



ACTIVE VEGETARIAN SOCIETY

Winter 2010

# VEGETARIAN BITES NEWSLETTER

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## WELCOME

We had our share of cold days and nights this winter although all-up it has been pretty mild, I have to say. I just adore those still, sunny Canberra days that follow sub-zero temps and a good solid frost. I'm glad it's spring though, despite those horrid winds. I have bought myself a slow-cooker, so I would love to hear from you with your favourite vegan slow-cooker recipe. I haven't used it yet and am keen to try it out while the weather is still conducive to warm, comforting food. Please send them to the address below. Thank you once again to the people who have sent me contributions. It's more fun to read and makes my life a bit easier when trying to fill the newsletter.

I have also tried the cupcakes Natasha mentions in her column and they are pretty good. If we support them, they may expand the range and others may take up the cause as well. The great thing about vegan cupcakes is that vegetarians and omnivores can eat them too: unfortunately it doesn't work the other way around. Plus one of our members, Gayle, continues to hold a vegan cake-stall at the Yass Farmers' Markets (first and third Saturday of the month) which I have been able to attend a couple of times to buy vegan goodies as well as fresh produce. The produce people also deliver to some Canberra suburbs. Please email [artm01@bigpond.net.au](mailto:artm01@bigpond.net.au) before each Wednesday for an updated shopping list which you can fax for delivery on Friday. You can hand-write on the bottom any other item fruit/veg that isn't listed (eg avocados), and they will try to obtain it by swapping with another farmer. Call 6227 0060 for more information.

Please send your contributions and comments to [newsletter@vegetariansociety.org.au](mailto:newsletter@vegetariansociety.org.au)

*Tracey Lofthouse, Ed.*



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## Coming Events

**Vegetarian history talk with guest speakers**  
ANU Food Co-op 7.15pm (new site), 19 October 2010.

**Walk and coffee**  
21<sup>st</sup> November 2010: Further details to come on mailing list.

For further information on the above and other coming events, please watch for details in our emails. If you have any ideas or requests for an event send us an email at [contact@vegetariansociety.org.au](mailto:contact@vegetariansociety.org.au).

### Who Said That?

Who was it who said...

*"I don't hold animals superior or even equal to humans. The whole case for behaving decently to animals rests on the fact that we are the superior species. We are the species uniquely capable of imagination, rationality, and moral choice - and that is precisely why we are under an obligation to recognise and respect the rights of animals."*

Answer at the end of this newsletter.

## From the Vice-President

Let me start by saying things are humming away quite nicely now as the new committee has settled in and we have become more active and regular in our events. It feels like we are reaching more people now and able to provide a better service to our members. For me, it is all part of a big picture of helping animals, that's what I am here for and the strongest reason why I am vegan.

With our President, Jyoti currently away overseas I am keeping very busy keeping on top of things in her absence, now I understand just how busy the President's role is and I think it is commendable the amount of dedication Jyoti has to the cause.

On to news, we have recently held our Christmas in July social lunch at Legend's Spanish Restaurant in Manuka, yes, that's right, vegan Spanish food, something different and the food was great. We had 40 in attendance and raised over \$1,500 for A Poultry Place. A fantastic effort, and after reading the latest update from A Poultry Place it makes all the organising worthwhile and brings a tear to the eye. Thank you to everybody for their kind donations and support.

Over the last few months we have been busy updating our discount list for members, revamping our website, getting our flyers and vegan food pyramid cards out into outlets, deciding on the future of the Society's library and organising events, it has been a busy time. Oh, and of course discovering vegan cupcakes in Civic, what a joy. For those of you who missed it in the email update, Jazz Apple Café on City Walk near the fountain outside Canberra Centre (not open Sundays), three varieties of vegan cupcakes, what a treat!

I hope everyone is enjoying this beautiful cold winter weather as much as I am.

Until next time,  
Natasha  
Vice President/Treasurer

## From the President

(who has now returned from her gallivanting)

A brief hello from me. Lovely to be back to our beautiful sunny and cold Canberra winter after experiencing many different climates during our 6 wks in Europe.

Extremely humid and hot 38 deg in Venice. Very mild summer? weather in Germany. Hot and humid of course in Malaysia. Little bit of sun in Amsterdam but needed those wet weather clothes there too. A little sun, icy rain and fog of course in Ireland - but green like I've never seen before, so worth the wet. My body is well and truly wondering what is happening! And now beautiful blue sky and crisp cold Canberra air. I love this climate - and especially good when you have central heating :)

It was wonderful being able to leave the running of the Society in the hands of Natasha, our very efficient Vice President. When I arrived back I was tempted to 'lay low' for a few more weeks and just let things continue moving along nicely! :)

Natasha mentions in her report how busy the President job is. Yes, this is very true. This year I've been fitting my 'other' lives around the Vegetarian Society commitments. This large investment of time has been necessary though, as we've had the task of revitalising the group and bringing it back from almost being wound-up. We've been sorting out many things and the group is now very much alive.

The enthusiasm and dedication of our new committee has made this possible. I'd especially like to acknowledge Natasha's work - she has been just brilliant in her role as Treasurer and Vice-president and she has also attended our stalls and baked yummy sweet things for them. It is great to have an active vice-president to run ideas by and to consult with. Also congratulations to Natasha on her recent marriage.

Thanks also to Tracey our Editor - who is always brimming full of ideas and so passionate about her vegan lifestyle. The newsletter is another job that takes time and lots of work.

The other person I'd especially like to thank is Juris our Membership/Database person - and overall 'wise' gentleman. Juris has spent countless days working on our database to ensure it runs simply and smoothly. We can't run the Society if this aspect isn't working well.

And to everyone else on the committee - a huge thank you, we can't do the 'work' without you!

We are needing a couple more people to join us - and would especially value a person with graphic design/computer skills. Please contact me [president@vegetariansociety.org.au](mailto:president@vegetariansociety.org.au) if you can help.

Jyoti

## Recent activities

### WALK AGAINST WARMING

Sunday 14<sup>th</sup> August 2010

We set up a small display highlighting the effect meat-eating has on the environment and gave out flyers. Thanks to Cait and Jyoti for venturing out on this wet and windy day - and it was also great to have Jo, the President of Animal Lib, leafletting with us.

