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## WELCOME

One of the things I did on retiring this year was to expand and revive my virtually dormant veggie garden. I also put in a second plot using the no-dig design.

Now we are well and truly into hot weather with the threat of a lot more to come and my poor little plants are suffering not only from the heat and drought but also from hungry earwigs and an earlier onslaught from currawongs. With a possible ban even on drip irrigation I'm beginning to think this was a bad idea. Maybe I'll stick to getting my veggies from the markets.

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On the wildlife front, a pair of **Magpie Larks** is feeding a brood of four. They were hatched in the gum tree on the nature strip and now hang around in the trees in the backyard during the day, regathering in the nest tree to roost for the night – all snuggled up together.

There have been several rafts of frog eggs deposited in the ponds over the last few weeks and a few of the local **Brown-Striped Frogs** are calling around the water at night.

There are now at least three **Brushtail Possums** visiting their food station and mum has a new baby in the pouch. She was carrying junior on her back a few weeks ago but has obviously told him/her to move on. Junior now visits separately.

My thanks go to Alison and Petra for their contributions to this edition of the Newsletter but again we could have used more member input. Come on folks – have a go. As you'll see from Alison's item on her other passion (singing) the article doesn't even need to be related to vegetarianism. So how about a New Year's resolution? Send us an article – or a cartoon or photo or whatever. All will be gladly considered for publication.

Editor

## COMING EVENTS

*As is usual for this time of year, our diary is pretty empty but it will be filled again early in the new year.*

Watch for details in our emails.

### RSVP EMAIL

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

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.

**Christmas Picnic  
Australian National Botanic Gardens, Clunies Ross St, Acton  
Sunday 17<sup>th</sup> December  
Midday**

We'll meet on the lawns in front of Hudson's Café (just inside the entrance from the car-park) for a picnic lunch. Bring food and drinks (to share if you can) or, if you forget, you can pick up a roll or a snack and drinks from the café.

You might also like to bring all the regular picnic gear – chair or rug, sun-block and hat etc. Don't forget, the Gardens parking is pay-parking.

Please come along and enjoy a relaxing few hours with fellow veggies. Children are most definitely welcome.

We'll have a banner up so you can find us but if you get lost, ring 0417 464 675.

For more information call the number above or email the rsvp email address above.

We look forward to seeing you.

## Who Said That?

Who was it who said...

*"Animals are my friends... and I don't eat my friends."*

Answer at the end of this newsletter.

## FROM THE PRESIDENT

### *A Refocus*

Many of you will be aware that I have been acting President of Animal Liberation for the past 12 months. A year ago I declined the role of AL President as I saw that being head of both groups would be difficult and, more importantly, would not be fair to either as I would not be able to give both the attention they deserve. But I did agree to act in the role until the position was resolved.

At one stage, I was thinking that I would hand over the Vegetarian Society role in favour of the Animal Liberation role because there are many more instances of animal mistreatment and abuse apart from the food industries.

But – as is the male prerogative – over the last few months I have been thinking it over and have changed my mind. I've done so for two reasons.

First, I believe that the numbers of animals affected by the human habit of eating meat and dairy products is far greater than the numbers affected by other human activity. A wider adoption of the vegan diet will mean that many fewer animals will suffer in the future.

Second, I see so many reasons for people to move to a vegan

diet. There are many levers we can use to get people out of the habit of eating animal products – health, environmental, reduction of world hunger – on top of the animal welfare issues. But no matter which argument causes people to give up animal products, the result in terms of reduced animal suffering is the same.

So – while I am no longer on the Animal Liberation committee – I will continue as a member and help where I can, particularly with the Free Range Canberra campaign. But I will now concentrate the bulk of my efforts on the role of President of the Vegetarian Society and will persist, with your help, in trying to convince as many people as possible to become vegan.

I hope that 2007 will see an increase in the outreach work of the Society with more stalls and public exposure of the ideals of vegetarianism.

### *Environment*

The hot topic at the moment is, of course, global warming. It seems that the politicians have finally realised that we do have a problem.

We vegetarians have been warning of the environmental negatives of the intensive

farming of animals for many years. We still have a lot of work to do despite such reports as the recent "Livestock's Long Shadow" from the UN Food and Agriculture Organization which identifies livestock as a major threat to the environment (reported in this newsletter). Such reports often identify the huge numbers of animals (their emissions, their waste and the land clearing and chemicals used in growing food for them) as an environmental disaster. Unfortunately, though, they rarely nominate a reduction in meat consumption and production as a possible solution – preferring to protect the huge meat and dairy industries by looking for other ways of reducing the environmental effects.

