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## WELCOME

to the summer/Christmas edition of your newsletter.

A pretty good but slightly strange summer so far. Some very hot days, some cold days, and everything in between!



The AGM is coming in February 2014, and we're on the lookout for new people to join in the fun of committee life. See Jyoti's report, and upcoming updates, for further info.

This edition contains lots of info on happenings past and future, places to shop and eat and other things for you to read and do.

As always I welcome input from you, dear readers. This is your newsletter and it is much more interesting to read when there are articles, info and recipes from a variety of people instead of just a small handful of committee. Thank you very much to all the contributors this time, and please continue to send articles, recipes, suggestions and comments to me at [newsletter@actveg.org.au](mailto:newsletter@actveg.org.au).

Wishing you a happy, safe break and new year.

*Tracey Lofthouse, Ed.*

### Who Said That?

Who was it who said...

"I became a vegetarian out of compassion for animals and to live as healthy as possible. I realized soon after that I was truly concerned with nonviolent consumption and my own health, a vegan diet was the best decision."

Answer at the end of this newsletter

### Facilitator's report



Looking forward to more time in 2014 creating ceramic art in my shed ©

Dear Everyone,

My very last Facilitator chat to you all!

It's been a privilege and wonderful learning experience facilitating our little Society for so many years. The time has definitely come for me to step aside and allow new people to take the group along. Thank you to everyone who has helped on the committee at varying times and participated in so many other ways.

2014 will be a time of change for me as my work as a High School Art teacher at Orana Steiner School comes to an end. I am very much looking forward to having more time to create my own clay work again and getting out in the garden more and all the other

things I love to do. I will be still be involved with activism in varying ways, including of course, the promotion of veganism and animal rights. At some stage before too long I'm thinking to begin offering vegan cooking classes as there seems to be a real need for these. So, maybe catch some of you at one of these!



More ceramic works will be on the way in 2014! Yaay!

I'll be very much going with the flow. I look forward to meeting some of you about our lovely city ☺

Our AGM will be in the afternoon on Saturday, 1 February at the Conservation Council, Lena Karmel Building, 15/28 Barry Drive, Acton. More details will follow closer to the date. A number of our current committee are planning to continue, but others of you will be needed to jump enthusiastically into vacant roles. There's always lots to do! Being on the committee can be a great way to meet new people and make friends. I highly recommend it.

Wishing you all a fun and enjoyable time over the holiday period.

Jyoti

## Veg establishments in Canberra

Some of these places are open right up to and after Christmas, so why not patronise while you have a bit of time off (if times aren't listed here please contact them to check). Slowly we are starting to see more popping up so to make sure this continues and other establishments start to cater better for us, please visit often ☺.

### Mornings in Paris

Shop 2/7 O'Hanlon Place, Gold Creek Square, Nicholls

Opening hours 8am – 5pm Thursday to Sunday.

19-22 Dec 10.00 – 4.00

23-24 Dec closed

25 Dec open from 3.00 – 6.00

26 Dec 12.00 – 4.00

27-31 Dec 10.00 – 4.00

Cash only

0413 025 980

[www.facebook.com/MorningsIP](http://www.facebook.com/MorningsIP)

### Satis Cafe

Shop 2/7 O'Hanlon Place, Gold Creek Square, Nicholls.

Opening hours 8am – 5pm Thursday to Sunday.

MIP will be open over Christmas / New Year.

### V Spot

Cnr City Walk & Petrie Plaza, Civic

Extended Opening Hours from now until Christmas:

Mon-Thur 7.30am – 500pm

Fri 7.30am – 7.30pm

Sat-Sun 8.30am – 4.30pm

0402 089 325

### Kingsland

Shop 5, Dickson Plaza

28 Challis St Dickson

6262 9350

Lunch: 11.30am-2.30pm

Dinner: 5pm - 10pm

Open every day except Saturday Lunch

<http://www.kingsland.canberra.net.au/>

Please call for Xmas opening hours

### Au Lac

4/39 Woolley St Dickson

Lunch: Tue-Sun: 11:30am - 2:30pm

Dinner: Mon-Sun: 5:30pm - 10:30pm

Closed: 23/12/2013 – 26/12/2013

02 6262 8922

[info@aulac-restaurant.com.au](mailto:info@aulac-restaurant.com.au)

<http://www.aulac-restaurant.com.au/>

### My Rainbow Dreams

Shop G1, Dickson Chambers, Dickson Place (opposite P.O)

Mon, Tue, Thur 8.30 - 5.30

We, Fri, Sat 8.30 - 4.00

Ph: 6247 8591

[www.myrainbowdreams.com.au/](http://www.myrainbowdreams.com.au/)

Please call for Xmas opening hours

### Sweet Bones

Shop 8/27 Lonsdale St Braddon

Tue-Sat 8.00 - 3.00

Sun 9.00 - 3.00

0413 067 890

<https://www.facebook.com/SweetBonesCompany>



## Welcome to a new committee member



Jacky Sutton has landed in Canberra on a skilled migrant visa after almost two decades working with the United Nations in war zones around the world.

Up until October she was working in Baghdad with the Iraqi election commission and before that she was working with journalists and bloggers in Iraq, Afghanistan, Gaza and Iran.

She started out with BBC World Service and Vatican Radio before moving into the development aid sector.

She arrived in Canberra on Melbourne Cup Day – “It was like a nuclear winter – there was no one there” – but is now settling in looking for work and keeping busy with the ACT Vegan and Vegetarian Society and HerCanberra.

## Letters

Published letters from members and others



### Caring about animals

The Australian, 08 November 2013

YOUR editorial ("All animals equal on our ABC", 7/11) came at a timely moment for me. It questions the validity of the three animal welfare stories the ABC has engaged in across multiple platforms in the past month.

Just the other day I was thinking how great it is that the ABC hasn't strayed to conservatism and aims to report on subjects of interest to Australians.

Most Australians, strangely, are not heartless bastards and actually care about animals and their welfare as much, if not more, as they care about gang shootings, Google barges, or the defeated Wallabies.

Mario Sos, Carlton, Vic

AS one who is strongly opposed to the inhumane treatment of animals, I am delighted that the ABC is willing to give a voice to the voiceless by airing material on animal abuse.

Sadly there are many humans who selfishly and heartlessly believe that only humans matter and that they have a right to inflict any amount of pain and distress on animals.

All those involved in live exports are a prime example of this. I applaud Animals Australia and the ABC for exposing the inherent cruelty of this trade.

Jenny Moxham, Monbulk, Vic

### Editorial - All animals equal on our ABC, 7 November 2013

YOU'VE got to love the ABC. You go to bed after watching supposedly distressed piglets take centre stage on television. And you wake up with wild horses in the Kimberley on radio. All for \$1 billion a year.