We plan to attend more of these rallies and for this to really have an impact we need many more people wearing vegetarian T-shirts attending. The Society is also planning on designing and printing a number of corflute placards similar to the Greens' triangle banners so that our message will be highly visible.



Jyoti and the veg board at the Walk Against Warming

According to the United Nations, raising animals for food causes more global warming than all the cars, planes, ships, trains and SUVs in the world combined and we vegetarians need to get these facts out to the general population. It makes sense to be at events like environmental rallies where, one would hope, people would be willing to consider the impact of eating animals on our planet.

**Coffee and movie**  
Sunday 29<sup>th</sup> August 2010

On Sunday a small group of us met for coffee at Café Essen in Civic. We ended up having lunch as well as coffee. The café has quite a few vegetarian options and one or two vegan ones on the menu. After lunch one of our group left us as she had already seen the movie, and the rest of us then went and saw The Ghost Writer. The movie was quite good and the lunch shared with friends was lovely. Hope to see some more faces next time. Thank you Sarah for organising it.

Tracey

**Shopping and eating out**

**Quorn** has come to Australia. A good range is available from the freezer section of Coles and to a lesser extent Woolies. Quorn is suitable for vegetarians, but almost all the products contain egg so are not vegan.



Please be aware that small numbers of people have a reaction to Quorn that can involve unpleasant outcomes. And also that there is at least one town in Australia with the same name!

The **Nice & Natural Nutbars** in the green box, which are available at Coles and Woolies, are suitable for vegans but the other flavours are not.

**Delhi 6** at 14 Childers Street in the city has several vegetarian options and specialises in South Indian cuisine.  
Ph: 6248 7171 Fax: 6248 9991 email: [delhi6city@gmail.com](mailto:delhi6city@gmail.com) [www.delhi6.com.au](http://www.delhi6.com.au)

**SUDOKU**

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



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Answer at the end of this newsletter.





At the gorgeous site you can find a range (over 150 styles) of vegan Rock 'n' Roll, Swing, Rockabilly, Jive, Ceroc, Leroc, Boogie Woogie, Bodgie and Widgie and Hotrod dance and street shoes as well as retro clothing for guys and gals and other assorted products. Start at <http://mary.busutil.tripod.com/id143.htm>



## Small Beginnings

The early years of the ACT Vegetarian Society by Kimberley Roberts

If my memory serves me well, the year was 1990 when I saw an advertisement calling for volunteers to start an ACT branch of the Vegetarian Society. I was 17 and had been vego for maybe about three years but I knew very few friends walking the same path. In fact, I didn't have a single vegetarian friend. My family were doing their best to be understanding and my Dad had made a few lentil loafs to tide me over but I have to say things were pretty limited in the information and food department at this stage of my life. So I took the plunge and called the number. Through that contact I was put in touch with a fellow called Cor Stridjer. He and I met up and founded the ACT Vegetarian Society. It was small beginnings, piggy backing on Animal Liberation for a while and sharing resources. Some members may recall, as I do, a protest at the ANU against experimentation on monkeys. Animal Liberation had a man in a monkey suit in a cage to make their point – that man was our Cor who I fondly remember as a beautifully eccentric and passionately outspoken chap. Animal Lib had an office at the ANU and this is where our first ACT Vegetarian Society meeting was held. In those days the meetings involved hearty discussions and sharing of delicious home-cooked vego and vegan food. We envisaged what was needed in Canberra for such a group and decided that it included the following: to make available accurate information to challenge the myth that vegetarianism is nutritionally inadequate and to let people know of the many benefits that go along with a vegetarian lifestyle, including the reduced impact on the environment. We started having stalls in the CBD and sharing our information and experience.



Kimberley Roberts

getting lots of enquiries. Cor liked to be a little controversial and one year displayed a sign saying "How can you call yourself a Greenie if you still eat meat?" There were a lot of interesting discussions at the Veg Society stall table, some of them quite heated!

Over the years more people joined our small group and a committee was formed and were eventually incorporated. We met monthly and continued our regular stalls which now sold things like T-shirts, badges, stickers, etc. A lot of dedication from a small number of people over the years kept the society alive. We held quiz nights, information talks, social gatherings, picnics and bushwalks. For me it was a lovely way to create, and be a part of, a community with similar ideals and I met some of my closest friends through the group who I am still in touch with today, some 20 years later. I lost touch with Cor and if anyone knows of his whereabouts, it would be great to hear what he is up to. I believe he left Canberra many years ago. I am now living in Melbourne and although I'm no longer actively involved in vegetarian groups although I am aware that they exist here and that they are active and supportive. The Vegan Fair is a big event held at the Abbotsford convent each year.

Maybe some of the current members can recall other interesting facts from the early days? I'd love to hear about it.

If you have any recollections of the early years or stories to share, we'd love to hear from you. Please email your musings to [newsletter@vegetariansociety.org.au](mailto:newsletter@vegetariansociety.org.au). If you wish to contact Kimberley, please email her on [kimberleybroberts@hotmail.com](mailto:kimberleybroberts@hotmail.com)

I recall that the Environment Day stalls were particularly popular days with us selling hot soup and

## RECIPES

### Carob Balls

from Tanya Gendle  
- thanks Tanya

(Makes 12-15 balls)

#### Ingredients:

- 1 cup Brazil nuts chopped
- ¼ cup honey, agave nectar or maple syrup
- ¼ cup tahini
- ¼ cup carob powder
- ½ tsp. vanilla

#### Method:

- Combine all ingredients in a bowl and mix well.
- Roll into 2cm balls and coat in desiccated coconut.
- Freeze before serving.

### Chilli Almond Asparagus

from Meatout Mondays' weekly email  
Sign up at <http://www.vegkit.org/#signupform>

Asparagus is a member of the Lily family. It's a nutrient-dense food high in folic acid and a good source of potassium, fibre, vitamin B6, A, C, and thiamine. A perfect compliment to any spring lunch or dinner, this delicious dish is best served hot or warm. Asparagus should be cooked through and tender, but not mushy.

