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articles, recipes, suggestions and comments to me at [newsletter@actveg.org.au](mailto:newsletter@actveg.org.au).

*Tracey Lofthouse, Ed.*

### Who Said That?

Who was it who said...

"If a rabbit defined intelligence the way man does, then the most intelligent animal would be a rabbit, followed by the animal most willing to obey the commands of a rabbit."

Answer at the end of this newsletter

## WELCOME



to the Autumn edition of your newsletter.

Yay! Autumn, my favourite season in Canberra. The colours on the trees and the dropped leaves are beautiful and the weather mostly isn't too cold. It's a good time of year to get new

plants in the ground while the earth is still warm. It's starting to get a bit frosty but the still, sunny days are wonderful.

The AGM was held in February 2014, and we have a new Committee to introduce.

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. Thank you very much to all the contributors this time, and please continue to send

### Facilitator's report

At the AGM on Sunday 2 February, a new committee was formed. We are delighted to welcome some new committee members, and to retain some of our existing members. You can read more about us on page 3.

Sadly, we said farewell to our wonderful Treasurer, Natasha Bourke. We wish her luck in all her future endeavours and look forward to seeing her at Society events.

After countless years of tireless service, Jyoti has stepped down from her Facilitator and stall coordinator roles and is looking forward to continuing on the committee in a creative activism role as the liaison for the AnimalACTivism Collective.

In an effort to spread the load that Jyoti shouldered with such enthusiasm and energy, and to continue our pathway towards a more collective approach, we have created a number of facilitator, coordinator and support roles.

Rowena

## Outgoing Facilitator's report

Dear everyone

It's been a privilege and wonderful learning experience being President and facilitating our little Society for so many years. Here's a tiny bit of history. You can find more about this on the website. [www.vegact.org.au](http://www.vegact.org.au) The ACT Vegetarian Society was founded in 1990 by Kimberley Roberts & Cor Stridger. Kimberley was president for the first five years. Mike O'Shaughnessy served in a leadership capacity for 4½ years, Robert Davy for one year and I've been around in that role for 13 years, first starting back in 1995. On 21 February 2012, the Society changed its name to include 'vegan' at a General Meeting where all members were able to vote.

I'd like to thank everyone who has helped on the committee at varying times and participated in so many other ways. A new committee was appointed at the last AGM and it's wonderful to be able to leave knowing things will be continuing on in a positive and useful way. I am happy to have been part of moving the Society towards working in a less hierarchical manner and pleased the group now has two Facilitators and a bunch of 'coordinators' rather than one 'President' at the helm.

I will still be involved with activism in varying ways including, of course, the promotion of veganism and animal rights. My energy will be channelled into working with the AnimalACTivism Collective and the looser and freer style that is possible in a collective like this. At some stage before too long I'm thinking of offering vegan cooking classes as there seems to be a real need for these. So, maybe catch some of you at one of these or at an action somewhere! If anyone is interested in being involved with AnimalACTivism Collective actions please contact me on [activism@vegact.org.au](mailto:activism@vegact.org.au).

The gist of this collective is to provide an outlet for creative types to connect and network and initiate non-violent actions in a more spontaneous way, minus committees and a formal structure. It's basically a space where individuals can come up with an idea for activism and then let others know about it so they can be involved if they wish.

Here is a little run-down of some of the events ACTVVS did last year:

- Organisation of Running Raw talk and raw vegan meal at Sweet Bones
- Picnics across Canberra
- Restaurant meals and café events – mostly organised by Lisa Green
- Little Chickens 'Mamabakes' and get-togethers
- Variety of stalls including at the Canberra Environment Centre's Harvest Festival
- Potluck dinners
- Leafletting with Animal Lib at RSPCA Million Paws Walk
- Participation in Animal Lib kangaroo cull protest at the ACT Legislative Assembly
- Participation at live animal export rallies and the National Day of Climate Action
- Providing information and vegan food at the Anzac Peace Vigil
- Vegan barbeque at the Climate Action Canberra solar event.

So, that's it from me! Farewell, and I hope to see some of you around in the coming years. In vegan solidarity.

Jyoti



### Vegan ACT Events

We invite you to create an event! It's easy. Just think of something with a vegan theme that 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.

We also encourage you to RSVP if you intend on coming to an event, as this is a great help to the organiser and for catering purposes, and means we can contact you with any changes.

## Meet the committee

The AGM was held on Sunday 2 February 2014. Meet the 2014 Vegan ACT Committee.



### Rowena (Website, MailChimp and Online Facilitator)

[contact@vegact.org.au](mailto:contact@vegact.org.au)



Going vegetarian in 1996 was the best thing I had ever done until I went Vegan in February 2011 after reading the [Why Veg?](http://www.animalsaustralia-media.org/documents/why_veg/why_veg_2008.pdf) booklet ([www.animalsaustralia-media.org/documents/why\\_veg/why\\_veg\\_2008.pdf](http://www.animalsaustralia-media.org/documents/why_veg/why_veg_2008.pdf)). I just wish I had seen the light earlier!

I've shown PETA's gentle but highly informative ['A Chicken's Life' comic book](#) to many people over the years and they are always extremely shocked and angered by what happens to billions of chickens each year ([www.scribd.com/doc/14173113/A-Chickens-Life-PETA-Comic](http://www.scribd.com/doc/14173113/A-Chickens-Life-PETA-Comic)).

It would be great to create similarly effective resources that highlight the wonder and plight of other animals. In mid-2012, I watched [Earthlings](#). It strengthened my resolve and prompted me to write my very first song. I adore being Vegan so I am proud to be part of an organisation that helps people make kinder, greener choices and live happier, healthier lives as shown in the joyful song ['Wha Me Eat' by Macka B](#) (<http://www.youtube.com/watch?v=FLqjLn0W5K0>).

### Jacky Sutton (Outreach Facilitator)

[outreach@vegact.org.au](mailto:outreach@vegact.org.au)

Jacky Sutton, who will be taking on the role of facilitator, landed in Canberra in October on a skilled migrant visa after almost two decades working with the United Nations in war zones around the world. 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 enrolled as a scholarship PhD candidate at the Centre of Arabic and Islamic Studies at The Australian National University, working as a communications advisor for UN Women Australia and otherwise keeping busy with the ACT Vegan and Vegetarian Society and HerCanberra.



### Dieter Dambiec (Treasurer and Public Officer)

[treasurer@vegact.org.au](mailto:treasurer@vegact.org.au), [membership@vegact.org.au](mailto:membership@vegact.org.au)

I became vegetarian in 1976. I am now vegan. I've been in the legal profession for 29 years, including Master of Laws in Human Rights and Social Justice.

I enjoy all kinds of music, kayaking, walking, cycling, theatre, and being in nature.

Along with my wife Jyoti, I have raised three children who are all now adults and are life-long vegetarians. I have been doing meditation and yoga for 38 years.

### **Tracey Lofthouse** (Newsletter Editor)

[newsletter@vegact.org.au](mailto:newsletter@vegact.org.au)

I am a vegan of six years and a vegetarian of 16 before that. I've been a member of the society for about eight years and this is my seventh year on the Committee. Being involved in the shaping of Vegan ACT is a really worthwhile job and very rewarding – something I recommend trying out, even just for a year.

I just love being vegan and only wish I'd done it much sooner. The sense of community with like-minded people and the connection with all beings is indescribably wonderful. I've tried many delightful new foods and had a lot of great experiences with lovely people since becoming vegan.

I love the fact that my life choices do not support a cruel and oppressive culture of breeding non-humans for exploitation by humans, and as a bonus my choices are far better for the environment. My health is great as well, but for me the animal rights and anti-cruelty stance is paramount.

I'm trying to turn myself into one of those people who enjoy exercise, for my own good. I also enjoy singing, martial arts, travelling and spending time in nature and hanging out with friends. I founded and continue to help organise Canberra's own vegan festival, the Living Green Festival, held in Canberra every October.



### **Jyoti Dambiec** (Animal ACTivism Liaison)

[activism@vegact.org.au](mailto:activism@vegact.org.au)

I became a vegan in June 2011. Prior to that I was a vegetarian for 29 years. I eat a 'satvik' yogic diet, which excludes eggs, onions, garlic, mushrooms and alcohol - and now also excludes dairy products. I have raised three children with my husband Dieter, who are all now adults and life-long vegetarians. I am a ceramic artist and until recently was an art teacher at Orana Steiner School. I have been practising meditation and yoga for 32 years.



Things I enjoy: vegan and social justice activism, organic gardening, visual and performing arts, music, reading, meditation and yoga, walking, cycling, kayaking and social times with friends and family.

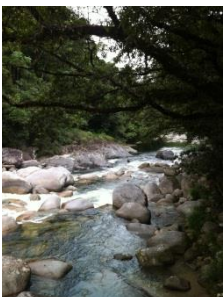
### **Sara Vancea** (Environment Coordinator)

[environment@vegact.org.au](mailto:environment@vegact.org.au)

Hello, I am the Environment Coordinator of ACTVVS, which is the part about how the animal food industry impacts the environment and importantly, how it is one of the major contributors to Climate Change. Crossing the divide between environmentalists and vegans.

What seems debatable between the environmental groups, international organisations and advisers is whether the animal food industry causes 20% or 50% of all global greenhouse emissions. Even at 20% this is a huge cause for concern! The overwhelming majority of scientists say we are in a climate emergency, so to help mitigate this emergency we must create a sustainable food industry and therefore a plant-based diet.

I am also interested in making healthy-vegan-food available, for everyone.