If you are talking to friends who are bemoaning the health of our environment while munching on their steak, just point out a few salient facts to them about how much water and land were used in producing their meat and how much greenhouse gas was emitted in the process.

A good starting booklet is "*Eating the Earth*". We can send you a copy or it can be found at [www.vegansociety.com/phpws/files/phatfile/envirobooklet.pdf](http://www.vegansociety.com/phpws/files/phatfile/envirobooklet.pdf)

*Mike O'Shaughnessy*

## ***Membership Fees Reduced***

Now there's a headline you don't see too often. But it's true – as from **1st January, 2007** our **Single** and **Family** membership fees will drop by \$5 per annum. Single memberships will now cost **\$25.00** while family memberships will be **\$30.00**.

Renewals due from 1st January onwards will also be at the new rate.

So, if you are not yet a member, here is your chance to join. You will still receive the same benefits – subscription to four issues of either "*Natural Health and Vegetarian Life*" or "*Vegan Voice*", a membership card giving you discounts at many Canberra businesses including *Kingsland* and *Au Lac*, and, most importantly, you will be supporting your Society in its work to spread the vegetarian message and support local vegetarians.

## GREAT VEGAN EXPERIENCES

I believe that when you come across a business (or two) that offers a fantastic service and a 'can do' attitude, it's a great idea to spread the word and let others know.

There are two such businesses that I have come across recently that have provided exceptional service to me as a vegan, and I want to share these with you:

**Bungendore Natural Health Centre**, 33 Ellendon Street, Bungendore. This shop has only recently opened and is owned by Kevin Jones (who is also a qualified pharmacist). Kevin is one of those friendly professional fellows keen to provide the best service he can. When he first opened his shop I made enquiries about the possibility of his stocking a range of vegan products. Not only was Kevin approachable, but he insisted that I provide a comprehensive list of products I would normally buy from other health shops or over the internet and promised he would try and get all the items in stock. As a result I produced quite a list.

Since that time, slowly more and more products from my list are appearing on his shelves - and then some. He now stocks things like: Toffutti sour cream supreme, Leda dairy free chocolate biscuits (to die for), tempeh, Tartex pates, savoury yeast - amongst other things.

Vegan food aside, he also stocks a great deal of other fantastic products such as organic breads, and health products. So, if you are on your way to the coast and happen to pass through Bungendore, be sure to drop in to Kevin's health shop and support his vegan and vegetarian friendly establishment.

**Brindabella Café**, located in the Department of Foreign Affairs and Trade, Barton (the café is open to anyone - not just DFAT staff)

I have worked at DFAT for the last 7 months. In the initial six months I didn't buy lunch often from the Brindabella Cafe (located within the DFAT building), as the daily set menus usually contained either meat, fish or dairy. Occasionally I would buy a salad or a boring sandwich.

It was only recently that it occurred to me to ask if they could/would customise a meal for me from time to time. As it turns out I should have asked ages ago. The response from the staff at the café was fantastic and could not have been more obliging.

They told me that all I have to do is let them know in the morning if I require a lunch on a particular day, and they will either customise an existing meal on the menu of the day, or make something up for me. Each time I turn up at the café to collect my "special" lunch, I am always greeted with a smile and a delicious meal.

Now, I make a point of buying my lunch from there at least once a week. So if you are a vegan (or vegetarian) and happen to work at DFAT (or close by) this is a great place to get a good meal.

Has anyone else had similar experiences with other cafes, restaurants or retail shops?

*Petra Gillan*

### 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 (Autumn) the deadline is: **9 March 2007**.

## CRUELTY-FREE LIVING FESTIVAL

The **Cruelty-Free Living Festival** was held in Sydney on Sunday November 5. Several people from Canberra (Society members and others) made the trip for the day and joined the nearly 2,000 people who attended.

The feedback from the stallholders "was fantastic" according to organiser Jessica Bailey. The animal groups all reported lots of donations, new members and it seems that the event was not only preaching to the converted as there were many people asking lots of

questions – the main goal of the event.

Many of the food vendors sold out, but if you got in early, there was a great variety on sale.

