



ACTIVE VEGETARIAN SOCIETY

Summer 2007/08

VEGETARIAN BITES NEWSLETTER

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WELCOME

What a pleasant start to the summer season! We're quickly getting into the routine of a shower of rain – even a downpour – on most days. The veg garden is loving it (and the earwigs are also enjoying the fresh green growth to nibble on – moral dilemma to deal with).

This edition is enriched by Judy's enthusiastic stalls report and David's two-speed crossword but again, would have been all the better for more members' contributions and a more local flavour. No excuses for the next edition – you'll be on holidays and once you've done the sudoku and crossword you can whip out a poem, cartoon or item to share with all of us. A letter to the editor (me) even if it's to tell me to stop nagging would be very much appreciated.

I hope you enjoy this edition.

Editor

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Who Said That?

Who was it who said...

"I have no doubt that it is a part of the destiny of the human race, in its gradual improvement, to leave off eating animals."

Answer at the end of this newsletter.

COMING EVENTS

As happens each year, we will begin to set the programme of events for the next year in the next few weeks.

You can check our website and watch for details in our emails. If you have any ideas or requests for an event we're open to all suggestions - send us an email at contact@vegetariansociety.org.au

FROM THE PRESIDENT

I'd like to address all you vegetarians who still eat dairy and/or eggs. I know the feeling; taking the milk and eggs without killing the animal is not the same as slaughtering them for meat and it's so hard to give up dairy products and eggs – particularly as they are used in so many manufactured foods. Many of us have gone through that stage before becoming vegan.

But no matter what your reasons for being vegetarian, I believe that those reasons must logically lead you to becoming vegan.

If you are concerned for the animals you need to understand that there would be no veal without the dairy industry which keeps cows pregnant and lactating and takes their calves either to raise, briefly, for veal or if female, to add to the herd. And the cow does not lead an idyllic life grazing in green pastures; she is arguably the hardest worked of all farmed animals. If you buy free range eggs in order to avoid the cruelty of battery cages you need to understand that the commercial production of chicks means that half are killed at a few days old – the males being of no use for either eggs or meat. Free range hens usually come from such commercial hatcheries. Additionally, as in cages, they are slaughtered once they pass their peak production.

Similarly, if you are vegetarian for your health – be very wary of the dairy industry claims that the only way you can have healthy bones is by consuming their product. Dairy is linked to ovarian, breast and prostate cancer, as well as juvenile-onset diabetes. The saturated fat, cholesterol and animal protein it contains are linked to many other diseases.

Environmentally – the dairy industry is a major user of water and produces huge amounts of waste and methane – contributing to global warming.

So – I have a challenge for all you non-vegans – how about making it your New Year's resolution to give veganism a try for three months? For more info and

some guidance see

http://www.animalliberationyouth.org/articles/ctc_govegan.htm

And <http://www.pcrm.org/health/veginfo/vsk/>

I am delighted to say we have acquired three new committee members over the last few months. You may already have heard of Judy Matusiewicz who has become our stalls coordinator and more recently Karlene McLean has taken on the role of events coordinator and Praveen Jain who is looking into developing our educational functions – particularly with school kids. We welcome them all.

Finally – for those who might like to do a traditional Christmas dinner this year – there are now two vegan

products that should satisfy the most finicky of meat-eating relatives. Redwood has its “Cheatin’ Turkey-style Roast” available at “As Nature Intended” at the Belconnen Markets and online at Vegan Perfection and the Cruelty Free shop and Sanitarium recently introduced its “Veggie Delights Roast - With Rosemary and Mint Glaze” – available at most supermarkets.

We on the committee wish you all a Merry Christmas and all the best for 2008.

Mike O'Shaughnessy

FAMOUS VEGETARIANS

Clint Eastwood

Clint Eastwood was born 31 May 1930 in San Francisco, California, USA.

He is an American movie actor famous for his portrayal of laid back tough guys. He began work by appearing in such B-films as “*Tarantula*” and “*Francis in the Navy*”.

In 1959 he got his first breakthrough with the long-running Television series, “*Rawhide*”. As Rowdy Yates, he made the show his own and became a household name.

In the mid-sixties he became an instant international star when he appeared in Sergio Leone's ‘Spaghetti Westerns’, “*A Fistful of Dollars*”, “*For a Few Dollars More*” and “*The Good, the Bad and the Ugly*”. Soon after he turned his talents to directing with the cult classic “*Play Misty for Me*”.

He has won “best director” and “best picture” Oscars in 1993 for “*Unforgiven*” and in 2005 for “*Million Dollar Baby*” for which he had fellow vegetarian Hillary Swank bulk up with 11kg of extra muscle.

This year Eastwood's “*Letters from Iwo Jima*” was also nominated in the categories of “best picture” and “best achievement in directing”. “*Letters from Iwo Jima*” is a sister film to the slightly earlier “*Flags of Our Fathers*”.

He has had a long and extremely varied career starring in dramas, westerns, comedies, musicals and romances.

Although he has been associated with violence throughout his career, he personally detests it and has carefully shown the horrific consequences of violence in his more recent films, such as “*Unforgiven*” (1992), “*A Perfect World*” (1993), “*Absolute Power*” (1997), “*Mystic River*” (2003) and “*Million Dollar Baby*” (2004).

In addition to his career as an actor, Eastwood ran successfully in 1986 for the office of mayor of Carmel, California, serving a two-year term before declining to run for re-election.

At age 76, exercise has been a large part of his life for 60 years. Clint works out daily in some way, shape, or form - be it walking or running a little on the golf course, to really hitting it hard in the gym, doing cardio or lifting weights.