After a busy day of political, foreign and sporting news on Melbourne Cup day, pigs scored pride of place on Lateline on Tuesday. A special report focused on hostilities between animal rights activists and the pork industry. Animal Liberation executive director Mark Pearson predicted "their products will end up staying in their refrigerators and shelves on the piggery or at the abattoir" because retailers "just won't buy" their treatment of animals. Farmers wanted to stop intruders secretly filming on their properties.

The ABC is regularly spoon-fed such footage, mainly by Animals Australia, as part of its misguided campaign to stop the lucrative live-export trade. The footage has been broadcast without question, at vast cost to northern Australia and our national brand.

Yesterday morning, the national broadcaster took up the cudgels for wild horses on AM. The RSPCA agreed with the Aboriginal Lands Trust's cull of wild brumbies on WA grazing properties, where the animals are ruining vegetation and suffering from a lack of food and water. The cull is being overseen by a veterinarian. But AM gave the last word to Wild Horses Kimberley activist Libby Lovegrove. She deplored "a shocking, murderous situation" and demanded the animals be mustered and gelded, not shot.

Last month, the ABC gave People for the Ethical Treatment of Animals prime news time to argue vegetarian and vegan diets would improve our health and reduce obesity. PETA's mission is to protect "our fellow earthlings" because "animals (and fish) are not ours to eat, wear, experiment on, use for entertainment or abuse".

Regardless of whether their sandals are leather or not, ABC News editors need an infusion of news sense. They also need an editor-in-chief who is intent on breaking stories and who is in touch with the interests and values of those who fund the corporation. Unencumbered by commercial realities, the national broadcaster has strayed to the green fringes of Gaia land. Funding reform, which would force the ABC to compete in the open market, would foster more realistic news judgments on radio, television and online. If not, All Creatures Great and Small reruns would rate well.

<http://www.theaustralian.com.au/opinion/editorials/all-animals-equal-on-our-abc/story-e6frg71x-1226754515254>

### Editorial - Animal welfare sans politics

THE AUSTRALIAN. November 09 2013

WHEN disturbing images of animal cruelty appear on nightly television news programs, viewers should be in no doubt as to where they come from. The ABC usually plays host broadcaster for the latest video, often shot illegally, by groups such as Animals Australia. These activists are campaigning for nothing less than the entire shutdown of an industry worth about \$1 billion a year and which employs about 100,000 people, many of whom are indigenous Australians in rural areas. This is their unrelenting mission. They have an eager champion for their cause at the ABC. But viewers left shocked by these videos should carefully consider the consequences of any drastic action before jumping on the animal rights bandwagon.

Many of the countries where Australian exporters have carved out a significant market advantage observe different cultural customs, often based on religious teachings. It is wrong for Australians to try to force their views on to others. What Australian industry, in partnership with government and the welfare sector, can do, is educate local workers in the appropriate handling and slaughter of animals. Indeed, for decades industry has worked with animal welfare experts, particularly in the scientific field, to ensure that the live-export supply chain, from paddock to plate, adheres to a high standard that minimises suffering. This is an industry that exists to provide a food source rich in protein for nations in our region, particularly those with a growing middle class eager for meat products. If Australians exited these markets, the demand would simply be filled by another country that does not observe the same level of care when handling animals.

It is appropriate that standards for live export continue to be regulated by industry rather than an interventionist government or lobby group with an ulterior motive. In the end, industry must take responsibility for its own supply chain. This does not mean there is no role for government or the animal welfare sector. Government, with animal welfare group input, has overseen the development and implementation of standards, invested in facilities abroad and helped to train local workers. This should continue. Appropriately, as we reported yesterday, industry bodies LiveCorp and Meat & Livestock Australia are considering a new "quality assurance" system that will see industry take responsibility for its own actions.

<http://www.theaustralian.com.au/opinion/editorials/animal-welfare-sans-politics/story-e6frg71x-1226756143132>

### Excerpt from A Compilation of Long-Term Vegans; Our Powerful Message

#### Veganism: A truth whose time has come

This is an online article about beautiful, healthy long-term vegans— Ed.

**Rae Sikora** - has been vegan **36 years**. "I had been vegetarian for 5 years and was renting a cabin from a dairy farmer and he lived about 1/4 mile away on the same land. He had a small operation and supposedly one of the more humane.

He wanted to show me how big one of the females was who was about to give birth. She was lying on the ice cold concrete during a Midwest winter. He kicked her hard to get her to stand up. I grabbed him and told him to stop and that I did not need to see her stand up. For some reason, that still didn't make me give up dairy.



Then, I heard a sound that I had never heard; sounded like the cows were hurt. So I got on my bike and rode to his place. When I got there, he and some guy were loading calves onto a truck. I asked what he was doing. He told me that the calves were all males and they were going to a veal facility. He said they either go there or to slaughter. I had never even considered what happened to all the male calves who were born each year. When I asked about the loud cows, he said they were behind the barn and I could go see them, but, he added "Don't get all upset. They will get over it". I rounded the corner of the barn and the moms were screaming for their babies."

<http://thevegantruth.blogspot.com.au/2013/03/a-compilation-of-long-term-vegans-our.html>

## Odds 'n' Ends

### AnimalACTivism Collective Potluck and Meeting

- An evening in October

A small group of us got together to share a delicious vegan meal and some good company. This was followed by a very stimulating couple of hour discussion

about approaches to outreach and activism.

One area we touched on in depth was how to convey the message that a wholly plant-based diet is the direction the Society aims to encourage people to pursue. The challenge being how to do this in a

friendly way that people can hear. This is made difficult due to the indoctrination most of us have experienced growing up and the continual bombardment from all sides that eating animals is somehow essential.

The Society's focus is to educate, support and encourage people along the way, recognizing that many people progress gradually in steps. The aim being for us to inspire each other to live the most compassionate lifestyle possible.

### ACTVVS Stall at Conservation Council 'Mix & Mingle'

Friday, 25 October 2013

The Society was recently accepted as a member group of the Conservation Council. One of the reasons we joined was to have the use of the excellent, central meeting room in the Lena Karmel building. This is just a



few doors along from the Food Coop. Another reason is so we can participate in a constructive manner raising awareness about how eating animals and their products has a huge impact on the environment.

Jyoti with Caroline Le Couteur

Sara Vancea, Caroline Le Couteur and Jyoti attended a meeting in October to participate in discussion about the Food Policy Plan.

Jyoti

### Climate Rally Garema Place

Sunday 17 November 2013

Dieter and Jyoti set up a banner, placards and table with free booklets and information about the impact of the animal industry on the environment at the Climate Rally. Many people took these and came up to chat, with quite a few saying they weren't aware that the Society exists.

No doubt there will be many more climate rallies on the horizon. We hope to see a much greater presence from other vegans and vegetarians standing in solidarity with us, as we seek to help people make the connection that the food we consume has is a very important part of the climate discussion.

Jyoti

### New stockist of vegan goodies

For the first time in three years there is a new stockist in Canberra of all our favourite vegan products!