The intention is to make this an annual event so if you might like to have a stall there next year – or help sponsor the event – please see [www.crueltyfreefestival.org.au](http://www.crueltyfreefestival.org.au) or call Jessica on 0400 823 030.

# LIVESTOCK A MAJOR THREAT TO ENVIRONMENT

**Remedies urgently needed  
November 29, 2006, Rome**

Which causes more greenhouse gas emissions, rearing cattle or driving cars?

Surprise!

According to a new report published by the United Nations Food and Agriculture Organization, the livestock sector generates more greenhouse gas emissions as measured in CO<sub>2</sub> equivalent – 18 percent – than transport. It is also a major source of land and water degradation.

Says Henning Steinfeld, Chief of FAO's Livestock Information and Policy Branch and senior author of the report: "Livestock are one of the most significant contributors to today's most serious environmental problems. Urgent action is required to remedy the situation."

With increased prosperity, people are consuming more meat and dairy products every year. Global meat production is projected to more than double from 229 million tonnes in 1999/2001 to 465 million tonnes in 2050, while milk output is set to climb from 580 to 1043 million tonnes.

## Long shadow

The global livestock sector is growing faster than any other agricultural sub-sector. It provides livelihoods to about 1.3 billion people and contributes about 40 percent to global agricultural output. For many poor farmers in developing countries livestock are also a source of renewable energy for draft and an essential source of organic fertilizer for their crops.

But such rapid growth exacts a steep environmental price, according to the FAO report, *Livestock's Long Shadow – Environmental Issues and Options*. "The environmental costs per unit of livestock production must be cut by one half, just to avoid the level of damage worsening beyond its present level," it warns.

When emissions from land use and land use change are included, the livestock sector accounts for 9 percent of CO<sub>2</sub> deriving from human-related activities, but produces a much larger share of even more harmful greenhouse gases. It generates 65 percent of human-related nitrous oxide, which has 296 times the Global Warming Potential (GWP) of CO<sub>2</sub>. Most of this comes from manure.

And it accounts for respectively 37 percent of all human-induced methane (23 times as warming as CO<sub>2</sub>), which is largely produced by the digestive

system of ruminants, and 64 percent of ammonia, which contributes significantly to acid rain.

Livestock now use 30 percent of the earth's entire land surface, mostly permanent pasture but also including 33 percent of the global arable land used for producing feed for livestock, the report notes. As forests are cleared to create new pastures, it is a major driver of deforestation, especially in Latin America where, for example, some 70 percent of former forests in the Amazon have been turned over to grazing.

## Land and water

At the same time herds cause wide-scale land degradation, with about 20 percent of pastures considered as degraded through overgrazing, compaction and erosion. This figure is even higher in the drylands where inappropriate policies and inadequate livestock management contribute to advancing desertification.

*"Livestock now use 30 percent of the earth's entire land surface, mostly permanent pasture but also including 33 percent of the global arable land used for producing feed for livestock"*

The livestock business is among the most damaging sectors to the earth's increasingly scarce water resources, contributing among other things to water pollution, eutrophication and the degeneration of coral reefs. The major polluting agents are animal wastes, antibiotics and hormones, chemicals from tanneries, fertilizers and the

pesticides used to spray feed crops. Widespread overgrazing disturbs water cycles, reducing replenishment of above and below ground water resources. Significant amounts of water are withdrawn for the production of feed.

Livestock are estimated to be the main inland source of phosphorous and nitrogen contamination of the South China Sea, contributing to biodiversity loss in marine ecosystems.

Meat and dairy animals now account for about 20 percent of all terrestrial animal biomass. Livestock's presence in vast tracts of land and its demand for feed crops also contribute to biodiversity loss; 15 out of 24 important ecosystem services are assessed as in decline, with livestock identified as a culprit.

## Remedies

The report, which was produced with the support of the multi-institutional Livestock, Environment and Development (LEAD) Initiative, proposes explicitly to consider these environmental costs and suggests a number of ways of remedying the situation, including:

Land degradation – controlling access and removing obstacles to mobility on common pastures. Use of soil conservation methods and silvopastoralism, together with controlled livestock exclusion from sensitive areas; payment schemes for environmental services in

livestock-based land use to help reduce and reverse land degradation.

Atmosphere and climate – increasing the efficiency of livestock production and feed crop agriculture. Improving animals' diets to reduce enteric fermentation and consequent methane emissions, and setting up biogas plant initiatives to recycle manure.