He says, “I take vitamins daily, but just the bare essentials not what you'd call supplements. I try to stick to a vegan diet heavy on fruit, vegetables, tofu, and other soy products”.



Clint Eastwood as Dirty Harry, “Go ahead. Make my Dahl”

ANIMALS' LIVES MATTER, SO LET'S STOP EATING THEM NOW

By Marc Bekoff (*professor emeritus of Ecology and Evolutionary Biology at CU, Boulder*)

Nonhuman animals have many of the same feelings we do. They experience contagious joy and the deepest of grief, they get hurt and suffer, and they take care of one another. They have a point of view on what happens to them, their families, and their friends. Nonetheless, in innumerable situations their lives are wantonly and brutally taken in deference to human interests. The activity that claims the lives of far more individuals than all other venues combined is eating them, and it's here where each of us can make an effortless and graceful difference.

Some hard-to-digest facts: If it takes you five minutes to read this essay, more than 250,000 animals will have been slaughtered for food in the United States alone; that's about 27 billion a year. Countless others (1 million pigs in 2006), called "downers," will have died on their horrific journey to slaughterhouses. After their shameful trip to the slaughterhouse, it takes less than 30 minutes to turn a cow into a steak, during which time these sentient beings continue to suffer interminably, and they also see, hear, and smell other cows on their way to becoming a burger. One slaughterhouse worker notes of food animals, "They die piece by piece." In her wonderful essay "Am I Blue?"

Alice Walker wrote "As we talked of freedom and justice one day for all, we sat down to steaks. I am eating misery, I thought, as I took the first bite. And spit it out."

We not only eat millions of mammals but also billions of birds, fish and invertebrates. We know fish feel pain and recent research at Queen's University in Belfast, Ireland, shows that lobsters also feel pain. The response of fish and lobsters to painful stimuli resembles that of humans. In a nutshell, fish don't like being hooked and lobsters really don't like being dropped into hot water.

There are innumerable things we can do to make the world a better and more peaceful and compassionate home for all beings. We can protest the abuse of animals in education, research, circuses, zoos, and rodeos, and we can stop wearing and eating them. We can stop killing animals whose land we stole and learn to coexist with them. After all, this land is their land too. We can alert kids that their turkey was once a bird, their bacon and sausage was once a pig, and that their hamburger was once a cow. It's amazing how few children know this and when they discover that they're eating Babe even without knowing how the animal suffered, they're often incredulous. Kids know animals aren't "things."

Naming animals also is a good way to decrease the distance we construct and the alienation that follows when we think of animals as things or numbers, rather than as individual beings. Recently I heard about a

crayfish who went home with a student after a class in which kids observed the behaviour of these fascinating crustaceans (who, like lobsters, feel pain). The woman who told me the story wasn't sure what to do her new tenant but after the crayfish was named Bubbles it was impossible to think of doing it any harm, including eating it. We name our companion animals, so why not name other animals with whom we have contact?

We're immersed in an "animal moment" and globally there's an increasing amount of interest and activism by people who want to make a difference, by people who have had enough of the unthinkable cruelty to which we subject billions of animals a year. Animal nations are made up of individuals who are treated as second-class citizens whose lives are routinely taken as long as they serve human ends. We slaughter, silence and squelch sentience with little more than a fleeting thought and with reprehensible indignity. While we may not be able to define dignity, we all know when we lose it, and so do the animals.

It's really easy to make a positive and noble difference in the lives of animals, and we can all begin right now. You don't have to go out and protest or found a movement. You can just stop eating other animals and make an immediate difference with your next snack or meal. No need to go "cold turkey" on meat; do it slowly and steadily so it's a progressive and lasting change.

It's really that easy. And, this really isn't radical activism, is it?

Even if you don't give a hoot about the ethics of eating animals, since factory farms are notorious for causing irreversible local and wider environmental damage, we can make a huge positive difference by cutting back on carnivory. If you're an environmentalist it's impossible to justify eating factory-farmed meat. The facts don't lie (www.ciwf.org/publications/reports/The_Global_Benefit_of_Eating_Less_Meat.pdf).

So, it's pretty straightforward. We must respect and love other animals as our fellow beings on this planet that we all want to share in peace.

We must stop abusing animals now, not when it's convenient. We must increase the size of our compassionate footprint. No more lame excuses.

When we harm animals, we harm and demean ourselves. And, it's a win-win situation for all because compassion begets compassion; compassion for animal beings spills over to compassion for human beings. And, wouldn't the world be a better place with more compassion and far less easily avoidable cruelty?

(You might like to copy this page and hand it on to friends)

"We slaughter, silence and squelch sentience with little more than a fleeting thought and with reprehensible indignity."

OXFAM CHRISTMAS FAIR STALL

What a ripper!

Thank you so much to our members and others who helped to make this stall on Saturday 24 November so successful. I'm not sure that all the stalls fared quite so well as ours as people were saying that the numbers of people attending seemed to be down on last year. I don't recall seeing much advertising of the event (or it was buried by the election bombardment) so maybe that was the reason.

Anyway - the first indication I had that the planets were aligning in our favour was when I received the floor plan for the Albert Hall stalls. Our little spot inside the hall was right in the front opposite the main entrance. On the day, we had to scurry around to find a table for our wares and when that was located (and relocated) and we put the goodies on but it became apparent that we would need another table. Luckily, having a corner possie meant we could have an L-shaped arrangement. There weren't any more tables so MOS did the noble thing and zoomed back home in his little black 4-wheeled panther to get another table for us.