#### Ingredients:

- ¼ cup sliced almonds
- 1 Tbs. vegetable stock powder
- 2 tsp. red chilli flakes
- 1 lb. asparagus spears, trimmed
- 2 carrots, peeled
- 2 tsp. peanut oil (or any kind you like)
- 1 tsp. toasted sesame oil (or any other kind)
- fresh zest and juice of 1 lemon

#### Method:

- Roughly crush almonds so that most are ground fairly fine, but there are some larger pieces left; mix together ½ of the almonds, vegetable stock powder, and chilli flakes.
- Trim carrots to the same length, roughly, as the asparagus spears; half carrots lengthwise, then quarter them, and continue cutting each piece lengthwise until you have lots of long, flexible, thin strips of carrots.
- In a large bowl, toss carrots and asparagus spears in the oils; sprinkle almond seasoning over them and toss well, making sure the coating sticks to the veggies.
- Arrange veggies in one layer on a parchment covered baking sheet; if there is any seasoning left in the bowl, scrape it onto veggies.
- Bake at 450° F for about 5 minutes or until veggies are tender; finish under the broiler for a

few minutes until brown and crisp in places (watch it – it'll burn easily).

- Top with the remaining almond pieces, lemon zest, and season with a dash of lemon juice.

Find this and more delicious vegan recipes at [www.VeganYumYum.com!](http://www.VeganYumYum.com)

### Lemon Zinger Cookies

from Tanya Gendle  
- thanks Tanya

(Makes 10-12 cookies, requires dehydrator)

#### Ingredients:

- Juice of 1 ½ lemons (about ¾ cup)
- 1 cup soaked almonds
- 1 cup of soaked dates (soaked 2 hours and drained)
- 1 teaspoon agave nectar

#### Method:

- Put all the ingredients in a food processor and process until smooth.
- Drop tablespoon-sized portions of the dough onto a Parra-Flex sheet on a dehydrator tray and flatten them into cookie shapes.
- Put the tray in the dehydrator or a warm oven set at 60 degrees dehydrate the cookies for 4-6 hours, until slightly crispy but still moist.

### Quesadillas with guacamole

from Natasha Glover  
- thanks Natasha

Tasty and simple.

#### Ingredients:

- 1 packet tortilla wraps
- 1 tin kidney beans
- 6-8 slices button mushrooms
- 1 red onion
- Large handful spinach
- Pepper
- 1 avocado
- 1 tbs lemon juice (squeeze bottle is fine)
- olive oil
- salt

#### Method:

- Chop the onion to a fine dice and fry in some olive oil until clear, add the mushroom and cook until soft.
- Stir through the kidney beans (drained) and spinach
- Remove from pan
- Coat pan with good cover of olive oil (very shallow)
- Microwave tortillas for 30-40 seconds
- Fill one half with the filling and fold the tortilla over into a half circle
- Fry on each side until golden

- Cut into triangles to serve
- For the guacamole mix all ingredients in a food processor and season to taste

Salsa on the side can be nice too

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## Peanut Butter Cookies

*One more from Tanya Gendle  
- thanks Tanya*

(Makes 12)

### Ingredients:

- ½ cup honey, agave nectar or maple syrup
- ½ tsp. Celtic sea salt
- ¼ cup olive oil
- 1 cup oat flour (blend a cup of oats)
- 1 tsp. vanilla
- 1 ½ cup peanut butter
- ¾ cup wholemeal flour
- ½ cup carob buttons

### Method:

- Place all ingredients in a bowl and mix well.
- Form dough into small or large balls and place on lightly oiled tray.
- Flatten with fork.
- Bake at 180 degrees Celsius for 10-15 minutes. Watch carefully.

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## Sticky Ginger Cake

*from 'Vegan Fests' by Rose Elliot, via Claire Ede  
- thanks Claire*

### Ingredients:

- 250g or 1 1/2 cups wholemeal plain flour
- 2 tsp. ground ginger
- 1/2 tsp. bicarb. soda
- 125g or scant cup chopped pitted dates
- 50g or 1/2 cup stem ginger
- 125g or 1/2 cup light soft brown sugar
- 150g or scant 1/2 cup black treacle
- 150g or scant 1/2 cup golden syrup
- 120ml. or 1/2 cup soya oil
- 120ml. or 1/2 cup soya milk

### Method:

- Preheat oven to 150C
- Grease and line 23cm sq. tin (I used loaf tin) with non-stick baking parchment.
- Sift tog. flour ginger and baking soda into large bowl.
- Add dates, ginger and sugar
- Put treacle and golden syrup into saucepan and heat gently until melted. Remove from heat and add oil and milk. Mix well.
- Add to dry ingredients.
- Pour mixture into prepared tin and bake for 50-60 minutes.

- Leave in the tin to cool for about an hour, then turn out onto wire rack.

I can vouch for this cake, it's delicious. If you like ginger I recommend trying it (and even if you aren't a big fan, you may still enjoy it) - Ed

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## Vanilla slice

*from 'Now Vegan' by Lynda Stoner, via Natasha Glover  
- thanks Natasha*

(Makes 12)

### Ingredients:

- 2 sheets puff pastry
- 1 cup caster sugar
- 1/2 cup cornflour
- 1/2 cup custard powder (Foster's brand is vegan)
- 1 litre soy milk
- 60g Nuttelex
- 2 teaspoons rum essence (I left this out)
- 2 teaspoons vanilla essence

### Icing:

- 2 cups icing sugar – sifted
- 60g Nuttelex
- 2 tablespoons passionfruit pulp (I didn't have any so used lemon juice instead)

### Method:

- Line the base and sides of a square tin with foil.
- Bake the two pastry sheets at 220C for about 6mins (until brown).
- Press one pastry sheet into bottom of square tin, brown side down. Press down hard to flatten (it will be very hot!!)
- Mix sugar, cornflour, custard powder in a saucepan.
- Gradually add soy milk over low heat, whisking until smooth and well combined.
- Add Nuttelex and stir over high heat until thick.
- Remove from heat and stir in essences.
- Pour over pastry sheet.
- Place other pastry sheet on top brown side up.
- Mix icing ingredients until well combined and smooth over top pastry layer with hot knife.
- Set in fridge approx 4 hours.

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## Children!

