

Australian Vegans

JOURNAL No.1

Ethical Leadership

Healthy Living

Sustainable Future

Plant-based nutrition with Dr Churchill | Energising recipes | Veganic gardening



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Welcome to the launch volume of *Australian Vegans Journal*. I hope you enjoy it!

Although the global trend is towards magazines and media going online, I wanted to produce something that could be seen in public – a magazine that could be left in a doctor's office, a gym, cafe or other visible place. I also wanted to create something that could be physically sent to all leaders in Australia, across all sectors, because the future of food is vegan and the vegan lifestyle is the most effective and compassionate lifestyle for a sustainable planet. Now more than ever people are open to receiving this message, so I felt the time was ripe for publishing *Australian Vegans Journal*. This is the vision that has brought this launch issue into being and, I hope, many more to come. For those who want the paperless version we have also produced this option.

After conducting an online survey (a huge thanks to all who participated!) I found that 70% of people who responded wanted a hard copy vegan magazine. So here it is!

We are starting off by producing two volumes a year and will see where it goes from there. The focus is on producing volumes that are of high quality and can be kept as reference books.

Australian Vegans is divided into two sections. The first is about ethical leadership, featuring articles from vegan leaders from around Australia. For this first volume we are starting with some basics – an article on vegan nutrition and another on raising vegan children. We also cover vegans in politics, how to start a vegan business and an introductory article about the concept of intersectionality. The second half of the journal is all about lifestyle. Here you will read articles on self-care, vegan travel, vegan recipes and veganic gardening plus more.

As readers of *Australian Vegans* we would love you to become involved and be part of the magazine's evolution. We welcome your letters, feedback and photos of your activism and any other expression of your promotion of veganism whether in Australia or beyond.

If you would like to contribute, advertise in or distribute *Australian Vegans*, we would love to hear from you!

Until next time,

Kathy Divine

P.S. The content of Australian Vegans will always aim to be grounded in an intersectional approach to veganism meaning, among other things, that we endeavour to create and foster a culture of inclusiveness within this publication. All forms of racism, sexism, ableism, ageism and other counter-productive 'isms' (not forgetting homophobia and body-shaming) and from those espousing them, will not be welcome as either content or as contributors to Australian Vegans or on our social media forums, including our Facebook page.



On the cover:

Kelly Dinham and Holly: Kelly runs Everything Vegan, Vegan Online and Freedom Hill Sanctuary with her mum Kym Henley www.freedomhill.com.au

Makeup: Kelly wears Inika makeup www.veganonline.com.au/cosmetics

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This publication does not purport to provide medical advice and readers should not rely upon any information which is contained in this publication for that purpose. Please consult the appropriate well-informed health professional if you are contemplating making a lifestyle or dietary change.



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We are the ECHO (Ethical, Compassionate, Healthy, Oriental) grocery experts providing quality plant-based Japanese products. We are big believers in having a healthy concern for the sustainable, ethical and compassionate world. That's why we are passionate about providing ECHO plant-based products that contribute positively to reduce environmental damage, hunger, poverty, and the suffering of animals. Our team goes out of their way to select only the finest ingredients, they must be authentic with no artificial additives and non-GMO plant-based. It is our goal to enrich your diet with exotic and tasty plant-based product selections for your happy and healthy life!

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The Fry Family Food Company is a dedicated, family-run producer of vegan products. In an effort to seek replacements for meat, Wally and Debbie Fry began making protein alternatives for their own consumption. In 1992, just one year later, these ideas formed the canvas for innovative discovery which led to the establishment of Fry's. Fry's is still owned and run, passionately, by the Fry's Family and has grown in product and stature to where it is today.

The range is available in Woolworths and Coles in the frozen section of the supermarket.

www.frysfamily.com



GOGOVEGO

GoGoVego is a boutique Vegan Fresh Pasta manufacturer based in Sydney. Established by ethical vegans, we believe that providing high quality vegan alternatives for popular products, loved by the wider public, will bring our common goal of a cruelty-free world closer everyday. We specialise in ravioli with gourmet fillings, enhancing the deliciousness of seasonal vegetables and herbs. Our products are genuine and true to the Italian tradition of fresh pasta making, and we source only the best local ingredients. We also offer a 100% vegan catering service for any occasion: vegans and non-vegans alike will be delighted with our highly customisable delicious menus!

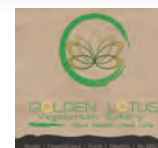
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JAC'S BLUE HOUSE

Jac's Blue House is a business run by creator and owner Jacqueline Smith, most commonly known as Jacs. Jacs is a qualified Nutritionist and runs a food and nutrition blog, sharing health and wellness information as well as vegan recipes. She has released two recipe books (hardcopy and Ebook versions) and is currently taking orders for her third recipe book to be released 13 June 2016.

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Welcome to La Vida Vegan Grocery – where vegan is easy. We are Perth's only vegan specific grocery store, bringing you all things vegan, from your everyday vegan groceries to that special gift for your animal-loving friend. Come in store and browse our amazing range. Everything is cruelty-free with something for everyone – whether it be nut free, soy free, organic, gluten free, fair trade, palm oil free, or GMO-free. Can't make it in store? Shop online and have your favourite vegan goodies delivered to your door.

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LITTLE OAK SANCTUARY

Little Oak Sanctuary Incorporated is a not-for-profit, registered charity that offers sanctuary to animals in need while promoting compassion for all animals through education and cruelty-free living. Situated on over 200 acres, the sanctuary is located under one hour from Canberra, the South Coast, Goulburn and under three hours from Sydney and holds regular open days and educational events.

www.littleoaksanctuary.org



MADELEINE DAVID

Madeleine is a naturopath and herbalist who utilises nutrition and herbal medicine to assist people with a wide range of health concerns and conditions. Madeleine also has a passion for preventative medicine and for helping people achieve optimum health and wellbeing. Madeleine has been a vegan for 20 years and in addition to her usual clinical practice, has a special interest in assisting both vegans and non-vegans wanting to pursue a healthy plant-based diet. Madeleine is available for Skype consultations throughout Australia and at her clinic in Perth.

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QUOKKA CAKES

My name is Irina Bradley, and I am the owner of Quokka Cakes. I am passionate about living well and living life to the fullest, and I hope to share that with you through my edible art. My mission is to provide Perth with beautiful, delicious and allergen-free vegan celebration cakes that are sure to wow your friends and family. I am proud to call my creations "inclusion cakes", as they can be enjoyed by anyone: they are always vegan and nut-free, and they can be made gluten-free on demand.

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Treat Dreams are a vegan chocolatier and patisserie. Our treats are classic, creamy, rich, decadent and 100% vegan. We are makers of memories with chocolates, tarts and cookies that will knock your socks off.

Our business is working towards being as ethical and environmentally responsible as possible with eco friendly packaging and fair trade ingredients. Treat Dreams get a kick out of creating treats that stand up to traditions. So each decadent treat is taste tested by non-vegans. If they can't tell the difference, the treat is approved for the menu!

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VEGAN SOCIETY NSW

The Vegan Society NSW is a community-based, non-profit organisation, founded in 1981. Our members care about animal rights, human well-being and the environment. Our mission is to educate and enlighten the general public to the importance of adapting a vegan lifestyle. We achieve this via our campaigns such as the Sydney Vegan Expo, an annual exhibition with notable speakers highlighting all the benefits of veganism. Each Expo has stalls representing various vegan organisations from food, clothing, footwear, animal rights, lifestyle, etc. Our other campaigns include the Sydney Transport Advertising Campaign and sponsorship of Fabian the Pig at Peanuts Funny Farm.

www.vegansocietynsw.com



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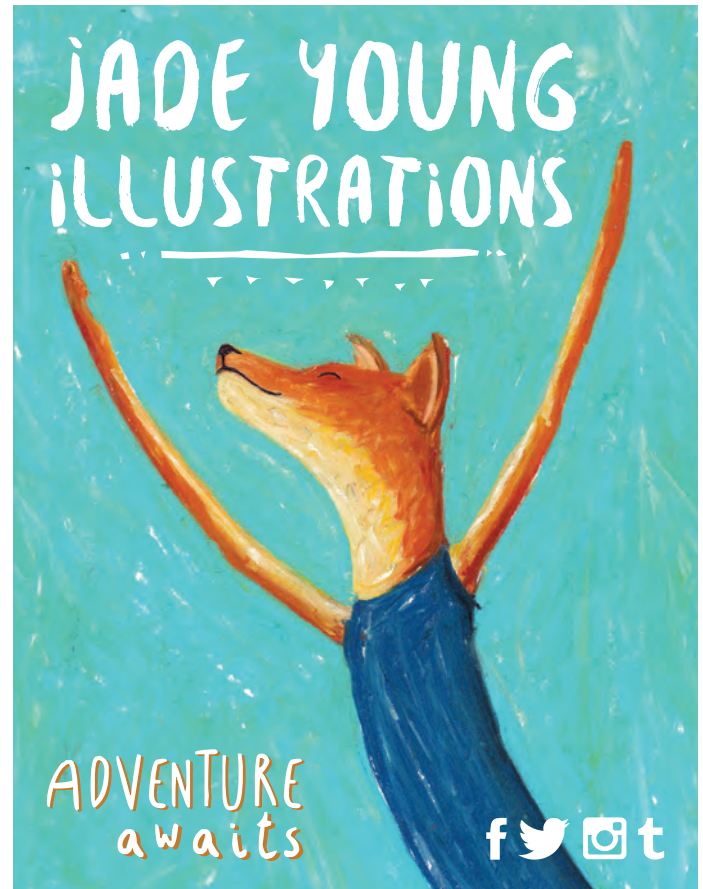
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Plant-Powered Women and Plant-Powered Men are inspirational books containing interviews and articles by vegans from around the world. Available from all major online book stores in both print and e-book formats.

Plant-Powered Women is distributed to Australian bookstores by Dennis Jones & Associates.
www.DennisJones.com.au

For more details see www.VegansAreCool.com and www.KathyDivine.com



VegansAreCool.com is the hub for interviews with cool vegans from around the planet.

VegansAreCool.com is also the home of the Vegan of the Year Awards, an awards program recognising the achievements and talents of the worldwide vegan community.



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Vegans do not consume, wear or use animals or take part in activities that exploit them. This includes, but is not limited to, the adherence to a plant-based diet, meaning zero consumption of animal flesh, fish, dairy, eggs and honey.

Billboard campaigning

It's been a vegan billboard kind of season. Harnessing the power of big outdoor signage, organisations and individuals from around Australia have run campaigns to bring the vegan message to the public. From the crowd-funded Vegan Era billboard going up in Toowoomba, QLD, to the Vegan Society NSW's bus and train campaign for Christmas 2015 in Sydney and the Voiceless funded Freedom Hill Sanctuary billboard in Adelaide, SA, the message of cruelty-free living is getting out there.



Celebrating veganism with a song

If you tend to think that veganniversaries are more important than birthdays, you might have previously been bemoaning the lack of a suitable celebratory anthem to mark the date of choosing veganism. Well, rest assured this is no longer an issue, with the release just a few months ago of 'Happy Veganniversary', the first official single by MC Pony. Co-written by two Sydney vegans, Ralph Graham and Elizabeth Usher, it was launched with a special party at Lentil as Anything.

The song has already received high praise from leading figures in the Australian vegan movement, including the CEO of Animal Liberation NSW, Lynda Stoner, describing it as "the perfect celebration for the vegan and animal rights movement! It's such a cheery and memorable song, and I've already shared it with several friends and relatives for their own veganniversaries."

The video, which features residents from Edgar's Mission, can be found online at veganthused.com or by using the custom link: bit.ly/HappyVeganniversary – if you know someone with a veganniversary coming up then spread the fun around and send them the link to celebrate!

Nugget goodness

The Fry's nuggets are back! After a successful petition campaign, Fry's nuggets are back with a new taste and are now gluten-free. Look for them in selected Woolworths stores around Australia. Fry's also have a fresh new range of products also in the freezer section in selected Woolworths stores. They need consistent sales in order to stay there.



KELLY DINHAM

Kelly Dinham and Holly: Kelly runs Everything Vegan, Vegan Online and Freedom Hill Sanctuary with her mum Kym Henley

Why did you decide to be vegan and for how long have you been vegan?

I've been vegan for just over six years. I decided to stop consuming all animal products after I had my daughter, Isabelle. I had always loved animals but hadn't made the connection about where my food was actually coming from. I watched *Meet your Meat* and thought straight away, "What am I doing? I don't want to contribute to this".

What is life like for animals at Freedom Hill Sanctuary?

Life for all of the animals at Freedom Hill is pretty relaxing. They get to spend their days doing whatever they please, which usually involves a lot of sleeping, lying in the sun, keeping cool in mud baths, dust bathing or galloping around the paddocks! It's farm animal heaven, really.

What inspired you and Kym to start Vegan Online and then Everything Vegan?

Both Mum and I had to drive from one end of Adelaide to the other just to stock up on our weekly shop and this was making things difficult. To start a one-stop online shop for vegetarians, vegans or those who care for animals was the way to solve this problem and offer what was needed in the market place. Since then (over five years ago) people have become more aware of the plight of farmed animals and the need to have a healthy diet. There has been a significant increase in people opting for a vegan lifestyle which led to us to opening an all vegan shop in Adelaide city.

Everything Vegan started out at the city location two years ago and grew so rapidly that we recently moved to a much

larger shop in Goodwood. Everything Vegan is Adelaide's first 100% vegan grocery store, stocking everything from plant-based eats and cruelty free cosmetics to vegan pet food and eco-friendly cleaning products. We also now have a little café section where you can sit down for coffee, raw cakes, donuts, CocoWhip or lentil pies. Next time you're in Adelaide come visit us at 172 Goodwood Road, Goodwood!

What is your vision for the world?

I would love for the whole world to be vegan! A few years ago I was half way through watching one of the awful animal cruelty videos – I think it was one Animals Australia had shared showing the 'wastage' in the horse racing industry – and I thought, "That is enough. This has to stop...". I then made the promise to myself to spend the rest of my life doing everything I could to bring an end to animal suffering.



Photo by
Kym Henley

CONNECT WITH KELLY

www.veganonline.com.au
www.everythingvegan.com.au
www.freedomhill.com.au

- Health -

A DOCTOR'S GUIDE TO WHOLE FOOD PLANT BASED EATING

Dr Alyce Churchill

If you're new to the vegan scene – or just dipping your toe into the plant-based world and unsure about whether eating that much fruit and veg is healthy – don't panic! You're not alone!

The media, government bodies, your doctor, friends and family can really make us question what we innately know is healthy food. Responding to their every concern while learning new recipes and building up a solid base of factual references by watching every nutritionfacts.org video is something I can relate to.

Let's take a look at why plant-based eating is so vital and a few recommendations to help you along with your transition.

A whole food plant-based (WFPB) diet is a diet rich in fruit, vegetables, whole grains, legumes, nuts and seeds. With this diet the emphasis should be on the consumption of a variety of whole, fresh foods. This means not only excluding all animal-based products but also omitting oils and processed foods, limiting your intake of high fat-foods and minimising your intake of salt, sugar and other refined ingredients.

This way of eating is naturally hydrating as fresh fruits and vegetables have a high water content – up to 92%! Hydration is imperative for waste elimination and enables good kidney function, great digestion, optimal concentration and the fantastic bonus of a healthy skin. Plant-based eating is also rich in fibre, keeping your bowel transit time fast to avoid constipation, diverticulosis, haemorrhoids and many more medical problems that can occur with a lack of soluble and insoluble fibre in the diet.

A WFPB diet provides optimum nutrition, safely providing both you and your family with adequate energy and the macronutrients, carbohydrates, protein and fat. In fact, when you eat plant-based and you eat a variety of whole foods, you

can be assured that your micronutrient needs will be met, too. Vitamins from A to K and minerals from calcium to zinc are all available and abundant in a plant-based diet. Plant foods also naturally package these micronutrients in combinations that enhance absorption and metabolism.