You'll now find products such as Cheezly and Vegusto cheeses, Redwood faux meat slices and roasts,

VegiDeli fish fingers and sausages, Co Yo yogurt, and Holy Cow Golden Crunch at **Dickson Health Foods**. *Finally* the Inner North has its own supply of yummy vegan goods!

The managers of Dickson Health Foods said they'd also be happy to get in more of whatever people wanted too – so don't hesitate to make a request.

Why not pop on down to check out this new supply of vegan products in Canberra. Hopefully we can show

them that they've made a good decision to stock these vegan goodies, by making sure they don't stay on the shelves too long!

Dickson Health Foods, Shop 2, 22-25 Dickson Place, Dickson shops.  
Hours: Mon-Fri 8.45am-5.45pm & Sat 9am-3.30pm.

Right behind My Rainbow Dreams! Thanks to Tara and Walter for this info and photo ☺ - Ed.

## An email from Stacey Murray of Make A Difference Insurance

I write to you from Make A Difference Insurance, a family owned insurance brokerage with offices in Sydney and Melbourne.

Our MD, Brian Jones and his wife, Caroline, are committed vegetarians and strongly believe in the health and environmental benefits (along with kindness to other creatures) of a vegetarian lifestyle. As an Insurance Broker, Brian also feels quite strongly that vegans and vegetarians are lower risk clients when it comes to life insurance and other forms of personal insurance. With this in mind, Brian has spoken with a number of insurance groups and is now able to access lower cost personal insurance to vegans and vegetarians.

We would love to get the message out to your members that by being a vegetarian or vegan they can access lower cost personal insurance and receive the individualized service offered by an Insurance Broker (as opposed to the one size fits all offer made by the large insurers you might see on television).

I invite you to visit our website, particularly the section regarding [vegetarian life insurance](#).  
Kind regards

**Stacey Murray**  
Marketing Manager



Make A Difference Insurance (ABN 67 120 665 750)

[www.madinsurance.com.au](http://www.madinsurance.com.au)

T. +61 (03) 9583 0143

Unit 18, 328 Reserve Road, CHELTENHAM VIC 3192

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**Today on the Make A Difference Insurance Blog:** 2012 Personal Insurance Statistics <http://www.madinsurance.com.au/learn-more/blog/2012-personal-insurance-statistics.html>

*If you are happy with our services, please tell all of your family, friends and colleagues. The best referral we can get is from an existing client.*

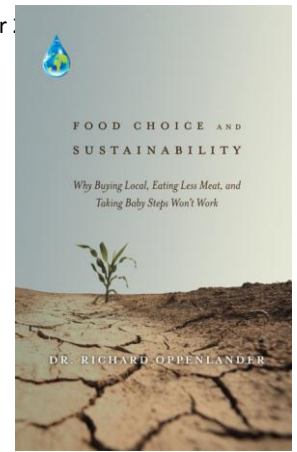
FOR IMMEDIATE RELEASE

## Ground-breaking new book questions conventional eating choices in the name of sustainability

Detroit, Michigan, October 16th, 2013 — Current eating choices are killing the human race and the planet, and many of the effects are imminent and irreversible. In light of the burgeoning global human population (expected to near nine billion by the year 2030) and the finite nature of Earth's resources, it is critical for people to actively pursue a lifestyle of conservation, protection, and preservation of planet Earth—and seek accurate, unfiltered reality driven information to support sustainability efforts in this



regard. In his new book, ***Food Choice and Sustainability: Why Buying Local, Eating Less Meat, and Taking Baby Steps Won't Work***, Dr. Richard Oppenlander compels readers to take a long look at how their food choices affect the climate, the availability of land and freshwater, the health of our oceans, the rapid extinction of other species, world hunger, and the future of our civilization. Ellen DeGeneres selected Dr. Oppenlander's first book, *Comfortably Unaware*, as a "Must Read" on Books Ellen Reads. ***Food Choice and Sustainability*** is available everywhere books are sold.



Food choice affects all areas of global depletion, and once the process of global depletion gains momentum, it will instigate economic and environmental collapse. One thing is clear: sustainability is needed for the survival of civilization. However, there is widespread misconception when it comes to actually defining "sustainability." This is where Dr. Richard Oppenlander comes in. ***Food Choice and Sustainability*** clearly delineates an unerring path toward achieving sustainability by filling in blanks, connecting dots, and providing a prescription for individuals, institutions, businesses, communities, and policy makers.

In the wake of his bestselling and award-winning debut book *Comfortably Unaware*, Dr. Richard Oppenlander continues the conversation on how lifestyles and food choices affect the greater environment. With a focus on revealing insidious disconnects with current attempts to achieve sustainability, Dr. Oppenlander stresses properly positioning food choice, the urgency of various time lines, and presents numerous unique perspectives as he guides society toward a higher level of "relative sustainability". Oppenlander encourages readers to make a fundamental change in their lives and to do it today. A must-read for all seeking to live a meaningful life, ***Food Choice and Sustainability*** uses logic, research, and real-life events to raise the level of awareness about food choice as it relates to sustainability and, ultimately, the survival of the human species.

#### Advance praise for ***Food Choice and Sustainability***

"The importance of Dr. Richard Oppenlander's work to save planet Earth and its animal inhabitants exceeds the importance of reversing epidemic diseases of gluttony, including heart disease, diabetes, and cancer."

— John McDougall, MD, Internist, Author, and Researcher

"Dr. Oppenlander's important work shows how the long-term health of our planet and its inhabitants will be determined, in large part, by our willingness to adopt a plant-based diet en masse. In reading *Food Choice and Sustainability*, one may find empowerment that such a simple and effective remedy can begin at our next meal."

— Brian Wendel, Creator and Executive Producer, Forks Over Knives

"*Food Choice and Sustainability* makes a powerful case for how we can protect our environment. This authoritative, no-nonsense guide tells it exactly as it is."

— Neal Barnard, M.D., President, Physicians Committee for Responsible Medicine

"Dr. Oppenlander's remarkable book clearly makes the case imperative ... We must raise our awareness and make ethical and moral food choices."

— Jon Stryker, President and Founder, Arcus Foundation

#### About the Author

Dr. Richard Oppenlander is a researcher, consultant, and lecturer on the topics of food choice and sustainability. Since 1976, Dr. Oppenlander has extensively studied the effect food choices have on our health and on our environment. He is the founder and president of an organic plant based food production and education business, operates an animal rescue sanctuary, and is the founder and president of the non-profit, Inspire Awareness Now, which educates institutions on sustainable food practices. Dr. Oppenlander has written numerous articles and serves as an advisor for world hunger projects, organizations, municipalities, and institutions. *Food Choice and Sustainability: Why Buying Local, Eating Less Meat, and Taking Baby Steps Won't Work* is his second book.

Dr. Oppenlander's debut book, *Comfortably Unaware*, is the winner of both the Eric Hoffer/Montaigne Award for best nonfiction book and the 2012 Indie Readers Award. Endorsed by such luminaries as Jane Goodall and Ellen DeGeneres, *Comfortably Unaware* tackles the crucial issue of global depletion as it relates to food choice.

