items to choose from including Starters, Light meals/Snacks, Curries, Lentils & Stews, Chutney/Dips, Rice, Indian bread, Salads, Deserts etc.

### Contact Details:

Your cooking guide: Vijaya Garimella

Mobile: 0432927652

Email: [vij.garimella@gmail.com](mailto:vij.garimella@gmail.com)

Location: Harrison, ACT

Fee: \$50 per person incl ingredients, recipes and a light lunch.

Classes held on Sunday mornings at 10am for a duration of approx 4 hours. Each session can accommodate 4-5 people and hence advanced bookings essential.

Claim a special 10% discount for members of ACT Vegetarian society by presenting your membership cards.

# To the Editor

## Members' (and others) published letters

### Meaty Muddle

Canberra Times letters, 4/8/2009

Bryan Martin ("The animal that lurks within", *Food & Wine*, July 29, p4) suggests that a mix of "watercress, borage and nettle, heated and made into a compress, will cure a number of ailments, including vegetarianism".

Sorry to tell you, Bryan, there's no stopping the increasing popularity of the healthy and compassionate vegetarian diet, especially as people are becoming more aware of the high environmental impact of raising animals to kill for food.

Maybe big meat-eaters like Martin who have a "shortage of non-meat dishes" in their diets would do well to try some stinging nettle, it really is quite delicious in soup, and is probably a great cure for the constipation that often comes from the lack of fibre in a mass-meat diet.

Jyoti Dambiec (vice-president, ACT Vegetarian Society), Evatt

### Cage Eggs No Bargain

Canberra Times letters, 12/9/2009

Let's hope the ACT Government sees sense, shows some leadership and passes the Greens' bill - the Eggs (Cage Systems) Legislation Amendment Bill 2009.

This would set a great precedent in banning the cruel farming practice of cage eggs in the ACT; perhaps other states would follow suit.

And with the drop in demand for cage eggs, it seems unlikely that Pace Farms would replace their battery facility outside of the ACT.

Cage eggs may be cheaper, but to save those few dollars on a dozen eggs, buyers require the torture of a hen for a week or more.

That's not a bargain price.

Miranda Bone, Kaleen

### End Hen Cruelty

Canberra Times letters, 15/9/2009

Would you allow the caging and slaughter of cats or dogs? So why is it OK to treat hens with such cruelty? No thinking and feeling creature should have to endure such cruel conditions. With the risk of temporarily putting a dozen employees out of work the government needs take leadership and end the suffering of millions.

Kath Faulkner, Ainslie

### Ban cage eggs

Canberra Times letters, 16/9/2009

There are about 110,000 to 120,000 hens held in the dilapidated, Parkwood egg factory - about 1 per cent of the national flock of caged hens.

Given the diminishing demand for cage eggs reflected in the recent announcements by Woolworths and McDonald's it's highly unlikely that the owners, Pace Farm, would bother to make up the reduced productivity should the Parkwood facility be forced to close. But even if they did, Jon Stanhope is wrong in saying that an ACT ban would result in no net benefit to the animals ("Labor, Libs combine to crush eggs Bill", September 15, p3).

An ACT ban would set a precedent for the rest of the country.

Other states would be encouraged to follow suit and bring Australia into line with the European Union where such cages will be banned from 2012.

The national egg industry understands this which is why it is so concerned about an otherwise insignificant, outdated establishment.

A ban has the strong support of the ACT community and it's time for the Assembly to make the correct moral decision.

Mike O'Shaughnessy, Spence

## Cracks In The Egg Rate

Canberra Times letters, 19/9/2009

So \$486 a year is a standard rate for a 40ha rural lease? ("Egg farm pays peanuts for 40ha property", September 17, pi).

Tell that to the pensioners struggling to feed themselves after paying rent, or the students working two jobs to share an apartment.

Or the shops in Civic that have closed because the rent is not coming down to reflect the lack of foot traffic.

Not to mention the fact that the Pace Farm's lease is secure for 20 years. Residential leases can be increased every 12 months regardless of the length of the lease (not that any landlord is likely to give you more than 12 months). To whom do I apply for one of these secure, cheap, spacious 20-year rural leases?

**Mai Briggs**, Hawker

"Both parties rejected the ban [on battery cages] on the grounds Pace Farm would simply move its operation to NSW".

That's not the point, MLAs! If I saw someone mistreating a dog in my front yard I'd do something about it, not ignore it on the grounds that he'd simply go elsewhere and continue to beat the dog.

The simple fact is that hens are being mistreated in the ACT. As ACT legislators you had the opportunity to do something about it. You didn't; shame on you.

**Mike O'Shaughnessy**, Spence

What a gutless bunch of government bureaucrats we have representing our local animal welfare interests in the ACT.

I am so ashamed that the ACT Government has dismissed yet another opportunity to ban battery cage egg production in the ACT.

By not banning this cruel and barbaric practice our Government is essentially saying it is OK to keep chickens in tiny cages for a tenth of their life expectancy before being transported in crates with no food or water to Victoria for slaughter every 12-18 months.

Shame on Stanhope and the rest of his cowardly group of minions.

**Karen Vincent**, Holt

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We have T-shirts for sale in various sizes and with different slogans, for Vegetarians and Vegans.

Most of the T-shirts cost \$25 and are available in all sizes.

Please email [contact@vegetariansociety.org.au](mailto:contact@vegetariansociety.org.au) for more info.





