



Summer 2009

ACTIVE VEGETARIAN SOCIETY

VEGETARIAN BITES NEWSLETTER

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WELCOME

Apologies for the tardiness of this edition. Various hardware and software issues, the Christmas break and Committee shake-ups have caused delays.

I hope you all had a safe and enjoyable festive season. I've been wishing everyone a peaceful and compassionate 2010. Not just for us, but for every life-form on Earth, and Earth herself. I extend that wish to all of you.

What a hot summer we have had. Thankfully, no major issues with bushfires and hopefully we are past the threat again for the year.

Have you recently seen any movies or read any books that you'd like to review here? Maybe you've got a favourite veg*n recipe book that you could tell us about. Or perhaps you've tried one of the recipes you saw in the newsletter and would like to comment on how great it was. The contributor would be happy to hear it.

Vegan recipes, articles and opinion are always welcome. Please send any comments or offerings to contact@vegetariansociety.org.au.

Tracey Lofthouse, Editor

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COMING EVENTS

We will be having a stall at the Harvest Festival on March 27th 2010 - 12.00-5.00pm. This is organised by Canberra Environment and Sustainability Resource Centre. We would like to have a talk and perhaps a panel discussion at this event as well as a stall. Please contact Jyoti if you would like to help out on the stall, give a talk, be on the panel or if you would like to donate some vegan food jyoti@dambiec.net

For other coming events 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.

Remember that if you have any issues you'd like raised at the committee meeting you are more than welcome to join us, on the 2nd 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.

The ACT Veg Soc. will hold its Annual General Meeting (AGM) at 7.30pm sharp on **Tuesday 9th March 2010** in Room 1, Belconnen Community Centre, Swanson Street (Cnr Chandler St).
Please be on time so we can have a succinct meeting and conclude before 8.30pm

Who Said That?

Who was it who said...

"I think and speak clearer since I cut the dairy out. I can breathe better and perform at a better rate, and my voice is clearer. I can explore different things with my voice that I couldn't do because of my meat and dairy ingestion. I am proud and blessed to be a vegetarian, everything became clear."

FROM THE PRESIDENT

Hi everyone. I have found myself in the role of President for the remaining month of our current committee's term, until our AGM. Sadly Mike has resigned. I would like to thank him for all the time and energy he's put into the Society over the years. Mike has been a valued and passionate committee member. In his resignation note following my report, Mike clearly speaks about our present situation. We are currently working with a committee of THREE! Obviously this can't continue. Even though the three of us are keen to continue we can't be a committee by ourselves. Legally we need seven committee members. We need you!

On another note: I would like to thank Mike for sharing his views regarding Veganism and Vegetarianism in his article 'The Society's Rules'. As Mike mentions in our Constitution, the definition of a vegetarian is a person who eats 'products of the vegetable kingdom with, or without, the use of eggs or non human milk or their products, to the exclusion of the flesh of members of the animal kingdom'. This definition quite clearly includes Vegans and other Vegetarians who may or may not eat dairy or eggs. This definition is also what most people understand a Vegetarian to be. It's also how the dictionary defines the word: simply put, someone who doesn't eat animals, poultry or fish. Those words like 'lacto-vegetarian, lacto-ovo-vegetarian' are so cumbersome - at least Vegan is a clear short term!

Times are changing as Mike writes. There seem to be many more Vegetarians around than there were when I first stopped eating dead animals 28 yrs ago. Over the last while it appears quite a number of people have moved towards Veganism, and the term is used frequently and is even becoming understood by the general meat-eating population. Most Vegans started out as meat-eaters, then were Vegetarian for a period of time - often years - before deciding to cut out animal by-products like eggs and dairy. For many people becoming Vegetarian is also a process - perhaps first cutting out red-meat, then chicken, fish etc.

Our Society is made up of a diverse and interesting bunch of individuals. Life-time and very new Vegetarians; Vegans and 'lacto-ovos'; and everything between. The reasons why each of us became Vegetarian is also extremely varied. It is important to remember that the Society as it currently exists is a 'Vegetarian Society' and that this term includes Vegans as well as people who eat dairy and/or eggs. We are a very interesting and 'mixed bag' of individuals. We are not an exclusive group, and our aims as they stand are clearly to promote the 'Vegetarian' diet and lifestyle. Within that Vegans are welcome of course and have the freedom to organise activities explaining and promoting the Vegan lifestyle. Non-Vegan members of the group have a similar freedom provided any activities fit into the criteria of 'Vegetarian'.

Personally I feel it's very important that every member in our Society feels free to express their personal views and understandings. This is a healthy thing if we are to have a dynamic group. We welcome feedback and input from all of you regarding these things Mike has raised. Our intention is to send out a questionnaire/feedback form to all of you so that we can understand and act for our membership better, rather than just making decisions based on the views of a small committee. The issues Mike raises would be included in this as well as other relevant things. The committee is there to represent you, the members, but we can only do that if you give us feedback.

Our main aim at the moment is to have an AGM and to actually end up with a committed and dynamic committee. Whatever happens after this will depend on the elected committee and also on any feedback from all of you. If you care about the existence and direction of your Society please be in contact.

Jyoti Dambiec

Goodbye from Mike

As you may have seen in a recent email, I have now resigned from the Committee and Presidency of the Society. I would have liked to see the Society's rules changed to reflect the reality of its current practices and had considered staying on to push these changes but recently decided that they were causing too much disruption and distraction so, given that my time at the helm was limited anyway by personal circumstances, decided to get out of the way and let the Society function.

Less than twelve months ago, the then president, Robert, warned that without sufficient extra volunteers, the Society would probably need to be wound up. At that stage, another past president, Jyoti, contacted me and we agreed to come back onto the committee in order to stop the Society from going belly-up. At the May '09 AGM we had a healthy number of people volunteer to help us out on the committee and things looked promising. However, since then, for various reasons, those numbers have dropped to the point where we are again struggling.