Two important considerations are the vitamins D3 and B12. Vitamin D3 is produced by your body during sun exposure and the amount of sunshine needed is relative to your skin colour, percentage of skin surface exposed and the daily UV index. Most Australians need just a few minutes of sun exposure per day in summer and a few hours per week in winter unless you live in a tropical region where a few minutes per day in winter is adequate.¹

Vitamin B12 is essential for cell function throughout the body, DNA synthesis and protects against the degeneration of nerve tissue. While vitamin B12 is a legitimate concern for plant-based diets, deficiency is also common in non-plant based eaters. Traces of soil and bacteria in our foods are not enough to safeguard us against deficiency because modern food processing is so sterile when compared to our ancestors. It is recommended by the National Health and Medical Research Council that adults consume at least 2.4 micrograms of vitamin B12 per day.² Vitamin B12 is stored in the liver for anything from months to years, so have your levels checked by your health professional before taking a supplement. To maintain normal B12 levels a high-dose weekly supplement is adequate.³



Many vegans have made the transition from a Western omnivore diet with the aid of high-salt meat alternatives, dairy-free chocolates and ice creams, confectionary, biscuits, hot chips and other high-fat processed foods. Sure, going vegan is a huge benefit to animal welfare and the environment, but the effect on your health is greatest when you eat the most nutritious foods. Certainly, you have stopped exposing your body to animal proteins, cholesterol and hormones and reduced your risk of heart disease and diabetes considerably by making the change to a vegan diet. However, making the transition to a low-fat WFPB diet will help you reach your optimal health and better manage – or even eliminate your current health issues – as it is power packed with vitamins, minerals, complex carbohydrates, monounsaturated fats and plant proteins. By eating this nutrient-dense diet your body is exposed to a wealth of micronutrients, antioxidants and phytochemicals that help to heal and protect you, and is especially beneficial to people with chronic Western and immune-related diseases.

In September I attended the International Plant Based Nutrition in Healthcare conference in Los Angeles where the renowned cardiologist, Dr Caldwell Esselstyn, spoke to a captive audience of like-minded health professionals. He recommends consuming a serving of greens with vinegar five times per day where established heart disease exists or where it can be presumed, such as those who have consumed a Western diet for many decades, have high cholesterol, hypertension, etc. Eating the greens increases nitrate levels which is converted to nitric oxide in your stomach and absorbed into your blood, improving coronary and other organ blood flow and protecting endothelial tissue (the lining of your arteries).⁴

So what does a plant-based diet look like? I can reassure you it's easy, fast, tasty and affordable. The Plantrician Project has a great Quick Start Guide available for free download on their website www.plantricianproject.org

I have included an example of WFPB meals from my recipe and meal-planning app '**Plant Based Easy**'. The app is available from the iTunes store and you can find out more at www.plantbasedeasy.com.au

Breakfast

- Tomato and hommus toastie OR
- Banana ice cream with fresh fruit

Lunch

- Shepherd's pie and salad OR
- Lebanese pita pockets with falafel

Dinner

- Caribbean curry and rice OR
- Americana burger with lentil patty

Snack

- Fresh fruit
- Watermelon and mint granita



CONNECT WITH ALYCE

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DR ALYCE CHURCHILL

MBBS, B.Ec, Cert. Plant Based Nutrition Founder of Plant Based Easy

Alyce is a medical doctor and on the General Practice training program in Perth, Western Australia. An advocate of plant-based nutrition and preventative medicine, she also holds a certificate in Plant Based Nutrition from the T.Colin Campbell Centre for Nutrition Studies at Cornell University. Inspired by American leaders in the field, she keeps up to date with developments abroad and is a member of the Physicians Committee for Responsible Medicine and supports The Plantrician Project.

¹ Cancer Council, Getting the balance right; vitamin D and sun protection. Retrieved Dec 21, 2015 from <http://www.sunsmart.com.au/downloads/vitamin-d/how-much-sun-is-enough-vitamin-d.pdf>

² National Health and Medical Research Council, Vitamin B12. 2014. Retrieved December 22, 2015, from <https://www.nrv.gov.au/nutrients/vitamin-b12>

³ Greger, M (2011, Aug 30). B12: how much, how often? Nutritionfacts.org. Retrieved December 21, 2015, from <http://nutritionfacts.org/2011/08/30/3964/>

⁴ Esselstyn, C (2008). Prevent and reverse heart disease: the revolutionary, scientifically proven nutrition-based cure. Ch 5. Penguin Group, New York.



RAISING CHILDREN VEGAN

An interview with Robyn Chuter

Part 1

“The logical conclusion is that switching to a diet of minimally processed plant foods would bring only benefits to children and teenagers – and their parents!”

Is a vegan diet healthy for children and teenagers?

A vegan diet that is centred on fresh fruit and vegetables, legumes, whole grains, nuts and seeds, and supplemented appropriately with vitamin B12, is healthy for children and teenagers. Note that I didn't say any old vegan diet is healthy. There is plenty of junk food available that is vegan (either by design or accident) and neither children nor adults thrive on diets that draw a significant proportion of kilojoules from heavily processed foods such as biscuits, snack foods, pastries and 'fake' meat and cheese. With studies showing that ultra-processed foods provide 40-50% of the energy in the diets of many children and teens, and that these foods adversely affect their cholesterol, blood pressure, blood glucose and weight even at a young age, parents of vegan children and teenagers need to be mindful that minimally plant processed foods should be the centrepiece of every meal and snack.

Bear in mind that non-vegan diets that draw most of their energy from animal products and processed foods aren't healthy, and are likely to be deficient in plant nutrients such as folate, vitamin C and fibre. Worryingly, the most recent government-commissioned survey of Australians' eating habits found that about one third of children had not eaten fruit or fruit products, and more than 20% had not eaten vegetables or vegetable products, on the day before the interview.¹

The National Health and Nutrition Examination Survey in the US found that vegetarians (they didn't study vegans separately) had higher intakes of fibre, vitamins A, C, and E, thiamin,

riboflavin, folate, calcium, magnesium, and iron than non-vegetarians. The researchers concluded that “vegetarian diets are nutrient dense, consistent with dietary guidelines, and could be recommended for weight management without compromising diet quality.”²

The logical conclusion is that switching to a diet of minimally processed plant foods would bring only benefits to children and teenagers – and their parents!

Note that some versions of the vegan diet, such as fruitarianism, raw veganism and the more restrictive end of macrobiotics, are not suitable for children and teens as they are not energy-dense enough to fuel growing bodies, and may compromise growth rate and bone health.³

What kinds of things should parents be aware of if they intend to raise their children as vegans? Do vegan children need to take special supplements?

First, it's important to remember that babies and children are not miniature adults. They have high energy needs compared to fully-grown humans, and relatively small stomachs. Kids require more concentrated sources of energy such as cooked starches, nuts, seeds and avocado to fuel their growth and provide energy for their daily activities. In all cases that I am aware of where serious malnutrition – and even death – of babies and children was attributed to a vegan diet, the diet being used was either fruitarian, raw or extremely restrictive macrobiotic. Many adults may thrive on these kinds of diets, but children – especially very young ones – do not.

Second, since the nutritional quality is strongly linked to food variety, parents should introduce their children to a wide range of minimally processed plant foods. Aim to try a 'new' fruit, vegetable, grain, legume, nut or seed every week. Older children can be given the responsibility for choosing the new food and finding a recipe for preparing it.

Third, most children go through a 'fussy' stage at some point in their development. They may reject a food that they previously loved, and narrow their food choices down to such a degree that parents start worrying about their nutrient intake. Keep presenting foods to kids even if they reject them; research suggests that it may take 20 or more encounters with a food that a child has developed an aversion to until he or she accepts the food. Try cutting or preparing the food in a different way. Researchers found that children ate more vegetables when they were cut into star shapes. Dipping them in peanut butter (or a substitute for nut-allergic children) also increases vegetable consumption. There are excellent books such as *Vegetable Soup/The Fruit Bowl and the Mitch Spinach* series that introduce kids to the nutritional value of plant foods in an entertaining way. The video game *The Quest to Lava Mountain* was developed to promote healthy eating behaviours in children, and preliminary research showed that it was successful in changing kids' attitudes to junk food.

Fourth, allow kids to determine how much to eat. Making them 'clean their plate' before leaving the table gets them out of touch with their appetite, and may set them up for eating disorders or obesity later on. Give encouragement and (non-food) rewards for trying a food, but don't make them eat it all. Whatever you do, don't bribe kids to eat their healthy food by promising a junk food treat if they do. This behaviour just reinforces the idea that eating vegetables is a tedious chore that must be endured – at least until you can escape your parents' supervision! Instead, get creative with the healthy food so that kids view it as fun and interesting to eat.

Fifth, parents need to model healthy eating behaviours to their kids. It's no use telling kids that they have to eat their broccoli when they see Mum or Dad sneaking it to the dog, and then scoffing a packet of chips or a chocolate bar! Multiple studies have demonstrated that children develop better eating habits when they eat regular family meals.

It's up to parents to establish health-promoting rituals in their families, such as sitting down to dinner together at a beautifully-set table, with the television off, and engaging in pleasant conversation during the meal. Parents can also model good eating habits by only eating when hungry, choosing wholesome food, and stopping when they're full.

All vegan children (and adults, for that matter) need to take a reliable source of vitamin B12. Some vegan foods are fortified with it, but these tend to be highly processed foods that shouldn't be a regular part of the diet. Vitamin B12 oral sprays are easy to use, palatable for babies, children and teens and offer high absorption rates.

Teenagers – especially boys – may benefit from a zinc supplement, especially if they are developing acne. Zinc is less abundant and less well-absorbed from plant sources, although soaking, germinating and leavening zinc-rich foods such as whole grains, nuts, seeds and legumes does increase absorption rates.

Pregnant and breastfeeding women may also consider taking an algal-sourced DHA supplement. The long chain omega 3 fat DHA is crucial for babies' brain, eye and gut development, and while we can make DHA in our bodies from short-chain omega 3 fats such as those from flaxseed, chia, hemp seed, walnuts and green leafy vegetables, some individuals are less efficient than others at this conversion. The DHA content of breast milk from vegan women has been found to be lower than omnivores' breast milk. While there is no evidence that vegan babies have compromised development as a result, it's a sensible 'insurance policy' to take a supplement. DHA supplements may also benefit older children who have difficulties with concentration in school.

Vitamin D supplements may be of benefit since most children rarely get much time outdoors without sun protection these days. This isn't exclusively an issue for vegan kids of course, but since vitamin D plays an important role in bone health, it's crucial that parents ensure their children and teens get enough vitamin D whether through sensible sun exposure or supplementation.

What would you say to a teacher, doctor or welfare worker who questions a parent's ability to adequately feed their child because they are raising them on a vegan diet?

I would simply refer them to the Australian Dietary Guidelines (2013), produced by the National Health and Medical Research Council, available from www.eatforhealth.gov.au. These state "Appropriately planned vegetarian diets, including total vegetarian or vegan diets, are healthy and nutritionally adequate. Well-planned vegetarian diets are appropriate for individuals during all stages of the lifecycle. Those following a strict vegetarian or vegan diet can meet nutrient requirements as long as energy needs are met and an appropriate variety of plant foods are eaten throughout the day." (p. 35).

If the most respected scientific body in the country concludes – on the basis of an exhaustive review of the scientific literature – that a well-planned vegan diet is adequate, then on what grounds could an individual practitioner or other professional contest it?



CONNECT WITH ROBYN

www.empowertotalhealth.com.au
www.getleanforlife.com.au
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ROBYN CHUTER

Robyn Chuter holds a bachelor degree in health sciences, a diploma in naturopathy and an advanced diploma in counselling. Robyn is a Naturopath, counsellor and EFT therapist with a unique mind-body approach to reversing disease and achieving high-level health. She specialises in autoimmune disease; type 2 diabetes; cardiovascular disease; weight loss; depression and anxiety.

1 <http://www.abs.gov.au/ausstats/abs@.nsf/mf/4802.0>

2 <http://www.ncbi.nlm.nih.gov/pubmed/21616194>

3 <http://www.ncbi.nlm.nih.gov/pubmed/9286766>, <http://www.ncbi.nlm.nih.gov/pubmed/8172122>, <http://www.ncbi.nlm.nih.gov/pubmed/2154918?dopt=Abstract>, <http://news.bbc.co.uk/2/hi/health/1542293.stm>



*Isabelle Ellul and Helen
 (the cow) from Freedom
 Hill Sanctuary
 Photo by Kelly Dinham*

- *Fitness* -

A FITNESS LOVER'S VEGAN JOURNEY

Amanda Riddles

I became vegan about 18 months ago now. It was the best decision I have ever made.

I have always loved animals but had not quite made the connection. I was raised on meat, dairy and eggs and, to me, eating these things were just normal – what everybody did.

About 18 months ago I decided to do some research into animal agriculture and was mortified by what I found. How was I so blind to the cruelty and horrors going on? I felt sick.

I was shocked, angry, sad, confused – you name it! I was disappointed in myself for contributing, though indirectly, to the horrible meat, egg, dairy, leather, fur, etc. industries for so many years. It was from that moment I became vegan. Everything just became so clear, and becoming vegan was the absolute least I could do.

The more I learned, the more passionate I started to become about my new and better way of life. A kind and ethical life. There had to be more I could do to help spread awareness and educate other people about what I knew.

I started a vegan blog A Very Small Vegan Kitchen in order to share my new-found passion for cooking (I have never experienced more variety and amazing food), spread awareness, hold discussions, support others on their vegan journey, raise money to care for my rescue animals (I have six rescue cats and feed many more outside – and have done so for years), hold competitions to extend kindness to others and share interviews. The Facebook community is doing great, and has grown to over 7000 followers worldwide so far. I am very proud of this achievement and look forward to it continuing to grow to reach even more people with such an important message.

My partner Peter and I also have a vegan personal training/music lessons/babysitting and pet-sitting business based here in Melbourne called A Very Small Training Group. Pete went vegetarian a few months after I became vegan and I am now proud to say that he has become vegan himself.

I am passionate about fitness and have competed in various running and obstacle events throughout the years. I decided this was another great avenue to help try and spread the vegan message. Just this year I have completed the Spartan Sprint in Melbourne (7km and 35 plus obstacles), the Spartan Super in Brisbane (14km and 35 plus obstacles) and coming up in September I will be competing in the Spartan Beast (21km and 35 plus obstacles). I run in these events 'for the animals' and write it all over my body. I want to prove that vegans are tough, strong and fit. I want people to know why I put myself through these gruelling events – for the animals! What they suffer is a million times worse than anything I have to go through. At 34 years old I am the fittest I have ever been.

My goal is to gather a bigger group – an army, if you like – of other vegans to join me in competing at these events as a team to be a louder and prouder voice for the animals. If you are interested I would love you to contact me through either of my Facebook pages (A Very Small Vegan Kitchen and A Very Small Training Group).

I will never stop in my pursuit to help the animals and welcome all opportunities in the future to continue to be a loud and proud voice for the voiceless.



CONNECT WITH AMANDA

facebook.com/averysmallvegankitchen
facebook.com/pages/A-Very-Small-Training-Group/357527881067377
www.gofundme.com/xmszn8
(My Go Fund Me page – for my animals)



MY VEGAN FITNESS LIFESTYLE

An interview with Luke Tan

Why did you decide to be vegan?

My wife, Emilie, initially inspired me to consider a diet from a plant-based perspective. She introduced me to the book *The Food Revolution* by John Robbins. I then read the book *Vegan Bodybuilding and Fitness* by Robert Cheeke. A few months later a friend suggested I watch the film *Earthlings*. After seeing that, an interest suddenly became a conviction. I became vegan overnight.

Not long after my switch I volunteered at Edgar's Mission Farm Sanctuary and truly connected with all the animals there. This made me realise that all animals were equal. A cow and a pig were no different from a cat or a dog. All are living, breathing and feeling beings and all have as much right to live as I do.

I finally realised that, for all of my life, I had been a victim of my own carnistic* belief system.

*Carnism: A belief system propounded by Dr Melanie Joy that classifies it as being 'normal' for some animals to be consumed (chicken, pigs, cows, etc.), while others are deemed 'inappropriate/unacceptable' (e.g. dogs and cats).

Is a vegan lifestyle compatible with reaching your personal fitness goals?

When I first turned vegan for animal rights and the environmental reasons, I never expected to achieve a high level of athletic performance. Since adopting a plant-based diet I have experienced improved body composition (staying lean all year round), enhanced recovery, better detoxification, increased strength/endurance, improved mobility/flexibility and optimum health. In a nutshell, yes! I believe it has become my athletic edge.


How can we build strength the plant-based way?

Being plant-fuelled, I find that it is optimal to use a plant-based diet for these main reasons:

1. *Alkaline forming* – Plant foods leave an alkaline residue which reduces post-workout inflammation and makes recovery a lot quicker than on a non plant-based diet.
2. *Easy assimilation* – Plant-based proteins are a lot easier to break down than animal-based proteins. This creates less stress on the digestive system.
3. *Improved detoxification* – A plant-based diet is high in fibre, which helps the system detoxify environmental toxins efficiently. Certain plants actually help with the removal of heavy metals in the body (coriander and chlorella are good examples). Increased detoxification equates to better body composition and enhanced mental/physical performance.

Since my entire system is now running on much cleaner fuel, I am usually full of energy for training sessions. I am training twice as hard and long while recovering twice as fast. This results in an all-round better athletic performance – increased strength, endurance, agility and more lean muscle gain.