Water – improving the efficiency of irrigation systems. Introducing full-cost pricing for water together with taxes to discourage large-scale livestock concentration close to cities.

These and related questions are the focus of discussions between FAO and its partners meeting to chart the way forward for livestock production at global consultations in Bangkok this week. These discussions also include the substantial public health risks related to the rapid livestock sector growth as, increasingly, animal diseases also affect humans; rapid livestock sector growth can also lead to the exclusion of smallholders from growing markets.

**Contact:**

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# SUDOKU

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Rating: Hard  
Answer at the end of this newsletter.

## FAMOUS VEGETARIANS

### Greg Chappell

Gregory Stephen Chappell, born August 7, 1948 in Adelaide, SA.

With an upright and unbending bearing, Greg Chappell was the outstanding Australian batsman of his generation. He scored a century in his first and final Tests, and 22 more in between. Chappell was Australian captain for various periods between 1975 (taking over from older brother Ian) and 1983 leading the Aussie team in 48 tests.

He was infamously involved in the underarm bowling incident in the New Zealand–Australia One-day International on February 1, 1981. Chappell, the captain, ordered his brother Trevor to bowl the last ball of the match with an underarm action, thus ensuring the Australian team would win the match and avoid a tie. This was a low point in the history of cricket and also in Aussie-Kiwi relations. Both brothers have since expressed regret and embarrassment over the incident with Greg later saying that he probably was not fit to play that match, being both mentally and physically wrung-out from the stresses of captaining the team during a period of dramatic change.

After retiring he went into coaching, spending some time with South Australia, working as a consultant at Pakistan's National Cricket Academy and in May 2005, appointed to a 2 year term as India's coach - though recent results may mean that the contract will be cut short.

He is the author of a number of books on cricket and also on health - for men and for the family. He became vegan about 12 years ago and his books strongly promote the vegan diet. Although he became vegan for health reasons, his awareness of the ethical issues has continued to grow. "I have become more conscious of the ethical issues the longer I have been a pure vegetarian. It is impossible to ignore the ethical and environmental aspects of our meat-eating culture."



"It is within the power of all of us to achieve good health by changing the way we live and, in particular, changing the way we eat."

## RECIPES

Tasty **vegan** treats with a seasonal bent - from the Vegetarian/Vegan Society of Queensland and Aunty (ABC).

### Tofu Loaf with White Miso & Tahini Sauce

Serves 8

"One Christmas about 8 years ago I was asked to contribute to Christmas dinner. I made my tofu loaf which has become a staple in our family and is always invited back the next Christmas. I must confess that most of the meat eaters come back for seconds of the tofu loaf and not the turkey!"

Source: [www.abc.net.au](http://www.abc.net.au)

#### Ingredients

##### Loaf

- 500g block of firm tofu, crumbled
- 1 large onion, finely chopped
- 2 garlic cloves, crushed
- 1 cup (60g) fresh breadcrumbs (use wheat-free bread if wheat intolerant)
- 1 cup (100g) rolled oats
- 3 tablespoons tahini
- 3 tablespoons tamari (wheat free soy sauce)
- 2 tablespoons mirin
- 2 teaspoon curry powder (mild)
- 100g tomato paste
- 1 bunch fresh coriander, chopped
- 1 bunch flat leaf parsley, chopped
- 2 medium tomatoes, chopped
- 1 medium zucchini, chopped

##### Topping

- 140g tomato paste
- 2 tablespoons mirin
- 3 tablespoons each sesame seeds, sunflower seeds and pepitas

##### Sauce

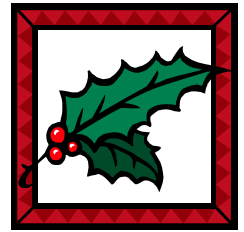
- 3 tablespoons white miso
- 3 tablespoons tahini
- 1 tablespoon apple cider vinegar
- 1 teaspoon grated ginger
- 2 tablespoons olive oil
- 1/4 cup (60 ml) water
- 1/4 cup (60 ml) lemon juice
- 1 teaspoon tamari
- freshly ground pepper

#### Method

##### Loaf

- Preheat the oven to 180°C.
- Lightly oil a 28 cm x 33 cm x 6 cm baking dish.
- Combine all the ingredients thoroughly in a large bowl.
- Press into the prepared dish.
- Topping

- Combine the tomato paste and mirin and spread over the top of the loaf. Sprinkle with the seeds.
- Bake for 1 hour. Stand for 10 minutes before cutting.



