



## New Cafe: My Rainbow Dreams

### Check it out

A few years ago I was sitting in Adelaide's Joy Discovery cafe, eating a nice veggie burger and some "Contant Craving" chocolate truffles, and wishing we had such a place in Canberra. My Rainbow Dreams arrived a few weeks ago and (like that Adelaide cafe) springs from the Sri Chinmoy tradition. It is located at the Dickson shops on the other side of the health food store.

It's not as big as Joy Discovery, but the chocolate truffles are there and they have some nice food, juices and sorbet. There are a number of vegan and gluten free options. They serve coffee and are open for breakfasts and lunch.

The opening hours are 9am to 5.30pm weekdays and 8.30am to 4pm weekends.

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## No more paper newsletters

### or at least, very few..

We've decided that electronic newsletters are the way to go. There are several reasons for this. It saves postage; is kinder to trees; and it looks better. Many of you have not provided an email address. There may be a good reason for that and we'll continue to print your newsletter. Otherwise, if you're not getting our regular email notices please help us out and send your email contact details.

Maybe you have sent us an email address but still want a printed newsletter - again let us know if this is the case.

We will print a few other copies for libraries and so on. Also if you can think of anyone who could use some copies, please get in touch.

Contact details are at the top of this newsletter.

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## Your input needed!

After a while we will run out of interesting things to say. Then it's up to you to help make this newsletter topical & interesting. We're especially interested in any tips on being vegetarian or vegan in Canberra. Perhaps you could submit a favourite recipe. Don't be shy now.. please submit by **31 August** and send to [contact@vegetariansociety.org.au](mailto:contact@vegetariansociety.org.au) .

# President's column

by Robert

As promised Mike O'Shaughnessy resigned at the AGM. As well as doing most of the society's administration Mike worked hard to place issues of animal cruelty, health and environmental destruction into mainstream discussion. Now he's taking a well earned rest and will be moving closer to family. I've got a feeling it won't be the last time we see him in the letters pages of the newspapers though.

The society in good shape and finances are looking very healthy. Still, it seems there is a lot of work for the new committee to handle. At times we'll be asking for additional help.

I plan to stay in this role no longer than two years. I hope to get more people involved over that time to ensure a smooth handover and a constant renewal of ideas.

I work for a government agency and my other current interests include music (guitar/piano), swimming for fitness, and... running vegetarian societies. In the last few years I've tried to learn as much as I can about the health & environmental benefits for reducing animal products in the diet. I read the original scientific articles where possible. With the various ecological crises happening it seems that we could be on the cusp of a shift in consciousness regarding diet, though there's no evidence yet of a widespread change in eating habits.

As a child I was shown through the (now closed) Maitland abattoir which was only a few kilometres from our home. I also worked briefly as a "process worker" in the Beresfield chicken slaughterhouse when I was a meat-eating teenager. What I saw, smelled and heard in these places was a big factor in me becoming vegetarian: I knew that eating meat was tantamount to killing an animal with my own hands – something that I would never do. Over time I learned that there are sound ethical reasons for being vegan and that's where I am now.

I feel that for an omnivore to give up meat it helps if they have met a vegetarian just to show them that it's possible and easy. I hope we can do some of that outreach work by being visible at community events. But there are many things people can do in their own lives to make a difference: use whatever talents that you have, cook for others, try to be positive, be fit & healthy, be informed about the issues and talk to people at opportune moments.

Anyone who is vegan or getting close should be taking a vitamin B12 supplement or suitably fortified foods. Do some reading about nutrition, for example [veganhealth.org](http://veganhealth.org) and Becoming Vegan by Melina & Davis available at [www.vegsoc.org.au](http://www.vegsoc.org.au) . Contact us if you need further help.

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## New committee

### Elected at AGM

President	Robert Davy
Vice President	Kath Faulkner
Treasurer	Judy Matusiewicz
Secretary	Geoffrey Ward
Membership	Alison White
Web	Mark White
Social events	Karlene Dickens
Techie stuff	Chris Russell
General	Jenny Persi

General	Georgina Buckley
General	Anna Fox

Thanks to all of these people for offering to help. Everyone is welcome to the monthly committee meetings held at restaurants, hope to see you there.