I now approach my fitness goals from as many perspectives/training philosophies as possible. I have moved away from my bodybuilding days and am now into CrossFit and calisthenics. I focus on varied movements that revolve around gymnastics, weightlifting, powerlifting and aerobic conditioning (e.g. 5-10km runs, rowing). From this perspective, I am now fitter, faster and stronger than I have ever been.



*I believe that a
whole food
plant-based diet
is the future.*

Can you share your typical daily food regime?

Compared to my heavy meat-eating days (up to 1kg of meat/poultry/seafood a day), I now have a holistic approach towards nutrition optimising my performance through nutrient-dense plant-based whole foods. I am currently in tropical Singapore so am more inclined to consume liquid calories because of the heat and humidity here. Plus, I have access to amazing tropical fruit from the region.

It's amazing to finally find a diet that works to fuel my sessions and lifestyle; where it's about abundance and not caloric restriction – wholism (nutrient density through whole plant-based foods) rather than reductionism (focusing on macro/micro nutrients).

Is there anything else you would like to add?

I believe that a whole food plant-based diet is the future. It is inevitable as we increasingly experience accelerated global population growth (the UN predicts that the world population will be 9 billion by 2050). The way in which we are currently consuming the Earth's resources is simply not sustainable. Imagine another two billion people eating 'grass fed and organic' meats?

I have witnessed the movement growing stronger in recent years and, unlike many other dietary perspectives, it's not a fad diet but one which confers long-term health and enhanced athletic performance while making a positive difference to the environment. People ask me why am I vegan. I ask them, "Why not?"

I have made one of the chapters in my book available for free. It revolves around why a plant-based diet is optimal for health. You can download it here: www.awakemethod.com/free-downloads

Meal 1 – Pre workout (around 5 am)

2-3 bananas

Meal 2 – Breakfast smoothie

2 bananas, 1 mango, 1/2 scoop of PranaOn protein powder (15g serve of protein), pinch of Himalayan sea salt, 1 fresh coconut (flesh and water), sprinkled with home made granola (rolled oats, chia seeds, dried fruits, sweetened with maple syrup)

Meal 3 – Green smoothie

1 banana, 1 large handful of greens, 1 slice of fresh pineapple, 1 tsp of PranaOn supergreens

Meal 4 – Lunch smoothie

Similar to breakfast smoothie, but adding 1 tsp of almond butter (so that that smoothie sustains me longer for an afternoon run)

Meal 5 – Dinner

Home-made fried rice comprising 40g of marinated tofu, chopped veggies, spices/seasoning and approximately 2 bowls of rice

Snacks

Unlimited amount of tropical fruits



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POLITICAL PARTIES FOR ANIMALS – CAN THEY HELP?

Bruce Poon

Our society is governed by the rule of law. Our parliaments make laws, our police enforce them and our judges adjudicate on them. But most animal cruelty is completely legal – as was slavery, segregation and the holocaust.

The law is not always our best guide to morality, but changing it is the bottom line in our ongoing campaign to improve the status of animals. When a law is changed to outlaw some odious practice, we can be sure that society has changed enough to support this new rule, and the mechanisms of the state will swing behind the new law; police, courts and jails all lie waiting for transgressors.

Most of the ‘heavy lifting’ of educating the public and winning support for change in treatment for animals will remain with the non-profit sector. We all rightly admire the work of the great animal organisations that put themselves in the front line of change, through education, investigations, direct actions, stunts and rescues. But changing the laws is a matter of politics, and so we must be aware how politics works and how we can use it.

WHAT IS POLITICS?

Most broadly, politics is the practice and theory of influencing others. More specifically, in our context, we are part of a parliamentary democracy where a number of parties and independents compete for power within the parliament, and to have the biggest say in new laws that are to be made.

At a national level, the 150 members of parliament (MPs) in the lower house make the decisions regarding which new laws are made in Australia. These laws are reviewed, changed or approved by the 76 members of the upper house, the Senate. Other people can have views and opinions and are free to lobby their MPs, but it is the MPs who are the ultimate

decision makers. From the ranks of the dominant party the Prime Minister and their ministers are elected – the ‘Cabinet’, which is effectively the executive government of the country.

HOW TO CHANGE A POLITICIAN'S MIND?

Hence, the elected politicians make the laws our country is governed by. These laws are a reflection of their beliefs, their background, their education, their interests, and, very indirectly and inexactly, the will of the people.

To appeal to a minister, or any politician, you must not only make the ‘moral case’ for change, but you must also address the politics of change by making a ‘political case’.

The ‘political case’ is that set of facts pertaining to how making a change in law will affect the support of the MP or party who makes the change. Will the public support it? Will it translate into votes? How will it affect donations to their campaign funds? A politician cannot simply make decisions because they are ‘right’. He or she must give due consideration as to how they can sell the ideas to the party, the parliament and the public.

Significantly, a powerful lever that an animal-focused party can use to influence change is to attract votes and preferences that can be distributed at elections. If a sufficient number of people vote principally for animal rights/welfare – and be guided by that in terms of which other parties they will support – then the political case for change can often be very strong indeed.

AUSTRALIA'S ANIMAL JUSTICE PARTY

The Animal Justice Party (of which I am a member) was formed in 2011 and stood in its first election at the September 2013 Federal Elections. It received nearly 100,000 votes across the country. Since then it has contested a number of other state elections, doubling or tripling the vote from the same areas. In 2015 our first MP (Mark Pearson) was elected into the upper house (the Legislative Council) of the NSW state parliament.

When we approach politicians from the major parties with animal issues, we are often able to negotiate significant changes, bringing with us both the moral and political cases bundled together.

For example, when we approached senior members of the opposition before the last Victorian state election, we were able to parlay known community opposition to the Breed Specific Legislation and existing dog-breeding practices into specific commitments to action in the event of their being elected to government. All of these promises have been honoured which will result in significantly reduced animal suffering in the future.

As we begin to have MPs or Senators elected to represent the animals directly, our negotiating power will rise sharply. Working with the other arms of the animal protection movement, we will have the ability to negotiate/demand more and better changes for animals across the board.

We are currently working with politicians of all persuasions to bring new changes that will help animals. The rolling out of these laws will be seen in the coming months and years (nothing is as quick as we would like!).

HOW YOU CAN USE POLITICS TO HELP ANIMALS

If you are running a campaign to help animals through changes in the law, consider the relevant minister, and their 'shadow' (counterpart) in opposition. Reflect on whether the law change should best be considered at the national, state or local level. Reflect on how the changes will be viewed by the minister, the cabinet, the parliament and the public (both broadly and in their specific electorate). Consider how the change – or lack of it – can come to affect the relevant politicians directly. Will people vote for them because of this issue? Is there a party that already supports the change? Can you work with them to pursue the issue?

HOW YOU CAN GET POLITICAL YOURSELF

It is easy enough to join and/or become active in a political party. You will find them full of people who want to make the world a better place. You will want to find the party which best reflects your values.

In the AJP we aim to take political power on behalf of the overwhelming, but persecuted, majority of individuals in Australia – the non-human animals. If that sounds like a cause that interests you, please join us!



CONNECT WITH BRUCE

Email: bruce.poon@ajpvic.org.au
www.animaljusticeparty.org (national)
www.ajpvic.org.au (Victoria)

BRUCE POON

Bruce Poon is the Convenor of the Animal Justice Party in Victoria.

- For the Animals -

MY JOURNEY TO VEGAN AND LIFE GROWING UP ON A FARM SANCTUARY

Tamsin Dean Einspruch

Today, I look back and am so grateful for being vegan. Living in the country, we see the trucks taking away terrified animals to the slaughterhouse, and hear the cries of mothers who lose their babies year after year.

I grew up on a farm sanctuary with rescued animals and a healthy dose of compassion and respect for all life. My parents were vegetarian, and while most of the normal cow by-products didn't enter our home, we didn't call ourselves 'vegan'.

Right from the start, I knew it was wrong to eat animals. I'm proud to say I never had to – ever. But in those days it didn't exactly make life easy to be different, especially when you didn't eat sugar either!

The first time I ever heard the word 'vegan' I was about nine. I was over at a friend's house talking about the type of food I did eat when my friend burst out with:

"Oh, I get vegetarian. I just don't get vegans! I mean, what do they eat?!"

I blinked. Vegan? "Uh ... yeah ... I dunno either." I muttered, too shy to ask what that meant. I promptly put it out of my mind.

It wasn't much later when I heard the word again. My mother had put her foot down. "We're all going vegan." she declared. "What they do to mother cows ... I just ... I can't."

The memory of my friend popped into my head. But this time, I asked.

"What's ... vegan?"

"No eggs, no dairy. Cheese, yoghurt, chocolate – it's all off the list."

Having grown up on soy and rice milk at home, with little to no dairy, I was confused. "We basically do that anyway."

"Exactly. But now I want you to consider the baby cows when you're out."

To be honest, I couldn't believe that people would be so cruel as to discard babies like they would an old toy. I didn't want to believe that. I refused to believe that. I wanted to rebel and have 'normal' milk every now and then. Maybe the odd 'normal' ice-cream and 'normal' chocolate. I wanted to believe the lies of happy cows. I didn't want to acknowledge a world where people hurt animals just so people could have yoghurt and cheese.

Thankfully, my parents were very patient with me, showing me resources, gently explaining things to me, answering my questions, and reminding me to think of the cows whenever we went and got a hot chocolate together. I tried to complain that I didn't like the taste of soy hot chocolate. But, strangely, it got better. And I found myself too upset with the dairy industry to ever support it for whatever reason. If going vegan meant making a difference to cows, I was all for it. It became just too painful. I couldn't do it any more. Besides, the soy ice-cream we ate was really yum, and my dad made an incredible

banana ice-cream by putting frozen bananas through the juicer. Every year there was a growing list of veganised foods to try. It was nothing short of an adventure!

Today, I look back and am so grateful for being vegan. Living in the country, we see the trucks taking away terrified animals to the slaughterhouse, and hear the cries of mothers who lose their babies year after year.

I admit, it wasn't always easy at the beginning, when I still believed the dairy industry marketing, but I was lucky in many ways. I had easy access to vegan food, a family who supported me, and a close friend who became vegan at the same time and went through the same things as me. We were able to help each other out, and talk about veganism on a similar level of understanding.

Veganism isn't just a way of eating, it's a way of life. It's a philosophy of compassion and caring that goes beyond the selfishness of dessert at any cost. Once you know the truth of what goes on in dairy and egg farms, you can't turn back. You want things to change. You want the world to be more considerate and caring to animals – and being vegan is one of the best ways to achieve that change.

Being headstrong didn't hurt either. I very clearly remember getting into Facebook post wars defending my position. I never wavered, and always stuck up for myself and the animals, even against people I was close to. I lost a friend or two along the way, but not my good friends. They always try to listen and understand, even if they don't get it right away.

I have more vegan friends these days. Some I met by chance. Others changed their diet because of me. I'm happy I was able to show them a path of compassion. To this day, compassion for animals remains a huge reason why I am vegan, but

now it is coupled with environmental and feminist issues I discovered through my journey because it's all connected. Women, whether they are human or non-human, need to be respected, and the violence of killing needs to stop if we ever want peace on this planet.

There's a lot of resistance among some people to go vegan. I've heard so many excuses, including one that says, "You'll die if you don't eat animal protein." Hmmm. I'm still alive and healthy! I hope this story helps others find the truth beyond the marketing machines and the heart to make their own change. Cows lose their babies to make milk. The babies are killed to make veal. Boy chicks are shredded at one day old. Alive. This is the world we live in right now, and I am so grateful it is changing.

Take my story as encouragement. Keep searching for answers, and don't be blind to the suffering of animals. It'll get easier over time, and you can explore the alternatives. For example, replace eggs in a cake with mashed banana, taste test the many varieties of vegan cheeses, and try soy or almond milk for your hot chocolate.

Vegans don't just eat salads. Our meals are creative and delicious, and you don't have to go without anything. You just substitute it for the cruelty-free version. You can even buy vegan marshmallows for your hot chocolate. These days, there are a wide range of non-dairy ice creams and dairy-free chocolate. Vegan lasagna and pizza are two of my favourite main meals. Food preparation is healthy, fun and considerate to the planet we live on and the other species who share it.

I believe as compassion and veganism grow, our planet will become a healthier happier place. The animals and future generations will thank us for that.



CONNECT WITH TAM SIN

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TAMSIN DEAN EINSPRUCH

Tamsin lives and works at A Place of Peace with her parents Billie Dean and Andrew Einspruch.

THE PROPHECY OF PEACE AND A PLACE OF PEACE – SACRED SANCTUARY FOR ANIMALS

Billie Dean

In 1978 I was sitting around a table enjoying a meat-free lunch with a group of students studying herbalism. The topic of the indigenous prophecy of a Golden Era of Peace came up. I wondered what a world at peace would look like, but already I could see the seeds were planted for change in small groups of caring and compassionate people like the ones I was sitting with. We believed in the gentle way of least harm, of which not using animal products is a foundation.

My obsession with the Prophecy of Peace led me to walk many trails, most of them spiritual. In the end I married a beautiful soul who was also a man of peace and together we created A Place for Peace, a refuge for the homeless and traumatised furry and feathered.

Many hundreds of safe souls – and two decades – later, we have built a sacred sanctuary where land, wildlife and rescued animals resonate peace that ripples out into the collective. The actual meaning of sanctuary is a 'sacred' or holy place. The Latin word sacer, meaning 'holy', and the related word sanctus, also meaning 'holy', give us the roots sacr and sanct. There is a whole other level of change to the unified field which happens when you create sacred and holy, peaceful places.

So, for me, an animal 'sanctuary' means providing a sacred place offering safe harbour for animals from a world of violence.

It's a place where animals who have faced slaughter, euthanasia, terror, abandonment and pain can heal their souls and experience love and peace in a protected environment.

As peace for all species is our mission, the animal's peace is our priority. This sanctuary is their sacred, private home and healing space, so we have a closed door policy, keeping intrusion and visitors to a minimum – and only by invitation. Instead we invite people to get to know our Animal Ambassadors for Peace, through our website, through our

Facebook pages and through our Vegan Arts Advocacy. We have a newsletter and a number of projects promoting veganism and peace, as well as a school (mostly online), which teaches ancient wisdoms, sacred kinship, animal telepathy and how to have more peace in your own and your animals' lives.

To me, being vegan is a lifestyle and spiritual path embracing a philosophy of kindness, gentleness, harmony, respect and non-violence towards all beings, while seeing animals as equals with rights to make their own choices.

We have come a long way since 1978, and I see the beautiful, ancient prophecy of peace coming to fruition as more and more human beings realise the truth of the word 'respect', standing in sacred kinship with their animal brothers and sisters as peaceful warriors of protection and loving kindness.

Here's to a world of deep peace for all species.



CONNECT WITH BILLIE

billiedean.com
wildpureheart.com
www.deepeaceatrust.com
Donations to the beloved
sanctuary residents:
www.deepeaceatrust.com/donate

BILLIE DEAN

Billie Dean founded the Deep Peace Trust, a charity dedicated to a world of deep peace for all species through the arts and compassionate action. Billie and her family founded and run A Place of Peace where over 400 animals live in peace. Billie is also the award winning author of *Secret Animal Business*, about her life as an animal telepath. She has produced several indie films and has a forthcoming book on her work with resonance and subtle activism.

DON'T BE ANGRY, BE EFFECTIVE

James Aspey

The vegan movement is growing rapidly and every vegan holds a duty in actively spreading the message of justice for animals.

When challenging people's beliefs it's common to encounter protest and conflicts. (Especially when people are hiding behind computers!)

"You vegans need to stop shoving your opinions down everyone's throats."

"Cute lamb. Would go great on the BBQ."

"Bacon! Bacon! Bacon! Yummy, yummy, bacon!"

Comments like these can foster feelings of anger towards the non-vegan person – frustration that they aren't taking animals seriously and helplessness for not being able to get through to them. In response, it's common to lose your chill and start throwing insults back and forth. Is this going to help animals and inspire people to go vegan? Rarely, if ever. This often ends in the other person feeling even more firm in their non-vegan position.

The best way to inspire change in others is not to blame and shame, but to remember that you were once in their position and treat them with understanding and respect, even if they aren't being kind towards you.

We should strive to improve our delivery and work towards eradicating the 'angry vegan' stereotype. Veganism is more appealing when we are peaceful, happy, respectful people. This makes vegans more approachable and the movement more inviting.

You might be thinking, "How am I supposed to stay calm? These people make me so mad!"

We have 3 options:

1. We join them at their level of aggressive, insulting, defensive communication. (Least effective)
2. We remain calm, respectful and understanding of where this person is at and they continue being aggressive, insulting or defensive. (More effective)
3. We remain calm, respectful and understanding. The person realises you are not playing their game and decides to have a real conversation with you about the issues being raised. (Most effective)

Connect with people rather than repel them. Give it a try and see for yourself! Not only is it more effective, but it is also better for your own mental health and you will experience far less burn out.