To continue to function, the Society desperately needs more hands. On occasions in the past, the Society has had individuals who were prepared to put in the hours needed to carry out a large bulk of the work. But in reality, we probably need at least four people putting in a few hours a week.

It is very simple - if you want an ACT Vegetarian Society you need to consider lending a hand in running it - whether formally via the committee or taking on a task (such as web editing, manning stalls etc).

More details will come soon from the Committee.

I have enjoyed my times as president and working with terrific people and I believe we have achieved a lot.

Thank you all for your support over the last few years.

The Society's Rules

As I indicated in the previous Newsletter (Spring), I've been pondering the nature of the Society and its rules in regard to vegetarianism and veganism. In recent years we have become a far more vegan group if you look at the literature we hand out, our recipes in Newsletters and the news items promulgated.

The proportion of members choosing the vegan magazine (*Vegan Voice*) over the lacto-ovo-vegetarian (mostly) magazine (*Natural Health and Vegetarian Life*) has also increased over the years.

That's not to say that the Society is heading toward becoming a club for vegans only – far from it. In the same way we are not now a society for vegetarians only - we've always been open to anyone who supports the principles of vegetarianism no matter what their actual diet is.

Our rules currently define vegetarianism as *"the practice of living on products of the vegetable kingdom with, or without the use of eggs or non human milk or their products, to the exclusion of the flesh or other body parts of members of the animal kingdom, or their by-products as food"*.

They then set our first objective as promoting vegetarianism.

That follows on from those who set up Australia's first Vegetarian Society in 1886 who felt that dairy and eggs caused little harm to the animals and included in their constitution and manifesto, *"the great majority of so-called Vegetarians indulge in the use of eggs, milk, butter and cheese. It is not necessary to deprive animals of their lives in order to obtain these articles of food. On the contrary, many animals are, in consequence of the use of these substances, called into existence, and live happy lives in the society of mankind"*.

But there were no factory farms back then, no battery cages, no mass killing of male chicks. While the early vegetarians felt dairy products and eggs were acceptable, I reckon that if the same people were starting a Vegetarian Society today there would be no quibbling; dairy and eggs would be off the menu. Both the commercial egg and dairy industries treat the animals they use badly and slaughter them well before they would have died naturally. If we believe it to be wrong to kill an animal in order to produce unnecessary food, does it really matter at what stage the animal is killed? Does it make any real difference whether we kill the animal before or after using it for food? I don't believe that it does.

Although the Society now promotes veganism in most of its literature etc., I am concerned that its rules state that it promotes a diet that may include eggs and dairy products.

A prod for lacto-ovo-vegetarians

So - I would like to give the lacto-ovo-vegetarians a gentle prod.

As I see it, vegetarianism is a journey. The journey starts with wondering about the effects and implications of an animal based diet and finishes when you remove all animal products from your plate and lifestyle – veganism.

And yes, historically and currently 'vegetarian' refers to the many people who have reached an area on the journey where they've stopped eating the flesh and other products from slaughtered animals but still consume eggs and/or dairy products. By giving that area a special name (vegetarianism) we have encouraged people to stop, relax and think that the journey is over. It's not. In the same way that the organisers of the Olympics don't put massage tables at the 38km mark of a marathon – or hand out medals to those who finish there – we need to encourage everyone to complete the vegetarian journey.

No matter what reason or combination of reasons – the treatment of animals, the environment, your health, fairer sharing of the world's food – prompted you to become a lacto-ovo-vegetarian, surely those same reasons must urge you to complete the journey – to become vegan.

That may be 'tough coaching' but no one is being singled out – most vegans have rested for a while at some stage on the journey, including me.

So I encourage those still supporting the dairy or egg industries to give it some thought.

Mike O'Shaughnessy

FACEBOOK

Are you on it? We are and we would love to have you join us.

Just type ACT VEGETARIAN SOCIETY into the search engine on your Facebook homepage and click 'join group'. Keep up to date with Society happenings, add photos, start discussion topics and make new friends!

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: Easy

Answer at the end of this newsletter



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If you have created any puzzles you'd like to share please Send them to the Contact address and you might see them In the newsletter

Brisbane's first vegan festival is coming soon

greenearthfestival.net

Sunday 13th March, Brisbane City Botanic Gardens.
Fashion parade, stalls, competitions, music, food and much more.
See website for more details.

Sydney Vegan Expo 2010 – The Living Planet

www.vegansocietynsw.com/vs/html/index.html

Sunday 2 May 2010, 10am-4pm. Petersham Town Hall.
\$5 entry, kids under 18 free. Lots of stalls, speakers, music, food and other things to hear, see, try and buy.
See website for more details.

As you might know, we are trying to organise our own vegan festival in Canberra, so if you own/run or know of any ethical/vegan organisations, groups, shops (food, wine, clothing, make-up/skin-care etc) or performers who might want to be involved, or if you have some skill which you are able to volunteer, would like to be involved in the organisation, or would like to volunteer on the day, please email contact@vegetariansociety.org.au

FOOD FAIR

Food fair is a regular feature of HTCC's calendar of events hosted every 3rd Saturday of the month

A variety of Indian vegetarian dishes at very reasonable prices including authentic dosa and sambar (Vegan meals also available)

Florey Mandir - Hindu Temple 81 Ratcliffe Crescent, Florey 11.00am To 2:00pm

ALL WELCOME

RECIPES

Chickpea Stew

From Natasha Glover – thanks Natasha

Ingredients:

- 1-2 tbs olive oil
- 1 red onion finely diced
- 2 cans of chickpeas drained well
- 1 tomato finely sliced
- Large handful fresh spinach
- 2 garlic cloves crushed
- 1-2 tsp grated fresh ginger
- 1 green chilli finely sliced
- 1 red chilli finely sliced
- pinch salt
- ½ tsp ground paprika
- 1 tsp ground cumin
- Fresh cracked pepper

Method:

- Fry the onion and garlic on medium heat in the olive oil until translucent.
- Add the chillies and ginger and fry for about 1 minute.
- Add the salt, cumin and paprika.
- Add the chickpeas.
- Ensure everything is well-coated in the spices.
- Add the tomato.
- Heat through for approx 1 minute.
- Add ¼ cup water and cook until evaporated.
- Stir through the spinach until wilted.
- Serve with cracked pepper.