What I hadn't bargained on was the amount of goodies arriving on the day – we had everything from jam, confection, slices, nuts, cakes and small bric-a-brac. ALL of the food sold – it was a real winner! I bought one of Mark's orange and poppy seed cakes for my mum. She asked me to tell Mark (you can all share in this...) that she has never been able to achieve such a high standard of cake – Mark's cake had no air bubbles in and this impressed my mum no end!

Thanks to everyone who cooked and wrapped and delivered the goodies – they really looked (and tasted) fantastic. A huge thankyou to Tara and Beatrice for doing the morning stint, Robert the afternoon stint and MOS for being there all day, chatting with the passers-by and handing out our information and promotion material. We made a huge \$450.20!

It really was a most enjoyable day, mixing it with other stallholders, catching up with friends who popped by and appreciating the world music and dance which was happening on the stage right behind us.

The next stalls events to pop in your calendar are the ActewAGL Contact Canberra 2008 (the old multicultural festival) in the city on February 11. We have also expressed an interest in being part of the GreenKulture Tent at the inaugural Corinbank Festival from 29 February to 2 March 2008 (www.corinbank.com). Get your tents and swags ready for camping out!

I'll keep you posted on these events.

Cheers for now

Jude Matusiewicz
Stalls Coordinator

WOMBAT CALENDARS



The Vegetarian Society will **not** be selling Wombat Calendars for 2008 as our friends at *Wombadilliac* are not producing them.

However the *Native Animal Rescue Group* do have a 2008 Wombat Calendar if you need your wombat fix (don't we all?)

See <http://narg.asn.au/content/view/4/1/>



Merry Christmas

Happy New Year



10 MYTHS ABOUT VEGANS

November 1 was World Vegan Day with November being World Vegan Month. We received this from member Michele.

Being a vegan online fashion boutique, *Bourgeois Boheme* asked their clients, employees and friends what the most popular opinions about vegans are, and came up with top 10 myths about the "V" minority group.

1. "Vegans are the pale anaemic bunch"

No way Jose! Get yourself a bucket of cold water before you click into Vegan body-builders website. Olympic champion Carl Lewis, gorgeous Alicia Silverstone and hot Joaquin Phoenix are amongst famous vegan hotties. You may find the list of vegan celebs at www.goveg.com.

2. "If you want to know what's in fashion, don't bother asking a vegan"

The best fashion accessory for Vegans is the one matching their beliefs. The mainstream has now caught on that "Green is the new Black" and compassionate fashion is in vogue. Stella McCartney is one among many designers who refuses to use fur or leather in any of her prêt-a-porter collections.

3. "Vegans are Fruit loops"

There may be a few fruit loops amongst them but there are a few rather brilliant minds too. Mr Janez Drnovsek, president of Slovenia, is vegan, and just to name few revered veggie brains - Mahatma Gandhi, Albert Schweitzer, Albert Einstein and Leonardo Da Vinci. Maybe tofu is the next brain food.

4. "Vegans live on rabbit food"

Vegans love their rabbit food but they also love to tantalise their taste buds with scrumptious cuisines from around the world. Does the sound of Brazil Nut Choc Temptation sound too good to be vegan? Go to veginity.com for this recipe and more. For delectable ice cream, try B'Nice Rice Cream.

5. "Vegan = Stylish footwear = Oxymoron"

Not anymore! Happy Vegan feet can now step out in

style with stores like Bourgeois Boheme, www.bboheme.com. Footwear and accessories for both men and women are ethically sourced from around the world. Look out for the new collection under their own label coming out in the vegan month of November.

6. "Vegans love animals more than people"

The furry, scaly and warty ones are their passion but high on their priorities too is the welfare of their fellow 2-legged Homo sapiens variety. Wherever possible, vegans look out for fair trade produce; see The Fair Trade Foundation for further information.

7. "Vegans will not rest until they convert the entire world into Vegans"

They would love everyone to be vegan of course but they do understand that this is the real world. Another way around is to set up a little country of vegans! One group hopes to purchase an island to establish their very own vegan island community.

8. "Vegans are all humourless, angry extremists"

You can speak out for animals and to have fun at the same time too. One such "cheeky" way is getting your gear off and running nude along the streets of Pamplona. Intrigued? Go to PETA's (People for the Ethical treatment of Animals) runningofthenudes.com for more details.

9. "Vegans are tree huggers"

Indeed they are and they love hugging lots of other things too! Actually, veganism and environmentalism go hand in hand. Did you know that farmed animals, cow's flatulence for one, produce more greenhouse gas emissions (18%) than the world's entire transport system (13.5%)? Go to the Vegan Society for further interesting facts.

10. "Vegans have a chip on their shoulders"

"Let's say you were stranded on a deserted island and your only food source was a turtle, would you eat it?"

Vegans are bombarded with such absurd scenarios everyday; it's not surprising that they may snap back! If you really want to know what vegetarian ethics is about go to *Vegetarians International Voice for Animals* website - www.viva.org.uk.

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) please note the deadline is: 29 February 2008.

WANTON MISREPORTING

Perhaps an example of some of the above misconceptions about vegans this **Daily Mail** item of November 20 is representative of the reporting of Heather Mills' statements at a recent Viva! event in London.

Headed **"Heather Mills' latest bizarre rant: 'Why don't we drink milk from rats and dogs?'"** it went on to say, "During another typically bizarre day for Heather Mills, the former model yesterday urged people to try drinking milk from rats and dogs to help save the planet."

Media-shy Heather started off by storming out of a radio interview with London's LBC station.

She then drove a gas-guzzling Mercedes 4x4 to Speakers' Corner in Hyde Park to speak about ecological matters - and kept the engine running for part of the morning.