##### Sauce

- Place all the ingredients in a blender and blend until smooth. Add pepper to taste.
- If you would like the sauce warm, just put it into a saucepan and gently heat until the sauce is just warm, do not boil.

Serve the loaf and sauce hot with roasted root vegetables or cold on fresh bread with vegan cheese and good tomato relish.

### Christmas Pudding Truffles

Makes 20-25

Source: [www.vegsoc.org.au](http://www.vegsoc.org.au)

#### Ingredients

- 175g digestive biscuit crumbs (or other vegan biscuits)
- 50g chopped raisins
- 50g roasted hazelnuts, chopped
- 50g ground almonds
- 75g blackcurrant jam
- 1 orange, zest only, very finely chopped
- dark rum or brandy
- 150g plain chocolate (vegan)
- White marzipan, angelica and glace cherries

#### Method

- Mix the biscuit crumbs, raisins, nuts, jam and orange zest together in a bowl. Add sufficient rum or brandy to make a fairly stiff mixture.
- Form the mixture into walnut sized balls.
- Melt the chocolate in a bowl over a pan of hot water. Coat each truffle individually and rest on a foil covered board until set.

Decorate the top of each truffle by taking small pieces of white marzipan and rolling it out into an uneven shape, then press onto the top of each truffle to resemble icing. Add bits of glace cherry to resemble berries and angelica to represent holly.

***If you have a favourite recipe, why not share it with others? All offerings gratefully received and acknowledged.***

## STRANGE WEATHER GOSPEL CHOIR



This is a rather unusual article to write for the vegetarian newsletter as the only linkage between the Strange Weather Gospel choir and vegetarianism is that some of the members are vegetarian, myself included.

I first came across the SWGC in November 2004 during a yoga meditation session in the Wesley Church halls. In that zone of deep relaxation, I heard the amazing tones of the choir rehearsing for their concert that Friday in the Church. It was such a spiritual moment, I floated home after that meditation session!

I joined the sopranos section of the choir in February 2005. Ken Teoh the choir master is incredibly talented and a hyper individual (I hope he doesn't mind me describing him thus) and Susan Reid is the accompanist and wonderful musician also. Between the two of them they keep us under control. The Choir is a non-religious community choir with around 75 members.

The Choir itself is comprised of four vocal sections – sopranos, altos, tenors and basses. It is a mixed choir and attracts members from a wide age range (20s to 70s) and all walks of life. It is a non-auditioned choir, and members have varying music backgrounds and abilities but that does not hinder us in producing some wonderful sounds. Ken's energy in his teaching is amazing and we surprise ourselves. We rehearse each Wednesday during ACT school terms in the

Llewellyn Hall building. Spaces for new members are generally available in February each year as well as some limited spaces through the year. Our repertoire is gospel spirituals although we perform various other songs which have a gospel feel to them although not traditionally gospel. An example of our music would be: "O Happy Day", "Amazing Grace", "Joyful". Some of our non-gospel songs include "Bohemian Rhapsody", and some of the *Porgy & Bess* repertoire. We also perform several non-English songs including many African gospel and non-gospel songs – the South African National Anthem "Nkosi Sikele Afrika" and "Siyahamba".

We perform across Canberra regularly throughout the year, this year visiting four aged care homes, the Old Souls' Church Fete, and the Hymn Fest in Tuggeranong. Each October, the choir travels to Moruya to participate in the Moruya Jazz Festival where last year our version of Bohemian Rhapsody was premiered to a standing ovation. In less than 40 hours we performed 5 times. It was a huge buzz.

The Choir's Annual Concert was held on Saturday 18<sup>th</sup> November at St Andrews Church in Forrest. For more information see <http://www.strangeweather.org>

Alison White  
Soprano SWGC (& webmaster) and  
Secretary/Event organiser ACT Vegetarian Society



Our warmest congratulations go to Alison White and husband Mark (our Vegetarian Society webmaster) on the arrival of their first child, Erin on December 2<sup>nd</sup>

In a very productive year, Erin joins Hugo (born to committee members Emma and Marty in May) in making the world a better, more vegetarian place.

- Ed.