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

*All offerings gratefully received and acknowledged.*



# How Vegan is my Synthetic Factory Runoff?

Opinion-piece by Ros Hirst

The concept of veganism doesn't sit well with me. Now hang on a moment there, and before you run away and fume in fury, please read further. Because I'm a vegetarian working towards consuming less animal produce. I'm all for ethical eating and lifestyle. I'm all for minimising the pain and suffering of all living beings. But there's such a blind focus on end-user consumption within the ethical eating movement that I just can't move past it.

Using leather and fur is bad, because it involves skinning and bleeding and torturous living conditions and horrible deaths. I get that, really I do. But the vegan solution, using synthetic dyes and fabrics and "pleather" or other petroleum-based leather alternatives for shoes... could quite possibly be just as bad.

I'm not a chemist, and I don't have access to waterways in China or machines that can analyse what has gone into my acrylic paintbrushes and wool. But I do know that chemical runoff is one of the most unaddressed ethical problems in our global ecology. Not just fertilisers and animal waste from farms, but non-biodegradable and toxic dyes from fabric. Find a how-to, how to make your own paper. How to dye your own wool. Pay close attention to how much water you need to use to make stuff, and how much tainted runoff that could potentially create on an industrial scale.

I am concerned about the vegan attitude because it seems to venerate substitution of animal-based products with synthetic ones; insect-based colourants with synthetic ones. There's just not enough data available publicly on high-producing factories and international creation and processing of synthetic materials. What are the hidden ecological costs? Does one ball of nylon wool, one pair of purple sheep-free toe-socks lead to the death of an ecosystem in the country of origin for the product?

I care a lot about the suffering of all living beings. When I read about how some hard plastics can affect hormonal growth in many species of mammals – including humans – I begin to wonder about the villages surrounding those factories, and the lives of the workers there. About fish and local animal species that are less directly involved with these processes.

With all these hidden costs and impacts, I think it's safe to say that there is currently no way of quantifying whether or not treated and processed animal products are any better than petroleum ones. The vegan attitude towards living without animal products can work, but I know far too many vegans with far too many synthetic yarn toe-socks, who rant to me about making "informed decisions". I smile back and just agree before saying something like the following. "We as vegetarians and vegans have championed research into our diets and animal suffering; we should start lobbying for research that doesn't just vilify consumers of animal products but that helps us ourselves achieve a more ethical lifestyle."

Until there is enough information and transparency in "vegan" synthetic textiles, I'm op-shopping and trying to keep everything – yes, even animal products – out of landfill. I'd be interested to hear others' perspectives on this within the Canberran veggo community. What ethical considerations rate in your purchases and how deeply do you inquire into the provenance of ALL your purchased goods?

## **Responses:**

### VEGANISM VERSUS MINERAL EXPLOITATION

If we lived a subsistence stone-age lifestyle without farm or domestic animals, using only plant-based materials for clothing and shelter, we'd be close, but not completely blameless in, to avoiding hurting other animals and using natural resources in a way which has no net detriment to the planet. We don't.

We think we make rational decisions in our lives, in fact choosing paths between an endless series of dilemmas, picking between being in denial on the one hand and self-justifying on the other, in order to function in a world fraught with uncertainty. In our everyday lives we rarely remind ourselves that we are inextricably intertwined with all matter, living and dormant. But even if we were constantly aware of this, the only way we can function is to make choices, often with limited information, often choosing between bad and worse, drawing a line somewhere. There is substantial scientific evidence that we typically jump to conclusions which we then cleverly justify. The point is, we are not actually terribly rational beings.

In fact we need to find better ways to manage our "needs" (most of which are wants) against the needs of other life on this planet. We each make a decision based on the ethics we think are appropriate, none of us being perfect. We draw a line in the sand we won't cross.

We don't all draw the line in the same place. As our awareness grows, we try to draw it where we think it matters most, and for some people, where there is the most personal advantage. Mostly we don't know where that is, but can make best guesses on the basis of what we know. But the mix we apply will vary according to our beliefs, our prejudices, our culture and our self-justifications.

If we are aware of our own weaknesses, aware of our inherent irrationality, we avoid ideological fundamentalism. If we are not, we insist that others should do as we do. Where one draws the line between the ethics of veganism on the one hand and petroleum-based products and modern energy use on the other is mainly a value judgement. How can one weigh up economically cruelty to animals against using apparel derived from mineral resource exploitation? But we can always find reasoning to support our views, whatever they may be.

Juris Jakovics  
30 July 2010

~~~~~  
Ros Hirst in "How Vegan is my Synthetic Factory Runoff?" seems to have blurred different issues. Veganism does not necessarily involve the wholesale consumption of highly processed or environmentally damaging products. Both vegan and non-vegan consumers can be guilty of ignorance when it comes to the environmental impacts of the choices we make and whether 'some hard plastics can affect hormonal growth' or not is hardly a vegan issue.

Like Ros, I am not a chemist but it seems that there are at least as many environmental issues associated with the manufacture of leather as there are with the synthetic 'pleather'. The argument may also be trivial since leather is a by-product of the meat industry. If we significantly reduce the consumption and production of meat then leather will increase in cost until it prices itself into extinction. By that time, one would hope that any environmental issues with the synthetics will have been addressed as well.

The op-shop option seems to be an ethical alternative but only if there are excess products available second-hand. If you buy used leather shoes from the Salvos, you haven't done the animals any favours if the next person into the shop finds none left and has to go Kmart for her leather instead. But donating to the op-shops is always a positive move.

I'm sure that Ros is, as she says, "all for minimising the pain and suffering of all living beings". That being the case, she should simply avoid as far as possible all products derived from the exploitation of nonhuman animals. She should go vegan. If she can also avoid products derived from the exploitation of humans and of the environment then all the better.

That she's met some less-than-perfect vegans is not an issue – she can go vegan her way and set them a better example.

Mike

~~~~~  
What I think when I read what Ros has written is that Ros is into the environment, sharing the planet and caring for our mother earth. It's almost as if we need to coin a phrase for that, hey I just realised I am an eco-vegetarian!! I think along similar lines, (it really riles me when I meet environmentalists who are not vego.) I too am all for not harming animals, and I am not into exploitation of them either, but I don't really know how I feel about feral animals, and I am donating money to a land fund who help to eradicate feral animals like foxes and cats. So, am I on shaky ground with the vegans here? (yeah, and I wonder if the meat eaters should eat kangaroos and we don't have sheep and cows in Aus anymore..)