### **Clayton McDonald** (Environment Support)

for the animals ... for the people ... for the planet

## Mark White (Social Events Co-ordinator and Membership Secretary)

[social@vegact.org.au](mailto:social@vegact.org.au)

I started questioning where the meat on my plate came from at a very young age. I just couldn't understand that we could be eating animals when animals were my friends. This prompted me to become a vegetarian when I was ten. When I was about twenty I discovered that I had an allergy to dairy products, so I cut them out of my diet and I went the whole hog and became vegan a few years later. Originally from Melbourne, I have been in Canberra for the past ten years, working in the public service.

I love music, and if you are out in Canberra you may see me dancing somewhere, or singing karaoke in a bar. I also really enjoy cooking as I find it both relaxing and creative.



## Michelle Swann (Bite Club)

I committed to veganism in January 2014 alongside my partner Gareth, after a harrowing period of discovery concerning the animal product industry.



For the last few years we had been attempting to eliminate products sold by unethical companies from our shopping list with the help of the Shop Ethical guide (a very enlightening publication/app). One fateful day we read about the short, horrific lives of bobby calves, and probably a week later our plates were free from animal products, after more probing into the world of animals who are considered commodities.

Looking back it's clear that the path we were choosing was leading to veganism, we just didn't know it at the time.

I never experienced anyone wanting to discuss the reasons to choose a vegan diet, which leaves me convinced that there would be so many more people willing to change their habits, if only they knew the repercussions of their choices for animals and the bounty of options available for vegans.

Becoming vegan has been so easy, rewarding, life-affirming and delicious. I've never felt greater purpose, or felt better looking an animal in the eye.

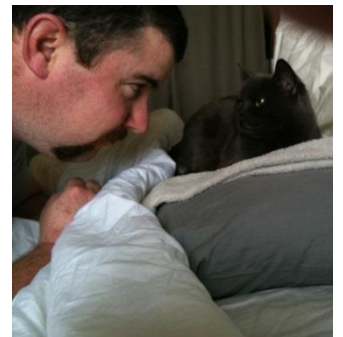
I can't wait to introduce veganism to others, and find ways to make it easier for people to change for the better.

## Gareth Ballard (Bite Club)

My partner Michelle and I became vegan in January of 2014. We had initially got into the ethics through everyday shopping and taking an interest in where our money was going because of our purchases. Then after reading about the practices in farms and slaughterhouses, it was clear that there was no ethical way to pursue an animal based diet. One moment of clarity that stands out to me was reading Jonathan Safran Foer's 'Eating Animals,' and basically being asked what it is that makes a domestic pet any more deserving of respect than a farm animal. As a lifelong animal lover, the lack of distinction was deeply troubling.

I've always enjoyed cooking, and with the huge amount great vegan cookbooks and websites available I've had so many new and delightful experiences. I couldn't imagine ever running out of inspiration. I really enjoy showing others how tasty and nutritious vegan food can be.

I've never felt so at peace with myself, and look forward to showing people how easy, fulfilling (and yummy) it is to live without animal products.



## Dr Will Tuttle live in Canberra

Canberra Club, 12 February 2014  
By Sara Vancea

Dr Will Tuttle is the author of *The World Peace Diet* and he spoke to a Canberra audience of over a hundred people at the Canberra Club on 12 February 2014.

The talk covered the negative ethical, environmental and health aspects of the animal food industry, including dairy. Organised and hosted by ACTVVS, the night was a great success and we hope to host more talks on veganism and why it is the better choice ... for the animals ... for the people ... for the planet.



An interview with Dr Will Tuttle about his book and the Canberra talk is available at <http://mpathe.org/?cat=19>

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## Veggie Bytes

By Jacky Sutton

Welcome to Veggie Bytes, a regular column addressing questions that vegans are often asked. Some of these questions are made in good faith.

“Milk is good for you, so why are you against it?”

There are two issues here: human health and animal welfare.

**Human health:** Humans are the only species on the planet that regularly drink the milk of other mammals beyond infancy. Cow milk, like human milk or camel milk or cat milk or possum milk or any other milk produced by a mammal mother for her mammal baby, has evolved to provide species-specific nutrients to very young beings.

Polar bear milk makes baby polar bears really fat in about two weeks because polar bears live in cold places where a thin cub would die. Gazelle milk enables baby gazelles to develop the capacity to run really fast in a couple of hours – while cheetah milk enables cheetah cubs to run even faster in about six months, thus giving baby gazelles the chance to develop other capacities to ward off their predators and stay alive.



Cows' milk is rich in lactose, a sugar that is digested in the intestinal tract of, er, cows. Humans do not have the ability to digest lactose, and often suffer from bowel cramping, diarrhoea, bloating, eczema, vomiting and inflamed mucous membranes when they drink cows' milk. There is a healthy pharmaceutical industry response to this in the form of antacids, anti-diarrheals, laxatives, skin lotions and other responses to the physiological rejection of a non-food food.

This of course is not part of the dairy industry advertisements, which feature healthy children developing strong bones and teeth from a diet rich in milk, cream and sugary ice-cream. This “Western diet” has contributed to a global crisis of obesity, osteoporosis, diabetes, heart disease and cancer – to which the pharmaceutical industry has a healthy response in the forms of diet formula, chemical alternatives to food and expensive calcium supplements.

Lactose intolerance is one of the most commonly reported food allergies globally. Ironically, pasteurisation – boiling milk at very high temperature to destroy TB bacteria – also makes milk harder for humans to digest.

One of the many myths about cows' milk is that it is good for human bones and therefore essential for growing children and women. This is not true – cow's milk contains excess quantities of methionine, an amino acid found in mammals that helps in digestion by dissolving food in an acid bath. The acidity of the cows' milk methionine is fine for calves but too acidic for humans. Cows digest their food by regurgitating it and swilling it in strong acid; humans do not. When humans drink cows' milk their bodies compensate for the high proportion of methionine by leaching calcium from the skeleton, thus increasing the risk of osteoporosis.

Another thing to think about while reaching for your ice-cream or daily glass of milk is the fact that cows are fed a toxic diet of hormones, mainly oestrogen, to make them produce more milk. They are also almost always pregnant while being milked, adding to the hormone-load which has been linked to early onset puberty in human children and to hormone-dependent cancers such as testicular, prostate and breast.



Animal welfare: Like humans, cows produce milk when there is a sufficient hormone load to indicate pregnancy. But milk cows are not always pregnant when they lactate; instead they are injected with excessive quantities of oestrogen (which gets passed on to humans through the milk). However the majority are artificially inseminated on a regular basis so that their natural hormones kick in as well as the artificial ones. Cows, like humans, bear live babies so their pregnancy is also a period of hormonal changes aimed at producing a bond between mother and child. Like women, cows experience mood changes and are hard-wired to learn to love their baby before it is born. Unlike women, cows are never allowed to.

If you have any questions you'd like Jacky to address, please email her at [outreach@vegact.org.au](mailto:outreach@vegact.org.au)

## An interesting look into Canberra's vegetarian past

By Edgar Crook

The National Library has recently completed the digitisation of the Canberra Times from its foundation in 1926 up until 1996.

So now that the newspaper is easily available to search I thought that I would have a look at how vegetarianism has been portrayed over the years.

There are 4,194 references to vegetarians or vegetarianism recorded over the years. Many of them relate to mentions of people and events outside of Canberra, but there are still some interesting items for the historians among us.

Some of the highlights are the first people alerting us to vegetarians living in the city through an advert in the 1 October 1955 edition by a 'vegetarian gentleman' seeking a room with full board.

If he had waited a few years the gentleman could have stayed with the next vegetarian advertiser for 'ACCOM, with vegetarian family available' which was available only nine years later on 31 December 1964.

By the late 1970s however, the majority of references to vegetarianism are for people looking for vegetarian housemates. From the number of listings adverts over the next decade it was seemingly a very popular diet.

There are fewer recipes and food columns than I would have expected in the early years, however there is a quite early vegetarian recipe which appeared on 31 March 1928.

**RECIPES**

**A VEGETARIAN DISH**

Put 1 oz. of rice into a pan, with stock to cover, add salt, and simmer gently until the rice has become soft and has absorbed the stock. Should it become too dry before it is properly cooked add more stock. Season well and stir in 3oz. of grated cheese. Remove the stalks from 6 to 8 tomatoes, and put the fruit into a baking tin, well greased with margarine. Sprinkle each tomato with salt and pepper, and place a small piece of margarine on each. Bake in a moderate oven for about 20 minutes. Taste occasionally.

When cooked, drain off the margarine and liquor in the tin on to the rice. Mix well, and arrange the rice on a hot dish. Serve the tomatoes neatly arranged on the top.

Note—Macaroni may be used in place of rice.

Canberra Times 31 March 1928 p3

There are also relatively early adverts for early health food shops.