Remember, it's not only what we say that matters. It's also how we say it.



CONNECT WITH JAMES

facebook.com/jamesaspeyactivism
youtube.com/voiceless365
www.jamesaspey.com.au

These four quotes inspire my most effective interactions:

“Forgive them, for they know not what they do.”

If people truly understood the impact of their choices any half-decent person would change. This is the connection most people are yet to make.

“Hate the sin. Love the sinner.”

People have been born into a world that has conditioned them to live a non-vegan life. They are not to blame, nor are they our enemies. An example: When your friend says, “I respect your choices, why can’t you respect mine?” You can respond with, “I love you and I respect you. I will never respect your choice to cause unnecessary harm to others.”

“Don’t blame and shame. Inform and explain.”

You don’t need to lie. You don’t need to yell. The truth is powerful enough. Learn the facts and use them. Leave the emotion out of it.

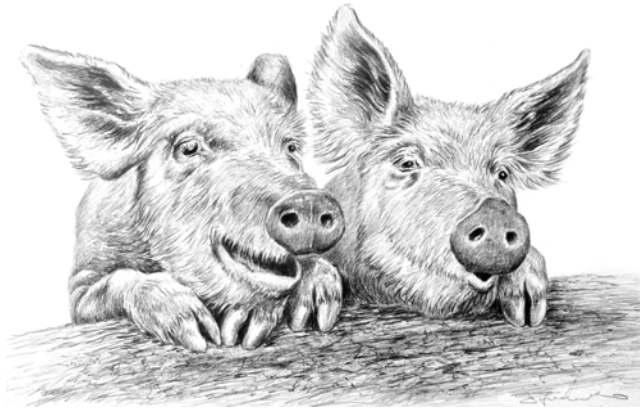
“Be the kind of vegan you wish you met before you became one.”

Think about it...



BACON FESTIVAL PROTEST

Report by Kimberley Deeney

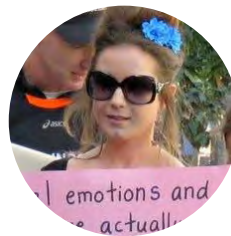


My friends and I protested at Sydney's Bacon Festival on 29th August 2015. This event is wholly centred around meat and elevating the eating of pigs to cult status. Standing for almost four hours by a queue that was hundreds of metres long, smelling animals being cooked, listening to endless lame bacon jokes and being generally disrespected by patrons of the cafe is of course going to be testing, especially if you are naturally shy and non-confrontational. Activism is challenging at times! I think it is important that we were there, though, to broadcast a soundtrack of screaming pigs that was recorded inside an Australian slaughterhouse and video footage of what actually goes on in those places. Shocking and brutal, yes, but sometimes people need to be confronted with the reality of their choices.

My hope is that even just one person stops and thinks about this. I don't know how many of you have spent time with pigs, but not only are they flipping adorable, they are also incredibly smart and aware. More so even than dogs. Sending such sensitive and intelligent creatures to be slaughtered because we like the taste of them is wrong on so many levels. Yes, as I heard a billion times yesterday, "bacon tastes really good", but that is an absurd justification for the violence being inflicted. Can you imagine how appalled we would be if someone justified rape by saying "It felt good!"? Well, that is the same sort of immoral excuse being used here – the "might makes right" principle.

If you can do something without any consequences to you, then do it. Well, no ... just no! This is the kind of thinking that is responsible for all the oppression in the world and it has to end. The world doesn't need bacon festivals, it needs kindness and compassion.

Did anyone change their mind as a result of this protest? Were any seeds of consciousness planted? I have no way of knowing, but I do know that sometimes you are powerless to do anything about a situation except to stand up and say "This is wrong!" And if that is all you can do, do it, and say it as loudly as you can.



CONNECT WITH KIMBERLEY

To support her work, go here:
www.gofundme.com/yqa6pgk

KIMBERLEY DEENEY

Kimberley Deeney runs a micro sanctuary consisting of seven cats, a dog, 40 birds, five guinea pigs and four rabbits.



29 November 2015:
Worldwide people gathered in their cities and towns as part of the People's Climate March to bring attention to the urgency of the climate change issue. Pictured here are vegan activists from Sydney.



STANDING UP FOR ANIMALS AROUND AUSTRALIA

Send in your photos to contact@AustralianVegans.com.au for your chance to be featured on this page in the next issue.





December 7 2015: Animal Liberation Victoria and Animal Liberation NSW activists chained themselves to a Victorian slaughterhouse gas chamber to coincide with the release of undercover pig slaughter footage. Watch the heartbreaking video and live footage of the lockdown at www.pigtruth.com



HOW TO BEAT PROCRASTINATION AND GET YOUR VEGAN ADVOCACY PROJECT DONE

Kathy Divine

1. Don't put pressure on yourself to finish or achieve something huge in one day, one month or even one year. Even if you only do a few minutes on your project, tell yourself that you are a superstar. That will get you started and your mind won't feel too pressured.

2. Tell your mind that if you do a few minutes on your project, you will give yourself a reward (favourite food, a gift, etc) Befriend your mind and it will work for you!

3. If you get bored with one aspect of your project, leave it and switch to something else. The brain gets bored with monotonous tasks. For example, if I get bored with editing a book, I switch to marketing or layout and then, when I'm bored with that, I go back to editing and my brain then feels happy to do editing again.

4. Break down a project into mini goals and then again into sub-mini goals. When you achieve a tiny part of the project, you can give it a big tick on your list and it will feel less overwhelming.



Join the **30 day**
Vegan Easy Challenge...

VeganEasy.org

ANIMAL
liberation alv.org.au

Kickstart a kinder, greener life... **VeganEasy.org**

EIGHT STEPS TO STARTING YOUR OWN VEGAN BUSINESS

Jenny Thai

At JTR & Associates, one of the things we love most is assisting those that are starting a new business. We absolutely love the enthusiasm and the mad rush that comes with this stage of the process. Finding ourselves constantly repeating the process with each new business owner, we decided to put together a guide – an 8-step process on getting it correct from the start. We hope you enjoy this as much as we have enjoyed putting it together!

1. Decide on a business. What are you selling? What services are you providing? Although this is an operational issue, it is the starting point of this entire process.

Make sure you map this out carefully. Prepare a business plan either yourself (ask us for a template if you need one) or engage a professional to assist you.

Make sure the business idea is a feasible one before you proceed to the next step. This brilliant business idea that you have will start to cost money, so ensure you have the funds set aside to execute it properly.

2. Decide on a structure. This is important yet very commonly overlooked. The default structure is to operate as a sole trader. It is important that you meet with an accountant in the planning stages to ensure that you are in the right structure at the very start. Yes, there will be costs involved, but our advice is not to skimp on these costs as it will cost you later on as the business grows – and not just in monetary terms either!

The structures available for you to choose from are:

- a) Sole trader
- b) Partnership
- c) Company (Pty Ltd)
- d) Trust – Fixed, unit, discretionary

Each structure has its own advantages and disadvantages – contact us for a detailed structure overview summary.

3. Decide on a business/entity name – often confused by new business owners.

To arrange for a business name you must register it with ASIC. You must set up an ASIC Connect account and apply from there: www.asic.gov.au/for-business/registering-a-business-name

But before you can register the business name you must have an ABN (Australian Business Number). To get an ABN you need to have the structure set up already. Confused?

abr.gov.au/for-business%2c-super-funds---charities/applying-for-an-abn/apply-for-an-abn

It all has to happen at once, which sometimes confuses many people. Also, your company name (eg. ABC Pty Ltd) can have multiple business names attached to it. Eg. ABC Pty Ltd trading as SPC Goods, and VPA Services and also MKL Babyware. So this one company has three business names and can trade three separate businesses, should it choose to.

4. Ensure you have all the correct registrations – again, where possible, engage an accountant to assist in the process. It really does help if you have the foundations right. We have seen clients come to us, already knee-deep in paperwork, only to realise that they had not registered for GST from the beginning, yet were charging GST to their customers!

- a) GST registration – recommended for a number of reasons. If you believe you will be

earning over \$75,000 it is best to register from the start. It also shows your customers that you are not earning less than \$75,000.

- b) ABN registration – required to operate a business
- c) Tax File Number – also required for tax purposes
- d) PAYG Withholding Tax registration – required if you are employing staff, or employing yourself (for the latter, only if you are operating as a company or trust)
- e) Fuel Tax Credits – for those that operate heavy machinery

5. Set up all your insurances – ensure you have adequate insurances in place. These include:

- f) Public liability (PL) – protects you and your business against the financial risk of being found liable to a third party for death, injury, loss or damage of property, or pure economic loss
- g) Professional indemnity (PI) – protects you from legal action as a result of your advice
- h) Product liability – important if you are selling tangible goods
- i) Workers Compensation insurance – required if you employ staff, and pay wages of more than \$7500 per year
- j) Income protection and/or life/total and permanent disability (TPD) – see your financial planner for this. It is very important that you are protected if you are the main income earner in your family

6. Open up a separate business account – this is important so that your personal transactions are kept separate from the business transactions. If you are charging GST, we would recommend also setting up a separate GST account so that, when you receive payment for the GST on your invoices, this amount is transferred into this separate account. When it comes time to paying the GST to the Australian Tax Office (ATO), you will have the funds ready. It can be a lifesaver when cash flow is tight!

7. Set up an accounting software or record-keeping system.

Have a chat with your accountant about this and what options are available to you. Again, this is best to be set up right from the start as it will save you a lot of heartache later on.

Typical software available include Xero (our favourite), MYOB, Intuit, Sasuu, etc.

Otherwise, an excel spreadsheet cashbook may be sufficient and will help to keep costs down.

8. Staffing issues. If you decide to employ staff right from the beginning ensure that you:

- a) Have a Tax File Number Declaration Form completed for each staff (available from most newsagents or from your accountant)
- b) Ensure you are giving them a payslip for each pay (this is a legal requirement)
- c) Ensure you are paying super into their nominated super fund (currently at 9.5%)
- d) Ensure you have adequate workers compensation insurance cover



CONNECT WITH JENNY

www.jtrandassoc.com.au
facebook.com/jtrandassoc

JENNY THAI

Jenny Thai is the founder of JTR & Associates. She is an accountant by profession, numbers expert by trade, but there is more to her than meets the eye. With over 16 years' experience in both public practice and in a corporate setting, Jenny has achieved at a young age both her university degree in business and accounting as well as membership of the prestigious Certified Practising Accountants (CPA). Having ticked all the right boxes, Jenny also qualified for her Registered Tax Agent licence. Jenny's true passion in life is to create a kinder world for the animals of this earth, our co-inhabitants. She leads a vegan lifestyle because she practises what she preaches and, through this lifestyle, she has met some amazing people who share mutual beliefs and who can keep up with her enthusiasm and energy. She actively uses her business to support her chosen charity, Edgar's Mission, a farm sanctuary for abandoned and forgotten creatures, and commits a percentage of the business earnings to this worthy cause.

THOSE VEGAN BEARDS

Interview with David Rafter

What or who inspired you to start D+T?

Yeah, it is probably a 'what'. It was totally my beard. It was coming into summer, and my skin was getting pretty dry and itchy under my girth. I was actually just using coconut oil, but then my nieces were like "Uncle Davey, you always smell of coconuts ... you need to change that." ... ha ha, so I did.

I initially started with the range of beard oils and that was it. Though, I knew World Vegan Day was coming up and, after researching, I couldn't find a range of men's gear that was vegan let alone cruelty free. So I started blending the Beard Balm and MO Wax to take down for the boys in Melbourne.

In terms of the name, it originated from the love of my little rescue puppy Trudi. I wanted her to be part of the branding. We are always together and I wanted to bring that into the business, hence the name D+T (David and Trudi).

What has been the response to your products?

AWESOME!! Ha ha, it always takes me by surprise. Even when we launched in Melbourne I remember turning to my partner after about an hour into the event and said, "Well, pretty safe to say it works". Since then we have grown the range to include a range of hair care products as well as a shampoo.

It is pretty cool to see where it has grown from. I just used whatever money came in, so to see it grow from a little corner in the spare room to need a dedicated room is pretty mind-blowing. It is also really rad to see boys wanting to use a range that is totally organic, vegan and cruelty free. Also to see it in heaps of places around the world and in barbers and hair salons has been so cool.

The whole experience has just been cool. It is totally fun blending up all the gear and pouring all of my love into every product. Hanging with the boys and shaping our beards together is just fun. So great hanging with vegan boys having fun together.





What are your tips for great grooming for men?

D+T of course! ... ha ha. Honestly though, head to a good barber. I do say 'good', because there are a heap of businesses just trying to cash in on the popularity of barbers. These guys have no idea and can really mess up what you are doing. Even saying that, maybe head to a couple of different ones and get some other opinions. You sort of need someone to see what is happening under the beard, because this is where the success of the beard is. If underneath is looking good, the top will look awesome.

But the good thing is, if something goes wrong and they cut too much, you are about two months away from it all being back to normal.

Beards are

GLORIOUS! Ha ha ... well, I think they are. But to be honest, they can also be a little bit of work. I initially grew my beard because my skin can't handle me shaving. It wasn't until I started growing it that I realised the difference between a guy that looks after his beard and a guy that doesn't.

The scruffy looking beards can look really messy and ugly, but a beard that is well looked after looks awesome.

Beard decorations are becoming a thing across the interweb.***Are beard decorations the next step for D&T?***

Ha ha probably not. I have seen tinsel beards, flower beards, bearded beards, lights in beards. It is pretty funny to see. But I think I might leave that to someone else!



CONNECT WITH D+T

www.dandt.com.au

facebook.com/DandTOrganic

[Instagram @d.and.t](https://www.instagram.com/d.and.t)

VEGAN VENTURES

Katrina Fox

Businesses are playing an important role in spreading the vegan message, writes Katrina Fox.

“Big, big, big mega trend”. This is what entrepreneur and Wheels Up founder Kenny Dichter told Bloomberg Business at the end of last year when asked if vegan, organic and gluten-free foods were set to be a trend or a fad in 2016.

Other media reported similar news – AM New York noted that vegan dining was on the increase in the city, Australia’s Daily Telegraph announced a similar trend in Sydney, while VegNews highlighted the fact that ‘vegan recipes’ is among the top 10 search terms on Pinterest.

And talking of social media: Eric Pierce, director of strategy and insights at New Hope Natural Media, which hosts Natural Products Expo West in California, told Food Navigator USA that the number of mentions of vegan-related content on social media came close to rivalling the number of mentions of Coca Cola.

Wait – there’s more!

In 2014 research by Mintel found that global vegan product launches had doubled over the past five years. A more recent report in August 2015 by Markets and Markets announced that the global meat substitutes market is projected to reach \$5.17 billion USD by 2020.

Whew!

It’s true that much of the focus of this research and trend tends to be food and plant-based eating, although both Fortune and Forbes business magazines ran positive stories on the rise of vegan fashion last year. There’s also little data specific to Australia, but anecdotally it’s clear we are very much part of this global trend and are even pioneering in some instances.

In 2015 two mainstream restaurants in Sydney went completely plant-based. Gigi Pizzeria in Newtown hit the headlines in October when it announced meat and cheese were off the menu after owner, Marco Matino, decided he could no longer support animal cruelty in his business.

Two months later Soul Burger in Randwick made a similar move. Owner Amit Tewari, who is a medical doctor as well as an entrepreneur, recognised that the previous menu, which included so-called ‘humane’ meat, wasn’t ethical enough.

Let’s take a moment to acknowledge the huge risk these business owners took. They didn’t just change the food to vegan either – they switched to non-dairy for coffee and desserts, eliminating all animal products from the menu. Both lost customers – and gained new ones.

Sydney also saw the opening of Australia’s first vegan sushi restaurant, Superfood Sushi, in June last year, followed by the city’s first vegan fish and chip shop, Bliss and Chips in December, both in the vegan-friendly suburb of Newtown.

Melbourne – already a vegan paradise, with an array of eateries as well as shoe shops – also welcomed some new additions including Smith and Deli and Lavana Wholefoods delivery service.

Adelaide saw Everything Vegan relocate to expand their vegan grocery and health store, while The Cruelty Free Shop expanded its Sydney-based store.

All this is good news for vegans of course. We have more places to eat and shop. But, more importantly, these businesses are playing a huge part in helping non-vegans to embrace the philosophy.

Vegan lifestyle events and festivals are attracting record numbers of people who are not yet vegan, but curious, particularly about the health benefits of plant-based eating. London VegFestUK in October last year had a massive 12,000 attendees, of which around 27 per cent were not vegan before the show, according to a survey carried out by the organisers.

For veganism as a movement, it’s essential for vegan businesses to appeal to non-vegan customers. The easier we make it for people to eliminate animal products from their lives, the more likely they are to embrace vegan living.