"The thought of achieving sustainability must extend through many layers—economic, social, ethical—not just ecological—and ultimately be carried by our choice of foods." —Dr. Richard Oppenlander

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#### **Food Choice and Sustainability**

Why Buying Local, Eating Less Meat, and Taking Baby Steps Won't Work

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[www.comfortablyunaware.com](http://www.comfortablyunaware.com)



# The Vegan Woman

Savvy and Sassy Vegan Lifestyle

## Vegan vs. Plant Based: Is There Such a Thing as a Dietary Vegan?

Posted in: [Conscious Vegan](#) | August 31, 2013 at 11:05 am

**If the first thing that comes to your mind when you think of the word “vegan” is food, you’re not alone.**

Considering that the acquisition and consumption of food is something we partake in up to several times a day and for various reasons (and considering that [150 billion animals are killed each year mostly to be consumed](#)), it is easy to forget that there is much more to veganism than what we put in our mouths. Even Webster’s definition of a vegan, “a strict vegetarian who consumes no animal food or dairy products”, solely addresses the eating aspect of veganism.

**But in reality, the main aim of veganism is to avoid exploiting and harming animals for any reason.**

### Veganism vs. a plant-based diet

Some people draw a distinction between dietary vegans and ethical vegans; but **if one is only eating a plant-based diet for their own health, with no concern for the animals, can they be defined as vegans?**



In addition to abstaining from eating animals and their byproducts, the word “vegan” entails a desire to avoid all forms of animal abuse and exploitation. Vegans don’t wear animal skin and fur, use [animal based products in their households](#), and are not in favor of them [being used for entertainment](#) (circuses, rodeos, horse racing, bullfighting etc.) or experimentation purposes.

**So can someone who solely practices a plant-based diet call themselves vegan?**

**The objective of veganism is to liberate animals and not exploit them. It is therefore important to differentiate between a plant-based diet and veganism.** To say that you are vegan, and to wear leather or eat fish is a complete contradiction.

We may, in eager excitement, refer to people as vegan when they ditch animal-based foods in favor of plants upon learning the health benefits, but unless they also adopted a comprehensive understanding of the suffering inflicted on animals, referring to them as vegan is simply misleading. Bill Clinton, who is widely known as being vegan, stated “I do eat fish from time to time, a little fish”. While musician, Alanis Morissette, also a fish eater defines herself as 80% vegan, much to the chagrin of her vegan friends she says.

Can Someone like Bill Clinton, who eats plant based foods, be considered vegan? Photo credit: Jose Gil, Shutterstock



**You might also enjoy these related articles:**

- [Vegan, Vegan-Diet, and Vegan-ish: a Comprehensive Lifestyle Choice or a Plant Based Diet?](#)



- [Vegan Gone Mainstream: Happy Days](#)
- [Vegans who Go Back to Eating Animals](#)

A person who is on a plant based diet might still be participating in activities that involve animal exploitation.

Another point to keep in mind is that those who switch to a plant based diet with no real understanding of the effects their actions have on the animals, are more likely to “slip up” or go back to eating animal based products. They could, even, switch to a whole different diet if a new health trend comes up.

These examples and other situations in which animal exploitation is being performed by individuals who are on a plant based diet, make the distinction between veganism and a plant based diet so important.

### A plant based diet is a great stepping stone

**Veganism is much more than a plant based diet. But with all that said, it is important to remember that those who follow a plant-based diet are still benefiting the cause** (i.e. less animal deaths, smaller ecological footprint), even if they are only observing it for individual health reasons. Just as vegetarianism can be a stepping stone to veganism, so can a plant-based diet; and many people are more open to learning about animal suffering after they have already excluded the animal based foods from their diet.

It is important that we, as vegans, are supportive of those people who may very well be on their way to becoming vegan and understanding the full effect that their choices have.

Related posts:

[Can You Be a Feminist and Consume Dairy?](#)

[What's So Wrong With A Little Milk??](#)

[Suppression of Free Speech: the Animal and Ecological “Terrorism” Act](#)

Written by [Desiree Mehrez](#)

### Events

We invite you to create an event! It's easy. Just think of something you'd like to do, and decide on a date and time. Write up a few paragraphs and include your name and email address for RSVPs, then forward the information to [contact@vegact.org.au](mailto:contact@vegact.org.au) and we will publicise it for you! Then all you need to do is respond in a friendly way to anyone who RSVPs.

Some suggestions:

A restaurant meal in the day or evening, a brekkie get-together, a walk, a picnic. A bike-ride, a potluck in your home, a talk.

This is your Society – let's enjoy creating some fun times together :) If you've never organised something before, don't be afraid! We're happy to help if you're not quite sure what to do. And please think of coming along to our General Meetings, this is a good way to get more involved and to see how it all works.

## Update from A Poultry Place 18 December 2013

I don't need a calendar to tell me the year is drawing to a close as the days are getting warmer (this week each day is forecast to be in the mid-to-high 30s!). In addition they are longer with day light coming just after 5am and the last of the bubs not going to bed till almost 9pm. It makes for long days but it is always nice to get home from work and have a few hours to potter around and enjoy the scenes here. Unfortunately the dam has dried up, which is hardly surprising given the far below average rainfall we've received during 2013. We are currently 228mm below the average and a lot less than what we had received this time last year, guess that's how they get averages, the fact that we have had a few good years makes the current situation that much harder to cope with.

It's also that time of the year when I reflect on what has passed and as I sit typing this looking out over the house paddock, where some new roosters are getting to know one another, I recall the 260 other beings I've been able to assist during the year; and the building projects which have resulted in three new safe and secure areas being constructed, including the section of the sanctuary known as Roosterville. During the year I was invited to speak to animal rights groups at the University of Wollongong and Macquarie University during International Respect for Chickens Month (May) and also hosted an open day that month which was attended by almost 50 people. In winter I was visited by members of the University of Sydney Animal Welfare Society and hosted an open day for the attendees at the inaugural Institute for Critical Animal Studies Oceania Conference, which was held in Canberra. I have to admit it was an honour to be invited to speak at the forementioned conference about the concept of being a sustainable activist and avoiding burnout, which is a topic of immense personal interest. I had done a similar talk at the Animal Liberation Activist Emotional Well Being Workshop in Sydney in March and was overwhelmed by the response to my presentation. It is personally satisfying that people are becoming increasingly prepared to talk about the toll activism can take on them and investigate ways of managing it — it is a sign of the growing strength within our movement. I was also pleased once again to have A Poultry Place be part of the Living Green Festival in October and recently had a few of the members of the Animal Lib group from Macquarie Uni come down for a working weekend and it was nice to be surrounded by so many keen young people willing to get their hands dirty. I am delighted that through the presence of A Poultry Place on Facebook I have contributed to the growing awareness amongst the general public of how poultry, the most exploited group of land animals on earth treated. Two recent projects undertaken on the site — *Twelve Days of Christmas 2013* and *The Truth About Ducks* have increased awareness of turkey and duck farming in Australia, with many of the stories being 'shared' and even attracting some abusive comments, which means that even the haters are reading it!