**CLOSING DOWN SALE**

**Empty Jars,  $\frac{1}{2}$  gallon, 2/- each**

Bring your jars and bottles for —

<b>Vinegar .....</b>	<b>6/6 gallon</b>
<b>Vegemite .....</b>	<b>6/6 lb</b>
<b>Peanut Butter .....</b>	<b>3/3 lb</b>
<b>26oz oil .....</b>	<b>6/- and 6/6</b>

Good stock of vegetarian lines and diabetic foods

Most lines reduced to cost

**P.D.F. Health Shop**

**Bailey Arcade**

Canberra Times 23 June 1965 p17

**SHOP AND SAVE**  
all this week on these

**SANTARIUM**  
**FOOD VALUES**

<p>OUR FAMOUS <b>MIXED FRUIT</b></p> <p>only <b>35c 1lb</b></p> <p>CLEAN, MOIST</p>	<p>DELICIOUS SOFT <b>PRUNES</b></p> <p>substantive to <b>30c pkt</b></p> <p>THEY MELT IN YOUR MOUTH</p>	<p>CRISP FRESH <b>MIXED KERNELS</b></p> <p><b>30c 4oz</b> <b>58c 8oz</b></p>
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EXCITING NEW IDEAS FOR MENU PLANNERS  
WITH NO-MEAT PROTEIN FOODS

<p><b>HUT MEAT</b></p> <p><b>27c</b></p> <p>8oz TIN</p> <p>SIMPLY FRY OR GRILL</p> <p>SERVE WITH FRESHLY COOKED VEGETABLES</p>	<p><b>SAVOURY BROWN LENTILS</b></p> <p><b>27c</b></p> <p>8oz TIN</p> <p>JUST HEAT AND EAT</p>
<p><b>SLICED CHICKEN SOYA MEAT</b></p> <p><b>78c tin</b></p> <p>TASTES AND LOOKS LIKE CHICKEN</p>	<p><b>VEGETARIAN SAUSAGES</b></p> <p>ALL VEGETABLE PROTEIN</p> <p><b>44c</b></p> <p>10oz TIN</p> <p>QUICK, TASTY BREAKFAST</p>

**SANTARIUM FOOD CENTRE**  
Garema Place, Canberra City.  
(Our only Canberra address)  
You can always be sure of SANTARIUM

Canberra Times 27 March 1968

And also a rather tongue in cheek first review of Sesame - Canberra's first vegetarian restaurant.



## Eagle-eyed wordsmith assaulted

**A**PART from a resolve to get my cat elected to what men laughingly call the Legislative Assembly this year I have made very few new year resolutions.

I have, however, resolved that I will be even more snide and fussy about decent English in 1978 than I was last year. If you think that is impossible then just keep watching this space.

In particular I intend to widen the already considerable range of my fussiness to allow me to pillory proprietors of shops and other premises who persist in displaying signs and placards that are spelt in bizarre and shoddy ways. I shall do this partly because other than my wife, gardening, malt whisky, and looking at myself in a mirror I can't think of anything I enjoy more than fighting in the war against the use of wrong and horrid English.

And what a galaxy of mistakes there is! Toddling blamelessly around Civic in search of a packet of pistachio nuts and a copy of a Tarzan comic recently, I was assaulted from all sides by ill-spelt signs.

The newsagent in Petrie Plaza was selling something called 'The Guinness Book of Records' and a salad roll's throw away, at the David Jones take away tucker counter, a sign promised to add something called "gerkin" to your sandwiches for a mere 4c extra. The menu of 'Sesame', a new and

long overdue vegetarian restaurant in the Sydney Building, was a riot of blunders, but then perhaps alternative foods call for alternative spellings? Anyway, there were dishes that contained something called "tomatoe", another that contained "spinnach" (as eaten by Popeye perhaps?) and then there was a dish which the proprietors called "Egg Samble" not only on the menu but also on the blackboard inside the restaurant and then on the handwritten bill.

The alternative folk mean "sambal". It fills the waiting diner with apprehension and dread when he discovers that the restaurateur is so unfamiliar with the dish that he doesn't even know how to spell its rotten name.

My dusky consort, who has cooked and eaten more sambals than Mr Haslem has had votes, ordered and ate this concoction and said that it was nice but that whatever it was it wasn't very sambalesque.

While on the matter of addled literacy I would like to point out that my occasional sermons on the death and decay of our literacy are not the sermons of a man who thinks his English is perfect. In fact, as someone who had an education which was supposed to equip him to use tools rather than words, I am a convert to the cause of precision in English, and like that of all converts my faith is passionate but occasionally erratic.

Canberra Times 12 January 1978 p3

Another interesting thing I found was the discussion of May 1969 of whether the \$320,000 then due to be spent on the Cook memorial fountain should instead be

spent on an abattoir for Canberra – never have I been gladder of the fountain than after reading of that controversy.

Have a search yourself on TROVE at: <http://trove.nla.gov.au/> I am sure you will also find something fascinating.

## AnimalACTivism Collective

The Animal ACTivism Collective was founded in November 2011 by a small group of people who wanted to do animal activism in new ways, with an emphasis on these being creative and of a non-violent nature. A number of positive actions have occurred since that time.

The last year saw the AnimalACTivism Collective experimenting with being more closely affiliated with the ACT Vegan & Vegetarian Society, as a working activism team within the group. This was largely a practical measure at the time as key people involved with AAC also had fairly large roles in ACTVVS, and other members' energy was taken up elsewhere.

It has been decided that AAC go back to its original roots and looser style of operating. The gist of this is that it function more as a network, where any individual can initiate an idea and then put that out to others, inviting people to join in if they wish.

Here is a bit more about the AAC:

The Animal ACTivism Collective provides a forum for people in the ACT to network, collaborate and advocate for animal rights. We foster open, honest discussion, debate and community movement on the ethical, health and environmental issues associated with the oppression of animals.

We function as a voluntary, egalitarian, non-hierarchical collective.

We initiate, organise and participate in animal rights-focused activism using non-violent action to generate and engage in creative education, projects and events.

We seek to network with and support the activism of formally constituted animal rights organisations that also oppose the exploitation of non-humans.

### A Vegan Presence at the Candlelight Vigil for Victim of Offshore Detention

On Saturday 22 February a small group of us took vegan banners and attended the Refugee Action Committee's vigil in Garema Place for Reza Barati, the Iranian refugee who was killed at Manus Island.

Our presence received intrigue and interest from the public. One lady came up to us and said that she didn't know vegans were political and was so happy to see 'us' (vegans) there at the rally supporting refugees and being involved in social justice issues. Another person



who chatted with us said a similar thing, and said she was so happy to see us there.

Also, two Hazara refugees from Afghanistan stopped to chat, and shared their stories with us.

You can read more about Reza Barati here:

<http://www.theguardian.com/world/2014/feb/21/manus-dead-asylum-seeker-iranian-reza-berati>

AnimalACTivism Collective plans to organise more actions like this so there is a more visible vegan presence. Many of us go to protests/vigils around social justice issues, and we thought it's good to identify ourselves as vegans at these things so people can start to understand better that we care about human beings, the environment and a host of justice issues, as well as animal rights.

It's common for other groups to attend such events with banners identifying themselves, so us letting people know we are there as vegans is nothing out of the ordinary.

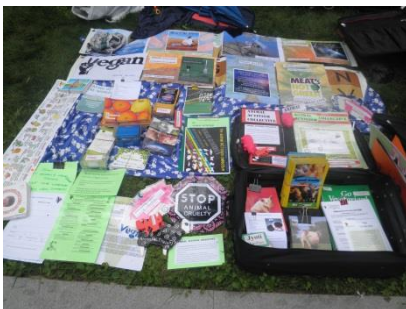
It would be awesome to have many more vegans standing with us at the next action! If you'd like to join us in solidarity at future events please contact Jyoti at [activism@vegact.org.au](mailto:activism@vegact.org.au)

You can find AnimalACTivism Collective on Facebook <https://www.facebook.com/AnimalACTivismCollective>

### AnimalACTivism Collective & ACTVVS stall at Art Not Apart Festival

New Action

Saturday 15 March, 2014



Thanks to Rowena, Jyoti and Dieter for making this happen. This was a worthwhile day promoting vegan living.

### Stenciling T-Shirts

Creative, non-violent activism was one of the important ideas in the mind of some of us who started AAC.

Wearing a vegan T-shirt is a great way to do outreach while we go about our daily lives.

We have purchased some fabric ink to stencil some T-shirts and singlets.



If you'd like to have a go at doing your own – contact Jyoti at [activism@vegact.org.au](mailto:activism@vegact.org.au)

## Odds 'n' Ends

### China's Vegan Population is Largest in the World

By [Tommy Dean](#) | January 13, 2014



Concern for health, humaneness, and the environment has led to the vegan Chinese population to increase to more than 50 million.

Public Radio International recently covered the growing vegan trend in China, reporting on the sustainable sensibilities among the Eastern country's masses that are a response to the greenhouse gas emissions and polluted waterways resulting from the increasing number of factory farms. PRI interviewed Chinese pop star Long Kuan, who helped kickstart the country's vegan movement. Kuan told the news source that the younger generation is more conscious of the environment as well as the well-being of animals, and she says that with the ever-expanding number of vegan options, ranging from steak to pizza to fish, giving up animal products is easier than ever.

According to PRI, 4 to 5 percent of the Chinese population is cruelty-free, which means more than 50 million people no longer eat meat or dairy—this is a larger number of herbivores than in the US.

<http://vegnews.com/articles/page.do?pageId=6392&categoryId=8>

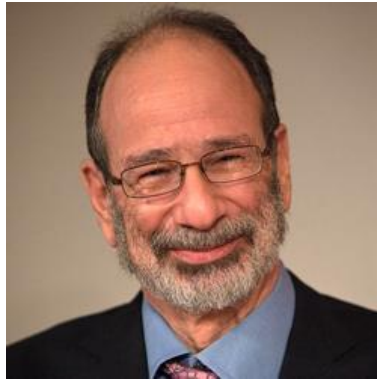
### Nobel Winner Predicts Rise of Veganism

From Meatout Mondays [info@MeatoutMondays.org](mailto:info@MeatoutMondays.org)

Nobel Prize winning economist, and Stanford and Harvard professor, Alvin Roth predicts that veganism will be the dominant paradigm in the very near future, if not within *this* year.

In a recent interview on Peaceful Dumpling, Roth said, "There is a change in the notion of animal cruelty. There will be localized reaction to that change--so if New York state becomes vegan, Texas might ban forms of factory farming."