Yes, it would be great if people just ‘got it’ and immediately went vegan because it’s the right thing to do. But for many people, if they perceive it to be ‘too hard’, they won’t do it. We can wring our hands in despair and express our annoyance or frustration at their ‘shallowness’ or ‘weak will’, but it won’t make a difference to their choices.

Idealistically, there may be an argument to ‘smash’ capitalism. But we live in a capitalist world. Unless we’re happy to go and take up residence in a cave and opt out of society, we’re part of the system. As long as we have this system, it makes sense to operate within it as ethically as we can – and to push for ‘ethical’ to be mainstream. This means making fair trade, organic and vegan the norm, rather than the exception. It also means being as environmentally efficient as possible.

At the moment certain vegan products are more expensive than their animal-based counterparts. The raw materials and ingredients cost more and small businesses don’t have access to the bulk discounts of larger companies. The industrial animal complex is heavily subsidised by governments.

This allows animal-based products to be sold at cheap prices, while small, vegan-run businesses have to charge more to stay afloat and turn a profit. Remember, there is always a cost

somewhere – you may be able to buy a cheap pair of non-leather shoes in Kmart or Payless, but the cost is simply being passed on. It may be a cost to people who work in sweatshop conditions, to animals or the planet.

This is why it’s important to support vegan businesses and to recognise that running a business on vegan principles is a form of activism. You can support businesses in several ways – if you’re not able to regularly buy from them, you can share and like their social media posts and tell your friends and family about them.

Vegans have been waiting for decades for our tipping point where society and media see our philosophy and way of living in a positive light – something they themselves can embrace. It’s happening now and will continue to gain momentum. Vegan-run businesses are at the forefront of this revolution.

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CONNECT WITH KATRINA

For details of Katrina’s consulting, coaching and training programs, visit www.katrinafox.com.

KATRINA FOX

Katrina Fox is an award-winning journalist and media trainer. She is the author of *Vegan Ventures: Start and Grow an Ethical Business*, editor of VeganBusinessMedia.com, and host of the *Vegan Business Talk* podcast on iTunes and Stitcher Radio. Sign up for free success tips for vegan business owners and entrepreneurs at www.veganbusinessmedia.com.

THE VEGAN ARCHITECT

Interview with Ricardo Molina

What inspired you to go vegan and for how long have you been vegan?

First and foremost I am a vegan for ethical reasons. I went vegan for some time when I was in my early twenties but unfortunately my family doctor at the time convinced me that it was not a good idea. Sadly, correct information was not easily available at the time and I decided to follow his advice.

Around three years ago I decided to try again. It was a slow process where I was an occasional meat eater, usually once or twice a week, but now I am proud to say that I am 100% vegan for more than a year. I have never felt better and stronger in my whole life and I wish I had done this before.

Best vegan meal you've ever had?

I am very lucky that one of my former clients and good friend owns a vegan catering business, Vegan Meals Delivered, and I always buy food from her. She is an amazing, talented cook and I have to say that her Enchilada Espinaca is to die for! She helped me a lot during my transition and I am very thankful for her support and amazing food. I like to joke and say that she was like a drug dealer – first doses were for free and, once I got hooked, she started charging me. Love you and the family, Lara!

Please share with us a little about your business.

I have been working in Sydney as an architect for the last sixteen years and over three years ago I decided to start my own business. Molina Architects is a design-focused studio providing full architectural services, and proud to offer innovative solutions and great customer service.

I am happy to say that I have a love affair with architecture and my goal is to make people's life better through my work, as I believe architecture should serve everyone.

Some time ago I decided to do some research regarding the use of animal products in the construction industry and I was surprised with the findings. As a result I try to exclude as far as possible some particular products from my projects. The list is extensive but to mention just a few: some paints, plastics, insulation types, electrical goods, some types of plaster, etc.

What is your vision for the world?

I am a firm believer in the importance of action. Modern society places very little importance on small individual actions however, in my opinion, we forgot the power of one and that we are all part of this organic structure. Once you move forward, eventually this interconnected structure will also move forward. It is our personal duty to be an example and to realise that before changing the world we must first change ourselves.

Any final thoughts?

I believe we are all going home – some of us will walk, some will run and some will crawl – but eventually we will all get there. Keep fighting for a better world and much love to all vegans out there!



CONNECT WITH RICARDO

www.molinaarchitects.com

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– Non Profits –

VEGAN AUSTRALIA REPORT

Greg McFarlane

We believe that Australia will reach the point where animals are no longer used or exploited. This will have far reaching positive consequences for animals, people and the environment.

Vegan Australia was founded in 2014 as a national charity to educate the public about animal rights and veganism, to support people in becoming vegan and to present a strong voice for veganism to governments, institutions, corporations and the media. We are dedicated to making a difference for animals, people and the planet.

Our vision is a world in which people treat animals with respect, ensure justice for them and enable them to live their lives free of human exploitation, use and ownership. We campaign for veganism as the basis of a just and ethical society and promote its benefits to the natural environment, social justice and human health. We advocate on behalf of animals to bring about the end of the production and consumption of animal products and the abolition of the use of animals for any purpose, including food, clothing and entertainment.

Recently, interest in veganism and animal rights has been growing rapidly. Vegan Australia will help by focussing on a number of areas. We will continue to research the impact of a vegan agricultural system on the economy, employment, land use, and the environment and use this research in public education campaigns. We will make submissions to government enquiries, including the upcoming enquiry into the regulation of agriculture, making a case for the abolition of the use of animals in agriculture. We will issue media releases and seek out media appearances in radio, TV and print to promote veganism and to present the vegan point of view in controversies such as the yearly Australia Day lamb advertisements. We will continue to publish the latest vegan and animal rights news on our website and in social media and we will maintain up-to-date listings of the hundreds of vegan events around Australia.

We believe that Australia will reach the point where animals are no longer used or exploited. This will have far reaching positive consequences for animals, people and the environment. Australia will no longer be a place where almost one billion animals are bred every year to live miserable lives ending in a trip to the slaughterhouse at a young age. It will mean over half of the Australian continent will be able to recover from being used in the animal agriculture industry. Greenhouse gas emissions will be reduced by half and the greening of Australia will begin to draw down carbon from the atmosphere. People will be healthier and live longer, with far less heart disease, stroke, cancer, obesity and diabetes. Medical costs will go down. We also believe that people will be kinder and more compassionate because they will no longer be part of the daily violence against animals.



CONNECT WITH GREG

www.veganaustralia.org.au

GREG MCFARLANE

Greg McFarlane has been involved with progressive movements for many years and over the last decade have also been active in the animal rights and vegan movements. In 2014 he helped found Vegan Australia and is currently a director.

- The Thinking Activist -

INTERSECTIONAL VEGANISM

Ruby Hamad

Although the term ‘Intersectionality’ has become ubiquitous in social justice circles over the last few years, there is still a significant level of confusion as to what it actually means.

The term was coined in 1989 by black American academic and anti-racism activist, Kimberlé Crenshaw, who used the analogy of a traffic intersection to illustrate how some women are exposed to multiple oppressions. Gender combines with other factors including race and class to create unique systems of oppression for those women. Racism and sexism intersect, for example, to make the gender wage gap even wider for women of colour than it is for white women.

Obviously, when it comes to veganism and animal rights, intersectionality means something slightly different because it is not our own oppression we are attempting to dismantle but that of non-human animals.

However, vegans can and should still be intersectional in their advocacy, by which I mean they should be cognisant both of how animal exploitation is linked to other forms of oppression including racism, sexism, and ableism, and they should work to ensure that vegan spaces themselves are welcoming of people from all racial, gender, and otherwise marginalised groups.

Unfortunately, as veganism becomes increasingly mainstream, it is allowing often uninformed mainstream views of race, women, size, class and so on to shape vegan advocacy.

For example, the obsessive focus on a healthy diet as one that naturally prevents cancer leads to the shaming of cancer victims, blaming them for their own disease. Likewise, fat-shaming abounds with non-skinny people ridiculed for their weight and ostracised for not presenting the ideal image of veganism to the world.

Little thought is given to how these harmful attitudes affect vegans or people who are wanting to become vegans. I have received multiple messages from women describing themselves as overweight or fat who are distraught at the hostility they encounter in vegan groups.

The focus on diet is also not intersectional because it leaves animals themselves out of the equation. Remember, veganism’s strength lies in its goal of undermining the very nature of exploitation. While it’s perfectly acceptable that some may want to eat a plant-based diet for health reasons alone, diet should not be mistaken as the sum total of veganism because to do so invisibilises the oppression of non-human animals.

But perhaps the most significant problems veganism currently faces are in how the animal rights movement deals with instances of racism and sexism.

On the one hand, animal rights activists often invoke the oppression of women and people of colour to further their own agenda. For instance, there are many memes circulating on social media that compare factory farming and other forms of animal exploitation to the lynching and enslavement of black people, and that equate the artificial insemination of dairy cows to the rape and forced pregnancy of women.

The problem with these comparisons is twofold. First, they treat sexism and racism as oppressions of the past that have somehow been solved, and second, they don’t take into consideration how they can – and do – alienate people of colour and women, often turning them off animal rights altogether.

Often the vegan community will let problematic language and behaviour – such as that of the extremely popular and increasingly problematic activist, Gary Yourofsky, slide because ‘it’s for the animals.’ Yourofsky has previously called for women who wear fur to endure a ‘viscous’ rape, and more recently, has slammed as ‘speciesist’ any black person who objects to being called an ape. The ignorance is staggering given that it is precisely through being likened to non-human animals that the enslavement of black people was justified.

Yourofsky boasts on his Facebook page that he doesn’t read animal rights theory. Perhaps it’s time he did and he could certainly do worse than to start with Marjorie Spiegel’s *The Dreaded Comparison: Human and Animal Slavery*.

In a similar vein, PETA is as famous for its notoriously sexist and often racist campaigns as it is for its actual advocacy. There is no doubt PETA has done amazing things to improve the lives of animals trapped in the system, but this shouldn’t mean a free pass when its advocacy veers into the blatantly offensive, such as the bizarre campaign against dog breeding in which white activists dressed up as the KKK, thus equating dog breeders with white supremacists. Nor should PETA get away with glamourising domestic violence as they did in the Boyfriend Went Vegan And Knocked The Bottom Out of Me campaign from a few years ago.

These ill-conceived shenanigans not only simultaneously diminish and exacerbate the trauma of vegans who fall into these groups, but is also counterproductive.

The more PETA exploits the sexuality of the young women in its campaigns, for instance, the more it strengthens a patriarchal capitalist system that treats both women and animals as consumable objects. Likewise, the more the concerns of vegans of colour are dismissed, the more that people of colour in general will remain suspicious of the animal rights movement.

Because all forms of oppression are connected, the nature of exploitation remains the same no matter who is on the receiving end. Focussing on just one form of oppression will not succeed because they strengthen and rely on each other. As Marjorie Spiegel writes in *The Dreaded Comparison*, those who seek to profit from exploitation will do it to whoever they can get away with, it is exploitation itself that has to be dismantled, not just that of particular victims.

Dismissing intersectionality in the animal rights movement then, does little to help the animals in the long run but it does strengthen an entrenched system that exploits based on perceived value. And that is the precise opposite of what veganism is trying to achieve.



CONNECT WITH RUBY

Ruby Hamad is a writer and columnist, follow her on Twitter @rubyhamad



- Environment -

VEGANISM – THE ENVIRONMENTAL IMPERATIVE

Radhika Mittal

“Challenged to name the human factors that promote climate change, we typically picture industrial smokestacks or oil-thirsty planes and automobiles, not Pop-Tarts or pork chops.” – Anna Lappé, 2010ⁱ

The contribution of modern-day food systems and resource-intensive livestock practices to environmental degradation has largely remained under-reported and poorly emphasised. Indeed, it has been obscured, in most part, from public view. Despite overwhelming evidence by researchers, think tanks and globally relevant organisations, the environmental impact of cultivating animals and their by-products for human consumption is not often mentioned in the media.

ⁱⁱ Nevertheless, it is a key contributor to our current environmental predicament.

Environmental sustainability requires the preservation of our finite natural resources and an equitable distribution of ‘environmental wealth’, along with the realisation that economic and social growth cannot be at the cost of extinction of inherited resources and natural species.ⁱⁱⁱ Indeed, no futuristically inclined, rational business organisation, or public or private body can afford to ignore the complex consequences wrought by the raising of livestock on our finite global resources.

Within the agricultural sector, animal farming accounts for 80 per cent of the sector’s emissions.^{iv} Enteric fermentation in ruminant animals and manure management forms a large component of these greenhouse gas (GHG) emissions.^v One major study has shown that livestock and their by-products are responsible for, at the very least, 51 per cent of annual

global GHG emissions.^{vi} This report by the Worldwatch Institute reveals that 25,048 million tons of carbon dioxide emissions which should have been attributed to livestock have been overlooked, misallocated or unaccounted for. These overlooked categories are outlined in the report, including respiration by livestock, use of arable land for grazing livestock, growing feed and the calculation of methane emissions, among other processes surrounding livestock production and consumption.

Land use for factory farming leads to long-term soil erosion with little or no time for recuperation. Nutrient loss from soils results in the application of energy-intensive chemical fertilisers which, in turn, affect soil fertility through prolonged use.^{vii} Animal farms are spread over almost one-third of the earth’s land area while another third of the world’s arable land is cultivated for animal feed.^{viii} An increase in the demand for meat in developing economies has encroached upon tropical rainforests in South America and left farmers across the world bereft of land to cultivate crops on.^{ix} The contribution of livestock farming to water scarcity and pollution further defines its position as a top polluter, consuming eight per cent of global water use, excessively polluting waterways through the industry’s run off mix of animal waste, hormones, pesticides, chemicals, antibiotics, and creating ‘dead’ zones in oceans and large lakes.^x Livestock farming is slowly, but surely, draining the earth’s capacity to sustain.



Climate efficiency for producing protein from vegetable sources is much greater. Rearing animals for food entails feeding them 6 kg of plant protein to produce 1 kg of superior animal protein.^{xi} This 1 kg of animal protein utilises about 100 times more water than would be needed to produce 1 kg of grain protein.^{xii} Legumes like soya beans, for instance, are a superior source of protein and require a fraction of the energy needed to produce the equivalent in animal protein. Ironically, grains and legumes are produced for animal feed, rather than for human beings, contributing to a vicious cycle of environmental decay, poverty, malnutrition and hunger.

^{xiii} The U.S. livestock population alone consumes more than seven times the grain that the human American population consumes.^{xiv} This would be startling enough if it were not made more absurd by the fact that Americans today consume twice the amount of protein recommended by their own government agencies^{xv} and subsequently, will require 5.4 earth equivalents to sustain their growing needs.^{xvi}

Unfortunately, the trend in developing economies of the South is to emulate the North. With urbanisation, increasing incomes and fast-paced lifestyles, households across India, China, Latin America and Sub-Saharan Africa are seeking energy-dense foods, rich in sugars and animal fats. China and India are anticipated to double the consumption of meat and milk products respectively by 2020.^{xvii} In the past 40 years the nations of the South have transitioned to consuming a diet high in vegetable oils, meat, seafood and sugar and away from their traditional diet of pulses, legumes, root vegetables and tubers.^{xviii} Ironically, worldwide consumption of fruits and vegetables remains inadequate, despite an increase in

overall production. These trends have been linked to serious public health concerns. Meat and milk consumption has been directly associated with a rise in obesity, cardiovascular diseases and several forms of cancer^{xix}, escalating both health care costs and associated energy-intensive interventions. Global practices of producing and consuming animal food are unsustainable, both from an ecological and a health perspective.

To assess the mechanisms of a climate-friendly diet Swedish researcher, Annika Carlsson-Kanyama, analysed GHG emissions from carrots, tomatoes, potatoes, pork, rice and dry peas and calculated that a meal consisting of tomatoes, rice and pork in Sweden has nine times higher emissions than a meal comprising potatoes, carrots and dry peas.^{xx} In a similar study, researchers have found that fresh vegetables, cereals and legumes have the lowest GHG emissions, while meats (especially from ruminants) and dairy have much higher emissions.^{xxi} No longer a deliberation, environmental veganism is an unavoidable decision. We must inevitably eat lower on the food chain in order to continue inhabiting the planet by using its natural resources for our survival.

In the urgency to commit to nurturing and transitioning to plant-based diets and lifestyles, no criterion can be more immediate, more relevant or more actionable than environmental preservation. It's a call to arms for individuals, businesses, public organisations and policymakers alike. No profit or material gain, nor any mechanism of perceived taste or sensual pleasure, nor any commonly, traditionally practiced socio-cultural mores can carry the burden and certainty of environmental destruction if we continue with the status quo.