By the way if you haven't already I recommend you grab yourself a copy of Animal Liberation NSW's *Like a Duck Out of Water* report, which was recently released, to find out more about the dirty secrets of the duck farming industry — it can be downloaded at [www.aussieducks.com](http://www.aussieducks.com) While I'm at it don't forget the wonderful *Big Birds Big Cruelty* report on turkey farming in Australia, which is available at [www.bigbirdsbigcruelty.org](http://www.bigbirdsbigcruelty.org) Both resources will give you more than enough ammunition to counter any of the discussion you might face during the fast approach festive season when some may be sitting down to a roasted turkey or duck.

Again, throughout the year I have been struck by the kindness of people who have contributed to the ongoing functioning of the sanctuary. People who have given their time by assisting me in undertaking some of the building projects and chores, or donated materials that have been utilised here, as well as those who have contributed financially to the running of the sanctuary. In recent weeks I have heard from a couple who had a vegan wedding with a charity box in place of gift registry. They shared the contributions between their favourite animal sanctuaries, one of which was A Poultry Place! And then there is the woman who has requested donations be made to A Poultry Place in lieu of presents this Christmas. Running an animal sanctuary single-handed and funding it from your own pocket such gestures are particularly appreciated.



So I would like to take this opportunity to thank you for your ongoing interest in A Poultry Place. During the past month the family had grown a little. Parker (left) was a rooster who turned up in a Sydney car park and was befriended by a caring woman who fed him and earned his trust before my friends at NSW Hen

Rescue could collect him. He had a brief stay at one house but it didn't work out so I was asked if he could come here. Russell (right) was adopted as a youngster believed to be a hen but when he started crowing and once the neighbours began complaining a new home had to be found. It was touching to see his human, who brought him down from Sydney say goodbye to him.





Vanilla (left) was a five month old sheepie found wandering alone on a country road looking lost and lonely, with no other sheep around. Thankful two friends came across her and managed to catch her and bring her to safety here where she will live out the rest of her life without fear and in the company of her new family. Within a fortnight of her arrival, Vanilla, and the other 13 members of the woolly family were shorn.



Leo and Lawrence (below left) two hatching project by-products. These two gorgeous guys were destined to be killed before some caring people stepped in and brought them to sanctuary here. And then there is Penelope (below right), a three-and-a-half year old hen who lost both of her sisters in a fox attack. She was living on her own and pretty down and listless. Her human didn't want to introduce a bunch of new, younger hens and wondered if I could take her at a Poultry Place. She now lives with Rufus rooster and 10 new sisters and during the festive break I hope to introduce and integrate them to the main flock.

Finally you may be interested to know that an animated movie called *Free Birds* is scheduled for release here in Australia at the start of 2014. It promises to be for turkeys what *Babe* was for pigs and *Chicken Run* was for chickens. From what I see on paper I think it will get some people at least thinking about the way we humans treat turkeys. It focuses on a turkey called Jake who runs the Turkey Liberation Front and he teams up with another turkey,

Reggie, to travel back in time to the first Thanksgiving to prevent turkeys from becoming the traditional holiday meal. Woody Harrelson, the actor who is the voice of Jake, is well known for being an ethical vegan so I think that's a good sign. The fact that one US critic made a big deal of not taking his kids to see it during the Thanksgiving holiday over there underlines this — his article, which has been widely shared by people on social media, alleged that taking kids to see the film would wreck the holiday. The question begs but why? Too revealing to the real story about turkey exploitation I guess.



Have a good and restful festive season. I will be in touch again in the new year ♥

To visit A Poultry Place email [freechook@bigpond.com](mailto:freechook@bigpond.com)

Donations are welcomed and can be sent to Bede Carmody, PO Box 976 Civic Square ACT 2608 or directly deposited into BSB 012925, ACCOUNT 484228991

Keep up to date with all the happenings here via Facebook- [www.facebook.com/apoultryplace](http://www.facebook.com/apoultryplace)



Come and join us for an afternoon of meeting the Little Oak residents, live Jazz, cruelty free wine and VEGAN cheese! What better way to enjoy a summers afternoon!

Ticket price covers guided tour, vegan cheese & nibbles and live Jazz. Wine and beer will be available for purchase (to guests over 18 years of age only).

Please ensure you have a designated driver.

Tickets from:

<http://www.eventbrite.com.au/myevent?eid=9528551153>





## New Year, New Vegan

With the New Year just around the corner it's time for New Vegans to emerge. If you're not already vegan make your New Year's Resolution one of compassion – join the 30 Day Vegan Easy Challenge and receive free comprehensive guidance on becoming vegan.

Benefits include improved health, a lighter eco-footprint and most importantly you'll be saving hundreds of lives.

Sign up for the 30 Day Vegan Easy Challenge at [veganeasy.org](http://veganeasy.org) and you will receive an information pack, regular emails with suggested recipes, a 30 day meal plan, guidance on nutrition, a shopping guide and the option of your own vegan mentor.

Check out [veganeasy.org](http://veganeasy.org) for more details.

Share with those you care about who aren't already vegan ♥ - Ed.



**NEW YEAR, NEW VEGAN**  
**Make a New Year's Resolution that really counts**  
**Join the 30 day Vegan Easy Challenge...**  
**VeganEasy.org**

SAVE LIVES, lighten your eco-footprint and improve your health by making one easy change - become vegan.

Join the Challenge at [veganeasy.org](http://veganeasy.org). Our Vegan Easy team will be there to guide and support you.

 Find us on Facebook [facebook.com/veganeasy](https://facebook.com/veganeasy)

**ANIMAL liberation** [alv.org.au](http://alv.org.au)

**UPROAR** **Living Vegan** **vegan AUSTRALIA** *Love life, live vegan.*  animal rights advocates inc. **Vegan Society NSW**

 **EDGAR'S MISSION** *our mission is kindness*  **ANIMAL LIBERATION**  **ANIMAL LIBERATION QUEENSLAND** [vivalavegan.net](http://vivalavegan.net)  **ANIMAL LIBERATION SOUTH AUSTRALIA**  **AACT** *against animal cruelty tasmania*



## Al Gore Goes Vegan

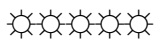
The InterWebs were abuzz this past week with the news that Former Vice President Al Gore has gone vegan.



The Huffington Post reported: "A Forbes article published on Saturday offhandedly mentioned that the 'newly turned vegan' is considering an investment in [Hampton Creek Foods](#), a startup working to replace eggs with a plant-based formula. The Washington Post followed up, learning from an individual familiar with Gore's decision that the climate activist resolved several months ago to stop using animal products and embrace a vegan diet.

Gore, winner of the 2007 Nobel Peace Prize for sounding the alarm about climate change, has faced criticism over the years for eating meat while at the same time fingering the meat industry as a global warming contributor. Gore's 2006 film, *An Inconvenient Truth*, touched on the issue."