The article goes on to highlight Roth's observations about vegan skeptics, cognitive dissonance, how he envisions the growth of veganism unfolding and the steps to make it happen successfully, plus his favourite vegan restaurant in the Bay area.



**Read the exclusive interview with Roth on [PeacefulDumpling.com](http://PeacefulDumpling.com)**

## US News & World Report Praises Vegan Baking

By [Tommy Dean](#) | January 8, 2014

The international news source recognizes the health and safety aspects of baking without animal products.

*US News & World Report* recently published an article touting the benefits of vegan baking. The author, Tamara Duker Freuman, concedes that she is not cruelty-free and regularly includes milk and eggs in many of her recipes, but writes that plant-based baking has noteworthy upsides, such as it being much safer to do with children, eliminating the risk of salmonella poisoning that raw eggs pose. Freuman also notes that vegan baking allows her to utilize healthy and innovative substitutes such as flax gel, tahini, and even black beans.

"When my kiddos beg to have a 'vegan muffin,'" says Freuman, "I can't help but smile on the inside and feel that extra bit of satisfaction that comes from having achieved a delicious result with one hand tied behind my back."

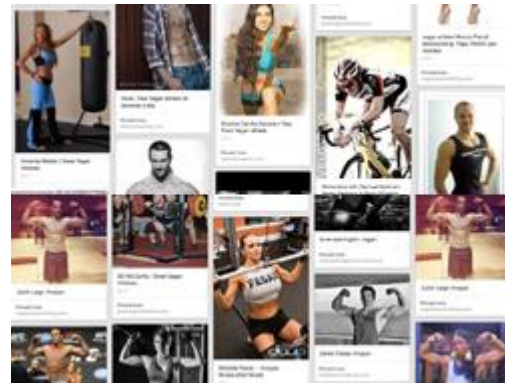
At the end of the article, Freuman includes her recipe for Vegan Apple Poppy Seed Muffins.

<http://vegnews.com/articles/page.do;jsessionid=4891D343EA7F725BAD463BBEED6942A?pageId=6390&catId=8>

## Vegan Athletes Take Over Pinterest

From *Meatout Mondays* [info@MeatoutMondays.org](http://info@MeatoutMondays.org)

Did you know that plant-based foods can actually boost one's athletic abilities? Many world-class, professional, and recreational athletes choose to eat only plant-based foods to give themselves a competitive edge. As they say, the proof is in the [vegan] pudding.



As a quick search demonstrates, Pinterest is teaming with vegan athletes of all shapes, sizes, and athletic interests like bodybuilding, cycling, running, and climbing. You'll also find an abundance of football players, ultimate fighters, yogis, tennis stars, triathletes, arm wrestlers, boxers, and more!

If you're interested in getting inspired and finding wonderful resources about vegan athletes, head on over to [Pinterest.com](http://Pinterest.com) and type "vegan athletes" in the search bar. Feeling motivated? Kick it up a notch and search just the word "vegan." It's delightful!

**Check out [Pinterest.com](http://Pinterest.com) today to see photos of real vegan athletes and more!**

## An introduction to yoga in relation to adopting a plant-based diet

By Nicole Neveu

Early definitions of yoga describe it as the union of the individual soul with the Universal Soul. In the West yoga has become synonymous with asana (seat/posture) and has been appropriated and commodified by the fitness industry. For this reason the focus here will be yoga's moral precepts rather than physical performance.

Within the *Yoga Sutras of Patanjali* we find the self-contained 'eightfold path of yoga' which some scholars consider a subsequent insertion to the text. The eightfold path of yoga has eight petals often referred to as limbs or steps. Yama (restraint) is the first limb. Ahimsa (non-violence/non-harming) is the first of five moral precepts that constitute yama.

For most Westerners ahimsa is the most obvious starting point when considering yoga in relation to adopting a plant-based diet because of the direct relevance of non-violence or non-harming.

The majority of us will happily vow to live a life of non-violence, but what actually constitutes violence or harm? Jean Kilbourne in *Killing Us Softly* says, "In any situation, the objectification of humans is the first step towards violence". Many consider this to be the case with non-human animals as well.

Animal sentience is widely accepted yet we persist in negating this and the intrinsic value of animals' lives. Under the guise of human speciesism we objectify non-human animals and their natural environment. Furthermore, we take ownership of and reduce animals and their environment to product.

The objectification of animals and the environment combined with materialism results in 'product objectification'. This seemingly absurd notion of objectifying objects becomes clear when our desire to possess an object overrides other considerations, such as the origin of materials, working conditions and environmental impact in the manufacture and disposal of an object.

Objectification instills and maintains a facade that grants us permission to do whatever we wish without regard to dignity or impact. Objectification allows us to force upon non-human animals all the atrocities we commit against other humans including violation of rights, slavery, physical, sexual and psychological abuse, rape, pornography, prostitution, incarceration, torture, mass murder and more.

If we accept objectification theory, we can deduce that by treating a sentient being like an object we are causing harm. Due to the inherent objectification of animals and the extensive harm and violence perpetrated by the dairy and egg industries, vegetarianism does not go far enough. To truly practise ahimsa one must adopt a purely plant-based diet.

In this light ahimsa is not merely an act of exercising one's will power over eating habits, it is an internal shift away from objectification towards empathy and compassion. B.K.S. Iyengar in *Light on Yoga* writes, "The word ahimsa is made up of the particle 'a' meaning 'not' and the noun himsa meaning killing or violence. It is more than a negative command not to kill, for it has a wider positive meaning, love. This love embraces all creation..."

## SUDOKU

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



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

### Membership discounts

As a current member of the Society, you are entitled to receive up to 10% off at quite a few places in town and also outside Canberra! See the list you received with your card for more information.

Food:

Belconnen:

As Nature Intended, Belconnen Markets  
Malaysian Chapter restaurant

City/Braddon:

V Spot cafe  
Canberra Holistic Massage

Dickson:

Kingsland restaurant  
Au Lac restaurant  
My Rainbow Dreams cafe

Griffith:

Mountain Creek Wholefoods  
Om Shanti College  
Organic Energy

Others:

The Allergy Centre (Go Vita), Jamison  
Holistic Therapies, Fadden  
Khatira's Kitchen catering  
Strive Holistic Personal Training  
Fenmark Inn, Brogo  
It's Vegelicious  
The Personal Vegan Shop

## Update from A Poultry Place 6 May 2014

Definitely into the cooler part of the year now, already had the first fog and the mercury dropped down to below zero the other night. The days are still quite pleasant when the sun appears but way too short. We had some decent rain in April, which has been great as it means the two sheep paddocks which are being rested have had a chance to spurt new growth. The sheep are eager to be allowed into one of them and I think by the end of this week I will have to open the gate and let them graze as they have almost devoured the paddock they are currently in. I was hoping I could hold them off to the start of winter but alas that isn't going to be the case.

It is amazing how the impact of two hot summers continues months later. It's like the way in which animals, who are bred for human consumption, can still be affected by how they were bred, even after they are rescued from the factory farms. In January, four residents marked a very special moment. The four toms (male turkeys) celebrated two years of freedom from the factory sheds. Had they remained in the shed they would have been slaughtered after 16 weeks but they were lucky and were rescued and came to reside at A Poultry Place, enjoying 135-plus weeks of life. I still don't know how they endured not one but almost two of the most extreme summers I have ever experienced here. Eventually the stresses and strain on their lives, due to the way they are bred took their toll and over the past few months each has sadly left us. They all weighed 20 kilograms or more when they died. I'm so glad they got to have such long lives – they definitely enjoyed ruling the roost here. The house paddock is a little empty without their presence.

Two broiler boys (chickens bred for their meat), produced to be display products at last year's Royal Easter Show in Sydney recently celebrated a year of life. Like turkeys bred for their meat, the way broilers are bred to be 'meatier birds' sees them suffering respiratory and skeletal problems as well, which usually cuts their lives tragically short.



And it doesn't stop there.

A number of duck residents here, who were inmates of intensive ducks farms during their infancy, have, as they matured,

begun experiencing mobility issues, a result of their size. Like broiler chickens and turkeys bred for their meat, factory farmed ducks are genetically bred to be 'meatier birds' but their skeletal system cannot handle the extra weight. There is now a designated disabled duck area here, where a number of these factory farm survivors can do what ducks do without being harassed by some of their more abled-bodied brothers and sisters. These guys and gals were recently joined by a young pekin duck with a bad leg, who came down from

Sydney. She had been a beloved pet but her family were concerned about her long-term safety in their backyard, along with the fact that she was a lone duck and wanted her to have some duck companions. Later this week, yet another disabled pekin duck is coming to join them from the northern beaches of Sydney.

Recently, I have been touched by the kindness of a number of people, who have gone out of their way to bring much loved feathered companions to a new life here. One young woman drove her duck, Basil, and his eight hen friends up from Victoria to ensure they had a safe forever home. These latter guys were much-loved companions but changing circumstances meant she could no longer care for them. She had read about A Poultry Place and wanted them to come here as she knew here her feathered friends would have a safe and permanent home. It was a nice compliment.

It's actually been a lot about ducks in recent times, with 18 joining the family in the week between Easter and Anzac Day. Six, all pekings (pictured below) arrived from Sydney, having been adopted as babies by a kind woman, who couldn't stand seeing the five-day-old ducklings being sold as 'meat ducks' at a market. She had raised them for more than six months and



grown very attached to them only to have her neighbour complain to the local council about their noise. Her search to find them a safe, forever home lead her to A Poultry Place. Within days they were joined by another Pekin called Tweety, who was rescued with a duck friend by a kind-hearted person after they had been dumped on the Georges River in Sydney's south. Unfortunately, Tweety's friend was injured and did not survive, so Tweety's rescuer sought about finding him a safe haven with other ducky friends. Her search ended with a phone call to me and Tweety is now happy with his new chums.