Once there she proceeded to launch into an extraordinary ecological rant and exhorted the assembled crowds to try drinking rat's milk instead of cow's milk in a bid to save the planet from deforestation for livestock.

She said that livestock created far more carbon emissions than transport, so we should go vegan - someone who eats no meat or dairy produce - or at least find something else to put in tea or coffee.

At Speakers Corner in Hyde Park she said: "There are many other kinds of milk available. Why don't we try drinking rats' milk and dogs' milk?"

Vegan Mills was supposed to be launching a poster campaign for an animal welfare charity.

Yet some observers couldn't help wondering if Heather Mills had a different aim in mind - embarrassing her estranged husband Sir Paul McCartney".

Local news coverage also stated that Heather had urged us to use rat- and dog-milk.

Viva! issued a media release on the same day pointing out that Ms Mills had been wilfully misrepresented. It started, **"Heather's "Drink Rats' Milk" Claim is Wilful Misreporting, says Viva!"** and went on to say, "Yesterday saw the launch of Viva!'s environmental 'HOT!' campaign at Speakers' Corner in Hyde Park, fronted by Heather Mills. The thrust of the campaign is that livestock for meat and dairy are destroying the Earth and are at the heart of all the world's greatest environmental catastrophes. As part of the campaign Heather appears on billboards which carry stark warnings about the effects of eating meat and dairy."

During her introduction to the media, Heather claimed that people who drink cows' milk might just as well drink rats' milk or dogs' milk as they are every bit as unnatural. It was widely reported in the Press today that Heather Mills had advocated drinking these milks as an alternative to cows' milk in order to save the global environment. It was even used as evidence of her disturbed state of mind. In fact the dairy alternatives she promoted were all plant-based: soya, almond, quinoa, hazelnut and so on.

Juliet Gellatley, founder & director of Viva! states: "Heather was entirely correct. Like all mammals we have evolved to drink the milk of our mums until weaned. We're the only mammal to drink milk after weaning (except pets) - and certainly the only one to drink the milk of another species! It is as unnatural to drink the milk of a cow as it is the milk of a rat or a dog. The truth is, we started drinking cows' milk only very recently in evolutionary terms and three quarters of the world's population can't even digest it once they've been weaned - they are 'lactose intolerant' Consuming meat, fish and dairy are at the heart of the world's major environmental catastrophes which is even more of a tragedy when, as Heather said, there are so many plant alternatives available."

"The reporters who filed this story about Heather advocating rats' milk knew it was untrue because I amplified on what Heather had said," continues Juliet Gellatley. "One actually admitted that he understood precisely what she meant but the 'drink rats' milk' claim made a damned good story. What this reveals is an utter lack of any integrity in most of the Press - sadly not just the tabloids but the so-called quality papers, too.

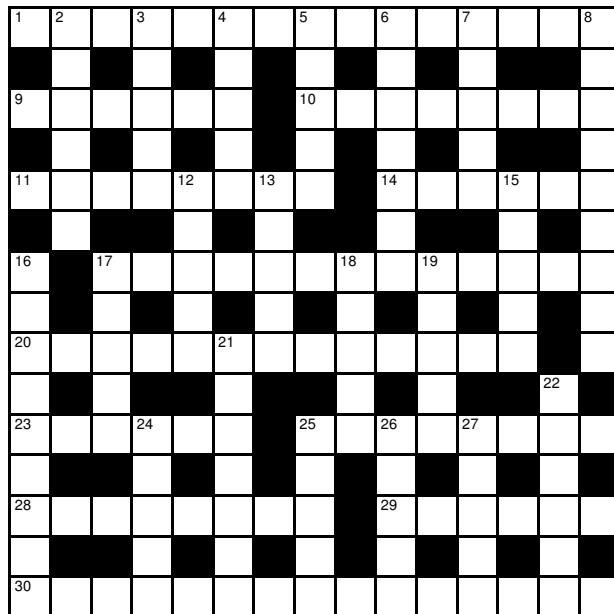
"Every event I have attended with Heather has been grossly misreported by the Press and has involved spiteful and vicious personal attacks on her integrity and her sanity. The irony is that one of the most common accusations about Heather is that she is a fantasist and a liar - by people whose stock in trade is fantasy and lies.

"This campaign is of national importance because it seriously threatens our existence as a species, such is the rapid collapse of essential ecosystems - and livestock are at the heart of it. The UN FAO (United Nations Food & Agriculture Organisation) issued a massive report (Livestock's Long Shadow) saying precisely this some 12 months ago. They weren't distorted and trivialised they were simply ignored. So, either way, essential information on our children's future is ignored for the sake of yet more spite."

CHRISTMAS TWO SPEED CROSSWORD

You can use either set of clues to complete the grid – or mix and match. There is just the one solution (at the back of this newsletter). Thanks again to David for his hard work.

House Brace



Quick Clues

Across

- 1 Successful outcomes. (6,2,7)
- 9 A particular aspect. (6)
- 10 A fruit dessert made of oranges and bananas. (8)
- 11 Most pleasingly firm. (8)
- 14 Grand feline. (3,3)
- 17 Penchant. (8,5)
- 20 Buckeye. (5-8)
- 23 Lens culinaris. (6)
- 25 Forgetful. (8)
- 28 Phaseolus limensis. (4,4)
- 29 Diffuse. (6)
- 30 Proverbial docility. (2,6,2,1,4)

Down

- 2 Paper. (6)
- 3 Approximations. (5)
- 4 Distinguish. (5)
- 5 Gratify. (5)
- 6 Absorbed. (7)
- 7 Lashing. (5)
- 8 Most zesty. (9)
- 12 Irritation. (5)
- 13 Rustling sound. (5)
- 15 Number grouping. (2-3)
- 16 Infant speech. (9)
- 17 Aircraft park. (5)
- 18 Hydrated magnesium sulphate. (5)
- 19 Soupçon. (5)
- 21 Serenest. (7)