This recipe is great served with pita crisps. Take some lebanese bread (the Aldi one is good) and slice into pieces. Drizzle with olive oil, salt, pepper and paprika. Bake at 180C until crispy.

Nutloaf

From Claire Ede – thanks Claire

Ingredients

- 200 g. ground hazel nuts (or other nuts/sunflower seeds)
- 200 g. breadcrumbs (soft wholemeal), can use some oats or even cooked rice, millet, but a mashed potato would then need to be added to bind the mixture)
- 1 tbsp. Marmite or Vegemite (Marmite has B12)
- 1 tsp. mixed dried herbs
- 1 grated onion (optional)
- 1 cup cooked brown lentils (optional)
- About 400 mls. stock (to make a scone-like consistency)

Method

- Mix all ingredients together and use for Sausage rolls, rissoles, roast, and stuffing marrows (over-grown zucchini)

Banana Choc Muffins

From Natasha Glover – thanks Natasha

Ingredients

- 1 very ripe banana
- 2 cups self raising flour
- ¾ cup caster sugar
- ¾ cup soy milk
- ½ cup canola oil
- 1 pack Sweet William choc chips

Method

- Preheat oven to 180C.
- Grease a 12 tin or 2x6 tin muffin tray.
- Mash the banana well in a large mixing bowl.
- Add the soy milk and oil – mix well.
- Add the caster sugar – mix well.
- Sift in the flour and mix well.
- Stir through the choc chips.
- Distribute evenly among the muffin tins.
- Bake at 180 for approx 15 mins.
- Muffins will go golden on top and a knife/skewer should come out clean when inserted into the centre.
- You can just cool them in the tin then pull them out and serve.

Makes 12-15 muffins.

Quinoa and veg

From Merinda Nash – thanks Merinda

Ingredients

- ½ cup quinoa
- Chopped mint, broccoli, onion, mushroom, coriander and any other veg from the fridge you care to add
- Crushed garlic to taste
- Salt
- Olive oil, to cook
- Lime juice to taste
- Lemon juice to taste
- Sesame oil, to cook

Method

- Cook quinoa as per instructions
- Put all chopped ingredients with enough olive oil to sauté lightly: cook 5 mins, stirring
- Push veg to the side of the pan, add small amount sesame oil, toss cooked quinoa in the oil for a few mins to brown
- Stir together and serve with fresh lemon juice over top

Jelly Slice

From the prolific Natasha Glover – thanks again
Natasha

Ingredients:

Base

- 1 packet Arnott's Nice biscuits
- 1/4 - 1/3 cup Nuttalex (approx)

Centre

- 50ml soy milk
- 350g (approx) silken firm tofu (the Joyce cheap stuff in the supermarket works)
- 1 tub Toffutti Better Than Cream Cheese
- 1 tbs vegetable oil
- 1 tbs golden syrup
- 1/2 tsp vanilla extract
- 1 tbs lemon juice
- lemon zest if desired

Top

- 1 packet vegan jelly

Method:

Base

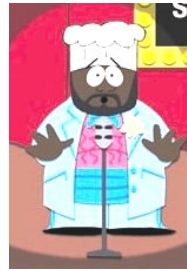
- Crumb the entire pack minus about 2 biscuits of Nice biscuits in the food processor, a few chunks is OK.
- Melt the Nuttalex and add to the biscuit crumb.
- Mix until the mixture comes together but is quite greasy. You should be able to pick a piece up and roll into a greasy ball. More Nuttalex may be required.
- Line a square cake tin with cookie sheet paper, ensure the paper comes right up the sides.
- Press the crumb mixture into the bottom of the tin.
- Set in fridge for a couple of hours.

Centre

- Remove the excess water from the tofu. Blend all ingredients in the food processor.
- Pour on top of crumb mixture.
- Bake in preheated oven at 180 degrees (165 degrees for fan forced) for about 20 mins. The mixture will crack a bit on top and go very slightly brown.
- Allow to cool.

Top

- Mix jelly to packet directions and pour on top of slice.
- Set in fridge as long as the jelly takes to set.
- Remove from tin and slice, the extra paper should allow you to lift the slice from the tin.



Children

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

All offerings gratefully received and acknowledged.

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Changes at local eateries

Carlos of Watson (at the shops on Windeyer St) now have a totally vegan breakfast on the menu. It consists of toast, baked beans, raw baby spinach, mushrooms cooked in oil and a touch of salt, grilled tomato, hash browns and tofu in a napoli sauce. Yum! Ph 6255 6965

Wok It Up have added notes to their menu and on the website, and put up a sign in-store (both venues), to indicate gluten-free and vegan options. Ph 6241 3838 (Gungahlin) and 02 6162 3939 (Belconnen lakeside)

Zambro can offer vegans a burrito or taco with your choice of the salads, refried pinto beans and guacamole. The sauces that are vegan are the red and green (spicy) and the smoky tamarindo and hopefully another vegan-suitable sauce will be available soon. Vegetarians can add cheese and sour cream too if desired. Ph 6230 6002 (Braddon) 6230 4443 (Civic) 6282 3219 (Woden) 6251 3090 (Belconnen lakeside).

'40' Café (Nimmitabel – local-ish)

Member Rob Regent discovered this café on his way back from Merimbula last year. He reports:

We had the vegetarian burger and a vegan pie which they get from Funky Pies in Bondi. Both were delicious so we got a vegan brownie and there were a bunch of other sweets and main courses there – I should've taken a photo of the menu! It's at 43 Bombala Street in Nimmitabel (opposite the bakery). They support a number of good causes, including the One Campaign, Amnesty International and PETA, and it's only a 25 minute drive from Cooma. This was a really pleasant surprise and I'm glad we made the impromptu stop.