## NEWS

*Edited articles from around the world.*

### **Red Meat – Cancer Link**

**December 1, 2006 - [www.medscape.com](http://www.medscape.com)**

*Meta-Analysis Confirms Red Meat Consumption Linked to Colorectal Cancer Risk*

NEW YORK (Reuters Health) - Consumption of red meat and processed meat is indeed associated with an increased risk colorectal cancer, according to results of a meta-analysis published in the December issue of the International Journal of Cancer.

"High consumption of red meat and processed meat has been associated with increased risk of colorectal cancer in many epidemiologic studies, although the associations were usually not statistically significant," write Drs. Susanna C. Larsson and Alicja Wolk, of the Karolinska Institute, Stockholm, Sweden.

In a meta-analysis of prospective studies published through March 2006, the researchers used random-effects models to pool results from 15 prospective studies on red meat consumption (including 7367 cases) and 14 studies on processed meat consumption (involving 7903 cases).

For subjects in the highest versus the lowest categories of red meat intake, the summary relative risk of colorectal cancer was 1.28. For processed meat consumption, the summary relative risk was 1.20 for those in the highest category.

The estimated summary relative risk was 1.28 for an increase of 120 g/day of red meat, and 1.09 for an increase of 30 g/day of processed meat.

A positive association was observed between consumption of red meat and processed meat and both colon and rectal cancer. The association with red meat was stronger for rectal cancer.

The investigators note that cancers in the distal and proximal colon may have different etiologies. "Only 3 studies reported results for subsites in the colon," they explain. "In these studies, high consumption of processed meat was associated with an increased risk of distal colon cancer but not of proximal colon cancer."

### **Bacon butty alert**

**December 1, 2006 - [York Press](http://York Press) (UK)**

IT MAY be a national favourite, but the bacon butty is the latest food to fall foul of the health police.

Scientists in America have found that people who eat bacon more than five times a week increase their risk of bladder cancer by 60 per cent.

Conducted by The Harvard School of Public Health in Boston, the study analysed the diet and lifestyle of 100,000 men and women over 22 years.

Eight hundred developed bladder cancer and although the scientists found most meats don't pose a risk, they thought bacon was the one that did.

York GP Sarah Bottom, of Jorvik Medical Practice, said people should not worry.

"The research is tapping into a population-wide anxiety and concern about cancer," she said. "Bladder cancer is a fairly well understood problem and isn't nearly as common as heart disease or hardening of the arteries."

Dr Bottom said we should be more aware of the other risks of lifestyle-related illness, such as obesity, diabetes and strokes.

"We know that a well-balanced, high-fibre diet with lots of fruit and vegetables is preventative," she said.

"We know that not smoking and cutting the amount of alcohol we drink is preventative. These are all things we do as individuals which are affective without going on a faddy diet and by being sensible and taking personal responsibility."

Scientists believe the peril lies in two compounds found in bacon, called nitrosamines and heterocyclicamines. When eaten too often they can become carcinogenic.

### **Spinach 'fights skin cancer relapse'**

**December 1, 2006 - [AAP](http://AAP), [Ninemsn](http://Ninemsn)**

Skin cancer survivors could halve their chance of relapse by eating generous helpings of leafy green vegetables, new Australian research suggests.

Queensland scientists have investigated the impact of healthy dietary habits on skin cancer and discovered that green vegies can help guard against the disease.

They showed that spinach and silverbeet were linked with a reduction in the risk of skin cancer, particularly among those with a previous history of the disease.

Dr Jolieke van der Pols, from the Queensland Institute of Medical Research, said these vegetables contain a variety of vitamins, minerals and other bioactive substances that are known to have anti-cancer properties.

"Green leafy vegetables are good sources of folic acid, vitamins A, C and E, the carotenoids lutein and zeaxanthin, and other components which may help boost the skin's natural defence against damage caused by UV rays," Dr van der Pols said.



"This new evidence suggests that an increase in consumption of these foods may help to reduce the risk of skin cancer recurring among those with a previous history, by up to 55 per cent."

Skin cancer accounts for 80 per cent of all new cancers diagnosed each year in Australia and it kills more than 1,300 people annually.

It is also the most expensive cancer to treat, with treatment of non-melanoma skin cancers costing Australia more than \$300 million a year.