## Committee doings

### what we're up to

Your committee is presently actively involved in obtaining quotations for Public Liability Insurance as this will enable us to attend many more local events for fundraising activities through food. For example, Bunnings are happy to book us in for a Saturday veggie barbecue event, but we must have PL insurance to do this. PLI will also enable us to run more food associated activities (.e.g cookery classes) as this is what many of our members expect from thir Society.

At the last meeting the Committee decided to discontinue bic-a-brac fundraising stalls because of the large storage space required and the heavy lifting required. Also, no-one has volunteered to take up this role.

Hopefully the design of the web site will be refreshed soon and we are investigating ways of allowing credit card payments.

## Social events

### for your diary

Please send rsvp to Karlene at this address,  
[rsvp@vegetariansociety.org.au](mailto:rsvp@vegetariansociety.org.au)

or leave a message on the society's phone. It would help us if you could leave a contact phone number just in case of late changes.

### Sunday 20 July

Lunch at the yummy Au Lac Vegetarian Restaurant in Dickson, 12pm. Please RSVP by 18 July.

### Saturday 23 August

Dinner at a new venue, Tip Top restaurant, upstairs in Garema Place (near Landspeed Records). This isnt a vegetarian restaurant but has plenty of delicious veggie/vegan options. Time 7pm. Please RSVP by 22 August.

### Sunday 21 September

10am, Meet at Satis vegetarian cafe at Watson Shops for a stroll up Mt Majura then brunch afterwards at Satis. Please RSVP by 19 September.

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## Around the web

### Compassionate Cooks

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

Colleen Patrick-Goudreau founded this web site. A talented cook and articulate writer, she has produced a cookbook "The Joy of Vegan Baking", a cooking DVD, online recipes and a very informative podcast "vegetarian food for thought". On top of that she gives cooking classes. Her passion shows through in her podcast and I've learned so much about food and animals from it. The baking cookbook is amazing and all the recipes I've tried have been well received. However I find that the recipes are often too sweet so I reduce the sugar content.

### [WhyVeg.com](http://WhyVeg.com)

This is a new web site by Animals Australia aimed at encouraging people to adopt a plant based diet. The site has a simple and attractive layout. There are tips for people looking to make the change and a recipes section where people can submit their own creations.

# A Vegan's Life (in Canberra) Part 1

by Chris Russell

I'd like to get people thinking about the diversity of vegan options available in Canberra. Over the coming year I'd like to hopefully give give ideas to those vegetarians that feel sometimes it is just a "little to hard" and particularly for those wanna-be vegans that felt that vegetarianism is hard enough. So "A Vegan's Life" will offer some inspiration. In the future I may also provide some traveller hints (some will be obvious but hopefully still motivational when stocking up the backpack for the next trekking holiday).

## Gorman House

Epic may offer the Farmers' Market but Gorman House (the arts centre in Braddon on Ainslie Avenue) offers vegetarian and vegan treats on Saturdays. From about 10am 'til sometime after 2pm there is vegetarian-fest on offer. Though none of the stalls are purely vegetarian they are more veg aware than most restaurants.

There are 3 longterm stall owners who have helped offer an oasis for vegan and vegetarians who have had a big Friday and are coming out of hibernation on cold winter mornings. There is also great cultural diversity on offer. Moreover, all the dishes are still offered at classic market prices.

Sarah (a longtime Canberra vegetarian herself) runs "Ethiopian Healthy Choice." No points for guessing what style of cuisine she prepares. Other than offering the best dhal in Canberra (strictly the dish is known as miser wat, but it's still yummy) the pumpkin stew is also divine. There is a single meat dish but the rest are vegan.