Follow [this link to keep reading](#) about Al Gore's life-changing decision



### Some of the new products now available at Coles

From Ed.

#### Celebrate Health meal bases

Even the ones for making meat dishes are labelled Vegan-Friendly. Variety of flavours.

#### Rhythm Foods Kale Chips

Two flavours: Nacho and Pineapple. The latter is a bit different... The Nacho ones are probably like the kale chips you're used to.



### Dr McDougall's range of pot meals

I found the below at Supabarn in the city along with a few others, but Coles also has a range called "The Food Doctor" which are all vegan. All the varieties I've tried are delicious. Leave at work for a handy meal when you forget to bring your lunch.



## SUDOKU

Complete the grid so that every row, column, and each 3x3 boxes contains all and only the digits 1 through 9.



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## Find-a-word

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ANTICIPATE  
 BERRIES  
 BOXES  
 CAROLS  
 CHRISTMAS  
 CRANBERRY  
 DECORATE  
 DRESSING  
 FESTIVITIES  
 GADGETS  
 GOLDEN  
 HAPPY  
 LIGHTS  
 MEAL  
 NIBBLE  
 OCCASION  
 PARTY  
 POOLSIDE  
 PUDDING  
 ROASTED  
 SAUCE  
 SINGING  
 SPIRIT  
 TIDINGS  
 TREE  
 VEGAN  
 WONDER

BAUBLES  
 BOOKS  
 CAKE  
 CELEBRATE  
 COOKING  
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 REUNION  
 SALAD  
 SEASON  
 SLEEPLESS  
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 MUSIC  
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 ORANGE  
 POINSETTIA  
 PRESENTS  
 RIBBONS  
 SALES  
 SHOPPING  
 SPICES  
 SUMMER  
 TOYS  
 UNWRAP  
 VISIT  
 WRAPPING

# RECIPES

## MAINS

### Huge Christmas sausage roast

From <http://mouthwateringvegan.com/2012/12/06/huge-christmas-sausage-roast/>

Step-by-step photos on website

#### Ingredients:

- 1 large white onion, very finely chopped and set aside
- 2 garlic cloves, finely chopped
- Zest of a lemon
- 2 cups of vegan mincemeat (I use Linda McCartney's mince)
- 6 vegan sausages (again Linda McCartney's) – pre-thaw for 40 mins or so
- 1 tsp dried, or 1 tbsp freshly chopped rosemary
- ½ tsp dried or 1 tsp fresh sage, finely chopped
- ¼ tsp nutmeg
- ½ tsp curry powder
- 1 tbsp HP Brown Sauce (or equivalent)
- 1 tbsp fresh flat leaf parsley, chopped
- 2 sliced brown bread processed into breadcrumbs
- 1 cup (8oz) firm silken tofu
- Salt to taste
- ¼ tsp vegetable granules or veg stock
- 1 pack (640g) puff pastry pre-thawed and set aside on a plate in the fridge

#### Method:

- First process your onion in the food processor and transfer into a large mixing bowl
- Then process your bread in the processor and add to the processed onion
- Repeat the same step with the sausages and add to the mix, together with the veggie mince
- Next, process your tofu until smooth before adding to the mix
- Add in your herbs and all the remaining ingredients, and with very clean hands, massage the mix before forming it into a large ball
- Then roll the ball into a large sausage, and using cling film, wrap it as you would a Christmas cracker
- Now do the same, this time with foil
- Steam the sausage for 15 – 20 mins in a large saucepan
- Now roll out your puff pastry into a large rectangle approx. 12x6 inches, then place sausage in the centre lengthways and roll the pastry around it
- Gently place it on a greased baking dish, pour a little oil of your choice around, together with a few sprigs of rosemary, cover in foil and bake in the oven on a low heat (150C) for 35 mins
- Now uncover and bake until nice and golden
- Remove from oven and serve with sides and gravy of choice



### Polenta with sundried tomato and herbs

From 'The Ultimate Book of Vegan Cooking' by Tony and Yvonne Bishop-Weston via Jyoti – thanks

Serves 4

#### Ingredients:

- 750 mls water or stock
- 1 teas. Salt
- 175 grams (1 cup) polenta
- 4 sun-dried tomatoes, chopped
- 2 tbs. olive oil or margarine
- 5 tbs. chopped fresh parsley, thyme, basil, oregano, plus extra to garnish
- Olive oil for greasing and brushing
- Salt and ground black pepper

#### Method:

- Prepare the polenta in advance. Place stock or water in saucepan with the salt. Bring to boil, lower heat, slowly pour in polenta and stir with a wooden spoon
- Stir the mixture constantly, using a figure 8 action, over a medium heat for five minutes, until the polenta begins to thicken and come away from the sides of the pan
- Add the sun-dried tomatoes and stir well
- Remove from heat and continue stirring for another minute or two. Stir in the olive oil or margarine, herbs, salt and pepper
- Transfer mixture into wide, greased pan or glass or ceramic dish. Spread evenly and cover with baking parchment. Put in cool place until set
- Turn out onto board and cut out rounds with cookie cutter. You can also cut into squares or diamonds. Brush with oil
- Heat griddle pan and lightly brush with oil. Cook for 5 mins, turning them once.



Nice served with grilled tomatoes. I cooked in Breville griller with lid slightly up - Jyoti

### Pecan nut roast

From Ness on [http://vegsoc.org.au/recipe\\_details.asp?RecipeID=245](http://vegsoc.org.au/recipe_details.asp?RecipeID=245) - thanks

A great dish for vegans and meat eaters to share  
10 minutes preparation, 40 minutes to cook

#### Ingredients:

- 1 small onion
- 170g/ 6oz/ 1cup pecans
- 170g/ 6oz/ 1cup wholemeal breadcrumbs
- 2 tbsp chopped parsley
- 140g/ 5oz tomato puree or paste
- 230mls/ 8fl oz / 1 cup water (possibly bit more)
- Salt and pepper to taste

**Method:**

- Preheat oven to: 375f / 190c GM5
- Grate onion and chop nuts
- Combine all ingredients in a mixing bowl and combine well
- Transfer into a loaf tin and bake for 40 minutes, or until brown on top.

Great hot as roast, or cold on pitta with salad and sauces. Enjoy!