A few days before Tweety arrived I got a phone call from a contact at an animal shelter who was wondering if I had any capacity to take in some ducks. There were 10 ducks who had been at the shelter for a month or more and were still unadopted. Most of them had come into the shelter separately and were now living in two groups of four (one quartet pictured next page), as well as a pair of handsome young Muscovy drakes, I said I'd think about it and wandered outside to see if it could be managed. Thanks to some recent donations (and some

time off from work) having allowed me to set up two new temporary house/yard areas I realised I could grant them all residency as they begin their integration with the larger flocks. The Saturday I collected them was a busy day but the following morning after I let everyone out and went back to observe how all the newcomers were getting on was one of those lovely little experiences that becomes a treasured memory. The two handsome black muscovies (below) quickly joined a flock of drakes happily, without the usually sparring.



the safety of feathered friends. It has been a truly humbling experience meeting these individuals and even more touching that they have remained in contact, making enquiries into how their feathered friends are going in their new lives.

But that isn't the only humbling experience I have recently had.

A few days back I was visited by a

woman who had been to A Poultry Place some years ago. As we walked around the sanctuary she commented on how much work had been done since she was last here, which was in early 2008. She revealed that when she first visited she was a meat eater but is now vegan, a change which she in part attributes to meeting some of the residents of A Poultry Place.

Last update I mentioned some friends had begun a sanctuary, known as Manning River Farm Animal Sanctuary, in northern NSW, near Taree. I am so honoured that Sharron, Fiona, Tara and Denise decided to name one of their first residents, a rooster, after me. Mr Carmody, as the handsome feathered dude is now known, had been dumped, along with a brother, on the doorstep of a vet and the gals at Manning River offered them forever refuge.

Don't forget May is International Respect for Chickens Month. Since 2005 this annual project, an initiative of US organisation United Poultry Concerns, is aimed at celebrating chickens throughout the world and protesting the bleakness of their lives in farming operations. So please try and do something for the chickens during the 31 days of May there is no end of possibilities. For example, if you are on Face Book just visit the A Poultry Place page and 'like' and 'share' some of the posts we put up during the month. You could bake something without eggs and share it with family, friends or work colleagues to demonstrate you can bake with eggs or maybe you could encourage/challenge someone you know who eats chicken to go chicken-free for the entire month.



The week, which will now be known as duck week, reminded me of another wonderful experience six years ago when Pat, a wildlife carer from Sydney arrived on Anzac Day with a flock of 13 ducks she had been caring for after they had been dumped on the Parramatta River. Pat had housed and cared for the ducks at an old factory site on the waterfront, where they had safe accommodation during the night and access to water throughout the day. Unfortunately the factory was sold to developers and Pat needed to rehome her flock. It was great to be taking in a group of animals who were forced to move out of necessity, rather than having been dumped by someone who didn't care or couldn't be bothered. The love Pat has for these ducks was obvious and I felt honoured to be able to help a like-minded person solve a worrying dilemma. It was a similar feeling to that I have experienced recently when Sophie, Genevieve, Susan and Sonia delivered their feathered friends here. I just wish everyone would have such compassion for ducks, chickens, and basically all non-humans, as much as these people have demonstrated they do. It is always good to be reminded that there are others out there who want to help ensure

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 the following bank account  
 BSB 012925 Account 484228991

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

## RECIPES

*Pls note: An American tablespoon is equivalent to an Australian dessertspoon – Ed.*

### MAINS

#### Pad Thai soup

*From Bed and Broccoli Guesthouse – thank you*

Takes about 15 minutes to prepare

##### Ingredients:

- 3 Tbsps olive oil
- 2 teaspoons crushed garlic
- 4 squares of fried bean curd puffs – diced (you could use firm tofu)
- 5 cups of vegetable stock
- 100 grams of Pad Thai noodles (though glass noodles would also be nice)
- 3 Tbsps Bragg's all-purpose seasoning (you could use soy sauce)
- 1 teaspoon of Tabasco sauce (more if you like it HOT)
- 1 Tbsp vegan fish sauce
- Spring onion stalks chopped to garnish
- Crushed chilli to garnish

##### Method:

- In a large pot, heat the oil & fry up the garlic & tofu until the edges are brown (a couple of minutes)
- Add the broth, then the noodles, Bragg's, Tabasco & vegan fish sauce & simmer until the noodles have softened (about 5 minutes)
- Serve with spring onion and chilli

#### BBQ Lentil Veggie Burger with Mango Carrot Slaw

Here's a healthy, satisfying veggie burger that will knock your socks off. The savoury blend of veggies and other ingredients are complimented perfectly by the tangy and sweet mango carrot slaw. It's a tasty, kind, and healthy way to kick off the summer.

##### Ingredients:

- 1/2 cup red, pink, or orange lentils + 1 cup water
- generous pinch of garlic powder and salt
- 1 Tbsp. smoky BBQ sauce (try homemade)
- 1 heaping cup grated cauliflower
- 3-4 baby carrots
- 2 cloves of garlic
- 1/2 inch knob of ginger
- 1 green chili or chili flakes to taste
- 2-3 inch broccoli stem, chopped very small or grated
- 3-4 Tbsp. chopped red or orange bell pepper

##### Spices:

- 1 Tbsp. smoky BBQ sauce (recipe below)
- 1/4 - 1/2 tsp. chipotle pepper powder
- 1 tsp. onion flakes

- 1/4 tsp. cumin powder
- 1/2 tsp. salt
- 1 Tbsp. flax meal
- 1 Tbsp. sesame seeds
- 1/4 cup chickpea flour
- 2-4 Tbsp. breadcrumbs

##### Mango Slaw:

- ripe mango, carrot, cabbage, Vegenaïse\* vegan mayo (adjust amounts to your liking)

##### Sweet Smoky BBQ sauce: Makes about 1 cup

- 1/4 cup maple syrup
  - 3-4 Tbsps tomato ketchup
  - 1 Tbsp black strap molasses
  - 1 Tbsp apple cider vinegar
  - 1/2 teaspoon lime juice
  - 1-2 teaspoon liquid smoke
  - 2 teaspoons vegan Worcestershire sauce (or use 1/4 teaspoon tamarind paste and 1 teaspoon soy sauce. Use coconut aminos for soy-free)
  - 1/4-1/2 teaspoon salt or to taste
  - 1/4-1/2 teaspoon smoked paprika
  - 1/4 teaspoon each of mustard, garlic powder, ginger powder, onion powder
  - a generous dash of cumin powder, black pepper and cayenne
- add a Tbsp of cornstarch or arrowroot starch if you want the sauce to thicken considerably when heated  
add a Tbsp ground raw sugar if you like it sweeter

##### Directions:

##### Burger Patties

- Wash the lentils and add to pan with water, garlic, salt and BBQ sauce
- Cover and cook until tender (10-15 minutes)
- Grate cauliflower, ginger, garlic, carrot. Chop other veggies and broccoli stems. Add to a wide pan and dry roast for 3-5 minutes
- Add all veggies, flax meal, sesame seeds, to cooked lentils. Add spices and BBQ sauce. Mix well, taste and adjust salt, spice, BBQ sauce
- Add chickpea flour and then bread crumbs as needed to make burger patties. Use coarsely ground oats or more chickpea flour for gluten-free patties
- Bake at 400°F (204°C) for 20-25 minutes. Once baked, patties can be grilled for grill marks and smoky flavour.

##### Mango Slaw

- Grate or thinly slice mango, carrot and cabbage
- Add Vegenaïse, mix well, and adjust to taste
- Assemble burgers with buns and toppings like red onion, lettuce, mini peppers, coriander.

##### Smoky Sweet BBQ Sauce:

- Mix all the ingredients. Taste and adjust and add salt, spices more or less
- Add cornstarch and mix well and refrigerate
- The taste will get deeper after everything sits for a while. The sauces and spices can be readjusted.

*\*Vegenaïse may not be available in Australia. Try another vegan mayonnaise of your choice, or try making your own – Ed.*

Recipe courtesy of [VeganRicha.com](http://VeganRicha.com).

**Find this great recipe and many more at [VeganRicha.com](http://VeganRicha.com).**



**EXTRAS****Almond and dried fruit Bliss Balls***From Mark – thank you*

Makes 20

**Ingredients:**

- 2 cups almond kernels
- 1 cup of dried fruit
- ½ cup desiccated coconut

**Method:**

- Soak the almonds in a bowl of water overnight
- Drain the almonds and then add them and the dried fruit to a food processor
- Process mixture for 1 minute or until all ingredients are finely chopped and well combined
- Wet hands and roll a heaped Tbsp sized portion of the mixture into a ball
- Roll the ball in the desiccated coconut
- Place the bliss balls into a storage container and freeze them until you are ready to eat them

**Vegan Macadamia Caramels***From Natasha – thank you*

Chewy, creamy caramels and so simple to make. You will need a candy thermometer and exercise extreme caution as the mixture gets very, **very** hot.