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Dr. Mittal was awarded an Innovative Universities of the European Union and a Macquarie University Research Excellence scholarship towards her PhD in Sydney, Australia. She was also an Erasmus Mundus scholar, sponsored by the European Commission, at the universities of Aarhus, Amsterdam and Hamburg for a research master's in journalism, media and globalization.

- Creatives -

ABOLICIÓN

Interview with Alex Gawly from Abolición

Music as activism is super cool on many levels. How did Abolición come about?

I met Pedro Allemant (guitarist) at World Vegan Day Melbourne 2013. He had a stall for his Spanish language punk band, Futuro Vega Pop. He approached me with headphones and, within seconds of listening, I bought his CD, despite not being able to understand a single word. I knew he was singing about veganism and the music was catchy pop punk. I loved it. Pedro is the compassionate sweetheart of the band with a punk attitude to boot.

About 10 months later Daniel Green (Abolición guitarist and fellow founding member of my other band Public Liability) told me that he was jamming with a guy from the Facebook group, Vegans of Melbourne, who wanted to start an 'Animal Liberation' band. I tagged along and as it turns out, the 'guy' Dan was going to jam with was Pedro. Ever since that day the three of us have been on the same page musically and on a personal level.

So the task now was to find two more vegan members: a bassist and a drummer. We wanted to find vegan members as we anticipated that 'know it all' types would come out to oppose our message and we could be seen as hypocritical having non-vegan members and singing about animal justice.

A couple of months later we found Drew Basford, the seasoned veteran and bassist of the band, and met him briefly at WVD 2014. Drew's been in bands for longer than I am probably allowed to tell, and it shows when seeing him thumping those four strings on stage. Drew has a heart of gold, but whatever you do, don't get on his bad side!

Finding the drummer for the job proved, as always, to be a difficult task. Eventually, I was introduced to Paul Hobbes (drums), who rounds out the outfit and provides us with many moments of wisdom food for thought. He's been quoted (or misquoted) saying, "Yeah I'm a hippy, but I used to work for the government. So I can be an asshole too."

It is truly a privilege to have met the four guys that I share the stage with under the banner Abolición.

What is the vision for the band?

The vision for the band is simple. We have a message to spread, and spread it we shall with our drum kit, three guitars, and five voices. The message is this:

Our five voices will act as a proxy for the voiceless billions of exploited animals past, present and future. Killing and harming animals for food is not okay. Exploiting animals for entertainment is not okay. Hurting animals in any way for fashion and other worldly possessions is not okay. Violence for profit or convenience is not okay. Go vegan today!

It takes some intelligent people a long time to make the connection to simple concepts. A very intelligent man once told me, and I apologise for the misquotation, James, "People always say that they love animals and that veganism is extreme. Veganism isn't extreme. Saying you love animals and then paying somebody to kill, mutilate, hurt, and exploit animals is extreme."

What would you say to other people who are thinking of starting an animal rights band?

Do it. We need as many voices as possible to be spreading words of justice and compassion in a world that is corrupted by selfishness and greed. It's not going to be easy. You can't have my musicians. I worked hard to collect the four of them. ;-P

But in all seriousness, it will be hard to find like-minded individuals who can play the appropriate instruments for your project. Best of luck and when you do, contact us. We'll play a gig together or do something else creative together.



What should we expect from Abolición in the coming year?

It's hard to put a time frame on all the things we want to do, but in the next year there'll be an album in the works. We've got the songs for it, so now we have to produce it. I really want to collaborate with fellow vegan activist, James Aspey in some form. Vegan tattooer and musician, Avalon Westcott has also agreed to collaborate with us on a song. We'd love to play World Vegan Day in 2016 with many more gigs in and out of Melbourne, including the possibility of some touring. Really, when all is said and done, I want to do as much as possible to make Abolición at the forefront of my life, and veganism at the forefront of people's minds. I mean punk rock and veganism are two of the most important parts of who I am.

Photo Credits:

Photos by Stevie Fisher (The Prisoner video shoot @ Gunyah Animal Healing Sanctuary)

Any final thoughts?

I'd like to thank all of our partners, family and friends who have supported us thus far. And to all the vegans who supported us, simply because they believe in the cause: Kathy at Gunyah Animal Healing Sanctuary, Sebastian's Place, Cassie McCawley, Stevie Fisher, Connor Seaton, Dave Walker, World Vegan Day, and of course Kathy Divine of Australian Vegans.

Go to a gig today! And most importantly, go vegan. If you're already vegan, use your talent to address what's important and talk to those you love about why you're vegan.

Peace.

CONNECT WITH ABOLICIÓN

Download all of our music for Pay What You Want at:
abolicion.bandcamp.com

View 'The Prisoner' film clip at:
youtube.com/watch?v=9S2F3auPvW4

Friend us at: facebook.com/abolicion.rock/

- Mindset -

SELF-COMPASSION ... BECAUSE YOU'RE WORTH IT!

Eve Nguyen ND

Vegans have so much compassion for animals, their safety, wellbeing and their environments. Yet vegans, like everyone, can have a lack of self-compassion while going about their daily lives. This can undermine their sense of calm, confidence, quality of relationships, work performance and even lead to stress eating and drinking.

Our daily thoughts are powerful motivators and de-motivators. They can leave us feeling worse about ourselves, more depressed and anxious. Or they can leave us with a lingering sense of kindness and the feeling that we can keep on going.

Pause for a moment and think about the thoughts that go round your mind during the day. Thoughts such as, "I am such an idiot. I should have known better," "I'll never be good at this," "Why do I even bother. I knew I wouldn't be able to ...," and "I can't believe I forgot that. It was so important. I am a total screw up!" are examples of times when showing a bit of self-compassion would go a long way.

When you think about it, most of us wouldn't talk to our family and friends this way. So why speak to ourselves like this? And this thinking certainly isn't productive – scientists have found that being so self-critical can make us even more emotional and make it harder to bounce back from failure.

Self-compassion, on the other hand, has been found to make us more emotionally resilient, helping us to view 'failures' as opportunities for growth and helping to improve performance after a 'failure.' It is considered to be a skill for overcoming stress.

And the good news is that self-compassion can be learned!

To become more self-compassionate, first try to become more mindful. Start paying attention to the thoughts that you have about yourself, your performance, your self-worth and your abilities. When you have a thought such as, "I'm such an idiot",

pause for a second and take a deep breath. Recognise that this is a moment when you are not practicing self-compassion. Remember that you are human. We all make mistakes. Breathe.

Next, when you have these critical thoughts about yourself, then ask yourself, "If my friend/parent/spouse/sibling/colleague came to me because they were upset about this same issue, what would I say to them?" Would you tell them that they are an idiot? I would like to think not! Often we are our own worst critic. If the words that you would say to your friend are kind and caring, then say these same words to yourself. Alternatively, you could think of a kind-natured person that you know, and the wise words that this person would bestow upon you in your particular situation. Allow the words to filter through, and accept them. Let them settle. Breathe.

Practising self-compassion can feel a bit strange at first – it can be like exercising a muscle that you haven't used for a while. It can feel almost as though you are making excuses for yourself. But persevere. Given some time and more self-compassion, you will be surprised to notice the changes in yourself. Will you be less affected by daily trials? Is your mood more stable? Does your performance at work improve? Are you better able to manage your team? Does your family notice that you are often in a better mood when you get home? Do your pets notice your contentment and like to snuggle with you more? Give it a try and see!



CONNECT WITH EVE

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THRIVING AS AN ACTIVIST

Michelle Gravolin

Flourishing or floundering: where are you at?

Are you thriving? Or is it a struggle? Does hope come and go? Does your energy for activism fluctuate? Do you sometimes feel overwhelmed? Do you wish you were doing more?

Most people feel a mixture of these things in life, and probably even more so in activism. Some days I have an abundance of drive, energy, enthusiasm, compassion, dedication and patience, and other days I have to dig deep to find these parts of myself.

While activism is in many ways a joy, it is also by definition a struggle. We seek to disrupt norms, question significant traditions and challenge powerful financial interests. Although there is increasing recognition of the positive contribution of veganism, there are still many detractors – people who dismiss our concerns and so legal animal abuse continues to be the norm. No wonder we really feel the struggle at times.

But living with that sense of overwhelm doesn't feel good, isn't good for us, and affects our effectiveness and future as an activist.

So how do we move ourselves towards thriving? Here are a number of things to consider.

Allow time for fun, time-out, recharging the batteries. Aim to accumulate positive experiences and emotions. Think about things that have helped you relax and unwind in the past, and schedule these things in regularly. This helps on two levels – you enjoy it at the time and you get pleasure from looking forward to it.

We always do better when our basic physical needs are met, and it's hard to truly thrive without enough sleep, balanced eating and exercise. But actually these habits can be the

hardest of all to develop and maintain, and some struggle more than others. Wouldn't everyone be glowing if it were that easy? If these are a struggle for you, start with a small change that you know you can manage and move on from there. Enlist support from a caring and motivating friend or professional, if that helps.

Be aware of physical illnesses and symptoms. Most conditions can at least be improved. Be active in seeking treatment. Keep an open but questioning mind in relation to all health care practitioners – traditional or not – both have important things to offer. Getting even chronic conditions under optimal control means you have more space in life for living well.

Do unpleasant emotions overwhelm you? Or do you feel nothing at all? We rely on our emotional selves to be effective as an activist, so be as emotionally healthy as you can be. Being aware of the cruelty around us in a non-vegan world creates emotional challenges for vegans, leaving us more vulnerable to feelings of anger, depression, guilt, anxiety and helplessness. We need to take extra care to keep ourselves well but, whenever we feel especially powerless or numb in relation to our emotions, it is a strong signal to pay serious attention to our emotional health.

There are options to suit everyone – information, screening tools, and even treatment programs can be found online (try BeyondBlue or MindSpot), or you may prefer to speak to a qualified person face-to-face. If you feel reluctant to talk about how you are feeling, keep in mind that supporting your emotional health will ultimately help you be more effective in your activism. At the very least speak to a trusted friend.

A powerful support for your thriving activist self is other vegan activists. Being with others who understand your perspective and the issues you confront is an antidote to the indifference you encounter elsewhere. They also provide support and encouragement in your activism, and essential social connection. Hopefully, among the serious walk and talk there is also space for fun, frivolity and laughter – and celebration of every small success.

The possibilities for thriving activism are endless both in what you do and how much you do of it. The challenge is that for everything we are doing there is so much more that could be done. For all of us who are impatient to see great change in the world this is confronting, and can lead to frustration with ourselves (and others). The advice from experienced activists is always the same, and takes some honest self-reflection.

What are you good at? What interests you most? What can you realistically manage? Think in terms of time, skills, finances, energy, health, other commitments. Remember to include time for keeping yourself well and thriving and doing other mundane tasks life requires of us. Being real when you decide what to contribute is key to being able to follow through. Nothing is more depleting than working beyond your capacity yet still not meeting your internalised goals.

A great source of encouragement is keeping in mind the successes of other great social movements. I draw a sense of perspective from the film *Amazing Grace*, about the struggle against the legal, socially-accepted and financially lucrative trade of humans from Africa to around the world two centuries ago. Although human slavery continues even now, the activists of the 17th and 18th centuries had many great successes, overturning the legal and social norms of their time. So many different people, using different strategies and playing different roles, contributed towards the outcome.

None of this is ‘rocket surgery’ (a seriously bad joke!) but, if we are in a place of low energy, depletion or feel enmeshed in the struggle of it all, even contemplating change can be overwhelming and lead to further self-criticism. Hold that thought! Take a moment to scale yourself between 1 and 10 on the ‘struggling to thriving’ dimension. Now think: what would it take to move you up that scale just one point? What would it be like to be one more point of ‘thriving’? What could you do to make this more likely? Choose something ‘do-able’ and start to build your flourish!

“Living with that sense of overwhelm doesn't feel good, isn't good for us and affects our effectiveness and future as an activist.”

“How do we move ourselves towards thriving?”

“Nothing is more depleting than overworking and still not meeting your goals”

“Hopefully, amongst the serious walk and talk, there is also space for fun, frivolity and laughter”



MICHELLE GRAVOLIN

Michelle Gravolin is a member of the Australian Association of Social Workers, works with people experiencing trauma, and provides social work education.

GRATITUDE'S ROLE IN EFFECTIVE ACTIVISM

Divya Hemnani

Vegans are empathetic beings. You already know this intimately from your own life experience. That feeling of queasiness you get in your stomach when you see another living being suffering? That's empathy right there. And empathy is awesome, because it enables compassion. We are quite literally suffering with the other.

However, being highly empathetic while living in a society that doesn't value all life equally can take its toll on our emotional well-being, can't it? Dinner parties, innocuous though they may seem, can feel like funerals to us vegans. That's why it's essential that we make time to feel grateful every day.

Myriad scientific studies suggest that a daily gratitude practice for even just three weeks improves psychological well-being, physical health, and even interpersonal relationships.

Practising gratitude has proven to be one of the most reliable methods for increasing happiness and life satisfaction; it also enhances feelings of joy, optimism, enthusiasm, and pleasure. Similarly, it decreases anxiety, depression, and regret. Gratitude makes you more resilient. It has been found to help people recover from traumatic events, including war veterans experiencing post-traumatic stress disorder.

In terms of physical benefits, studies suggest gratitude strengthens the immune system, reduces symptoms of illness, lowers blood pressure, improves your quality of sleep, and makes you less bothered by aches and pains. It also encourages you to exercise more and take better care of your body.

Practising gratitude strengthens relationships, and promotes forgiveness. It encourages you to pay it forward. Grateful people are more helpful, altruistic and compassionate.

The research is abundant and strongly suggestive that you can benefit from feeling more grateful in copious ways. But being grateful is not just a natural disposition; it's absolutely a skill that can be cultivated. Like every other mental activity, the more you do it, the faster and easier it becomes for you to do it.

Keeping a gratitude journal is one of the most effective tools to use to cultivate gratefulness. Writing down three things you are grateful for every day is a wonderful way to reap the rewards of feeling appreciation. Knowing that you have to fill your page with something every night forces you to examine the world in a different light. This exercise, over time, trains the brain to look for the positive (the love) instead of the negative (the lack) and savour the blessings in life. This helps counteract the brain's negativity bias (we naturally recall negative events twice as often as positive events thanks to our ancestors who relied upon that for survival), which can result in you remembering the past more favourably. It also leaves you feeling better about the present and more hopeful about the future.

Though everyone can benefit from a daily gratitude practice – as vegans with a vision to create a kinder world for all – it is especially imperative that we cultivate a positive mindset. People are inspired when we are glowing and radiating happiness. We don't need to push the message – others are unconsciously pulled towards it. A gratitude practice is a simple way to become even more effective advocates of loving all life.



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Divya Hemnani is the Founder of the Intrinsic Brilliance Institute where she teaches people how to train their brains to engineer the world they want.

– Communication –

IS A SPECIAL MEAL REALLY CATERING TO YOUR NEEDS?

Clare Mann

There are numerous situations where vegans feel unable to participate in certain events – for example, when dining at certain restaurants or eating when others are eating animal products.

Vegans vary to the extent to which they can tolerate being around others eating non-vegan food; some are satisfied to eat a special meal whereas others feel enormously uncomfortable being around people who are eating animal products and feel miserable and anxious or simply avoid going out. Each vegan has to decide where they stand on this as the communication with others about these issues will be different.

My Own Story

I was vegetarian for over thirty years and more than comfortable to eat with non-vegans. My vegetarian choice arose when I learnt what occurred in an Irish abattoir. Unfortunately, I didn't realise the extent and reality of intensive farming until I became a vegan. Once my eyes were opened I felt uncomfortable seeing other people eat animals, knowing the reality of what was happening behind closed doors. That discomfort grew and was not quashed until I chose not to eat in the presence of others who are eating animals. Today I socialise with non-vegans but only meet for coffee or insist we visit only vegan restaurants. You must decide where you stand and modify your communication with people accordingly.

Why it is so difficult to be around people eating animals?

Because of the extent of animal exploitation in the industrial process, the non-vegan is unwittingly colluding with the cruelty every time they put milk in their coffee, eat meat, use cosmetics or household cleaning products that have not been labelled as cruelty free, sit on a leather couch or wear a wool jumper.

The vegan who talks to another person about these issues – who subsequently doesn't also become vegan – believes that that person either agrees with the cruelty, disbelieves what goes on or is indifferent to it. Either way, the vegan knows that the non-vegan now has the knowledge but chooses to continue with the collusion. This is why they say that their friends or family don't understand them. They might believe the non-vegan friend is demonstrating that:

- Cruelty and animal exploitation is acceptable;
- They do not wish or are unable to empathise with the vegan's trauma; or
- They do not believe that animal cruelty is as far-reaching as the vegan reports.