- 22 Unguent. (6)
- 24 Ghost. (5)
- 25 A year in France. (5)
- 26 Pokes. (5)
- 27 Modest. (5)

Cryptic Clues

Across

- 1 I fry tofu for Victors assembling successful products (6,2,7)
- 9 An asp he reported enters our domain (6)
- 10 A mixed brew redolent of secret ingredients approaches immortal drink. (8)
- 11 Most invigorating cress tip. (8)
- 14 Large boat from generous hombre. (3,3)
- 17 Won small amount by predilection (8,5)
- 20 Conker voice gruffly oft repeated joke. (5-8)
- 23 Edible seed is blooming stone-lily not soy (6)
- 25 In case mother turns out to be forgetful. (8)
- 28 Lame brain goes right off after Peruvian head (4,4)
- 29 Second thought about moisture loss when thin (6)
- 30 Natal assemblage surprisingly kind. (2,6,2,1,4)

Down

- 2 Complaint about gunshot. (6)
- 3 Aside rough approximations. (5)
- 4 Screen out Eve's upset ego. (5)
- 5 Afterlife as the crow flies in great delight. (5)
- 6 Half round bib soaked up. (7)
- 7 Trap-shooting misses air post distracted by G string. (5)
- 8 I see tasty dough becoming exuberantly creative (9)
- 12 Equip hastily in fit of anger (5)
- 13 Every girl's wish to be elegant. (5)
- 15 Company fixed group's subset. (2-3)
- 16 Archaeological cargo docked after mechanical repetition. (9)
- 17 Leather garment worn on fairway near green (5)
- 18 Poems revived old salt. (5)
- 19 Adept in gearbox undertone. (5)
- 21 Local mestiza is indeed the most tranquil. (7)
- 22 Lamb as curious unguent. (6)
- 24 React decipher delineate. (5)
- 25 Susan nee Gorth has year in France (5)
- 26 Natural skills over small distances (5)
- 27 Shopping malls hardly pocket-sized. (5)

RECIPES

Curried Lentil and Tomato Soup (Vegan)

By Suzanne Gibbs and Mandy Sinclair from *NineMSN*.

Serves 4

Cooking time: More than 1 hour

Ingredients

- 1 cup (200g) split yellow lentils, rinsed, drained
- 1 tablespoon vegetable oil
- 1 teaspoon ground turmeric
- 2 garlic cloves, crushed
- 3 large tomatoes, chopped
- ¼ cup chopped coriander
- juice of ½ lemon
- 1 tablespoon garam masala

Method

- Place lentils, oil, turmeric, garlic and 2½L water in a large saucepan. Bring to boil.
- Reduce heat to low and simmer for 30-35 minutes, until lentils are very soft. Add more water if needed.
- Add tomato with any juice and simmer for another 25 minutes.
- Stir through coriander, lemon juice and garam masala.
- Season and serve.

Tip: you can substitute yellow split peas for the split yellow lentils, which are also known as dhal or gram lentils. The flavour will be a little different.

Choc Cherry Cookies (Vegan)

Colourful tasty cookies - from Vegetarian/Vegan Society of Qld. Time to prepare - 10 minutes, 15 minutes baking.

Ingredients

- 125g Nuttelex
- ½ cup caster sugar
- ⅓ cup brown sugar
- 1 'egg' (use *No Egg* replacer)
- 1¾ cup self raising flour
- ¾ cup glace cherries (chopped in half)
- ½ cup dark choc chips

Method

- Prepare the *No Egg* using hot water - whisk with a fork until a light froth appears. Always use a heaped teaspoon of the *No Egg* powder.
- Beat Nuttelex, sugars and 'egg' until light and fluffy.

- Stir in sifted flour, the cherries and then the choc bits.
- Make into balls and place on lightly greased baking trays - leaving space in between. Flatten tops with a fork.
- Bake for 15mins at 170 degrees.

Chocolate Mousse (Vegan)

by Jill Harris

This has got to be one of the easiest - but most rewarding - treats ever made.

Ingredients

- 1 package of silken tofu (~300gm)
- ~280gm chocolate chips, about one small package. Many dark chocolate chips are vegan; check the ingredients though if this is a concern.
- 3 tablespoons maple syrup
- 1 tsp. vanilla extract; optional.

Method

- Blend tofu (preferably at room temperature) in food processor, blender, or with hand mixer until just smooth.
- In a double boiler, melt chocolate chips with a tablespoon or two of water over low heat. Stir constantly.
- Add maple syrup to melted chocolate and combine.
- Put chocolate & syrup blend into processor and mix with tofu until creamy.
- Pour into very small serving dishes - this stuff is rich. Serve warm or chill until set.

Serving options:

- *Fold in a half-cup of non-dairy whipped topping at the end*
- *Garnish with cut fruits*
- *Pour mixture into a vegan graham cracker crust and chill until set*
- *Use as a dip for fruit and graham crackers*
- *Use as icing for cake or cookies*



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.

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.



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

*Rating: Hard (you're on holidays)
Answer at the end of this newsletter.*

NEWS

Edited articles from around the world.

'Legalize Vegan and Vegetarian' – Vegans Warn UK Prime Minister

October 28, 2007

(PRLEAP.COM) Initiatives by vegans for World Vegan Day include a petition to the UK Prime Minister to legislate for a legal definition of the word 'vegan' similar to 'Organic' protection. The UK Government admit there is no legal definition of the word vegan or vegetarian. There is only recently released guidance from the UK Food Standards Agency for manufacturers.