Ed:

Their website says they have many vegan and vegetarian main meals and desserts. They also cater for gluten-free and lactose intolerant diets, and use free-range eggs. They serve *Funky Pies*, so if you are a fan you may be able to get a few extra while you're there. They do not appear to be wholly vegetarian, though may have been originally. There are lots of activities to do in Nimmitabel so if you are there attending the markets, sight-seeing or bushwalking, please consider patronising this ethical café. They aren't open every day, so please call 02 645 46432 or check <http://www.40cafe.com/index.html> before making the trip.

Famous Veg*ns...

Profile of Common

Taken from an article by Ivan Rott at About.com

Known to His Parents As:

Lonnie Rashid Lynn, Jr.

Born:

March 13, 1972 in Chicago, Illinois

Nickname:

Common Sense

Interesting Facts:

- Common is a vegan and supporter of PETA.
- Common's father, Lonnie Lynn, played ABA basketball for the Pittsburgh Pipers.
- Originally named Common Sense, he had to change his moniker because a Ska band of the same name sued him.



Common's Early Rap Career:

Born and raised in the south side of Chicago, a city not particularly renowned in hip-hop lore, Common would grow to be a beacon of light not only in the Windy City, but throughout the world of hip-hop. After leaving Florida A&M University, Lonnie Rashid Lynn, Jr. set his eyes on a career as an emcee. In 1991, the *Source* magazine's famed "Unsigned Hype" column showcased Common (then known as Common Sense) as hip-hop's freshest face. In 1992, Common released his debut album *Can I Borrow a Dollar?* Though it failed to attain any substantial commercial success, it established a strong fan base amongst the underground.

Common's Resurrection:

Common would elevate his game in 1994, when he released his second album, *Resurrection*. Propelled by its classic song "I Used to Love H.E.R.," a brilliant metaphor for the history and state of hip-hop, Common further proved that he was anything but *common*. A beef between Common and Ice Cube soon ensued as the latter took offence to lyrics in "I Used to Love H.E.R." which criticized gangsta rap. The beef was soon put to rest by Louis Farrakhan himself.

Common's Badu-izm:

With his following two albums, *One Day It'll All Make Sense* and *Like Water for Chocolate*, Common honed his craft of conscious hip-hop; in 2002, he switched it up a bit. Though still focusing on music with a message, Common created an experimental and quite gutsy album that drew from an eclectic mix of genres as well as supporting artists. The album was met with more criticism than praise, and many accused Common's then-girlfriend Eryka Badu of diverting the emcee from his tried-and-true craft. It looked like Common need a new *resurrection*.

BE:

BE is a backronym with various meanings, one of which happens to be "B-boy Elevation." Common's 2005 release was just that: an elevation and embrace towards his b-boy roots and essence of hip-hop. Featuring production by fellow Chi-Towner [Kanye West](#), as well as the late [J Dilla](#), *BE* exemplified Common's greatest strengths and was praised by not only his underground base of fans, but several others, particularly in the "underground scene", as well. It was a long time coming, but Common was finally able to achieve both artistic success as well as a substantial amount of commercial success. Quite uncommon...

Common's Discography:

1992 – *Can I Borrow A Dollar?* (Relativity Records) 1994 – *Resurrection* (Relativity Records) 1997 – *One Day It'll All Make Sense* (Relativity Records)
 2000 – *Like Water for Chocolate* (MCA Records)
 2002 – *Electric Circus* (MCA Records)
 2005 – *BE (G.O.O.D. Music / Geffen Records)*

Common in His Own Words:

"They say my life is comparable to Christ's/ The way I sacrificed, and resurrected twice/ They say 'The crochet pants and the sweater was wack'/ Seen 'The Corner', now they say 'That n*****'s back'..." (Common on "They Say")

NEWS

In case you missed these articles from around and about

Canberra Times
2 November 2009, page 3

'Half of climate gas from meat'

By Martin Hickman
in London

Climate change emissions from meat production are far higher than currently estimated, according to a controversial new study that will fuel the debate on whether people should eat fewer animal products.

In a paper published by a respected United States think tank, the Worldwatch Institute, two World Bank environmental advisers say that instead of 18 per cent of global emissions being caused by meat, the true figure is 51 per cent.

They say Britain's figures severely underestimate the greenhouse gases caused by tens of billions of cattle, sheep, pigs, poultry and other animals in three main areas: methane, land use and respiration.

The findings come amid increasing calls from climate change experts for people to eat less meat.

Former lead environmental adviser to the World Bank, Robert Goodland, and a current adviser, Jeff Anhang, say domesticated animals cause 32 billion tonnes of carbon-dioxide equivalent, more than the combined impact of industry and energy.

"If this argument is right, it implies that replacing livestock products with better alternatives would be the best strategy for reversing climate change," they write.

"In fact, this approach would have far more rapid effects on greenhouse gas emissions and their atmospheric concentrations than actions to replace fossil fuels with renewable energy."

Their call to move to meat substitutes accords with the views of the United Nations Intergovernmental Panel on Climate Change's chairman, Dr Rajendra Pachauri, who has described eating less meat as "the most attractive opportunity" for immediately reducing climate change.

Scientists are concerned about livestock's exhalation of methane, a potent greenhouse gas. Cows and other ruminants emit 37 per cent of the world's methane.

Mr Goodland and Mr Anhang's paper, which has not been peer-reviewed, says scientists have significantly underestimated emissions of methane expelled by livestock.

They argue the gas's impact should be calculated over 20 years, in line with its rapid effect, rather than the 100 years favoured by a landmark UN report in 2006, *Livestock's Long Shadow*.