Tips For Communicating Your Vegan Choices

1. *Decide where you stand on eating with others who are eating animals.*

Make up your mind before you attend an event or you may find that you become very distressed at being around other people who are eating animals. Decide whether you can tolerate eating at a restaurant that serves animals or whether you are only going to eat with others at vegan restaurants or if they serve vegan meals in their homes.

2. *State your position without judgment of others.*

Say you are vegan (explaining if necessary) without becoming defensive, angry and without judging the other person for their lifestyle choice. Remember there was a time when you weren't vegan.

3. *Ask questions to gain clarification.*

By asking lots of open-ended questions, you gather more information and increase your understanding of the other person. Open-ended questions are those that cannot be answered with a simple 'yes' or 'no'. The other person is invited to explain what they mean or clarify something they have said.

4. *Assess your audience's understanding.*

Imagine that every person you meet is on a journey towards increased consciousness, compassion and awareness. It's called the 1 to 10 continuum with 'resistance' at one end and 'ready to change' at the other. Your job is to ask lots of questions to assess where they are. With this knowledge, you can more skilfully craft your conversations with them.

5. *Challenge your own assumptions.*

Don't assume that when you say you are a vegan or are uncomfortable eating in a non-vegan restaurant the other person will become angry or critical. By keeping an open mind you respect them and avoid the conversation resulting in conflict.

6. *Identify and use hooks.*

Through careful listening, you will elicit clues on how to catch their interest. These hooks tend to fall into the following categories:

- Animal welfare
- Social justice
- Diet and health
- Economics
- Job security
- Environment
- Culture and personal choice

Resistance may result if you bombard someone with information about animal cruelty in factory farms, for example, if they are most interested in health or environmental protection. When you have explored their interests, you can add more information to expand their understanding.

Seek out a friend and practise these tips to become proficient in speaking confidently about veganism. By becoming proficient in having conversations about veganism – rather than being anxious or fearful of conflict – you will become a more powerful voice for veganism.



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veganpsychologist.com

Spicy Bean and Veg Soup

Tammy Fry

Serves: 4

Cooking time: 1 hour

Ingredients:

60ml sunflower oil
2 onions, roughly chopped
2 cloves garlic, crushed
7.5ml medium masala
7.5ml curry powder
3 stalks celery, chopped
5 carrots, peeled and sliced
3 potatoes, peeled and roughly chopped
Herb salt and freshly ground black pepper
1 tin red kidney beans and 1 tin butter beans (drained and rinsed)
60ml tomato puree
1 tin chopped tomatoes or 4 fresh tomatoes chopped
60ml chopped fresh herbs (parsley, coriander, oregano) – if you don't have fresh, dried will work fine
2 stock cubes dissolved in 300ml boiling water
Pink Himalayan salt, to taste
Coconut cream for serving



Method:

Heat oil in a large saucepan and sauté onions, garlic and spices. Add celery, carrots, potatoes, beans and tomato (puree and tinned). Add fresh/dried herbs. Dissolve cubes in the boiling water. Cover vegetables with water and allow to slowly simmer for approximately one hour. Blend and add seasoning to taste. Add more liquid if too thick. Serve hot with a drizzle of coconut cream.

For optional extra heat/spice, add chopped de-seeded chillies.

Meat Free Schnitzels With Stuffed Butternut Pumpkin

Tammy Fry

Serves: 2-4

Cooking time: 1 hour

Ingredients:

2 Fry's Soy and Flaxseed Schnitzels (available at Coles and selected retailers around Australia)

2 tbsp oil

2 small sized butternut pumpkin, halved

Pinch of salt

Pinch of black pepper

1½ cup mixed vegetables, diced (sweetcorn, carrots, peppers, peas and green beans)

Pinch of rosemary

1 tbsp margarine

A handful of almonds, finely chopped

2 tsp agave syrup

½ tsp cinnamon

Handful of grated vegan cheese

Coriander to garnish



Method:

Butternut Pumpkin

Cut butternut pumpkin into halves, lengthways, remove pips and scoop out the flesh. Place the halves – cut sides facing upwards – and flesh into an ovenproof dish. Season with salt and black pepper and cook in oven until soft.

Stuffing

Cook Fry's Schnitzels in oil until golden brown (can be baked in an oven) or by following instructions on pack. Allow schnitzels to cool down and then cut into strips and set aside. Prepare mixed vegetables (can be fried or boiled as per preference) and season with rosemary and salt.

In a large bowl mix schnitzels, mixed vegetables, margarine and almonds. When the butternut pumpkin is ready, allow it to cool down and brush the hollows with agave syrup and cinnamon and add in the stuffing. Add a layer of vegan cheese over the stuffing and garnish with coriander.

TAMMY FRY

Tammy Fry is the Marketing Director for The Fry Family Food Co. For more of her recipes check out www.seed-blog.com and www.frysvegetarian.com.au. Follow Tammy on Twitter: @tammyfry1 and Instagram: @eatliveconsciously

Chocolate Cheesecake

Nicole English

Ingredients for Base:

1 cup of almonds (preferably activated)
3/4 cup of hazelnuts (activated if you can)
1 cup of pitted medjool dates
1 tablespoon of water
A pinch of sea salt

Ingredients for Filling:

1/3 cup of pure maple syrup
1/2 cup of fresh orange juice
1/4 cup of water
1/2 teaspoon of pure vanilla extract or powder
2 cups of cashew nuts (soaked overnight and rinsed)
8 soft pitted dates
1 cup of melted cacao butter
1/2 cup of raw cacao powder
1 teaspoon of ground cinnamon



Method for Base:

Process the ingredients in a food processor until the mixture becomes sticky enough to hold its own and you can easily press it together. If it's not sticky enough just add a few more dates.

Press the mixture into a spring-form tin and place in the freezer.

Method for Filling:

Blend all the ingredients in a high-speed blender until smooth and creamy. Pour onto the base, smooth out the top and put it back in the freezer to set (1-2 hours).

The last time we made this we topped it off with smashed fresh blackberries. The tartness really offset the sweetness perfectly.

You can leave it plain or add your own favourite topping, though!

NICOLE ENGLISH

Nicole English is the recipe developer, content editor and food photographer behind RawKiwi. She began sharing her raw vegan recipes online in 2009 and since then has developed a strong interest in food photography, recipe development and holistic health. She is addicted to watermelon, smoothies, rearranging furniture and confesses to adding more cacao nibs to her diet than is necessary.

For more information visit: www.RawKiwi.com and www.nicoleenglishphotography.com

Medjool Dates with Rosewater Cashew Cream

Mel Baker

Ingredients:

12 medjool dates

Soaking water

1 cup of raw organic cashews

2 tablespoons of pure maple syrup

Pinch of salt

An extra $\frac{1}{4}$ cup of water

Rosewater to taste

A few drops of beetroot juice or natural red food colouring



Method:

Soak the cashews for a few hours, in enough water so that they are covered. Then drain and discard the soaking water.

Cut a thin slice lengthways, along each date and carefully remove the seed.

To make the cashew cream, blend all the remaining ingredients in a high powered blender until everything is smooth and creamy. Stop and scrape down the sides of the blender to ensure you blitz any lumps.

Pipe equal amounts of the cashew cream into the dates. For a firmer result, refrigerate the cream for an hour or so before piping it.

Serve as a dessert, along with coffee or mint tea.

Notes: A high powered blender, built for processing nuts, is the key to this recipe and will provide the creamiest result with no lumps.

MEL BAKER

Mel Baker runs www.TheKindCook.com. Her recipes are regularly featured in magazines and other publications.

Sydney's First Vegan Bus Tour

In conjunction with the International Vegetarian Union (IVU) 43rd World VegFest, Veg Travel Guide hosted Sydney's first vegan bus tour. The tour included visits to iconic Sydney landmarks such as the Opera House and Bondi Beach, with great vegan food along the way. Zarah and Travis from Veg Travel Guide were excellent hosts, giving the 23 people on the tour a great taste of the many vegan delights of Sydney. The highlight for me was the delicious dinner at the conclusion of the tour at 'Golden Lotus' in Newtown. That papaya salad was off the charts amazing!

To check out the events Veg Travel Guide hosts see www.vegtravelguide.com

Image: Zarah and Travis from The Veg Travel Guide



Forest Haven B&B

Forest Haven is an eco-friendly, vegan bed and breakfast located two hours west of Melbourne. Situated in a quiet forest setting, it is the perfect place to relax, stroll through the forest, spot wildlife and enjoy delicious home cooked meals. Forest Haven caters to singles, couples, families and is animal friendly (conditions apply). They are open for bookings seven days per week.

There are two choices of accommodation:

1. Gumnut Cottage, which is a stand alone cabin. It has a queen bed with a sitting/eating area and an en suite bathroom. It is ideally suited for a couple or single person.
2. Forest Room. It is attached to the main house but has its own separate entrance. It has a queen bedroom, lounge/dining area and bathroom. It would suit a couple, single or a family as it has a fold out sofa bed in the lounge room.

Any stay of more than three days automatically qualifies for a discount of 10% off the booking, and anyone who visits on their own also gets a 10% discount.



We spoke to Jo Osborne from Forest Haven B&B to find out more:

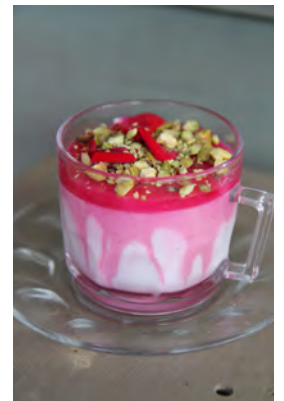
What inspired you to create Forest Haven B&B?

I had a desire to get away from the city and this property just lent itself to being a B&B as it was already used for accommodation and had a registered kitchen. Add to that the location being so quiet and ideal for relaxing, Forest Haven was born. I have experience cooking in a vegan cafe but this gave me a chance to get creative and put together my own menus as well as creating an environment I hope is welcoming and relaxing to guests. I've so far been delighted with the feedback I've had, especially about the food and have had quite a lot of non vegans through too who have given great reviews about the menu. There have been several return visitors even though the B&B has only been open about a year, so that's a good sign.

How did you become such an amazing cook?! Any tips for creating tasty vegan food for newbie vegans?

Haha, I'm not sure whether I'm an amazing cook, but I have always had an interest in cooking, which has developed over the years. When I went vegan I went on a bit of a mission to veganise a lot of my former favourite meals, which taught me a lot. There has been a lot of trial and error over the years, I am still learning and developing recipes too, you never stop! I guess my advice for new vegans is not to be daunted, cooking certain foods will be a little different, but get excited about finding new ingredients and ways to replace animal products. There are plenty of vegan Facebook groups you can utilise if you need to find a recipe or replacement for an ingredient. I'm also going to be offering cooking classes soon, so am happy to tailor those to what guests particularly want to learn.

To find out more, or book online visit www.foresthavenbnb.com.au or like them on Facebook.



Introduction to Veganic Gardening

Sue Torlach

As vegans our goal is to stop using animals, but it is not so simple. Most plant-based foods come from an agricultural system that uses animal-derived products including manures, fish waste, blood and bone. Obviously we would prefer not to participate in, or use, by-products of exploitative systems so there are some huge challenges to overcome in our food production chain.

Vegans are pioneers, creating new systems, customs and practices, and veganic growing has emerged as a way forward for cruelty free gardening and agriculture.

The word ‘veganic’ derives from vegan and organic. One of the earliest veganic organisations, the Vegan Organic Network (VON), which was formed in the UK in 1996, states its mission/aims as follows:

“Vegan-organics (veganics) is any system of cultivation that avoids artificial chemicals and sprays, livestock manures and animal remains from slaughter houses. Alternatively, fertility is maintained by vegetable compost, green manures, crop rotation, mulches, and any other method that is sustainable, ecologically viable and not dependent upon animal exploitation. This will ensure long term fertility, and wholesome food for this and future generations.”

As well as the VON in the UK, there is also the VAN – Vegan Agriculture Network and in North America there is Stock Free Organic Services. In Australia there are no major veganic growers’ associations but there are a number of Facebook groups and individuals using veganic principles.

The notion of livestock-free agriculture and gardening without animal input often provokes the same horror as “But where do you get your protein?” type responses that vegans are confronted with regarding their diet. In this case it is “But where do the plants get their nitrogen and phosphorous?” In actual fact veganic gardening principles provide all necessary plant requirements and more closely mimic nature than existing systems by recycling plant materials without disturbing nature’s ecological balance.

Traditional home gardening practices often involved sheet mulching with manures. My mother used to get trailer loads of sheep manure and spread it all around the garden. Only last week I talked a friend out of doing the same thing. The perception is that adding manure builds the soil and feeds the plants. In fact overuse of animal manures is polluting and damaging to waterways and natural ecosystems.

In agricultural systems incorporating livestock there are many costs for infrastructure and resources like fencing, building, water, cereal cropping for feed, etc. and there are the negative impacts of manures like antibiotic contamination, pollution and pathogens to consider as well as methane contributing to greenhouse gases.

As the evidence damning animal agriculture as an environmental scourge is mounting, change can’t come quickly enough. Vegan grower Robert Monie notes:

“Vegan farming and a large-scale shift to vegan diets will not be business as usual. It will require growing methods never tried on a large scale, such as perennial grains, forest farm poly-cultures, and living mulch turnovers of the kind pioneered by Fukuoka and Kawaguchi in Japan, but without the chicken manure Fukuoka used. The shift from standard farming – even of the organic kind – to vegan will be as radical as the shift from fossil fuel energy sources to renewables like photovoltaics.”

As with many other myths about our dependence on animal products and inability to live without them, veganic growers are proving that it is possible to create thriving food production systems without animal inputs. One such grower is Helen Atthowe, a US based vegan agricultural ecologist whose writing, photos and videos about her veganic permaculture farm can be found at www.veganicpermaculture.com.



So if we take animal inputs out of the equation, what are the alternatives?

There are three basic principles that mimic nature and natural ecosystems. These are: to increase plant diversity, add plant residues back into the system and keep the soil covered.

A popular concept is to create a 'food forest' with trees and shrubs providing canopy, with smaller perennial herbs, edible weeds, root, leaf and annual fruit crops co-existing and providing a self-replenishing and mulching system. But this takes some experimentation and space, and the average home gardener may not have the time, inclination or resources to undertake this.

A simple approach is to have most of the garden planted out with hardy, water-wise native or exotic varieties of plants that have minimal fertiliser requirement, and then to dedicate some areas to more intensive food growing.

Veganic inputs and techniques:

Veganic inputs include, but are not limited to, the following: composting by recycling of kitchen and garden wastes, tree prunings, weeds as a resource, green manures, compost teas, seaweed, lignite, biochar, rock dust.

In future editions we will expand on these topics and techniques to help you achieve a flourishing, productive veganic garden.

Some useful resources and publications:

Growing Green International magazine, published by the Vegan Organic Network

Veganic Gardening by Keith Dalziel O'Brien

Growing Green: Organic Techniques For A Sustainable Future by Jenny Hall and Iain Tolhurst (a complete guide to animal-free organic gardening)

Forest Gardening by Robert A de J Hart (turn your garden or allotment into a vegan-organic, permaculture-based mini-forest)

The Vegan Book of Permaculture by Graham Burnett

Plants For A Future by Ken Fern (pioneering book that takes gardening, conservation and ecology into a new dimension; information about growing edible and other useful plants)

Well Fed – Not Animal Dead by Graham Burnett (sourcebook for vegan cooking, gardening and living)



Photos by Kim Frost



CONNECT WITH SUE

www.wildaboutgardens.com.au

SUE TORLACH

Sue Torlach is a landscape designer, owner of Wild About Gardens and has appeared on ABC's Gardening Australia and Greenfingers gardening program. Many of her projects have won water-wise and sustainable landscaping awards. Sue is interested in permaculture, veganic growing and Australian plants.

Greening Your Wardrobe

Amanda Rootsey

Even though we all want to, at times it can seem a little overwhelming to do our bit to 'Save the Planet' and it's easy to be discouraged. However, there really are so many little things we can do or change in our own lives so that we are not exhausting the planet's resources unnecessarily. Of course we will always need to consume, but if we do this a little more consciously – and only when we need to – then it can only be a positive step! So here are some tips to start in the bedroom and 'green' your wardrobe.