**Ingredients:**

- 1 cup coconut milk or thin coconut cream (the Aldi one works really well) - make sure it's full fat
- 1/2 cup Nuttelex
- 1/4 cup maple syrup or agave
- 1/4 cup light corn syrup (I found this at the health food shop)
- 1/2 cup brown sugar
- 1/4 cup chopped and toasted, unsalted macadamias
- Good dash of vanilla extract

**Method:**

- Place all ingredients in a small to medium saucepan except the nuts and vanilla
- Bring to a boil and whisk constantly until ingredients are well incorporated, mixture should become medium brown in colour
- Once boiling, place candy thermometer in the pot
- Continue boiling over medium heat until temperature reaches 135°C on the candy thermometer - this takes some time, approximately 20 minutes. Do not leave the pot unattended
- Stir the mixture occasionally with the whisk otherwise the Nuttelex will separate
- Remove from heat and carefully whisk rapidly to incorporate fully Nuttelex
- Add vanilla and macadamias and stir through - you need to work quickly

- Pour the mixture into a square cake tin over greaseproof paper (oil the underside of the paper so it sticks nicely to the tin)
- Cool on the bench 30 minutes
- Cool in the fridge 30 minutes
- Cut into squares and roll into individual wrappers (greaseproof paper cut squares work well)

I reckon these would be great dipped in vegan-friendly melted chocolate, and also as gifts.

**Vegan Wagon Wheel Slice***From Natasha – thank you*

Well worth the effort and the expense of the marshmallows!

**Ingredients:****Base**

- 225g Nuttelex
- 1/3 cup caster sugar
- 1 1/4 cup plain flour
- just under 1/3 cup self-raising flour

**Centre**

- 1/4 cup (approx) strawberry or raspberry jam
- 1/2 pack of Dandies marshmallows
- 1 packet Sweet William choc chips

**Method:**

- Preheat oven to 160°C
- Mix the Nuttelex and sugar until fluffy and creamy and sugar is not gritty
- Sift in flours and stir to combine
- Press mixture into base of a square cake tin lined with greaseproof paper (line right up the sides so you can pull the slice out easily at the end)
- Bake for 20 mins until very lightly golden
- Spread jam over base until well covered
- Cut marshmallows in half and press over warm jam until whole base is covered
- Bake again for 5 mins
- Allow to cool on the bench
- Melt the choc chips and pour over the marshmallows
- Set in fridge for 3 hours then cut into squares - you will need a large sharp non-serrated knife for this

Best stored in fridge

*There are other types of vegan marshmallows available in Australia now too © - Ed.*

**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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## Letters

Published letters from members and others.

Published in the Canberra Times unless otherwise indicated.



23 December 2013

### What, no kangaroos?

So, AAMI has new analysis which indicates where the city's accident black spots are ("City's arteries worse accident black spots, insurer survey reveals", December 19, p3). And kangaroos are not mentioned. Given the ACT government's rhetoric of the past five years, how can this be?

Philip Machin, Wamboin, NSW

24 December 2013

### Uninformed on roo cull

I hope that Ian Falconer (Letters, December 21) is not involved with the management of the ACT kangaroo population. He suggests that thousands of kangaroos die off in the winter through starvation and that this is a natural occurrence.

What he doesn't do is back up his claims with any factual information. I am sure we would have noticed if thousands of emaciated kangaroos suddenly started to appear year after year. Perhaps he has been taken in by the TAMS justification for killing kangaroos - that they may starve in the future, so we must kill them just in case.

Philip Machin, Wamboin, NSW

4 January 2014

### No to fireworks

I would very happily deny children - and everyone else - the fun of fireworks (Letters, January 2) because they terrify all animals. Every year we read about panic-stricken dogs running under the wheels of cars, choking on their chains or having to be put down at animal shelters because their owners have not been found.

A horse spooked by New Year's Eve fireworks was found dead with a horrific leg injury, leaving a 10-day-old foal orphaned. Another impaled herself trying to jump a broken fence. What right do we have to inflict this suffering on these creatures for a bit of short-lived entertainment?

Jenny Moxham, Monbulk, Vic

23 January 2014

### Duped by meat industry

To Australian Pork chief executive Andrew Spencer: as compassionate beings, the Australian public does not care if what is shown is "selectively edited videos"; they care that sow stalls exist at all ("Pork industry expects exodus of old piggeries", January 20, p5).

As for being duped, it is the meat and livestock industries that are trying to dupe the public and we are waking up to you.

Australians are no longer closing their eyes to the cruelty being inflicted on farm animals and the supermarkets are listening by phasing out cage eggs and demanding an end to sow stalls.

Animal activists are doing us a service by exposing the truth that is hidden from the general public and we are listening, as evidenced by the ever-growing demand for an end to live animal exports.

Beware, Spencer, the end of cruelty to animals is nigh as the compassionate era dawns.

Zerin Knight, founder, VegOut



28 January 2014

### **Pulling the wool**

Due to unforeseen circumstances, I forgot to get the lamb meat out of the freezer on the night before Australia Day, so I cooked the already defrosted chicken instead. But I had a lamb on the official Australia Day public holiday (the day after). Would this make me less Australian this year?

Mokhles K. Sidden, Strathfield, NSW

Read more: <http://www.canberratimes.com.au/comment/ct-letters/avo-closure-crucial-20140127-31ipf.html>

30 January 2014

### **Bones of contention**

In answer to Mokhles Sidden's tongue-in-cheek inquiry as to whether eating chicken or lamb make him a more likely contender to be an Australian of the year ("Pulling the wool", Letters, January 28), I am driven to answer that a good Australian should be the same thing as a good human being. A good human being should not eat animals at all.

Australians eat about 500 million animals a year. Every Australian who has not contributed to that holocaust is a real Australian of the year, as far as I am concerned.

Frankie Seymour, Queanbeyan

No Mokhles, eating chicken on Sunday and lamb on Monday doesn't make you un-Australian - just uncompassionate.

Jenny Moxham, Monbulk, Vic

Read more: <http://www.canberratimes.com.au/comment/ct-letters/yass-a-step-up-in-class-20140129-31n1h.html>

3 February 2014

### **Check roo results**

While some of your correspondents have argued the merits of darting and the translocation of kangaroos (Letters, January 26), let's get back to the basic question: is the wholesale killing of kangaroos in the Canberra Nature Park really necessary? Has the culling of kangaroos since 2008 made any significant difference in protecting the grasslands for the threatened species that are meant to be the beneficiaries? The answer is, "We don't know." The ACT government has failed to carry out the necessary work of ongoing measurement and review. The government simply promotes a 2010 kangaroo management plan that has been shown to be inadequate and is more about politics than protecting wildlife. Before we cull any more wildlife, perhaps we should check what the impact has been so far.

By the way, contrary to Peter Johnstone's views (Letters, January 26), the outcry over the Belconnen naval station cull in 2008 was all about the ham-fisted approach taken by the contractors who undertook the work. The darting of animals can be done safely and at low risk - but, as we all know, it should not be done as it was at Belconnen.

Philip Machin, Wamboin

Read more: <http://www.canberratimes.com.au/comment/ct-letters/leave-bull-pen-on-black-mountain-alone-20140202-31uwq.html>

17 February 2014

### **Giraffe shame**

Your report "Giraffe death highlights Copenhagen Zoo's controlled circle of life" (canberratimes.com.au, February 12) does not diminish the outrage of animal lovers everywhere regarding the brutal killing of the young giraffe, Marius, and its subsequent public dissection. Shakespeare got it right when he wrote in Hamlet: "There's something rotten in the state of Denmark."  
 Brian Millett, Yass, NSW

Read more: <http://www.canberratimes.com.au/comment/ct-letters/let-the-sun-shine-in-20140216-32u3d.html>

25 February 2014

### **Eggs out of reach**

The ACT government is intent on making power too expensive for low-income earners through renewable energy plans. Now battery hens will be banned ("Sow stalls, battery hens to go", canberratimes.com.au, February 21). Low-income earners will now no longer be able to afford what has been a cheap and healthy food. The party of the workers will impoverish the workers as long as it can cling onto power with the loony Greens. Look how well that worked federally and in Tasmania.  
 Brian Hatch, Red Hill

It is great that on Tuesday the Legislative Assembly is expected to finally ban cage egg production in the ACT. This is the result of a lot of work by a lot of people. Probably the most important contribution is from the 55 per cent of Canberra egg consumers who don't buy cage eggs. They have demonstrated that they care about where your food comes from. It's also thanks to the unknown activists who closed down the Parkwood battery cage farm in 2012. This made it economically worthwhile for PACE, the owners, to accept a deal from the ACT government to buy the land and rezone it. That was possible because Canberra has grown so much since Parkwood was established that the land was useful for industry not just agriculture. And, of course, it's also thanks to seven bills over 17 years from Shane Rattenbury and the former ACT Greens MLAs.

Caroline Le Couteur, former Greens MLA, Downer

27 February 2014

### **Cost insignificant**

Brian Hatch (Letters, February 25) couldn't be further off the mark. Striving to end the abhorrent cruelty inflicted on caged hens is a positive step and long overdue. It means a more tolerable future for defenceless creatures who have been subjected to the most appalling conditions for far too long. I wonder if Mr Hatch would feel the same if he had to endure living in a small cage where he couldn't stand up, be force-fed hormones and have to live in his own faeces, all without having a voice? Legislating against this cruelty has nothing to do with a "party of workers clinging on to power with the loony greens". Any industry that profits off the back of animal cruelty should not be in business. We can do better as a country and we should. Purchasing eggs produced in humane conditions is still a cheap and healthy meal for all people.

Alison Chapple, Macquarie

Brian Hatch thinks we should continue to lock hens in cramped cages just so we can buy cheap eggs. What a selfish attitude! This "cheap and healthy food" he refers to is not intended to be food for anybody. Birds' eggs are simply part of a bird's reproductive process. Subjecting hens to such enormous suffering just because we have acquired a taste for their ovum is inexcusable.