This, they say, would add a further five billion tonnes of carbon-dioxide equivalent to livestock emissions - 7.9 per cent of global emissions from all sources.

Eating meat rather than plants also requires extra refrigeration and cooking, the Worldwatch Institute report says.

"These new figures need further scrutiny but, if they stack up, they provide yet more evidence of the urgent need to fix the food chain," the researchers write. Independent

Swiss to vote on animal lawyers

The Australian
February 01, 2010 12:00AM

SWITZERLAND is going to new extremes in the battle to improve life for its animals.

The country will hold a referendum next month on whether domesticated creatures should have the right to be represented by lawyers in court.

The alpine state recently changed its constitution to protect the "dignity" of plant life and made a law last year establishing rights for creatures such as canaries and goldfish.

If the referendum is approved, every canton in Switzerland will be obliged to appoint a lawyer to act for pets as well as farm animals and defend them from abuse.

"Humans can hire a lawyer or get one assigned but animals cannot do that," lawyer Antoine Goetschel said. "Which is where I come in."

In 2007, the canton of Zurich appointed him an "animal advocate" in an experiment the success of which has encouraged animal welfare groups to mount a successful campaign for a referendum to create similar officials all over the country.

The government is against the idea of animal lawyers, as are farmers associations and pet breeders, who fear stricter regulation if the motion is approved on March 7, and a group of political parties last week established a committee called No to the Useless Animal Lawyers' Initiative.

"Animal rights advocates are useless to animals," it said. "They can't prevent animal abuse because they only get involved after it has been perpetrated."

Mr Goetschel, a 50-year-old vegetarian, disagrees and hopes that the initiative passes with a big "yes". Unlike the Middle Ages, when locusts and frogs were often summoned to court in Europe to answer for crimes such as infestations, animals are not requested to attend proceedings.

In court, Mr Goetschel acts much like a public prosecutor appealing for an appropriate sentence. It is his job to enforce legislation enacted in 2008 under which goldfish, canaries and guinea pigs are considered "social animals", which must never be kept alone.

Goldfish tanks cannot be transparent on four sides since fish need shelter. Dog owners must take a four-hour course on pet care before they acquire their canine companion.

Mr Goetschel, who runs a regular legal practice, does not get involved in plant life, even if the constitution has been amended to recognise that plants are entitled to dignity, meaning that it is wrong, in the view of a government-appointed ethics panel, to engage in the "decapitation of wildflowers at the roadside without rational reason".

The maximum sentence for animal abuse is three years in prison but the usual outcome is a fine. "Pet-keepers think that a so-called love for a guinea pig is enough," the lawyer said.

"But this ignores the animal's needs as a species, such as having a companion."

Milk crackdown

Sydney Morning Herald
February 03, 2010

China has begun a 10-day crackdown on tainted milk products after several were found on the market despite a scandal in 2008. At least six children died and more than 300,000 fell sick after melamine, used in making plastics and fertiliser, was added to watered-down milk to fool inspectors.

AP

Call meat happy, but it is never humane

smh.com.au
December 28, 2009

KATRINA FOX

More people are becoming aware of the atrocious conditions that factory farmed animals live in, as well as the shocking cruelty inflicted on them. This is largely due to revelations in the media showing what really goes on behind the closed doors of intensive animal farming.

Authors including Jonathan Balcombe and Jeffrey Masson have documented the emotional lives of

farmed animals, demonstrating beyond a doubt that they experience grief, pain and pleasure, and form deep social and familial bonds with each other.

Now Australia is to get its first political party dedicated to toughening animal protection laws - the Animal Justice Party - whose concerns include the welfare of farmed animals.

Many consumers are also deciding not to support the factory farm system, in which thousands of animals are kept confined in tiny spaces, often in dark sheds, with no opportunity to engage in their natural behaviours. Instead they are seeking out "organic", "free range" or "humane" meat.

On the surface then, it may appear things are looking up for the non-humans with whom we share the earth. The focus on so-called "humane" methods of farming - in which consumers are led to believe animals live a "happy" life, that they're eating "happy meat" - is being hailed as a revolution by the animal welfare movement.

For instance, the RSPCA in Britain has gone so far as to introduce a "Freedom Foods" scheme designed to assure consumers that an animal's life - and death - is "governed by strict and compulsory RSPCA welfare standards". Even the ethics professor Peter Singer - dubbed the father of the animal rights movement after publishing *Animal Liberation* in 1975 - has argued you don't have to be a "fanatical vegan" to eat ethically: you can be a "conscientious omnivore" by eating a "moderate" amount of "humane", organically raised animals.

But the rise of the "happy meat" movement is not good news for animals. Far from being revolutionary, it is a giant step backwards. Many people who used to be vegetarian in protest against factory farming are now becoming what they call "ethical carnivores". They believe it is acceptable to consume animals, provided they lived "happy" lives before being transported en masse to an abattoir where they are slaughtered.

By Singer and the RSPCA giving their stamp of approval to "humane" meat (as well as dairy and eggs), they are doing animals a huge disservice because it has resulted in a shift in cultural consciousness from a focus on animal use to that of treatment.

But there is no such thing as happy meat or humane slaughter. These are terms used by the meat, dairy and egg industries to appeal to an elitist group of consumers who can afford to pay extortionate prices to make themselves feel more comfortable about animal exploitation.