### **Heather Mills Vegan Eats** November 20, 2006 - [people.monstersandcritics.com](http://people.monstersandcritics.com)

Heather Mills is to launch her own chain of vegan fast food restaurants.

The former model, who as well as a being a vegan is an ardent animal rights campaigner, says she has thrown herself into her work since her four-year marriage to Sir Paul McCartney imploded earlier this year.



Heather, 38, is hoping to have her specialist eateries open sometime next year.

She told US TV show 'Extra': "I've been developing a vegan fast food chain and vegan food markets."

Heather's business idea mirrors the vegetarian meal range released by Paul's late wife Linda, who was a strict vegetarian and campaigned tirelessly for the welfare of animals.

Heather is a prominent member of animal rights group PETA and has been involved in many high-profile demonstrations.

### **Green Tea May Help Bag Skin Cancer** November 28, 2006 – New York Post (USA)

*THE fountain of youth may really exist - in a pot of green tea.*

A new study says simply drinking green tea, already known for its antioxidant qualities, can help reverse the effects of sun damage and even fight skin cancer.

The study - from doctors at the University of Alabama at Birmingham and the Birmingham VA Medical Centre - is set for publication in the Journal of Nutritional Biochemistry soon.

"This is very exciting," says Dr. Albert Lefkovits, an associate clinical professor of dermatology at the Mount Sinai School of Medicine in New York.

"It's been known that green tea's polyphenols and epigallocatechins are antioxidants and anti-inflammatory in nature, but the fact that they can also fight cancer and reverse sun damage is new," Lefkovits says. "The study still needs independent confirmation, but it offers significant therapy for patients suffering from cancer."

Titled "Green tea and skin cancer: photoimmunology, angiogenesis and DNA repair," the study by Suchitra Katiyar, Craig A. Elmets and Santosh K. Katiyar has yet to discover how much green tea one actually needs to drink to achieve benefits.

Green tea is already known to be high in antioxidants and many supplements and topical skin-care lines use green tea as an ingredient.

But this study takes the current knowledge one step further. The researchers have found that drinking green tea may also help doctors treat internal cancers, too - and to heal the pre-cancerous red, rough, scaly patches known as actinic keratosis that people get on their skin from sun exposure.

According to this study, Lefkovits says, "By drinking green tea over a period of time, you should be able to reduce the severe effects of sun damage on your skin."

So drink up!

### **Calcium supplements fail to prevent fractures: study**

September 16, 2006 – ABC

A healthy lifestyle and eating more fruit and vegetables could be better for preventing bone fractures than taking calcium supplements.

Researchers from the University of Tasmania's Menzies Research Institute have compared 19 international studies on calcium supplements for children and their effects on bone density.

They have found the wrist is the only area where supplements improved bone density, but not sufficiently to reduce the risk of fractures either in childhood or as an adult.

The study shows supplements have no impact on the common adult fracture zones of the hip and spine.

The study's spokeswoman, Tania Winzenberg, says more research needs to be done on whether more fruit and vegetables or vitamin D supplements could improve bone density in children.

"Maybe we should be starting to look at things like vitamin D supplementation in children or looking at the effect of increasing fruit and vegetable intake in children on bone health," she said.

Dr Winzenberg says in the meantime, having a healthy lifestyle is the best advice.

"Still maintain adequate calcium and a balanced diet, still maintain adequate physical activity and for bones, particularly weight-bearing physical activity, things like walking, jogging and playing sport, and avoid smoking," she said.

The research has been published in the British Medical Journal.

### **The Mahatma may approve of this gluttony October 2, 2006 - DAILY NEWS & ANALYSIS, INDIA**

HONG KONG: An eat-all-you-can invitation that rewards gluttony may seem like a curious way to remember a frail man who used the hunger strike as a political weapon during India's freedom struggle.

But an Indian vegetarian restaurant in Hong Kong offers just that on October 2 every year, hosting an Open House where patrons are encouraged to "eat as much as you can, pay as much as you wish" as part of a charity fund-raising effort that honours the Mahatma's memory.

"It's part of our effort to contribute to the community and to foster a continued understanding of Gandhi's pacifist message," says S.M. Khaleel, director of *Woodlands*, which is celebrating its 25th anniversary in Hong Kong this year.

"Every dollar we collect from our annual Charity Lunch and Dinner on October 2 goes to sponsor some good work in some part of the world."