## Eating Tips to Live Longer in Better Health - What Scientific Studies Show

By Robert Ryan

If you are interested in having long-term good health and if cancer, heart disease, stroke, diabetes, pain and disability don't sound like fun to you, then you might appreciate the following reports from medical journals:

In 2003 the American Journal of Clinical Nutrition (AJCN), stated:  
"adherence to a vegetarian diet can produce a significant 3.6 year increase in life expectancy." (AJCN, 2003:78(suppl.):531S)).

And it's not just a longer life but a life with more years of good health, with related ability and independence. In 2003 the Journal of the American Dietetic Association (JADA) stated that vegetarians have "lower rates of death from ischemic heart disease... lower blood cholesterol levels; lower blood pressure; and lower rates of hypertension, type 2 diabetes, and prostate and colon cancer." (JADA, 2003; 103:748-765).

JADA further states: "It is the position of the American Dietetic Association and Dieticians of Canada that appropriately planned vegetarian diets are healthful, nutritionally adequate, and provide health benefits in the prevention and treatment of certain diseases."

Another report in the American Journal of Clinical Nutrition states: "During the past 20 years, scores of nutritional epidemiological studies have documented important and quantifiable benefits of vegetarian and other plant-based diets, namely a reduction of risk for many chronic degenerative diseases and total mortality ... Vegetarians living in affluent countries enjoy remarkably good health, exemplified by low rate of obesity, coronary diseases, diabetes, and many cancers, and increased longevity." (The terms "reduction in mortality" and "increased longevity" are fancy ways of saying that, as a group, vegetarians live longer than meat-eaters.).

The AJCN further states: "all the protective effects were observed for foods of plant origin, while all the hazardous effects were correlated with meat intake." (AJCN, 2003:78(suppl.):502S-7S)).

There are many more studies with similar findings.

For instance, in 2001 the Archives of Internal Medicine reported that American Seventh-Day Adventists (a religious group of diverse ethnicity) live several years longer than the surrounding population due in large part to being vegetarian.

Likewise, the Okinawans of Japan, once famed as the longest living people in the world, traditionally ate hardly any meat and lots of soy/tofu for protein. Sadly, the influx of meat-based fast food is escalating disease to western levels and their lifespan is falling.

Consider that in countries like Australia, USA, Canada & UK:

- ~ heart disease will affect approximately 1 in 2 men, 1 in 3 women;
- ~ cancer will affect around 1 in 3 men, 1 in 4 women;
- ~ stroke will affect around 1 in 6 people;
- ~ diabetes has more than tripled in 20 years - affecting around 1 in 12 and this is expected to rise.

The links between meat consumption, higher rates of disease, disability and a shorter lifespan are pretty clear.

A sensible vegetarian diet (with five to nine servings of fruit and vegetables each day (which should be part of all diets)) promotes a longer life with better health and thereby greater ability, independence and long-term freedom.

Robert Ryan (BSc: human health, medical history, biology; Dip PA, Dip IT)

References:

Pramil N Singh, Joan Sabate, and Gary E Fraser, "Does low meat consumption increase life expectancy in humans?" American Journal of Clinical Nutrition, 2003:78(suppl.):531S;

Joan Sabate, "The contribution of vegetarian diets to health & disease: a paradigm shift?" American Journal of Clinical Nutrition, 2003:78(suppl.):502S-7S.

"Position of the American Dietetic Association and Dieticians of Canada: Vegetarian diets." Journal of the American Dietetic Association, 2003; 103:748-765.

Regards American Seventh-Day Adventists see: HMI, "Living to 100: What's the Secret?" Harvard Medical International, March/April 2002, [http://hmiworld.org/past\\_issues/March\\_April\\_2002/living\\_100\\_pf.html](http://hmiworld.org/past_issues/March_April_2002/living_100_pf.html) ... link doesn't work as of 2008; it did in 2006!

Regards Okinawans - see Barry Sears, The Soy Zone, 2001, pages 11-13, 219, Regan Books; See also [http://okinawa-diet.com/okinawa\\_diet/okinawa\\_diet\\_food\\_pyramid.html](http://okinawa-diet.com/okinawa_diet/okinawa_diet_food_pyramid.html) ... link doesn't work as of 2008; it did in 2006!

## CONTACT US

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## Sudoku Solution:

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

### Answer to "Who Said That?"

*"As custodians of the planet it is our responsibility to deal with all species with kindness, love, and compassion. That these animals suffer through human cruelty is beyond understanding. Please help to stop this madness."*

Richard Gere, actor

The Society thanks

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

## New Members

It's been a while since we published this list, so we have a lot of new members to welcome. Great to have you in the Society.

Anna Anderson  
Danielle Beaudreau  
Cathy Biggs  
Sia Brook  
Reuben Brook  
Benjamin Bourke  
Sophie Boyson  
Toby Boyson  
Georgina Buckley  
Carol Burke  
Marcus Butler  
Sarah Cooper  
Solange De Armas  
Chris Delforce  
Teil Dempsey  
Peter Dunn  
Isabelle Ensuque  
Anthony Fearnside  
Karyn Fearnside  
Rhonda Fensom  
Mark Fensom  
Natasha Glover  
Paul Greenwood  
Matthew Herscovitch  
Steven Hoyle  
Barbara Huerta  
Patricia Hurlstone  
Amanda Ingram  
Ann Michelle Knoke  
Dana Kordusic  
Mark Laugesen  
Melanie Leffler  
Melanie Legg  
Kes Libeau  
Maryanne McKay  
Shaz Naidu  
Jim Ponton  
Nadine Porter  
Marie-Christine Rey  
Nicky Rowe  
Andrew Rowe  
Barbara Rozmus  
Chris Russell  
Helen Stone  
Kate Taylor  
Kate Teasdale  
Carey Walden  
Keren Walker  
Ruby Weber  
Andrea Witt