Jenny Moxham, Monbulk, Vic

### **Roo-ing our lost fauna**

Given the government's approach to the management of kangaroos in the ACT over the past five years, I like the idea of memorialising "Gary" somewhere in our bush capital, (Gang-gang, February 24, p10). Unless the government changes its policies, Gary could well be one of the last strikingly

beautiful male kangaroos to grace the gardens of Ainslie, or indeed anywhere else. A bronzed Gary would be a lasting reminder of what we have allowed our pollies to throw away.

Philip Machin, Wamboin, NSW

Read more: <http://www.canberratimes.com.au/comment/ct-letters/travesty-of-justice-20140225-33ff.html>

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## Articles

21 December 2013

### **Support for roo move questioned**

December 19, 2013

A proposed large-scale trial of relocating kangaroos from ACT nature reserves as an alternative to culling appears unlikely to go ahead next year.

Territory and Municipal Services Minister Shane Rattenbury agreed earlier this year to consider a proposal for kangaroos to be tranquilised and "translocated" to other parts of the ACT.

But translocation proponent Marcus Fillinger, who runs the animal welfare charity Alphadog Animal Army, now claims Mr Rattenbury's early support was merely a political ruse.

Mr Rattenbury said on Wednesday that he was still willing to work with Mr Fillinger to help determine if a trial was viable.

Mr Fillinger accused him of being unco-operative and telling him that culling would occur next year.

"The minister declared his interest in pushing for translocation as a responsible alternative to cruel and costly culls, but unfortunately he stopped answering our emails or taking our calls and it appears his big push was nothing more than a big ruse," Mr Fillinger said.

Mr Fillinger ran as an Animal Justice Party candidate for the Senate this year and plans to stand as an independent at the 2016 territory election. Mr Fillinger said Mr Rattenbury, who is a Green, had made it clear he would not support translocation.

"He still denies that it can be done even though I've provided him with ample opportunity to come out and see it in practice," Mr Fillinger said.

The Alphadog founder said Mr Rattenbury's office had failed to provide him with information needed to finalise the translocation proposal.

Mr Fillinger said the government had estimated that the annual culling program cost about \$270,000 but he believed the actual cost was probably close to \$1 million.

Mr Rattenbury said he was disappointed by Mr Fillinger's criticisms.

"I am surprised by Mr Fillinger's comments today as my office has been in regular contact with Mr Fillinger since he approached us in May, the most recent conversation having occurred just yesterday," he said.

"I look forward to receiving Mr Fillinger's submission in relation to translocation of kangaroos and exploring options for kangaroo management in the future."

Mr Rattenbury said Mr Fillinger had made several requests for substantial amounts of information that could not be provided immediately.

"Some information is not yet available or may take some time to co-ordinate," he said.

A spokeswoman for Mr Rattenbury later said a final decision had not been made about whether kangaroo culls would occur next year.

Environment Minister Simon Corbell has expressed grave reservations about translocation, arguing that scientific advice does not support the practice.

Mr Fillinger said the public would be outraged when they realised that a cheap, non-lethal alternative to kangaroo culling had been available to the government for years.

"Taxpayers are unwittingly funding government sanctioned animal cruelty in the ACT and I look forward to exposing the individuals who play a part in the unjustified and unwarranted killing of animals," he said.

Kangaroo culling in Canberra nature reserves was delayed this year due to legal action by animal rights activists.

More than 1100 adult kangaroos and 350 joeys were killed in the winter culling operation

More than 14,000 kangaroos have been culled in the Defence Department's Majura Training Area over the past four years.

<http://www.canberratimes.com.au/act-news/support-for-roo-move-questioned-20131218-2zlnf.html>

## **No meat, no dairy, no problem: is 2014 the year vegans become mainstream?**

As a German vegan supermarket opens its doors in Britain for the first time, veganism comes in from the cold

The Independent

Antonia Molloy

Tuesday 31 December 2013

As New Year dietary fads go, giving up meat, dairy and fish altogether might seem extreme for the average person looking to shed a few pounds. Yet there are growing signs that 2014 could be the year that veganism – often viewed as the preserve of hippies, animal activists and health obsessives – stops being a niche dietary choice and gains new followers, and not just because of soon-forgotten resolutions.

This year will see the German supermarket chain 'Veganz – We Love Life' opening its first branch in the UK, offering over 6,000 vegan products. The store is hoping to take advantage of increasing interest in non-meat, non-dairy food, with celebrities such as Jay Z and Beyoncé among those to have reportedly tried adopting veganism.

Most UK supermarkets already stock vegan products, but Veganz is the first dedicated chain store of its kind in Europe. Set up in 2011, the company hopes to open a total of 21 stores across the continent by 2015 to meet growing demand.

The choice of not consuming any animal products at all is currently being promoted by Mark Bittman's book VB6, which takes a "flexitarian" approach - advocating eating a vegan diet before 6pm.

"By going 100 per cent vegan I think people are missing the boat," said Mr Bittman. "The question is not how challenging you can make your diet but how sane you can make it; there's nothing wrong with animal products in moderation," he says.

"The problem is huge-scale industrial production of agriculture and, of course, our consumption of junk food – which may or may not be moderated by 'going vegan'. What we need is for most people to move on the spectrum closer to a diet that includes way more unprocessed plants than we're used to eating, and correspondingly less animal products and junk."

Veganism has long been plagued by stereotypes of its proponents. But what will dedicated full-time proponents of the lifestyle choice – its title officially coined in 1944 by founder of the British Vegan Society Donald Watson – make of the part-timers and the potential for it to become the latest fad diet?

Amanda Baker, senior advocacy and policy officer of the Vegan Society, is not overly concerned, and welcomed the potential for it to grow in popularity. “From our point of view, people are beginning to recognise the arguments that we have been making all along,” she said. “We all teach our children that it’s wrong to harm animals unnecessarily and a plant-based diet can be really healthy.”

The Vegan Society estimates that there are at least 150,000 vegans in the UK. With a population of around 63 million, that’s less than one per cent, but the term “vegan” will soon have legal status. In 2010 the European Parliament adopted UK Food Standards Agency labelling guidelines and, following a five year period for compliance, civil suits may be brought against anyone misusing the term from 2015.

This is yet more welcome news to the Vegan Society. “Veganism is a lifestyle and an ethical way of looking at the world. It is a human right to be vegan and a protected philosophy,” said Ms Baker. “We enjoy our vegan lives and we want others to share the benefits. It helps to have people talking positively about it, especially high profile figures like Bill Clinton and Al Gore.”

However, there remains a disjunction between the principles of veganism adhered to by devotees like Ms Barker and the standards kept by the more casual believers.

The Vegan Society defines the lifestyle as “a way of living that seeks to exclude, as far as possible and practicable, all forms of exploitation of, and cruelty to, animals for food, clothing and any other purpose.” Yet Bill Clinton has admitted to eating fish or eggs once a week and Beyoncé dined at an LA vegan restaurant in none other than a fur coat earlier this month.

And as for her dabble in vegan eating alongside her husband Jay Z, it appears to be at an end. Having announced online that they would try avoiding all animal produce for 22 days, the couple’s experiment now appears to have come to a rather public conclusion, as they were photographed eating seafood at a restaurant over the weekend – reportedly ordering pappardelle, lobster risotto and seafood casserole.

While many more are likely to follow them in lapsing, however, the signs are that more will at least be giving it a try than ever before.

<http://www.independent.co.uk/life-style/food-and-drink/features/no-meat-no-dairy-no-problem-is-2014-the-year-vegans-become-mainstream-9032064.html>

20 January 2014

## **Pork industry warns of exodus of old piggeries**

John Thistleton

The Australian pork industry is preparing for an exodus of old piggeries unwilling to meet the 2017 deadline for phasing out confined pens for pregnant sows, known as stalls.

About the length and width of a fully grown female breeding pig, stalls restrict the sow from turning around or leaving, and separate them from other potentially aggressive sows.

The Australian Competition and Consumer Commission and Australian Pork Limited are saying little on the watchdog’s investigation of claims of being sow-stall free.



Photo: Animals Australia

NSW Animal Liberation executive director Mark Pearson said supermarket chains Coles and Woolworths would not accept sows being in a stall any longer than 24 hours. Australian Pork chief executive Andrew Spencer said consumers did not accept highly confining stalls, and the industry had spent millions of dollars in researching better methods, such as loose

housing arrangements. He said the pork industry standard allowed sows to go into stalls for five days after mating, while Coles allowed one day.

<http://www.canberratimes.com.au/act-news/pork-industry-warns-of-exodus-of-old-piggeries-20140119-3134c.html>

## **Greens Minister Shane Rattenbury blamed for delay on ACT roo anti-cull plan**

Matthew Raggatt

The animal welfare organisation that proposes to tranquilise and relocate ACT kangaroos says Greens minister Shane Rattenbury has been unco-operative and has delayed giving crucial information that is needed for their anti-cull plan.

The director of Alphadog AnimalArmy, Marcus Fillinger, said its yet-to-be-lodged proposal for translocation was futile, as the organisation had been informed by Mr Rattenbury in October a cull would go ahead this year.

Mr Rattenbury has disputed the claims, saying no decision has been made, but he indicated there was a window of only weeks if a trial of the alternative kangaroo management practice were to influence policy.

Mr Fillinger said he had asked since October for full figures on last year's cull costs, and the organisation's proposal could be submitted to the Conservator of Flora and Fauna within weeks of the details being provided. The details would be needed for a cost-benefit analysis.

He feared, however, he was wasting his time.

"The translocation is against the kangaroo management plan," Mr Fillinger said.

"It's futile - this is an exercise in futility. Rattenbury knows it will be rejected."

Mr Fillinger and Alphadog project co-ordinator Willow Sloane said Mr Rattenbury had said in a meeting with them on October 8 that there would be a cull.