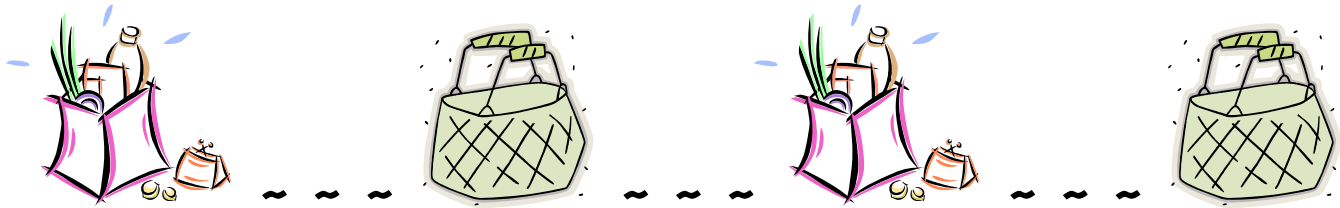
As Gary Francione, author and professor of law at Rutgers University in the US, notes, they "ensure that social discussion about animal ethics remains focused away from the relevant question of why we are eating animals in the first place given that it is not necessary for human health, is an ecological disaster, and results in our imposing suffering and death on sentient non-humans".

As we enter not only a new year, but a new decade, it's time to refocus our attention on challenging our use, not just our treatment of animals. No animal goes willingly to the slaughterhouse, happy for their corpse to be served on a plate. There is nothing humane about slitting a sentient being's throat - regardless of whether it's been raised in a factory farm or pasture.

The real revolution isn't happy meat, it will be the establishment of veganism as a cultural and social norm. This is no easy task. The perception of veganism is that it's extreme or radical, and it doesn't help when people such as Singer - who has the ability to influence public opinion - perpetuates this stereotype.

But it's important to remember many of the great liberation movements were first thought of as extreme and radical. Now is not the time for compromise. Anti-slavery advocates didn't call for better conditions for slaves, they called for the abolition of slavery. It's time to abolish the modern-day equivalent: animal exploitation, and the easiest way to start is by choosing not to eat them.

Katrina Fox is a freelance writer and animal rights activist.



Shopping

There /are/ such things as vegan marshmallows. They are called Dandies and can be purchased from www.crueltyfreeshop.com (CFS). The CFS is now stocking GoMaxGo bars: vegan versions of Mars, Bounty, Snickers and Milky Way. They have other chocolate bars and a myriad of wonderful products for everyone. If you haven't been to this site, check it out. All products are Certified Cruelty Free, so vegans and vegetarians can shop without worry, and ordering and delivery are simple. You can also sign up for a monthly newsletter to let you know about new products and other news from the Veg world.

Liquid Smoke

If you have had trouble tracking this down in Canberra, it can be found at the Gourmet City deli and café in Belconnen mall. They have limited stock, so best to call first if you are making a special trip. There are lots of delightful local and imported goodies to be discovered, fresh-prepared food to eat-in or take away, or just sit and have piece of cake and a coffee. Shop 49, Westfield Belconnen. Ph 02 6162 1712.

Lush Cosmetics

Lush opened a new shop in the Canberra Centre last year. They also do mail-order. Their products (which include bath bombs, soaps, haircare and fragrances) are hand-made without animal ingredients and not tested on animals. Shop DG31, Canberra Centre. Ph 02 6230 7722. <http://lush.com.au/catalog/home.php>

If you have a favourite place to shop or have tracked down a hard-to-find veg*n item, please let us know.

T-SHIRT SALE

As sent to the email list, the Society is currently having a sale on t-shirts. **Limited stocks are available so get in quick to secure a bargain!**

Styles, sizes and prices are attached to this email. Prices are excluding postage. Please add \$5.70 to your order to cover postage costs. Alternatively, pick up at one of our social events or the Annual General Meeting to save on postage.

Contact us on the details below for orders of multiple quantities. All orders come with a complimentary vegan food pyramid post card.

Ordering Details

Send your request to payment@vegetariansociety.org.au with the following details:

- Style and size
- Name and address for delivery
- Preferred payment method (bank transfer, cheque or cash if attending event). Ensure your surname is entered as the reference when paying by bank transfer.

Stocks are strictly limited and will not last long!!

The Kickstart Program is back!

On March 1, 2010, the 21-Day Vegan Kickstart program will help thousands of people begin a healthy vegan diet. Go to http://support.pcrm.org/site/PageServer?pagename=21day_vegan_kickstart to sign up or find out more.

Low-fat vegan diets are so popular nowadays because they are the easiest way to trim excess weight, prevent diabetes, cut cholesterol, lower blood pressure, prevent and reverse heart disease, and reduce cancer risk. They even trim our carbon footprint.

The Kickstart is a free, non-commercial program open to all organisations and individuals. Set up by PCRM, the Kickstart program gives participants menus, recipes, nutrition webcasts, and daily encouraging messages from health authorities and Hollywood celebrities.

Members' published letters

Fishy story

Canberra Times letters, 19/1/2010

Why is the death of the platypus "unfortunate and regrettable" to angler Shane Jasprizza (Letters. Jan 17) when the death of at least one similar sized fish is the desired outcome of a typical fishing trip?

Both animals can feel pain and neither wants to die.

Whether the line was deliberately tied or accidentally tangled around the tree the important thing is that it was left there by an angler and would not have been there if he had not been there trying to kill fish.

Let's treat all our wildlife the same way - leave them alone.

Mike O'Shaughnessy (former President, ACT Vegetarian Society), Spence

I don't always get to see newspapers, and can't be everywhere. If you have had a letter or other item published somewhere, I would love to reproduce it here so everyone else can read it too. Please send me an electronic copy with the details of when/where published - Ed.

THIS IS YOUR NEWSLETTER

You are invited and encouraged to contribute items. Articles on health, nutrition, restaurant reviews, book reviews, vegan recipes or anything. A letter to the editor would be most welcome. Tell your fellow members what you think about veg*nism, the Veg Society, the world.

If you draw cartoons or write poems – we'd love to see them too. 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:
31 March 2010.

Walking & Cycling Veg*ns

Some of us veges are into walking and cycling. Would any of you like to join us for the occasional walk or cycle around the Lake or to other nice places? Destination and times can vary depending on who wants to come each time. A walk may just be a quick get together for an hour stroll on a weekend morning before going home to get on with the 'business' of the day. A weekday may also suit some of you better. Or a walk could be a longer more leisurely affair

where we plan on spending more time and maybe follow the exercise with a stop for a hot drink - or even lunch if we're in the vicinity of a restaurant or cafe. All flexible...