Apart from trading standards regulation that states that products should be suitable for the use intended and trade description regulations there is nothing in law to protect ethical consumers.

As part of a number of initiatives for World Vegan Day, 1st November, Vegans are calling upon the UK Government to draw up a framework using the model of the 'Organic' standard and The Indian Government's experiences to create a legal definition for 'vegan' and 'vegetarian'.

"Unless a product has The Vegan Society or Vegetarian Trademark on it, and thus protected by Trading standards laws to comply with a set criteria, the consumer currently has no real legal protection that something labelled as vegan truly is" warns author of 'Vegan' Tony Bishop-Weston.

Consumers buying organic do have protection as anything calling itself organic must have been vetted by one of a number of Government approved licensing agencies such as The Soil Association.

The Vegan Society, The Vegetarian Society, The European Vegetarian Union and ViVAI's Vegetarian and Vegan Foundation all have schemes that it's believed could be used to follow the organic model.

The Indian Government has already made moves to legally protect 220 million vegetarians in India where there are even completely vegetarian neighbourhoods that meat eaters are legally being barred from.

Other World Vegan Day initiatives include a poll to establish why, given the moral, environmental and well proven health benefits of a vegan diet, that over half the population are still committed red meat and dairy consumers.

Vegans are also campaigning for the first nationally available vegan pizza.

Pizza Express scrapped plans just days before a series of planned World Vegan Day pizza events in November 2004 despite finding high quality and realistic vegan alternatives to pepperoni, ham and dairy free melting mozzarella. According to supervegans.org Vegan Pizzas are common place in New York, but a UK chain has so far failed to take advantage of the rapidly expanding market.

"Even McDonalds and Burger King have vegetarian society approved veggie burgers these days. I'm amazed a pizza chain hasn't realised the potential of this massive market and created a vegan pizza with meat free pepperoni and dairy free cheese topping" says a flummoxed Bishop-Weston.

Meanwhile Glasgow University has become the first UK University to achieve Sunflower Caterer status and licensed to use The Vegan Society international trademark. They join other vegan establishments in Glasgow such as Mono, The78, Stereo and The Flying Duck.

World Vegan Day 2007 is expected to make a far bigger impact than usual following the participation of 88 UK high street stores of anti animal testing, funky, super-green cosmetics manufacturer Lush.

Vegans will be celebrating veganism's birthday all over the world from Croydon to Melbourne and from Montreal to Los Angeles.

LINKS

- <http://www.worldveganday.org.uk>
- <http://petitions.pm.gov.uk/LegalVeganDefin/>
- <http://www.communicate.co.uk/london/worldveganday/page3.phtml>
- <http://www.news.for-vegans.co.uk>

Steak's big carbon footprint

Sunday Mail, Adelaide
November 18, 2007

EATING one less steak a week is better for the environment than leaving the car in the garage, a new report reveals.

The *Meat's Carbon Hoofprint* report, compiled by Adelaide experts, compared the greenhouse gas emissions of cattle and vehicles, and found beef was almost four times as damaging to the atmosphere. The report's authors, Adelaide University climate change chair Professor Barry Brook and Animal Liberation committee member Geoff Russell, used the example of a family of four eating 4kg of beef a week and driving a two-tonne Ford Territory 200km each week.

The carbon dioxide emissions from the car were 60kg a week while the methane emissions associated with the beef, when converted to carbon dioxide equivalent, were more than 200kg a week.

Cattle produce methane during the digestion process.

Figures from the Australian Greenhouse Office show Australia's cattle and sheep produce about three million tonnes of methane each year.

The report said all of Australia's passenger vehicles produce 43 million tonnes of carbon dioxide.

Methane is a more potent global warmer than carbon dioxide in the short term.

Professor Brook said most people trying to reduce their greenhouse gas emissions cut electricity consumption but overlooked eating habits.

"People think one of their worst emissions is going to be their vehicle but if you're a heavy red-meat eater, it will almost certainly be their red meat intake," he said.

"For health reasons and for greenhouse reasons, eating too much red or processed meats is not good."

Professor Brook said other meats were less "greenhouse intensive", such as kangaroos, which have a different digestive system.

"I eat meat and I eat red meat but I just don't eat too much of it," he said.

Mr Russell said the average Australian ate 300g of red meat a day.

A vegan who eats no animal products or by-products, Mr Russell said people should also consider reducing their dairy intake.

"I don't think it's a question of (being) willing to (eat less red meat)," he said. "If the case is put strongly then they will."

Mr Russell called for a carbon tax on red meat. "We have to stop exporting beef and we have to cut the national herd," he said.

Meat and Livestock Australia managing director David Palmer disputed the report's findings. He said red meat was a "critical component of a balanced, nutritious diet".

He said the livestock industry took managing its greenhouse gas emissions "very seriously" and even had a "carbon positive" role to play. "The development of pasture species . . . by the beef industry are enormous deposits of carbon," he said.

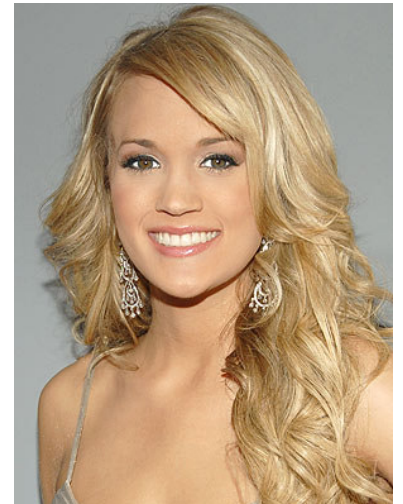
"Unfortunately the positive effects of pasture absorbing carbon from the air to grow plants is not counted (in the scientific debate)."