That said, I have my own chooks, I like them, they are all different breeds, and I don't particularly like Isa Browns (though they are friendly) but they don't act like hens are meant to, they continue to produce eggs all year, and don't moult properly. I'm into having some lovely breeds of chickens. And yes we have kept roosters and sold them sometimes to people who eat them. I don't mind, they've had a better life than most chickens who get eaten. I believe in having a relationship with animals, similar to the Native Americans, using every bit of an animal, doing this in a manner which treats the animal as sacred and honours its life, which seems to be a long, long way from our western society, which is completely out of touch with the natural world around us.

When I talk to people about being vego, I say they need to start thinking about where their food comes from, if they want to eat meat, choose free range/biodynamic, and reduce the amount they eat. Educating people about where their food comes from is the start of them being conscious consumers. If they think about that, then they may think about the number of shoes they own, and so forth. I like to own a couple of pairs, which may be leather as its lasts a long time, usually I can get 3 years out of a pair of leather boots or more! (and that was wearing them every day) But I've always been this way, shopping at 2<sup>nd</sup> hand stores and so on. I don't like to conform to society's view of what we should be doing. We have 2 recycling bins, and rarely fill up our other bin.

As for vegan synthetic textiles, I am more for promoting organic "natural" fibres, though I don't go for silk at all. I think we probably cause enough environmental damage with these products without making more plastic things!

Have you read "Ecoshamanism" by James Endredy? He has some wonderful ideas which switch the reader on to think about where all our "stuff" comes from, so you can think about synthetic sneakers and leather. But, he also showed me I am doing my bit in a very small way, so I would like to remind people that whatever steps they take toward thinking for themselves about their diet and the environment, deserves to be commended, as when we all start to do this, we will live in a better place. As for arguing about what is better, you have to decide that for yourself, you have to feel comfortable. Plus it's impossible to be a conscious consumer 100% of the time, but it's a nice ideal to move towards.

Karyn Fearnside

Ros is hoping to encourage discussion on this topic. If you would like to respond to her piece, please send an email to [newsletter@vegetariansociety.org.au](mailto:newsletter@vegetariansociety.org.au) entitled "Response to Ros Hirst Opinion piece" and I will publish it in the next edition of the newsletter. - Ed



## Ask the Nutritionist

With Miranda Bone

Miranda is a Nutritionist, with a Bachelor of Human Nutrition from the University of Canberra. She is especially interested in Veg\*n nutrition, preventative health care and whole foods.

Send your questions to [vegnutrition@gmail.com](mailto:vegnutrition@gmail.com)

### Vitamin D in Winter

Brrr! Who else has been rugging up to withstand the cold? And did anyone get 20 minutes of sunshine to their face, arms and hands? Sunshine is used by the body to make vitamin D, and in winter, most of us do not get enough. We can get some vitamin D through diet – vegetarian sources are fortified margarine, milk or soymilk, along with eggs – however we get most of our vitamin D from the sun.

Vitamin D is known for its role in calcium metabolism. It helps us absorb calcium from our foods, and stops us excreting so much calcium. Because calcium (along with other minerals) helps make strong bones, it is important for bone health to have sufficient vitamin D. Enough vitamin D means we don't need to eat quite as much calcium – important for anyone eating less dairy! Also, recent research suggests getting plenty of vitamin D may help prevent heart disease and cancer, and there's a possible link to Multiple Sclerosis and Schizophrenia as well (1-4).

So how much vitamin D is enough, and how can we get it? Well, the NHMRC recommends we include 5 ug/day in our diets if we are not getting much sun (or 10 ug for those aged 51-70; 15 ug for those older than 70). We can get that from fortified foods (check labels of milk, and soymilk; note Nuttalex has 0.5 ug per serve) or from supplements. Supplements may or may not be animal derived: D3, or cholecalciferol is from lanolin (from wool); D2, or ergocalciferol, can be derived from animal or plant sources. The animal version, D3, is more potent, but the body is able to activate D2 in the liver and kidneys, to produce active vitamin D.

The sun is also a source of vitamin D – our body is capable of making enough vitamin D from sunlight alone. However, because of the risk of skin cancer, be sensible about it! The skin stops making vitamin D before you burn; aim for about 1/3 as much time in the sun as it would take you to get slightly pink. That varies with time of day, the weather, and your skin colour, but for fair skinned people in a Canberra winter, about 30 minutes in the morning or afternoon is about right, less if you're sunning yourself at lunch time. If you're going to be in the sun longer than that – slip slop slap! If you have trouble getting enough sun, do consider using fortified foods or supplements.

Miranda Bone, B. Nutr.

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## Poetry

### Embracing Life

by Juris Jakovics

*not earth nor sky nor ocean care for peace  
just everchanging change  
that grunts and shunts and splints  
and rearranges all the silky smooth  
the rough and tough  
the everlasting never lasting  
earth and sky and ocean spare*

*against the tide we rally  
and little do we know  
that time stands still for those alone  
who care not where it's at  
nor where it's been nor going*

*together we're upon a planet  
which cares little for our fates  
nor for its place among the stars  
and why should that be difficult  
for us to swallow  
if we're intelligent and self-possessed*

*the universe bemoans not anything at all  
for scale and time are timeless  
and all our ponderings so insignificant  
that we are better off ignoring what we „know”  
to live accepting the unknowable*

*life is a dream we weave  
around emotions that we feel but cannot see  
emotions ruling every act as on we blunder  
driven on forever by our hormones  
and our wiring which refuses to be analysed  
from building blocks we'd like to call the life force  
as on we go regardless of our utter insignificance*

*can we really shrug off  
those living in our wilderness of stars  
a wilderness of beings unrecognised  
beings discarded as not belonging  
as being not worthy of being  
as subject to slaughter on a whim  
or on any excuse  
because of course we know what we are doing  
to ourselves and to all else on earth*

*why do we think we run the universe  
we the all-knowing all-powerful  
the runners of everything that matters  
the makers of hell on earth  
in the name of heaven for a few for a while  
just a while a teeny while  
for nothing lasts more than an instant  
though we live our instant as if each were*