The October 2 event typically raises about HK\$40,000-50,000 (approx A\$6,500-8,200) a year; in recent years, the beneficiaries have included agencies working on education and poverty alleviation projects in India, Bangladesh, China, Afghanistan and Rwanda. This year's proceeds will go to Friends of the Earth, the international voluntary organisation that works on environmental issues.

*Woodlands* in Hong Kong does not belong to the eponymous south Indian restaurant chain that has taken the masala dosa and sambar vada to far corners of the world. But it was started up in 1981 by brothers SM Uzair and SM Khaleel, whose family is in the gems business, after securing the global chain's founder Kadandale Krishna Rao's consent to use the brand name. "Mr Krishna Rao laid two conditions — that we serve no meat or alcohol," recalls Khaleel. "And we've been happy to abide by that."

The restaurant is hugely popular with Indian, European and Chinese vegetarians in Hong Kong, and has done much to advance the cause of vegetarianism, which Gandhi too advocated. In fact, the European Vegetarian Society of Hong Kong was inaugurated at *Woodlands*.

On Monday, a multinational throngs of diners — Indians, Western expats and Chinese — queued up at the food counters, which had portraits of an emaciated Gandhi overlooking them. As scenes from Gandhi's life played on a TV screen, the patrons wolfed down piping-hot sambar-vada, puri-korma, fried rice and vegetables. After which they deposited their donations in a till and left. Individual donations varied from HK\$10 (about A\$1.60) to HK\$5,000 (about A\$820).

Not everyone at *Woodlands*, however, needed masala dosas on their plates to inspire memories of the Mahatma. Khaleel and his family, the hosts of the event, weren't eating a morsel today, since this is the month of Ramzan.

That's the nearest it ever got to a Gandhian fast. But even the Mahatma may well have approved of a project that uses vegetarian gluttony as a vehicle to raise money for charitable projects that touches people's lives across the world.

### **For the Calendar -----**

*If you are flitting around the world in the next two years looking for an event, you may want to note these three.*

### **INTERNATIONAL VEGAN FESTIVAL IN INDIA, SEP-OCT, 2007**

The 11th International Vegan Festival will be held from Sep. 30 to Oct. 6, 2007 at Murdeshwar, Karnataka, India. It aims to bring all vegans together and give them an occasion to meet, network, enjoy and recharge in a picturesque locale and give them an identity and voice.

And for the non-vegans, it is an occasion to experience and explore. For details visit [www.indianvegansociety.org](http://www.indianvegansociety.org)

### **ASIAN VEGETARIAN CONGRESS, 3 - 7 NOVEMBER, 2007, TAIWAN**

Third Asian Vegetarian Congress to be held near Kaohsiung City, Taiwan, 3-7 Nov, 2007.

More details closer to the event.

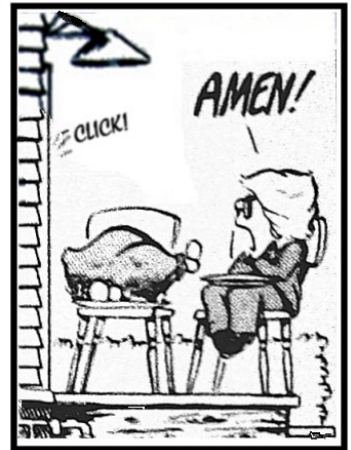
### **IVU WORLD VEGETARIAN CONGRESS 2008**

International Vegetarian Union World Vegetarian Congress 2008 in Dresden, Germany.  
Sun, 27 Jul – Sun, 3 Aug, 2008

You can now register online for the Congress by going to [www.ivu.org/congress/2008](http://www.ivu.org/congress/2008) While you're there, check out all the information available on the Congress, including an online tour of Dresden, the Congress venue, and some of the planned trips.

# BLOOM COUNTY

by Berke Breathed



## CONTACT US



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Answer to "Who Said That?"

*"Animals are my friends... and I don't eat my friends."*

**George Bernard Shaw (1856-1950)** - Irish dramatist, literary critic, socialist spokesman and leading figure in 20th century theatre.

**The Society thanks**

**Senator Kate Lundy and her staff**

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

## Sudoku Solution:

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

## NEW MEMBERS

We warmly welcome the following people into the Society:

**Karen Budnick**  
**Michael Dent**  
**Jackie Dixon**  
**John Passant**  
**Louise Passant**  
**Alex Roberts**  
**Glenda Toffolon**

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