**Stuffed white nut roast**

From Maureen on

[http://veqsoc.org.au/recipe\\_details.asp?RecipeID=255](http://veqsoc.org.au/recipe_details.asp?RecipeID=255) - thanks

Ideal for the festive season

**Ingredients (roast):**

- 2 large onions finely chopped
- 2 tablespoons olive oil
- 4 tablespoons plain flour
- 300 ml water
- 225 grams each of cashews and blanched almonds finely grated (or substitute all macadamias!!)
- 225 grams fresh white breadcrumbs
- 4 tablespoons lemon juice
- salt and freshly ground black pepper
- freshly grated nutmeg

**Ingredients (stuffing):**

- 175 grams fresh white breadcrumbs
- 4 tablespoons olive oil
- 1 small onion grated
- grated zest of one lemon
- 1 teaspoon mixed herbs
- handful fresh parsley, chopped
- parsley sprigs and lemon slices, to garnish, optional

**Method (roast):**

- Preheat oven to 190C. Grease a 900g loaf tin and line with greased non-stick baking paper
- Fry the onions in the oil in a large saucepan, gently, covered, for about 10 minutes, or until they are tender. Stir them occasionally and don't let them brown
- Add the flour to the onions, stir for a moment, and then stir in the water and stir until thickened.
- Remove from the heat and add the nuts, breadcrumbs, lemon juice and salt, pepper and grated nutmeg. Leave to one side.

**Method (stuffing):**

- Put the breadcrumbs into a bowl and add the rest of the ingredients, and a little salt and pepper. Mix with a fork until combined, then form into a flat rectangle the size of the loaf tin.

**To assemble:**

- Spoon half the nut mixture into the prepared loaf tin, smooth the surface level, then place the rectangle of stuffing on top
- Cover with the remaining nut mixture, smooth the top with the back of a spoon
- Bake in the preheated oven for 1 hour, or until

- firm in the middle and lightly browned on top
- When ready, remove it from the oven and leave stand for 4 - 5 minutes, then slip a knife round the sides to loosen, invert a warmed serving plate on top, and turn out the nut roast
- Garnish with the parsley and lemon slices if using

*I made this for Christmas a couple of years ago and it was delicious – Ed.*

**Glazed lentil walnut apple loaf, revisited**

From <http://ohsheglows.com/2012/10/05/glazed-lentil-walnut-apple-loaf-revisited/>

Adapted from [2011 recipe](#), which was adapted from [Terry Walters](#).

Yield: 1 large loaf or various mini loaves

**Ingredients:**

- 1 cup uncooked green lentils
- 1 cup walnuts, finely chopped and toasted
- 3 tbsp ground flax + 1/2 cup water
- 3 garlic cloves, minced
- 1.5 cups diced sweet onion
- 1 cup diced celery
- 1 cup grated carrot
- 1/3 cup peeled and grated sweet apple (use a firm variety)
- 1/3 cup raisins
- 1/2 cup oat flour
- 3/4 cup breadcrumbs
- 2 tsp fresh thyme (or 3/4 tsp dried thyme)
- salt & pepper, to taste (I use about 3/4 tsp sea salt + more Herbamare)
- red pepper flakes, to taste

**Balsamic Apple Glaze:**

- 1/4 cup ketchup
- 1 tbsp pure maple syrup
- 2 tbsp apple butter (or unsweetened applesauce in a pinch)
- 2 tbsp balsamic vinegar

**Method:**

- Preheat oven to 325F (170C). Rinse and strain lentils. Place lentils into pot along with 3 cups of water (or veg broth). Bring to a boil and season with salt. Reduce heat to medium/low and simmer, uncovered, for at least 40-45 minutes. Stir frequently & add touch of water if needed. The goal is to over-cook the lentils slightly (see pictures in post). Mash lentils slightly with a spoon when ready.
- Toast walnuts at 325F for about 8-10 minutes. Set aside. Increase oven temp to 350F (180C)
- Whisk ground flax with water in a small bowl and set aside.
- Heat a teaspoon of olive oil in a skillet over medium heat. Sauté the garlic and onion for about 5 minutes. Season with salt. Now add in the diced celery, shredded carrot and apple, and raisins. Sauté for about 5 minutes more. Remove from heat.
- In a large mixing bowl, mix all ingredients together. Adjust seasonings to taste.
- Grease a loaf pan and line with parchment paper. Press mixture firmly into pan. Whisk



glaze ingredients and then spread half on top of loaf. Reserve the rest for a dipping sauce.

- Bake at 350F for 40-50 minutes, uncovered. Edges will be lightly brown. Cool in pan for at least 10 minutes before transferring to a cooling rack. I usually wait until loaf is cool before slicing.

I used to have a problem with my lentil loaves falling apart on me. I've since discovered that it really helps to over-cook the lentils a bit, so the consistency of the lentils is doughy, almost like mashed potatoes. As you can see in the photos, the lentils are the perfect consistency to bind with the other ingredients.

In addition to playing around with the ingredients, I also switched up the sizes of the tins/pans:

Trial 1: I made 4 mini loaves (the green and red ones).

Trial 2: I used a muffin tin. I got about 16 portions out of the batter which was great, but I made the mistake of using paper muffin liners and they completely stuck to the paper. Next time I will grease the tins well and not use paper liners. I also cooked them a bit too long (40 mins at 350F) and they dried out more than I'd like.

Trial 3: I made 2 medium-sized loaves using 9x5 loaf tins and baked for about 45 minutes or so. Keep in mind you can also use one big loaf tin too!

The loaves freeze well too. Just make sure to fully cool the baked loaves before wrapping and freezing.

If you are looking for a nut-free version, you might want to try using toasted sunflower seeds. I probably wouldn't use a full cup of seeds, but maybe 1/2-3/4 cup. For a gluten-free loaf, use GF oat flour and breadcrumbs and of course be sure to check all other ingredients.

As for serving suggestions, this loaf is great paired with applesauce, sautéed greens, and mashed/roasted potatoes.

## **DESSERTS**

### **Christmas trifle**

*From Clare O'Sullivan – thanks*

My grandma's recipe, veganised by me

1. First make a vegan sponge cake. You could use any vegan cake recipe but the one that follows is the one I used.

#### **Ingredients:**

- 500mL soy milk
- 2 tsp apple cider vinegar
- 360g plain flour
- 50g corn flour
- 2 tsp baking powder
- 1 tsp bicarbonate of soda
- 450g caster sugar
- 160ml sunflower oil
- 4 tsp vanilla extract

#### **Method:**

- Preheat oven at 180
- Gently whisk the vinegar with the soy milk, this will cause the soy milk to thicken slightly
- Then in another bowl, sieve together the flour, cornflour, baking powder, bicarbonate of soda and sugar
- Next add the oil and vanilla to the thickened soy milk and combine

- Pour the wet ingredients into a well in the centre of the dry ingredients, combine until there are no lumps
- Pour mixture into a lined tin and bake for about 45 minutes (my oven is a bit slow though so it may be less in a different oven). When it is springy and a fork comes out clean it is ready. Let the cake cool.