*a lifetime of glory*

*the rocks crumble and turn to dust  
and wash away  
and rejuvenate in the eons of time  
remaking the soil  
regrowing the plants  
reviving the beings  
that walk and crawl and fly and grow  
on this earth  
BENEATH OUR THIN BLANKET OF LIVEABLE AIR  
or wedged in our thin welter of water*

*though we seek immortality  
we along with all life  
already have immortality  
as part of the universe  
made of the same stuff as everything  
and every being around us  
above us beneath us within us*

*just step outside ourselves  
outside our planet looking in  
or even further on the edge  
of our forgotten star with just a bunch of motely planets  
or step outside our galaxy the Milky Way  
or to the furthest side we think we know exists  
across the vast millenia of light years full of galaxies  
and try to think as being a being  
to whom our being is as a grain of sand  
among a universe of sandy hills  
more numerous than all the grains of sand we can imagine*

*do we now recognise the weight of insignificance  
maybe we start to feel how deep within ourselves  
we make excuses to ourselves for how we are and  
shouldn't be  
because it's handy to believe that what we have and are  
is how it ought to be oh yes  
we're doing the best we can  
pretending we know the way*

*surely there is a better way  
to fit into the universe  
surely the way is to accept what is  
enjoying change  
Accepting everything that shrouds our way  
And everything that beams us shining light and joy  
Enveloping ourselves in full acceptance of our lot  
Rejecting all that causes pain and fear  
To all the other beings that feel and suffer too  
Without surrendering to hopelessness  
But seeking out the difficult the new  
The ever more elusive and the few  
To understand what little we are gifted with to understand*

*And mostly let us learn to be  
The harmless beings we'd like to be  
Accepting of all beings of every shape and ilk  
To walk and swim and fly and crawl this world  
Or just to grow as moss or lichen tree or plant  
OR SEAWEED CORAL STARFISH CLAM AS HARMLESSLY  
AS WE WITH OUR SUPPOSED INTELLIGENCE  
and evolution ought to understand  
not with astonishing presumption  
wielding power pain destruction all around  
because we think we understand  
much more than does a chicken pecking seeds  
or lamb led to the slaughter*

*what churlish lack of insight do we have  
not recognising that all of those beneath us  
in the order of our world  
are cornerstones of our existence  
which our disdain will not outlive  
for with our current ways  
we'll self destruct*

## The First Vegetarian Restaurant in Outer Mongolia

By Jyoti Dambiec

Hi everyone

In the last Vegetarian Life and Natural Health magazine there was a few paras about the growth of vegetarian restaurants in Ulaanbaatar the capital of Outer Mongolia. I've just come across a newspaper article that appeared in the Uzbekistan Weekly Newspaper and thought it might interest some of you. It was a long article so have edited it.

You may wonder why I'm including this from a country so far away, and a country where meat-eating is central to the average diet. The first Vegetarian restaurant in the whole of Mongolia was started by one of our ACT Vegetarian Society members, our daughter Nitya, five years ago when she was working at the Lotus Children's Orphanage. Lotus provides a home and schooling for about 160 Mongolian children, street kids who formally lived on the streets, in the sewers etc. You can find out more about the home by Googling in 'Lotus Child'.



From one small vegetarian café five yrs ago which introduced Mongolians to vegetarian food, there are now 20 vegetarian eating places in Ulaanbaatar! More than we have here in Canberra! We've got some catching up to do...

The photo shows Nitya and Dieter in 2006 soon after the Café opened. That was a great meal as we were feeling quite starved of veges by then - fresh chinese greens and bulgar - yum!

(Jyoti)

Here's a shortened version of the newspaper article:

### **Vegetarians Rebel Against Mongolian Meat Culture**

June 3, 2010 - 2:20pm, by Andrew Cullen Mongolia Food

Restaurants offering only meat-free and dairy-free meals – in a country traditionally tied to mutton and milk – are springing up and thriving in Ulaanbaatar and throughout Mongolia. An unlikely vegetarian movement is taking root in Mongolia, where livestock outnumber people 14 to 1, and annual meat consumption tops 200 pounds per person.

The first vegetarian restaurant in Mongolia, Ananda's Cafe, opened in 2006. Today more than 20 vegetarian and vegan restaurants dot the capital, Ulaanbaatar, and a handful of others are scattered throughout the country. Ananda's has launched a catering service, and another popular restaurant, Luna Blanca, now sells frozen faux-mutton dumplings in local supermarkets.

The vegetarian restaurateurs are mostly Mongolians. Many follow Christian and Buddhist-influenced spiritual movements that promote vegetarianism, such as the Indian-based meditation group Ananda Marga, and followers of the quasi-Buddhist Supreme Master Ching Hai, who promotes vegetarianism and veganism.

Mongolians are turning to vegetarianism "mostly because of health. Also because of meditation – they're following this trend," says Solongo, a former doctor for the United Nations, who like most Mongolians uses only one name. She estimates that vegetarians number around 30,000 or 40,000 throughout the country, just over 1 percent of the population. In the United States, about 3 percent of adults are vegetarian, according to [vegetariantimes.com](http://vegetariantimes.com).

Vegetarianism is taking off in popularity as a reaction to the "extreme meat consumption," of most Mongolians, says Altanzaya, a sociologist and a co-owner of Luna Blanca who considers herself Buddhist. "Our goal is to make [meat-free foods] available."

Unlike beliefs elsewhere in Asia, Mongolia's unique brand of Buddhism does not emphasize sparing the lives of animals for food, probably out of pragmatism. The country's dry, mountainous landscape and nomadic culture mean that people have historically ignored agriculture and depended instead on gaining sustenance from meat and dairy products.

This high-protein diet fueled Genghis Khan's hordes as they swept across the known world some 800 years ago. Historians have noted that Mongolian soldiers could ride for days at a time, reputedly drinking blood from their horses' necks for nourishment on the go.

Some Mongolians consider meat the only real food. "If there's no meat, [my father] doesn't consider it a meal. You give him leaves, and he says, 'What am I, a goat?'" says Dolgor, a young mining company employee.