If you are interested in being involved from time to time please email Jyoti: jyoti@dambiec.net It would be helpful if you also give the following info so we can get a clearer picture of what you'd all prefer: It would be really nice if we had a good large bunch of us - and it certainly helps with planning things (and attendance) if we're organising what you really want to do. Please also include your phone number, although things will mostly be planned via the email list. Thanks, Jyoti

1. I am interested in walking Yes/No
2. I am interested in cycling Yes/No
3. Numbers of people 1/2/3/4 etc any children?
4. I would like to just go for walk/cycle.
5. I would like to walk/cycle followed by a social activity like cafe/picnic/restaurant
6. Please include any suggestions for where to walk e.g. round Lake Ginninderra, Lake Burley, Mt Ainslie etc
7. What would be a good length for walk/cycle? 1 hr - 2 hr? Or mixture of short and longer walks?
8. Which times would suit you best? Earlier morning? Arvo?
9. Which days would suit you best? During week? Saturday? Sunday?

OUR FIRST WALK was an enjoyable 1 1/2 hrs round Lake Ginninderra followed by a shared meal of hot soup, home-made bread, 'not-meat' pie and other goodies.



At the lake L-R Miranda, Steve, Claire, Tracey, Dieter



L-R Claire, Miranda, Jyoti, Tracey



L-R Miranda, Tracey, Steve and Claire in front of the glorious crab-apples near the creek



We hope to organise more activates like this when the weather cools a bit, so if you are interested in walking or cycling please let Jyoti know:

jyoti@dambiec.net



Stalls and educational activities

One of the important activities our society is involved in is getting information out to the general public about the vegetarian lifestyle. We have excellent posters and pamphlets about vegetarianism and the environment, nutrition etc. A recent addition to our stock was a few thousand clear and colourful 'food pyramid' postcards. Great to give away. The time has never been better to get out there promoting vegetarianism. We have had a number of stalls and plan on many more. What we can do depends on how many volunteers we have to help us.

If you would like to be involved contact Jyoti, the stalls coordinator: jyoti@dambiec.net

In 2009 we had an information stall in a lovely rotunda at Orana Steiner School Spring Fair. This was a very successful day with lots of families coming up to chat about raising vegetarian children. Delicious vegan sausage rolls were provided by Claire, and yummy cakes were baked by a number of members and parents. Many parents expressed interest in being part of a Vegetarian Families Group which was formed as a result of feedback from this Fair. We now have a really good range of pamphlets about nutrition and vegetarian issues for stalls. The Vegan Food Pyramids are especially useful.



Stall at Orana School
L-R Claire, Miranda, Salonge, Taranii and Jyoti. Some of our helpers were absent at time of photo-taking.

Vegetarian Parents' Group

A number of vegetarian parents are wanting to get together for 'family friendly' activities, sharing and support. The first activity is a picnic at Lake Ginninderra on 21st February, where we will discuss the direction we'd like this new group to go. Parents with small children are welcome. Please also feel free to come along if your children are older or have left home, or if you are vegetarian and thinking of starting a family. The aim of this group will be to share things we've experienced and to encourage each other in raising healthy vegetarian children.

Contact Jyoti: jyoti@dambiec.net for more info.

Other 'recent' activities

Rally at Parliament House

In 2009 we attended the Climate Change Rally on the lawns of Parliament house, which featured a speech by Rod Quantock speaking.

We held a Vegetarian Society stall and did some leafleting.

We also attended a Global Warming rally there later in the year (photos next time if available).



L-R Geoff, Miranda, Jyoti, Robert, Christine and Mike

New discount offer

Gina Casey Bodywork

24 Molesworth St Watson and Red Hill Shops

Remedial Massage, Posturology, Cupping, Myofascial Dry Needling Posture Soles - posture correction and muscle balancing custom shoe inserts, assisted stretching and complementary health care

Discount: 10% on massages and 15% on Orthotics

Phone: 0432859132

email: gkcasey@ginacasey.com.au



Ram Raid in South Australia's East Jude Smith, October 2009

Unlike its more common, usually metropolitan metaphor, this ram raid occurred in the literal sense when football, the *Bay to Birdwood* and large, handsome ram came together for a brief time on the Mallee Highway just west of Peake in South Australia.

Husband Andrew and I were travelling in our 1971 Alfa Romeo Spider in tandem with our best mate, Chris, in his 1968 Triumph TR 5, heading to Adelaide for the 2009 *Bay to Birdwood*. The event this year was the "Classic" for motor vehicles manufactured between January 1956 and December 1977. It was the first time we had entered and we were looking forward to the adventure - two days travelling from Canberra, two days in Adelaide and two days travelling back home again, all in our little open-topped vehicles. We were, of course, very excited.

We had already entertained a couple of small adventures en route (running out of fuel, almost forgetting to pay for fuel, driving top-down through a bee swarm) but nothing matched the main event.

For some hours we had been travelling through a drizzly western Victoria and eastern South Australia, immersing ourselves in the beautiful sights and scents of the mallee country - damp bitumen, mallee bush and aged road-kill. During this period we were 'leap-frogging' two small privately-hired Toyota buses appearing to be headed towards Victoria for the AFL grand final. Like us, they stopped frequently for the usual reasons. As we stretched our limbs and had a nice cuppa by the highway, we were no match for the antics of this peer-pressured bunch of early to mid 20s adolescents. They mooned, farted, yelled, drank and slobbered at us and other passing motorists. Not a pretty sight but entertaining nonetheless. They, like us, were having a great time.