#### 2. Make the first layer

- Purchase some vegan jelly crystals (I use cherry flavour from the Indian shop in Belconnen) and prepare the jelly crystals with hot water. How much jelly you need depends on the size of the bowl. I use ½ a packet per layer.
- Next cut the cake into chunks so you can arrange it into a layer in the serving bowl and then pour the jelly over the top.
- Put it in the fridge and let the jelly set

#### 3. Next is the fruit layer!

- Once the jelly has set, you can put your fruit layer on. I used canned pitted cherries from Coles

#### 4. The final layer (custard!)

- Make some vegan custard, I use Foster and Clarke custard powder and I make according to the instructions but I soy milk instead and make the custard thicker by adding 50% more powder than the packet says (i.e. Use 3 tablespoons instead of 2 tablespoons)
- Put in the fridge again so the custard sets

5. Then repeat the layers again so you have 6 layers in total and then top the trifle with toasted slivered almonds

Enjoy!! :)

### **Ginger cake**

*From Toni Pye – thanks*

This recipe is adapted from a cupcake recipe in Chloe Coscarelli's first cook book - she has some recipes on her website too if anyone keen.

#### **Dry ingredients. Combine:**

- 2 cups flour\*
- 1 cup sugar
- 1 tsp baking powder
- half tsp baking soda
- pinch of salt
- 3 generous tspns ground ginger
- 1 tsp nutmeg
- half tsp cinnamon  
(you can also add some ground cloves if you wish)

#### **Combine wet ingredients in separate bowl:**

- 1 cup pureed pumpkin\*\*
- 1 cup coconut milk

- half cup canola oil
- 2 tbsps apple cider vinegar
- 2 tbsps good vanilla extract or maybe vanilla bean paste if you want to be really fancy :)

**Method:**

- Add wet mixture to dry mixture and only mix to combine.
- Put into cake tin of your choice already lined with baking paper.
- Pop in moderate oven - say around 180 degrees depending on your oven - and bake for roughly forty minutes. Keep an eye on it, if cake is browning on top but still not cooked through just turn heat down and cook longer. Very moist cake so lower, longer heat is better :)

Make a cup of Real Chai while you wait and when it is done YUMMO :)

\*you can use plain but I use SR in spite of the fact there is baking powder and bi-carb - I like the result - nice bubbly mixture gives it some "bounce"

\*\*I use butternut and bake it covered in foil and then puree in processor

*This cake is scrumptious – Ed.*

**Coconut milk and agar-agar dessert**

*From Jyoti Dambiec – thanks*

**Ingredients:**

- 2 grams agar-agar powder
- 200 mls water
- 100 mls coconut milk
- 30 g sugar Vanilla essence
- Optional: some fruit

**Method:**

- Put cold water and agar-agar powder in a saucepan. Stir and bring it to boil
- Turn heat down and keep it boiling for 1-2 mins
- Take it off the heat and add coconut milk and sugar
- Cut fruit into small pieces and place them in container
- Pour agar-agar/coconut milk mixture into the container. Cool in fridge until it sets

Nice made in small moulds. I made 3x recipe and changed quantities a little to use the whole tin of coconut milk:

400 mls tin of coconut milk, 500 mls water, 90 g sugar, 6 grams agar-agar - Jyoti

**EXTRAS****Healthy Egg-free nog**

*From Meatout Mondays [recipes@meatoutmondays.org](mailto:recipes@meatoutmondays.org)*

Chocolate Covered Katie does it again with this fabulously healthy, perfect-for-the-holidays, vegan eggnog recipe -- with some added protein-boosting

goodness. This is a single-serving recipe, so be sure to double or triple up if you're making it for more than one person. It's smooth and delicious hot or cold.

**Ingredients:**

- 1 cup of dairy-free milk
- 1/2 cup Mori-Nu Silken-Firm Tofu. See link below for a few soy-free substitutions
- 1/2 tsp. lemon juice (optional)
- 1/8 tsp. salt
- 2 tsp. sugar or xylitol
- 1 Tbsp. sugar (or other sweetener)
- 1/2 tsp. pure vanilla extract
- 1/2 tsp. cinnamon
- 1/4 tsp. each nutmeg and ginger
- tiny dash of cloves
- optional: a little rum if desired

NOTE: Can be sugar-free and/or soy-free -- [click here](#).

**Method:**

- Combine all ingredients and blend until smooth
- Drink cold, or heat if desired

Recipe and photo courtesy of [Chocolate Covered Katie](#).

Serving = 1.5 cups. Makes 1 serving. Amount per Serving: Calories 211, From fat 45; Total Fat 5g, Saturated Fat .8g, Trans Fat 0g; Cholesterol 0mg; Sodium 407mg; Total Carbohydrate 32g; Dietary Fibre 1.9g; Sugars 28g; Protein 9g; Vitamin A 10%, Vitamin C 2.9%, Calcium 48%, Iron 11.4%

**Summer mango masque**

*From me! – Ed.*

**Ingredients:**

- 1 delicious ripe mango of choice

**Method:**

- Cut cheeks off mango
- Eat what's left on the seed
- Chew as much flesh off the cheeks as possible, without tearing skin
- Rub skin all over clean face until covered in mango juice/pulp
- Allow to dry
- Rinse off mango and moisturise
- Enjoy soft, smooth skin and belly full of mango

**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.*



# CONTACT US

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## Answer to Who Said That?

"I became a vegetarian out of compassion for animals and to live as healthy as possible. I realized soon after that I was truly concerned with nonviolent consumption and my own health, a vegan diet was the best decision."

— *Davey Havoc, Lead Singer of AFI (1975–)*

### Sudoku Solution

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

### Find-a-word Solution

W L J N A G T S S E L P E E L S C E S G X W V F H  
 E Y A K H I N F Q D H U M B U G N E A R B H F A O  
 K C X E D G O T V A L P S D I O U L E X E M O L  
 A N O I M I O T S P O R R T P O C Z A E S M R L I  
 C S P A I N M P E S U Y W P M C R O T B E B T D  
 L S V P S G M C E S E D A N O M A U T I R A U A  
 C R A N B E R R Y N N R O D H U S V W N N M A N Y  
 S D E C O R A T E S W I D I O A T E I G P U S T O  
 N E S O G B H D Y E S E R E N T O D L S Z Q T E F  
 O N E O T R L O A A R E G P I G N E L B B I N T J  
 B D L K T E T T M E T B S E L B U A B M R M E A Y  
 B G A T Z A D T U D M R S E L B A T E E V S P O  
 T N S N A D S L N B B E E F U L L E J N C V E T R  
 R I D G I R A E E D Z Q S V T R M X Y T U R C A  
 V S T N R E L R J L S E D T S L O O P C V X P I N  
 R I G H M R D S L U C G Y J B E B E R R I E S T G  
 E S C M A E N O H M E R N C R P D Q M E S T G N E  
 E W U G T D L O N O R G A I C U S T A R D K E A L  
 H S M S R B G P S E P R A C K Y L I M A E N O D N  
 C R A F A T O A M A D P L I K C A R O L S K O O K  
 E O E C A B L R X S E I B S E Q T L U R F H W B  
 R I A T W E D T G T G S O N O D R T G A D G E T S  
 Q M E P N L E Y R H L X M O G U B S G R A V Y Z  
 O I N S U L N E T U E M U S T I C A V U Y P P A H  
 E A Q T J S E S S S L T E H D O H H E V O L J T P

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