The staples in Mongolia tend to be bland, focusing on flour, rice, and meat, particularly mutton. Dishes that most Mongolians refer to as "national foods," buuz and huushuur – mutton-filled dumplings steamed or fried, respectively – and tsoivan, steamed noodles mixed with meat and root vegetables, are widely thought to originate in China.

Even more than meat, the traditional Mongolian diet depends on dairy products. Milk is viewed as sacred; each morning, women in the countryside and in urban apartment blocks make offerings to the sky, throwing ladles of the day's first milk tea in the four cardinal directions.

According to Altanzaya, one of the challenges to starting a vegetarian restaurant in Mongolia is getting people to realize that the menu isn't simply dairy products. The Mongolian terms are only subtly different; the phrases for dairy products (tsagaan idee) and vegetarian food (tsagaan khool) both translate as "white food."

Most of the new vegetarian restaurants use soy-based meat substitutes to mimic traditional Mongolian dishes. Vegetarian buuz and tsoivan are among the most popular items. Vegetable-based meals are less common, except at Ananda's Cafe, which anchors its menu on a different vegetable medley every day – cauliflower, eggplant, zucchini, and others – to lure vegetarians hungry for a broader spectrum of nutrients.

Mongolian vegetarians often face skepticism. "A lot of people think we're crazy," says Erdenchimeg, a chef at the Loving Hut, a chain owned by the Supreme Master Ching Hai International Association, which promotes meditation and prayer. She became a vegetarian in 2008 and in recent months switched to veganism – all part of a commitment to lessening her impact on the environment, she says.

Javkhlan, a university teacher in western Hovd Province, also took up vegetarianism 18 months ago after he began practicing the Supreme Master's meditation technique. He cooks tofu, dehydrated soy "meat," and what few vegetables are available in the province center. The imitation meat tastes bland without flavoring, but he doesn't miss meat, he says. "I'm happy being vegetarian. My health has improved."

Editor's note:

Andrew Cullen is a freelance journalist based in Hovd, Mongolia.



## ANIMAL LIBERATION

### Australian Capital Territory

Are you interested in joining Animal Lib ACT?

General meetings are held the last Thursday of every month (except December) at 6.30pm. Meetings are usually held at the Griffin Centre in Canberra City.

Everyone is welcome to attend (members and non-members).

During our general meetings we like to show films and docos, discuss upcoming events and generally socialise with like-minded people who are concerned about animal rights.

Animal Liberation ACT Office  
Room 207  
Level 2  
Griffin Centre  
20 Genge Street  
Civic ACT 2601

If you would like to subscribe to Animal Lib ACT emails, or find out more, please send an email to [info@al-act.org](mailto:info@al-act.org)

See also <http://al-act.org/> for more information

## Bite Club

**Sub-Urban by Beluccis – Dickson**  
(Friday 10<sup>th</sup> September, 2010)  
Rating – 4/6



Italian restaurants almost always offer a good variety of vegetarian meals, but aren't noted for their creativity. So it was with some hope but not too much expectation that we hit Sub-Urban by Bellucis (the old Beluccis with its flash new bar) to put their menu to the test.

With three fellow lovers of good vegetarian food, I was pleased to see nine vegetarian dishes on the menu. Well eight, if you don't count the misprinted (v) next to the spinach and ricotta ravioli with chicken – gratefully pointed out by staff before we had the chance to raise any objections about chicken not being vegetables...

We were assured it was an honest mistake and appeased by the inclusion of a vegetarian special on the specials board taking the overall number of vegetarian dishes back to nine. Choices included risotto, pizza and a couple of different types of pasta (plus herb bread for starters).

Staff were awesome and treated us like royalty. There was just the right amount of food to fill the belly without having to stretch the belt a notch, but while the food tasted good, the pasta and risotto needed a good dose of salt and cracked pepper. There wasn't much to keep the vegans happy, the risotto without cheese was pretty bland and the only other real option was one of three vegetarian pizzas with cheese removed. Creativity is definitely the area that Sub-Urban by Beluccis falls short, with spinach and ricotta featuring heavily in the pasta dishes, but given their kind accommodation I'm sure with a phone call in advance they'd be only too happy to whip up something special to keep vegetarians of all types happy.

Overall, a good night helped in atmosphere (if not noise) by the liveliness of the accompanying bar and a good choice for vegetarians of the social type seeking good company, a glass of wine or boutique beer and a full belly, rather than connoisseurs of the finest vegetarian cuisine.

Rob Regent

## Reasons for being vegetarian

*For your own interest, or should you have to defend yourself against a meat-eaters attack – unfortunately common – pull some of these stats out. The info is a few years old so the stats are probably much worse now.*

### *The Hunger Argument*

Number of people worldwide who will die as a result of malnutrition this year: **20 million**  
Number of people who could be adequately fed using land freed if Americans reduced their intake of meat by 10%: **100 million**  
Percentage of corn grown in the U.S. eaten by people: **20**  
Percentage of corn grown in the U.S. eaten by livestock: **80**  
Percentage of oats grown in the U.S. eaten by livestock: **95**  
Percentage of protein wasted by cycling grain through livestock: **90**  
How frequently a child dies as a result of malnutrition: **every 2.3 seconds**  
Pounds of potatoes that can be grown on an acre: **40,000**  
Pounds of beef produced on an acre: **250**  
Percentage of U.S. farmland devoted to beef production: **56**  
Pounds of grain and soybeans needed to produce a pound of edible flesh from feedlot beef: **16**

### *The Environmental Argument*

Cause of global warming: **greenhouse effect**  
Primary cause of greenhouse effect: **carbon dioxide emissions from fossil fuels**  
Fossil fuels needed to produce meat-centered diet vs. a meat-



free diet: **3 times more**  
 Percentage of U.S. topsoil lost to date: **75**  
 Percentage of U.S. topsoil loss directly related to livestock raising: **85**  
 Number of acres of U.S. forest cleared for cropland to produce meat-centered diet: **260 million**  
 Amount of meat imported to U.S. annually from Central and South America: **300,000,000 pounds**  
 Percentage of Central American children under the age of five who are undernourished: **75**  
 Area of tropical rainforest consumed in every quarter-pound of rainforest beef: **55 square feet**  
 Current rate of species extinction due to destruction of tropical rainforests for meat grazing and other uses: **1,000 per year**