The buses pulled ahead of us at Peake where we stopped for yet another comfort break. The next time we leap-frogged, one of the Toyotas had pulled over to the side of the road. As we approached I noticed a few of the lads were struggling with something big in the wet, muddy culvert. At first I thought they had a 'roo down and then realised it was quite a large sheep – a ram in fact, all matted and muddy with an impressive set of curled horns. Three of the lads wrestled the poor creature onto its back and were struggling to keep it there. I couldn't help noticing its eyes which had that glazed-over look of a wild animal that knows its end is imminent. When our mate Chris passed by a couple of seconds later, he saw one of the lads lying completely atop the ram, trying to prevent it struggling free.

Now, I can't help myself. If I see a human or non-human animal being taken advantage of, I have to step in to help. It will be my undoing one day, I guess. I called to Andrew through the turbulence and he slowed the Spider and executed a snappy U-turn so that we could, at the very least, bear witness to the event. We waved Chris down and he turned to join us. He told us later he knew exactly what we had in mind and he was all for it. By the time we got back to where it was all happening, however, the bus was flicking the indicator and leaving the verge.

We couldn't see Rambo anywhere and had to assume the lads had bundled it aboard. 'Follow the bus' I yelled while dragging out my phone so I could take a picture of the number plate. Andrew did another snappy U-turn and then we tailed the bus not knowing how this would end. The phone/camera almost proved a waste of time. I had recently dressed it with a fancy mirror-finish protector and I couldn't make out anything on its face let alone whether I had the number plate in focus or even where the hot-spot was to take the picture. Nonetheless, I made a big deal of showing the leering lads I had them bang to rights.

We followed the bus a few hundred metres along the Mallee Highway when it suddenly turned sharply left into a gravel road and sped away. Before we knew it, we were also on the muddy, slushy road not knowing how our little sports cars

would manage these unfamiliar off-road conditions. At this point I confess we considered giving up the chase thinking we were possibly being drawn into a situation which could turn very nasty for us. We pulled over to talk it through. Just as we had decided to give Rambo up as a lost cause and resume our merry way, however, we saw brake lights on the bus ahead as it slid to a stop. Next instant, a very bewildered ram was ejected rocket-like out of the door and into the mud. The bus then turned quickly and shot back past us back towards the highway. All this time I made a great show of catching the whole episode on my phone video. I'm pretty sure I looked convincing even though I couldn't see a darned thing except my silly face in the mirror-finish and my phone doesn't have a video capacity anyhow. The main satisfaction for me was that the adult-adolescents wouldn't have known that. Leering and laughing they sped away, joined the other bus, wherever it was and, thankfully, we never laid eyes on them again.

We hung out with the ram for a while just to see if he was alright after the experience of his undignified capture and ejection. Initially he wandered back towards the highway then, in a light-bulb moment, seemed to realise where he was. He spun around and strutted smartly back along the muddy road until the bushes and the misty rain took him from our view.

Of course, we have since conjectured what the drunk lads had planned to do with Rambo. Would he be killed and put on a spit for the post-match celebrations/comiserations? Let loose, perhaps, with ewes in another grazier's paddock or put in an odd place such as the town loo just to give somebody a fright? We settled on a rather positive outcome, however. We decided that, in about a week hence, a very bewildered Peake grazier would receive a postcard from happy Rambo holidaying in Melbourne.

Later, while discussing Rambo over a latte or three, I discovered I had captured one single image on my phone – the number plate of the bus. In the excitement of the moment I never thought to take a photo of poor Rambo but future ram-raiders should be put on notice I have since removed the mirror cover from my phone.



Southern Star Entertainment are currently casting for *The Marriage Ref*, a new television series created by American comedian, Jerry Seinfeld.

They're looking for couples in which one spouse has a passion/hobby/interest/job/lifestyle that they feel strongly about, but which is not shared by their partner. They are particularly interested in speaking to a vegetarian or vegan who has a meat-eating spouse (or de facto partner) about the day-to-day issues surrounding this differing lifestyle choice and whether it is a bone of contention within the marriage – e.g., does the meat-eating husband believe that his vegan wife should be cooking meat products for the family, does the meat-eating wife deliberately flaunt meat to tease her vegetarian husband? Perhaps it causes problems when visiting family and friends for meals or at Christmas?

It is definitely not intended to be a 'Jerry Springer' style on-screen fight, it's just a light-hearted look at the daily frustrations of happily married couples who love each other but are driven crazy by one annoying habit. They will both be encouraged to really put forward their point of view (we're not looking to demonise anyone), and there will be prizes for the winning spouse.

The couple would be filmed at home for one and a half days (in the second half of March), and would not be required to travel to Sydney or come to a studio.

If you are interested, please contact Jessy at Southern Star Entertainment

CONTACT US

Email: contact@vegetariansociety.org.au
 Phone: 0417 464 675
 Postal: GPO Box 1786
 Canberra, ACT 2601



Answer to "Who Said That?"

"I think and speak clearer since I cut the dairy out. I can breathe better and perform at a better rate, and my voice is clearer. I can explore different things with my voice that I couldn't do because of my meat and dairy ingestion. I am proud and blessed to be a vegetarian, everything became clear.
 Common: Hip Hop performer

NEW MEMBERS

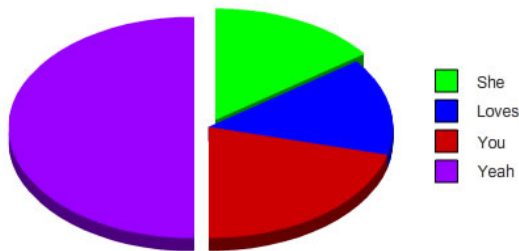
We warmly welcome the following people into the Society:

- Anh Nguyen
- Louise McKay
- David Shaw
- Gayle Buttrose
- Michelle Whyte
- Giulia Kelly
- Elliot Coker
- David Fawcett
- Geraldine Martin
- Lisa Snowdon
- Helen Price
- Diane Donovan
- Paul Mieзитis
- Karen Dahl
- Cindie Ursem

Sudoku Solution:

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

Content of A Beatles Song



GraphJam.com

The Society thanks

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