PETA's Sexiest Vegetarians

Carrie Underwood and The Tonight Show's Kevin Eubanks Voted World's Sexiest Vegetarian Celebrities.

Tens of thousands of votes have been counted and the results are in. PETA is thrilled to announce that Tonight Show band leader Kevin Eubanks has been voted PETA's World's Sexiest Vegetarian man for 2007, while American Idol superstar Carrie Underwood was voted World's Sexiest Vegetarian woman.

Red-carpet runners-up include sexy sleuth Kristen Bell, Spider-Man 3's Bryce Dallas Howard, dashing actor Joaquin Phoenix, Heroes hottie Milo Ventimiglia, charming columnist Michael Ausiello, and 30 Seconds to Mars vocalist Jared Leto.



Carrie Underwood



Kevin Eubanks

Jay Leno couldn't be happier about Eubanks' triumph. Leno mentioned the contest on The Tonight Show several times during the final week of the contest, saying that he "want[ed Kevin] to win to bring honor to [the Tonight Show] stage." Eubanks—who has long been known for his buff body in addition to his musical skills—is proof that turning to veggies doesn't

mean turning down muscle. "Every night before the show, I make sure [my] guitar is perfectly tuned. And every day, I do the same for my body—with healthy, vegetarian meals," Eubanks has said. "It's the easiest way to stay fit and feel great."

Carrie Underwood who is celebrating her second win as "World's Sexiest Vegetarian"—she also won in PETA's 2005 poll—is a lifelong animal lover. "I quit eating beef when I was about thirteen," she has said. "I do it because I really love animals and it just makes me sad. ... I don't like to watch commercials where they have meat. It weirds me out." Known to sport "V Is for Vegetarian" shirts at her concerts, the singer frequently mentions that vegetarian pizza is one of her favourite foods. What's more, Underwood is also known to rescue stray animals.

Why are so many in Hollywood shunning meat? These stars' reasons for keeping animals off their plates are as diverse and inspiring as their talents—from avoiding the inexcusable cruelty to animals in factory farms and slaughterhouses to improving their own health and helping the environment by not contributing to factory-farm pollution.

Vegetarians get priority at school

The Press Association
November 28, 2007

Vegetarians will be given priority for places at the UK's first Hindu state school under controversial admissions plans.

The Krishna-Avanti school in Harrow, north London, will give places first to pupils whose parents follow Hindu teachings such as vegetarianism and teetotalism when it opens next year. But the Hindu Council UK attacked the plan, warning that it would result in a school for Hare Krishnas.

The primary school is being promoted by the I-Foundation, a Hindu charity.

It is expected to receive a large number of applications from Britain's 1.5 million Hindus, 40,000 of whom live in the London Borough of Harrow.

The charity said the school's admissions policy was intended to mirror those used by other faith schools that are oversubscribed.

I-Foundation director Nitesh Gor said: "In common with other faith schools - which may require letters from priests or proof of church or synagogue attendance - we want to give priority to those that are most active in their faith.

"The definition we have arrived at includes regular home and temple worship, as well as vegetarianism and avoiding alcohol. We recognise that some Hindus may eat meat in very specific prescribed circumstances and the criteria are not intended to exclude them.

"Broadly these criteria reflect practices which are common to all mainstream Hindu movements in the UK. We will, of course, welcome applications from any

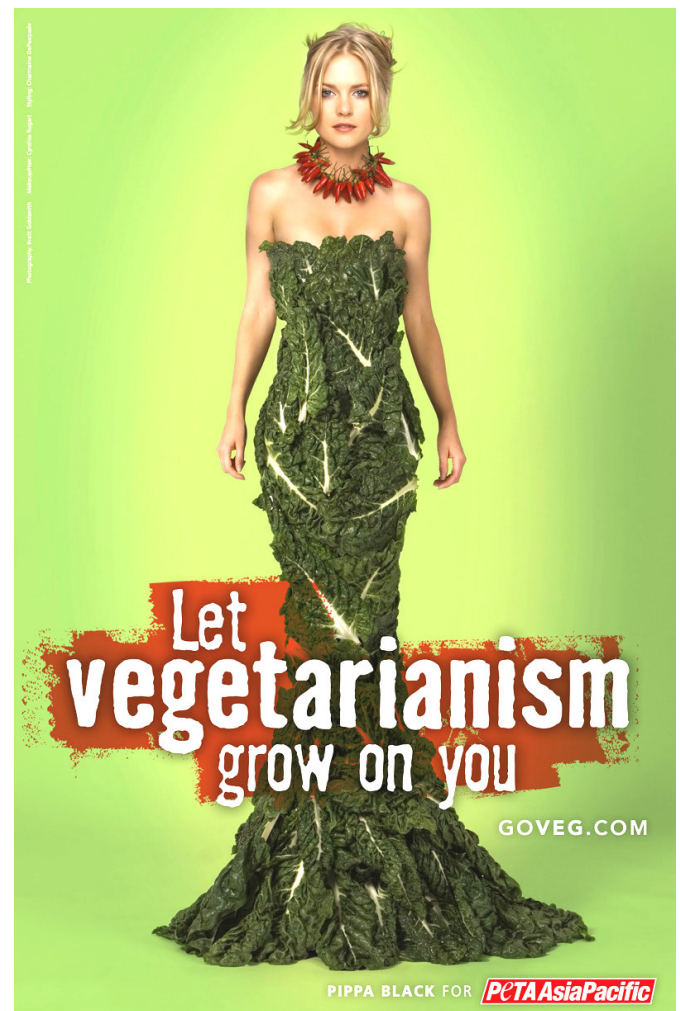
Hindu however they practice their belief and will welcome them at the school as places allow."