Heading over to the Americas, Gladys and Julio can help you with vegetarian and vegan choices at "Salvadorian Food". Their \$5 pupusas are a classic corn-style tortilla stuffed with cheese and beans made fresh to help entice the olfactory senses. Their tamales come in a vegan style at just \$7. Of course everything is offered *con salsa* which is a piquant home brew that I often buy by the jar. For the truly devoted, Gladys has been known to help out vegan regulars with bean-only pupusas but this does put a serious strain on the bean supply :-)

Trekking over to "Thai Food" both Kay and Sataporn (along with their families) are only to keen to help with vegan and vegetarian food. Their Pad Thai (at \$5.50) is all vegan with a couple of different tofus and the obligatory salad with fresh mung spouts and coriander. The curry puffs and spring rolls (both 80c each) are a nice little entree. If it is a tight week between Austudy payments you can get rice and peanut sauce for just a couple of dollars (which is also a great entree or meal even as a treat!).

With the remaining stalls there is always at least one vegetarian dish. This could be noodles at Chinese style stall, a vegetarian soup at "Real Soup" or even more recently Sudanese food with a number of vegetarian options.

Anyway, vegetarians including us vegans can have a nice leisurely brunch feeling relaxed and satisfied.

# Recipes

## Tempeh Bolognese

Here is an Italian inspired dish with a little added kink. This is on top of spaghetti instead of traditional pasta. Hope you enjoy.

2 cloves of garlic  
1 packet of Tempeh  
2 onions  
½ red chilli (to Taste)  
50 mls Balsamic vinegar  
1 can chopped tomatoes.  
100 gms Tomato paste.  
10 gms capers  
100 gms artichokes  
50 gms chopped sun dried tomatoes  
water

### Method

1. Bring a pot of water to the boil on the stove.
2. Place the spaghetti fruit into the water and cook until a knife inserts easily into the fruit.
3. Dice up onions and mince the garlic.
4. slice the tempeh up into small pieces
5. Heat up some oil in a pan
6. Sauté off the onions and the chilli and cook off until the onions start to caramelize.
7. Add the tempeh and the garlic and continue cooking
8. Splash some balsamic vinegar in to the pan and coat the tempeh
9. Add some chopped tomatoes and tomato paste.
10. Add a little water if needed.
11. Add the capers, artichokes and the chopped sundried tomatoes and allow simmer to cook and reduce the sauce so it thickens nicely.
12. Take the spaghetti fruit and chop it in half.
13. Scoop out the seeds from the middle and taking a fork run it around the inside of the fruit to remove the 'spaghetti'
14. Place the spaghetti on a plate a then top it off with the hot Bolognese sauce.
15. top with some capers as a garnish.

Submitted by Karlene, sourced from [veginity.com](http://veginity.com) .

## Soy food may reduce risk of prostate cancer

A recent study of Chinese men has found that consumption of soy foods more than once per day was associated with a lower risk of prostate cancer compared with men consuming less than once per week.

The results were adjusted for education, body mass index (BMI), smoking, alcohol consumption, marriage and diet (tomatoes, green vegetables, beef, pork and milk). They found that soybean food was the only preventive factor associated with prostate cancer.

A number of studies over the years have found a similar inverse relationship between soy food consumption and prostate cancer.

Details:

Xiao-Meng Li and others, Mass screening-based case-control study of diet and prostate cancer in Changchun, China, *Asian Journal of Andrology* 2008; 10 (4): 551-560.

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## Grain demand and world hunger

Prices of the world's staple grain crops have increased rapidly in recent times forcing people at the margins into malnutrition or starvation. From a record grain harvest of over 2 billion tonnes, the UN now states that we must step up production even more.

I've noticed letters to newspapers pleading for the biofuels industry to be curtailed. It's true that using crops to run cars is a terrible idea. But as George Monbiot noted in a recent article, "there is a bigger reason for global hunger, which is attracting less attention only because it has been there for longer."

If using crops to run cars is a crime against humanity, then so is the use of crops to feed livestock. The amount of grain fed to livestock far outstrips that used by biofuels.

### World grain in 2007/08 (million tonnes)

Total production:	2126
Feed for livestock:	756
Biofuels:	100

Source: Food and Agriculture Organisation, April 2008. *Crop Prospects and Food Situation*.