"He left us in absolutely no doubt that there were certain and definite plans for a cull in 2014," Ms Sloane said.

"He said if translocation was allowed, it would be a trial and it would be in conjunction with a cull."

Mr Rattenbury, the Territory and Municipal Services Minister, rejected the claim, saying the government had neither figures for kangaroo counts nor proposals for a cull this year.

He also said the government had not had the costs information until recently.

"A decision has not been taken as to whether a cull will be undertaken in 2014, but I will continue to explore alternate options for kangaroo management in the future and I look forward to receiving Mr Fillinger's submission," Mr Rattenbury said.

The sole Greens MLA, who last year told his directorate staff to work with Alphadog to see if a large translocation trial was feasible, said Mr Fillinger had been told the information would be shared as soon as it was available.

No date has been given for its release, but Mr Rattenbury said a trial needed to occur by February this year, before a cull window.

"Mr Fillinger understood this, and agreed to lodge a proposal to meet this time frame," the minister said in a statement on Friday.

Mr Rattenbury said Mr Fillinger, a trained military marksman, offered to identify possible sites for translocation.

"So far he has not done so, and now is instead attempting to charge the government for this, submitting a quote for a service that was not requested or required," the minister said.

Mr Fillinger said he had presented Mr Rattenbury and Parks and Conservation director Daniel Iglesias with various release site options in an initial meeting last June, but as the government refused to accept they were suitable, he needed an independent report produced.

While Mr Fillinger was coy about where he has successfully removed kangaroos, he said past relocations gave him confidence the government would save money through his dart and depart methods.

Figures issued under freedom-of-information laws in November indicated the ACT's kangaroo cull cost more than \$270,000 last year.

Mr Fillinger denied being given a deadline to lodge his proposal or complete a translocation trial.

"[Kangaroo] counts are not complete – so how can you move something that you don't even know needs to be moved?" Mr Fillinger said.

A senior adviser in Mr Rattenbury's office emailed Mr Fillinger on November 22 to say a 2014 cull was likely but there was not yet a kangaroo count number.

"There is no budget for a 2014 cull at this stage, however, we do know that it is likely that a cull of some size will need to proceed in 2014, even if a translocation trial were undertaken," the adviser said.

"...Of course, this all depends on the kangaroo count number which we do not have yet."

<http://www.canberratimes.com.au/act-news/greens-minister-shane-rattenbury-blamed-for-delay-on-act-roo-anticull-plan-20140119-31345.html>

17 February 2014

An opinion piece –

### **Zoo death: Bloody reminder of lives in captivity and skewed ideals**

Suzy Freeman-Greene

Zoos should be caring for their voiceless creatures, not killing the unwanted.

Blood seeped into the face of the freshly killed giraffe, as a man in a white boiler suit incised its honeycombed fur. A dappled leg was dragged off to the lions. Children in parkas looked on.

If the footage of Copenhagen Zoo staff slicing up Marius the giraffe was shocking, so too was their honesty about the matter. "I'm actually proud," said zoo spokesman Tobias Stenbaek Bro, "because I think we have given children a huge understanding of the anatomy of a giraffe".

Given the tendency of other zoos to anthropomorphise their mega-fauna, his words sounded positively callous. Melbourne Zoo's website describes giraffes as "seemingly the supermodels of the savannah".

Being eaten by lions is presumably a common fate for giraffes in the wild. But the killing of young Marius last week seemed to contravene a basic requirement of a zoo - that it care for the voiceless creatures in its custody.

Marius' death invites questions about the status of zoos. What exactly is their role?

According to Robert Young, a British professor of wildlife conservation, contraception and sterilisation is used in most zoos, but the Danes have a policy against it. Marius was classified as "surplus

offspring" because his genes were overrepresented in the European giraffe breeding program. Zoos breed animals as a "safety net" for endangered species. Genetic diversity allows species to adapt to changes in their environment.

Copenhagen Zoo's scientific director, Bengt Holst, told Time: "We were open about it because we know [euthanasia] was the right thing to do. If we're serious about science, we can't be led by emotion." But emotion is what draws us to zoos. We visit them, mostly, to be awed or delighted by an encounter with "the wild". Look at the hordes clucking over meerkats, or tapping on glass at the tiger enclosure, seeking eye contact with a lethargic killer.

The bigger picture here is that modern zoos have reinvented themselves amid debate over the ethics of keeping captive wild animals. They're not entertainers; they have a higher mission. Zoos Victoria, for instance, is now a "zoo-based conservation organisation" working to breed and reintroduce 20 local endangered species. This is great. But Australia has 96 critically endangered species. To save them, we need to change our behaviour: containing urban sprawl, tackling climate change, creating more wildlife corridors. It will take concerted government action.

In his essay *Zoos Revisited*, philosopher Dale Jamieson decries the "moral schizophrenia of a culture that drives a species to the edge of extinction and then romanticises the remnants". His words resonated on a recent trip to the Melbourne Aquarium. We queued to ogle penguins, eat hot chips, buy merchandise. We were marvelling at these creatures. Yet we have elected governments that are winding back measures to tackle global warming, which could destroy penguin colonies.

Melbourne Zoo is a haven (for humans) and Werribee Open Range a wonderful, natural zoo setting. "Success for us does not look like animals in a zoo, success is animals in the wild," Zoos Victoria chief Jenny Gray told *The Age* last year. She was talking, it seemed, about saving local endangered species and it's a fantastic aim. But where does it leave the city zoo's giraffes, looming above their dusty, perfunctory enclosure?

The Danes favour a "breed and cull" approach because they regard procreation as important for an animal's well-being and think it better reflects life (and death) in the wild. Contraception, they say, can have harmful side effects. But there's something awkward about zoos claiming the moral high ground on behalf of science or conservation when their own activities can be questionable. Marius' killing is an extreme example of the power relationships inherent in zoos, highlighting the everyday moral quandaries. Science and ecology are part of the zoo story, but so are less lofty narratives.

Suzy Freeman-Greene is a senior writer at *The Age*.

Read more: <http://www.canberratimes.com.au/comment/zoo-death-bloody-reminder-of-lives-in-captivity-and-skewed-ideals-20140216-32tp0.html#ixzz2tWvWmzsz>

21 February 2014

## **Shane Rattenbury's legislation set to outlaw sow stalls and battery eggs**

Kirsten Lawson

Chief Assembly reporter for *The Canberra Times*.

The ACT government is set to ban sow stalls and battery eggs, under the most far-reaching legislation in the country. The laws are expected to pass next week, and Greens MLA Shane Rattenbury said Canberra was leading the way nationally.

There are no piggeries in Canberra - the closest is in Murrumbateman - and with the end of egg farming at Parkwood in 2012, there is no longer a caged-hen business either. But Mr Rattenbury said the legislation would ensure no such operations could set up shop in the territory, this would set an example for other states and territories.

The ban was one of the deal-making issues for Mr Rattenbury when he became a minister in the Gallagher government, and it will bring to an end many years of debate. He said the Greens had tried five times to ban battery cages, each time rejected by Labor and Liberals, which were reluctant to move against the Parkwood farm.





Battery hens. Photo: Wayne Taylor

Labor has now agreed to back the ban, ensuring it will be enacted. But the Liberals would not say on Thursday how they would vote. The issue will go to their party room next week. Deputy Liberal leader Alistair Coe said the legislation was unnecessary because the ACT had no farms to which it would apply. The government's agenda had been captured by the lone Green, he said.

Mr Rattenbury's legislation imposes fines of up to \$7000 for an individual or \$35,000 for a corporation for keeping hens in battery cages - defined as cages that do not allow the hens to fully stretch, perch, access litter and lay eggs in a nest. It does not apply to backyard chicken owners who use the eggs for their own consumption.

It also outlaws the practice of trimming or removing chickens' beaks.

The same fines apply to people keeping pigs in sow stalls and farrowing crates (used while pigs are pregnant and after they give birth). The legislation says pigs must be kept in appropriate accommodation - able to turn around and stand up without difficulty, have a clean and comfortable place to lie down, have access to the outdoors, and see any other pigs. The fines are the same as for battery cages and beak trimming.

Mr Rattenbury said the law, which he expects to pass on Tuesday, would mean that "anybody who does want to come to the ACT and start producing either eggs or pork is very clear about the expectations of this community".

"It's the culmination of many years of work that sets the ACT at a high benchmark. This legislation is very clear - you can still produce eggs and pork in the ACT but you need to do it in a way that is humane ... Hopefully we can encourage the rest of the country to start to follow suit."

Tasmania moved to ban sow stalls and battery eggs at the end of last year. The battery hen ban applies to new operators and the sow stall ban is to be phased in over three years.

Animals Australia welcomed the move, campaign director Lyn White saying it set a significant precedent for other states to follow.

<http://www.canberratimes.com.au/act-news/shane-rattenburys-legislation-set-to-outlaw-sow-stalls-and-battery-eggs-20140220-334m7.html>

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### Answer to Who Said That?

"If a rabbit defined intelligence the way man does, then the most intelligent animal would be a rabbit, followed by the animal most willing to obey the commands of a rabbit."

— Robert Brault, writer

### Sudoku Solution

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



## New and renewing MEMBERS

We warmly welcome the following people into the Society.  
(Apologies for any missed names)

Darren Churchill  
Dieter Dambiec  
Jyoti Dambiec  
Karlene Dickens  
Marcus Edwardes  
Juris Jakovics

Caroline Le Couteur  
Kirsty Magarey  
Dahlia Martin  
Martin family  
Cydde Miller  
Rachael Nielsen

Todd Piper  
Laura Skeates  
Lisa Snowdon  
Nicola Vaughan  
Fleur Wimborne

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