But the Hindu Council UK said the policy could exclude most Hindu children.

Jay Lakhani, the council's director for education, said: "We believe it is unfair to rule out other Hindus by imposing on them the strict rules of one particular, minority Hindu group in order for their children to attend."

Pippa Black Offers 'Neighbourly' Advice: 'Let Vegetarianism Grow on You'

Best known as Elle Robinson on Network Ten's soap opera *Neighbours*, piping-hot Pippa Black is the latest vegetarian vixen to star in an ad for PETA Asia-Pacific. In the provocative pic, which was shot by celebrity photographer Brett Goldsmith, Pippa poses in a stunning full-length gown made of lettuce and a red chili-pepper choker next to the tagline "Let Vegetarianism Grow on You."



Pippa Black - "I just feel better since I stopped eating meat, and when you feel better, I think you look better too."

"Of course, going vegetarian is a positive step to help stop animal suffering, but it's also great for your health and the environment," says the alluring Aussie, who put her studies in animal technology on hold to pursue an acting career. "I just feel better since I stopped eating

meat, and when you feel better, I think you look better too."

Looking better is right! Australia has the second-highest obesity rate in the world—nearly 60 percent of adults and more than one-fourth of children are considered to be overweight or obese. Numerous studies have found that vegetarians are on average much leaner than meat-eaters. Eating meat and other animal products has also been linked to heart disease, diabetes, and several types of cancer.

Bad for you, a meat-based diet is even worse for animals. Pigs, cows, chickens, and other factory-farmed animals are confined to dark, filthy warehouses and are deprived of everything that is natural and important to them. They routinely undergo debeaking, tail-docking, and castration—all without any pain relief. At slaughterhouses, many animals are scalded or dismembered while they are still alive.

Follow Pippa's advice and give vegetarianism a try! Order a free copy of PETA's "Vegetarian Starter Kit" today from <http://www.goveg.com/order.asp>

(Advertisement)

We would like to remind members who want to get away for the holiday/summer season and haven't decided where yet, that they will receive a 10% discount on all bookings at *Fernmark*. We serve only vegetarian or fish meals and cater to special dietary requirements (vegan, lactose intolerant, etc.). We also have a kitchen area off the guest lounge so guests can, if they want, come and be self contained, or at least have a place to make snacks and evening meals.

All rooms are theme designed of different regions in the world and have their own ensuite and private veranda.

Members should mention their membership when booking.

We still have rooms available during the crazy season.

fernmark inn
po box 198
bega nsw 2550
tel: 02 6492 7136
web: www.fernmark.com.au



(Advertisement)

Have you tried Quinoa?

Quinoa is a highly nutritious grain that contains more protein than any other grain - an average of 16.2 percent, compared with 7.5 percent for rice, 9.9 percent for millet, and 10 percent for wheat. Quinoa's protein is of an unusually high quality. It is a complete protein, with an essential amino acid balance close to the ideal, which makes it a great inclusion in a vegetarian diet. Besides its unique protein, quinoa is also a good source of dietary fibre, omega 3 fatty acids, minerals (especially manganese, potassium, phosphorus, magnesium, iron, and calcium) and vitamins. It is gluten free and has a low glycemic index of 35.

Quinoa is light, tasty, and easy to digest. It is not sticky or heavy like most other grains, and it has a delicious flavour all of its own. Quinoa can be substituted for almost any grain in any recipe. Use it instead of rice with stir fries; instead of barley in soups; instead of burghul in tabouli; in salads with roast veges and salad leaves; and almost anywhere else you need a cooked grain.

Organic Express sells very good quality quinoa at a reasonable price compared to other retailers. It is grown at 3800 metres in the Andes and its slow growth gives a large grain size and high protein content. It is produced by a farm cooperative and bought at a fair trading price. Lower altitude quinoa has many imperfect hard grains and lower nutritional value.

Organic Express is pleased to announce a special offer for members of the ACT Vegetarian Society...

The first time you order you'll receive a 10% discount off your total order value (excluding delivery fee). Just enter *Vegetarian Society* in the promotional code box when you order. In addition, orders over \$150 receive free delivery.

To order from Organic Express, visit www.organicexpress.com.au



Answer to "Who Said That?"

"I have no doubt that it is a part of the destiny of the human race, in its gradual improvement, to leave off eating animals."

Henry David Thoreau (1817-1862). U.S. writer, noted esp. for *Walden, or Life in the Woods* (1854), an account of his experiment in living in solitude. A powerful social critic, his essay *Civil Disobedience* (1849) influenced such dissenters as Gandhi.

Sudoku Solution:

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

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 Canberra, ACT 2601



NEW MEMBERS

We warmly welcome the following people into the Society:

- Natalia & Steve Forrest**
- Belinda Gull**
- Caity Hyam**
- Antonia Lehn**
- Katie & Paul Welsh**

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

Two Speed Crossword Solution:

1	F	2	R	3	U	4	I	5	T	6	S	7	O	8	F	9	V	10	I	11	C	12	T	13	O	14	R	15	Y		
	E		D		I		E		M		H		E																		
9	S		P		H		E		R		E		10	A		M		B		R		O		S		I		A			
			O		A		V		S		I		N																		
11	C		R		I		S		P		E		12	S		T		14	B		I		G		C		A		T		
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			A																												
28	L		I		M		A		B		E		A		N		29	S		P		A		R		S		E			
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30	A		S		G		E		N		T		L		E		A		S		A		L		A		M				

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