### *The Cancer Argument*

Increased risk of breast cancer for women who eat meat daily compared to less than once a week: **3.8 times**  
 For women who eat eggs daily compared to once a week: **2.8 times**  
 For women who eat butter and cheese 2-4 times a week: **3.25 times**  
 Increased risk of fatal ovarian cancer for women who eat eggs 3 or more times a week vs. less than once a week: **3 times**  
 Increased risk of fatal prostate cancer for men who consume meat, cheese, eggs and milk daily vs. sparingly or not at all: **3.6 times.**

### *The Cholesterol Argument*

Number of U.S. medical schools: **125**  
 Number requiring a course in nutrition: **30**  
 Nutrition training received by average U.S. physician during four years in medical school: **2.5 hours**  
 Most common cause of death in the U.S.: **heart attack**  
 How frequently a heart attack kills in the U.S.: **every 45 seconds**  
 Average U.S. man's risk of death from heart attack: **50 percent**  
 Risk of average U.S. man who eats no meat: **15 percent**  
 Risk of average U.S. man who eats no meat, dairy or eggs: **4 percent**  
 Amount you reduce risk of heart attack if you reduce consumption of meat, dairy and eggs by 10 percent: **9 percent**  
 Amount you reduce risk of heart attack if you reduce consumption by 50 percent: **45 percent**  
 Amount you reduce risk if you eliminate meat, dairy and eggs from your diet: **90 percent**  
 Average cholesterol level of people eating meat-centered-diet: **210 mg/dl**  
 Chance of dying from heart disease if you are male and your blood cholesterol level is 210 mg/dl: **greater than 50 percent**

### *The Natural Resources Argument*

User of more than half of all water used for all purposes in the U.S.: **livestock production**  
 Amount of water used in production of the average cow: **sufficient to float a destroyer**  
 Gallons of water needed to produce a pound of wheat: **25**  
 Gallons of water needed to produce a pound of California

beef: **5,000**  
 Years the world's known oil reserves would last if every human ate a meat-centered diet: **13**  
 Years they would last if human beings no longer ate meat: **260**  
 Calories of fossil fuel expended to get 1 calorie of protein from beef: **78**  
 To get 1 calorie of protein from soybeans: **2**  
 Percentage of all raw materials (base products of farming, forestry and mining, including fossil fuels) consumed by U.S. that is devoted to the production of livestock: **33**  
 Percentage of all raw materials consumed by the U.S. needed to produce a complete vegetarian diet: **2**

### *The Antibiotic Argument*

Percentage of U.S. antibiotics fed to livestock: **55**  
 Percentage of staphylococci infections resistant to penicillin in 1960: **13**  
 Percentage resistant in 1988: **91**  
 Response of European Economic Community to routine feeding of antibiotics to livestock: **ban**  
 Response of U.S. meat and pharmaceutical industries to routine feeding of antibiotics to livestock: **full and complete support**

### *The Pesticide Argument*

Common belief: **U.S. Department of Agriculture protects our health through meat inspection**  
 Reality: **fewer than 1 out of every 250,000 slaughtered animals is tested for toxic chemical residues**  
 Percentage of U.S. mother's milk containing significant levels of DDT: **99**  
 Percentage of U.S. vegetarian mother's milk containing significant levels of DDT: **8**  
 Contamination of breast milk, due to chlorinated hydrocarbon pesticides in animal products, found in meat-eating mothers vs. non-meat eating mothers: **35 times higher**  
 Amount of Dieldrin ingested by the average breast-fed American infant: **9 times the permissible level**

### *The Ethical Argument*

Number of animals killed for meat per hour in the U.S.: **660,000**  
 Occupation with highest turnover rate in U.S.: **slaughterhouse worker**  
 Occupation with highest rate of on-the-job-injury in U.S.: **slaughterhouse worker**

### *The Survival Argument*

Athlete to win Ironman Triathlon more than twice: **Dave Scott (6 time winner)**  
 Food choice of Dave Scott: **Vegetarian**  
 Largest meat eater that ever lived: **Tyrannosaurus Rex**  
 (Where is he today?)

Source = "*Diet For A New America*" by John Robbins via <http://www.vegsources.com/news/2009/09/how-to-win-an-argument-with-a-meat-eater.html>

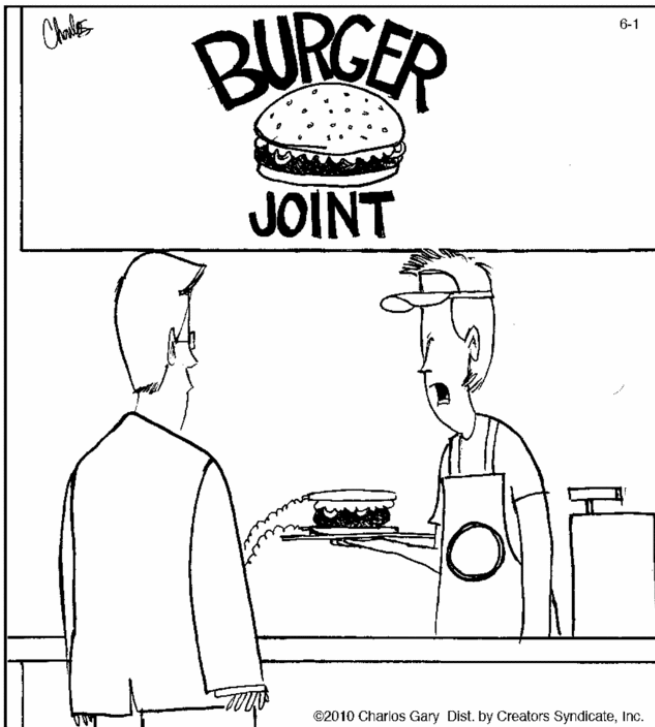
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## Sudoku Solution:

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



“Would you like to try our new Defibrillator burger?”

### Answer to "Who Said That?"

I don't hold animals superior or even equal to humans. The whole case for behaving decently to animals rests on the fact that we are the superior species. We are the species uniquely capable of imagination, rationality, and moral choice – and that is precisely why we are under an obligation to recognise and respect the rights of animals.

—*Brigid Brophy, writer (1929–1995)*

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