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## Myths about "humane" animal use

[www.humanemyth.org](http://www.humanemyth.org)

There seems to be a growing phenomenon of people seeking so-called "humanely raised" or "happy" meat. What is it really? The following is taken from the [humanemyth.org](http://humanemyth.org) web site.

**Humane myth.** An idea being propagated by the animal-using industry and some animal protection organizations that it is possible to use and kill animals in a manner that can be fairly described as respectful or compassionate or humane.

**Humane slaughter.** Common Misuse: Both the animal-using industry and some animal advocates make use of this term to refer to

methods of slaughter that are claimed to somehow be better than others, such as those that attempt to render the animal unconscious before they are killed, which theoretically minimizes the pain experienced while still leaving the heart beating in order to forcefully push out the blood. While the use of such methods clearly improve the efficiency and speed of slaughterhouse operations, it is not possible to claim that either mercy or compassion are being practiced during any act of taking another's life for the purposes of profit.

## VEGETARIAN SOCIETY OF THE ACT Inc. Mail Order Form

Post: GPO Box 1786, Canberra, ACT, 2601

Phone: 0417 464675

Email: [contact@vegetariansociety.org.au](mailto:contact@vegetariansociety.org.au)

Web: [www.vegetariansociety.org.au](http://www.vegetariansociety.org.au)

### Merchandise

Item	Description	Size	Price	Quantity	Amount
T-shirt ( <i>old stock</i> )	Club Veg	Kids	\$7.00		
	Eat Death (McDonalds) (white/black)	M/L	\$19.95		
	Vegetarian Society of the ACT (white)	L	\$19.95		
	Vegetarianism Wont Cost the Earth (black)	XL	\$19.95		
	Yay – animals	L/XL	\$19.95		
T-shirt ( <i>new stock</i> )*	You are not an Environmentalist if you still eat meat (olive green)	S/M/L	\$25.00		
	Give blood this year and save a life; then go veg and save 95 more (black)	S/M/L	\$25.00		
	Ask me why I'm vegetarian (white)	S/M/L	\$25.00		
	Ask me why I'm vegan (white)	S/M/L	\$25.00		
	Veggie Kid (white)	Youth			
Books	Tempting Tempeh (vegan cookbook)		\$11.95		
	Soup for All Seasons (vegan cookbook)		\$11.95		
Lapel Badges	You are not an Environmentalist..	5cm dia	\$3.00		
	Give Blood...Save 95 more				
	Veg: Animals, Health, Environment	3.5cm dia	\$2.00		
Fridge Magnets	Range of statements	3cm dia	\$2.00		
<i>For pics of T-shirts, check out: *www.animalrightstuff.com/</i>			<b>Sub Total (transfer below)</b>		<b>\$</b>

### Membership

My subscription (please tick one)	Price	✓	Amount
Single	\$25.00		
Family #	\$30.00		
Organisation #	\$30.00		
Associate ( <i>includes discounts and newsletters but does not include magazine subscription</i> )	\$16.00		
I would like to receive the following magazine as part of my membership subscription. ( <i>Please choose <b>one</b> – OR you may select both for an extra \$22 per year</i> )			
Vegan Voice			
Natural Health & Vegetarian Life			
Extra Magazine	\$22.00		
<b>Sub Total (transfer below)</b>			<b>\$</b>

<i># Family/Organisation memberships receive two membership cards for discount purposes.</i>	Name for second card ( <i>please print</i> ):
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### Donation

The Vegetarian Society of the ACT thanks you for your generosity	<b>Sub Total (transfer below)</b>	<b>\$</b>
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### My Details (*please print*)

Mr/Mrs/Ms:			
Address:			
	Post Code:		
Phone (Hm):	( )	(Wk):	( )
Email:			
Cheque/Money order is enclosed ( <i>Sorry, we are not yet able to accept credit card payments. Please contact us for direct credit details if preferred</i> )			<b>TOTAL \$</b>

Until the next newsletter...

*Be Healthy - Be Social  
Enjoy Life!*



*Sender:* ACT Vegetarian Society Inc.  
GPO Box 1786  
CANBERRA ACT 2601