Plan

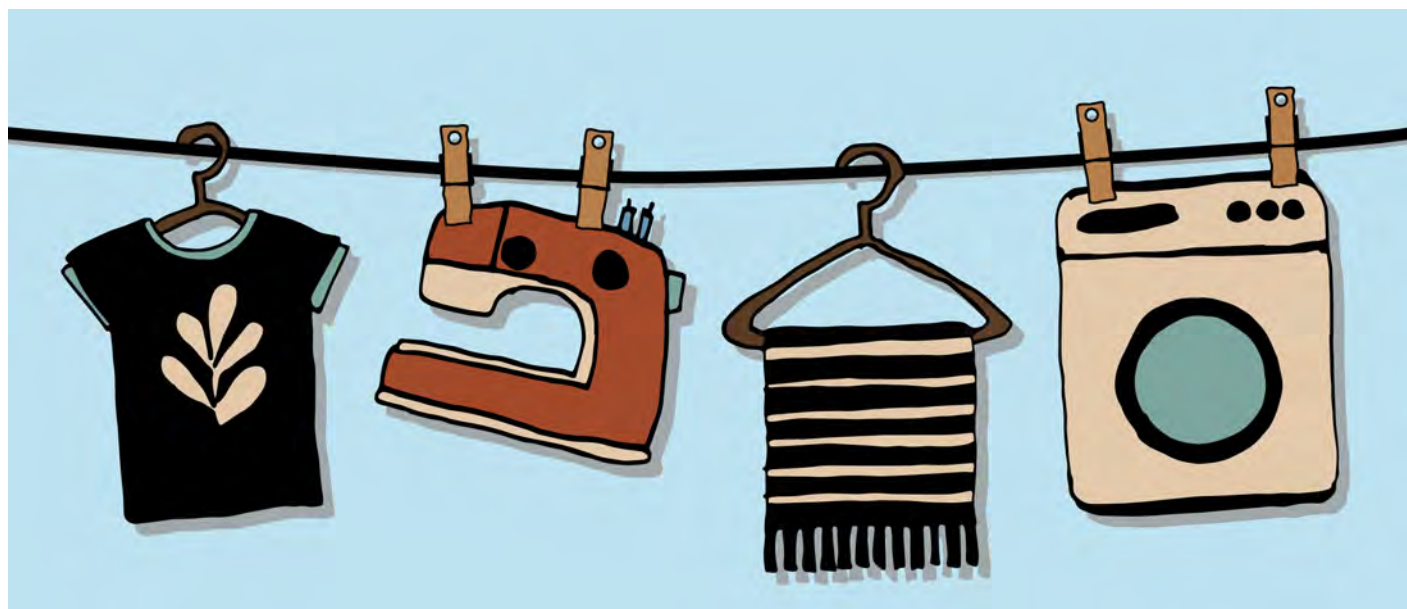
Try your best to plan your purchases. I know that may take the fun out of shopping. We've all been a sucker for impulse buys now and then, but they usually aren't very sustainable for either your wardrobe or the planet. Buying a top on sale for \$10 from a chain store sounds fun at the time (and unfortunately is something we have been brought up to view as a triumph), but if you take a moment to consider where this top probably came from and whether this top will stand the test of time you may want to pass.

Fair Trade

Did you know that there are 200 million child labourers in the world today? This fact alone is enough to make me want to learn how to sew and make every single garment all by myself! While a garment that is fair trade or locally made may cost a bit more money, at least you know that you can feel good about where your money is going.

Don't Wash Your Jeans!

If it's good enough for Levi's CEO, then it's good enough for me! Washing machines and dryers are not planet friendly and in fact most research suggests that it is in the after-care of garments that creates the biggest footprint. Try your best to wear your clothes until they really need a wash, and only wash when you have a full load. The chemicals that can be found in washing detergents and stain removers can be harmful to yourself and waterways, so next time you shop why not try a biodegradable, chemical-free one instead? Also try to wash your garments carefully – turn items inside out, pop delicate items in the delicates bag or hand wash them and hang them out to line dry whenever possible.



Choose Natural and Organic Fibres

Conventional cotton is anything but eco-friendly and is woven through all areas of your life – from cotton buds to your towels and sheets, to many of your clothes. Did you know that conventionally grown cotton consumes approximately 25% of the world's insecticides and more than 10% of the world's pesticides? It also uses a lot of water and damages the earth. Organic cotton is becoming more easily available and alternatives, such as super soft bamboo or linen, are harvested in ways that are much kinder to Mother Earth. For more information about cotton, check out this link: www.aboutorganiccotton.org

Vintage

In my eyes, the best way to green your wardrobe is to purchase pre-owned garments from op shops or vintage stores. This way you are recycling and saving that item from landfill, getting a great item that is unique and being totally eco-friendly.

Avoid Animal Products

Every year the global leather industry slaughters at least a billion animals and tans their skins and hides. Kangaroos are slaughtered by the millions every year to create soccer shoes. When he learnt about the cruel methods used to slaughter kangaroos, soccer star David Beckham switched to shoes made from synthetic materials in 2006. So bend it like Beckham and choose animal-free!

If you are interested in learning more about leather, fur or wool, check out this video narrated by singer Pink: <http://youtu.be/qZmBqkT6NEA>

1 <http://www.businessinsider.com.au/levis-ceo-dont-wash-your-jeans-2014-5>



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Becoming Vegan and Creating Your Vegan Tribe

Leigh-Chantelle

Being and staying vegan can be daunting for some, but here's some great tips to share from Leigh-Chantelle who has been vegan for almost 20 years and who has run the vivalavegan.net website for 10 years.

Congratulations on getting here. You have chosen to think with your mind and feel with your heart – something that seems to be missing in most of the mainstream population.

I don't care for the reasons you chose to become a vegan – and there are many. Whether it's for animal rights and ethical reasons (that's the reason I started my vegan journey almost twenty years ago), health and dietary, environmental and sustainable living, religious or spiritual, or just because someone you respected planted the seed – you have made a choice and you chose compassion. Always remember this.

I do however care that you remain vegan. So please find out about all the reasons why people decide to be vegan. Find out about intersectionality – what it means and how it relates to being vegan. Make sure you ask for help when you need it. Take some time out and look after yourself. You cannot do everything alone, and you do not have to. When we all combine our passions, talents and dedication together ... that's when the best things happen.

Remember that nothing in nature is ever still. Just as a seed becomes a plant becomes compost you, too, will change. Things that mattered most to you before will seem less important and even irrelevant. This isn't just to do with time passing and getting older and, hopefully, wiser. It's to do with what situations you find yourself in and the people who you choose to share these moments with. Always be open to learning more, to evolving, and to change.



When I first became vegan at the beginning of 1997, I joined the vegan societies and volunteered with animal rights groups in my area. I suggest you also do this. There weren't many people of my age at these places and I didn't feel as though I belonged. It wasn't until years later that I realised I needed to create my own vegan tribe. I had started this online already with my website vivalavegan.net – an online vegan community that has been running since 2005. However, most of my vegan friends lived interstate.

In 2009 I started to create my own vegan tribe by founding the Green Earth Group, an environmental group focused on promoting veganism and putting on the first vegan festival in Brisbane, Australia. I made most of my closest friends at this time of my life. At the beginning of the Green Earth Group movement I only wanted to surround myself with other vegans, even though there were all types of people who volunteered and came into our tribe. Some were vegetarians who just needed that extra push to become vegan, some were already vegan and, like myself, also into the feminist, environmental and social justice areas.

I remember the first time a guy (who I was about to date) and I were having a talk about how females' bodies are used to advance the cause of the animal rights movement to the detriment of women's rights and he just didn't understand why this vexed me. This was the first time I realised that not all vegans are alike and, more importantly, not all vegans are like me.

It may be a cliché, but the world would certainly be very boring if everyone was the same. We would never learn from each other. People and friendships come and go. Never hold onto things, people and circumstances that you have long outgrown. Always move forward and not backwards. Know who you can trust and keep these people close. Don't forget the people in your life who are not vegan but who fully support your decision to become so, are the people who can teach you just as much as you can teach them.

Remember ... just because someone is vegan doesn't mean that they are a nice person, and just because someone is nice doesn't automatically mean that they are vegan! This is okay. We represent at best 1-2% of the population. It hurt the first time I realised that, just because someone is vegan, it does not mean that they're a wonderful person. Always keep an open mind. We expect this from anyone in society and friends should come from all different walks of life as well as all different belief systems.

Since creating my vegan tribe, I have 'weeded out' the people who are not suitable for my own personal growth. The 'talkers' and not the 'walkers' always go first! Next are the ones who create and thrive on drama, whether online or in person. This leaves me with a wonderful tribe of positive and compassionate individuals who are all really respectful of each other and who are on the same life path as me.

Like it or not, you will become a role model for others. For this reason, be consistent with your beliefs and what you practise. Don't call yourself a vegan if you're not. A vegan is someone who not only follows a vegan diet – this includes not consuming animal flesh (including fish) or animal products including dairy, eggs and honey – but it also means that, as a vegan, you are against any exploitation, abuse or harm of any of our animal friends.

Use your position of influence to promote positivity, inclusiveness and compassion in everything you do. Realise that you can educate more people with a soft tongue more than you will a sharp one. Be careful what you say to anyone online and in person. Remember ... you may be the only vegan that person knows, so always be kind and respectful.

Remember the phrase "More Good, Less Harm" and do your best to live this in every way. Remember to use your time wisely. Remember to have a break from activism.

Remember to do the things you love and love the things you do. Remember to be kind. Compassion is always the answer.

Don't get caught up in the negative aspects of the movement – the egos, the name-calling, the competitiveness and those who constantly judge others. Always be open to learning more and educate yourself about everything you can. Know that you are on the right path and never forget the main reason why you're doing this – for our animal friends. Avoid the situations and people who no longer work in your life. Be the best person you can be at this moment in time. Be the best vegan you can be.

Being vegan is a great way of putting compassion into action – living in line with your beliefs and leading by example to show others how you want our world to be. Veganism is not the last step in our evolution. It is just one step, but an important one. Find out more about other social justice issues, how they intersect with veganism and how we can support each other's causes. Together we can truly make some great changes!

If you want to be listened to, listen. If you want to be understood, understand. If you want to be loved, love. To me it's that simple.

I believe in this movement and I believe in you. Good luck!



CONNECT WITH LEIGH-CHANTELLE

Her new book *Vegan Athletes* is out now: veganathletesbook.com
For more information visit: vivalavegan.net & leigh-chantelle.com

LEIGH-CHANTELLE

Leigh-Chantelle is a published author, international speaker and consultant, singer/songwriter and blogger who lives mostly in Brisbane, Australia. She has run the online vegan community Viva la Vegan! since 2005, bringing positive education, information and vegan outreach to a worldwide audience. She gives lectures, workshops, consultations and coaching for Understanding Social Media, Staging Effective Events, and Vegan Health and Lifestyle.

Gigi Pizzeria

Review by Kathy Divine



In 2015 Marco Matino decided to change his popular restaurant Gigi Pizzeria from meat-based to plant-based. Kathy sat down with him to try the food and talk about the process.

What inspired you to transition your restaurant from a meat-based one to a vegan one?

I was inspired to make the change after learning about the effects animal agriculture has on life.

Going plant-based allowed us a lot more space for using a bigger variety of vegetables and being more creative as a result. We were established for nine years before making the change. The change that we've made has challenged and inspired us to create new recipes without animal products. It's really exciting to see what's possible, whilst still staying true to tradition. The first Traditional Neapolitan pizza 'The Marinara' is actually vegan by default.

What effect do you think this will have on other businesses?

I think it could have a positive effect on other businesses. If other business owners are considering making an ethical choice, it might give them more confidence to make the change.

Sydney could do with more plant-based eateries. I hope that our decision helped shed light (for anyone thinking of taking an ethical stance in the food industry) on the growing demographic of conscious people seeking plant-based options.

How did your customers react to the menu change?

We had a mixed reaction. Any negative reaction was well overshadowed by curiosity and positivity. Some of our regular customers who may have been unsure about the change, have truly embraced it. They love the new plant-based menu.

On ethical leadership...

Once you understand the consequences of your actions and that those actions can no longer be justified, it is easy to make an ethical decision. The life taken from tens of billions of animals every year, is not an exchange for our survival. Humans do not need to consume animal products.

By putting a price on these products (animal-based), we are neglecting a massive component, which is the life that we take from these animals and how can we ever evaluate that life. We can't really evaluate the experience, the consciousness, the life that we are disregarding.

It is not a massive change that we need to make for the good of so many things.

What would you say to business owners and leaders of this country that are not thinking in this direction, what encouragement would you give them to start doing so?

I think that a leader should be obligated to inform themselves of the facts they need to know to lead us in the right direction. There is so much information available to us these days. Once we inform ourselves we realise that it (the meat-eating culture) is unsustainable: mathematically, it's an equation that doesn't work.

Would you encourage other people to go into a plant-based business?

Of course. It's the only way forward. It's something we all need to start thinking about.



And now to the food!

Shuang and Jade (our super vegan designer and illustrator duo) and Kathy sat down to try out some of the menu. This is what they had:

Antipasti

Crocchette di Patate (GF) \$10 (Almond coated potato, garlic and parsley croquettes.)

Verdict: delicious. Melt-in-the-mouth goodness explosions!

Arancini ai funghi porcini (GF) \$10 (Polenta-crumbed porcini mushroom balls)

Verdict: love, love, love!

Panelle (GF) \$8 (Chickpea chips with fennel seeds, parsley and cracked pepper)

Verdict: perfect entree. We enjoyed sharing these as our starter.

Main

Funghi e radicchio \$22 (Swiss brown mushrooms, garlic, dairy-free blue cheese, parsley, radicchio and roasted walnuts with extra virgin olive oil.)

Verdict: Delicious and filling. We shared this pizza between two people. Crust was really nice, cheese was divine and the pizza stand was really cool, too.

Dolce (Dessert)

Cannoli \$4.50 (A choice of chocolate, vanilla custard or pistachio cream. We chose vanilla.)

Verdict: I think it can be best summed up by Jade's reaction – "Custard! It tastes like custard!" This is the most AMAZING custard we've ever had.

GIGI PIZZERIA

379 King Street, Newtown, Sydney
www.gigipizzeria.com.au

Soul Burger

Review by Kathy Divine

This was pure joy! Apart from the delicious food experience, the marketing and branding is über cool. It was great to see a packed house of happy customers getting into these mega burgers. Our copy editor Mark (pictured here) had a lot of fun navigating – and eventually consuming – the Sumo burger (\$18). I went for the mushroom burger (\$11.50), and even that was very filling! My highlight was the vanilla malt milkshake (\$7). So good!

SOUL BURGER

49 Perouse Road, Randwick, Sydney
www.soulburger.com.au



OMV Bakery

OMV Bakery are based in Melbourne and make themed vegan cakes, cupcakes, cookies, slices and vegan cheesecakes that are so similar to dairy-based cheesecakes that people can't believe they are vegan!

Everything is made-to-order. For orders email: Omvbakery@gmail.com and check out their Facebook page: www.facebook.com/omvbakery



PRANA ON

PRANA ON is a range of vegan protein powders and fitness supplements. I'm currently taking coconut milk Power Plant Protein powder and MultiForce.

The protein powder is exactly as described on the website: simply the best tasting natural protein supplement on the market. It is so good! I'm addicted to the taste.

I used MultiForce as the last in a long list of recommendations to stop a persistent cough. I honestly tried everything! I took one dose of MultiForce and that was it, cough gone! Amazing stuff!

Check out the full range of products here: www.PranaON.com



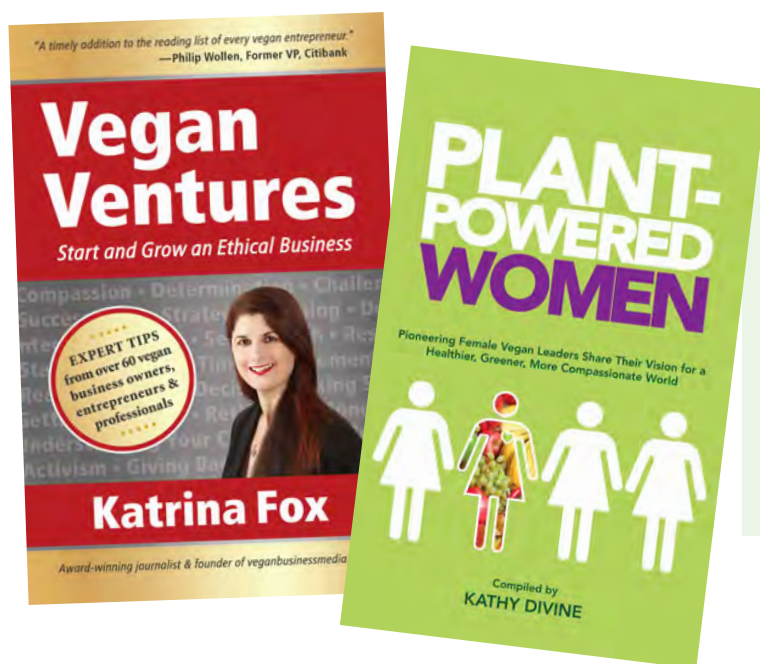
Vegan Ventures

Vegan Ventures is a must-read book for anyone interested in starting a vegan business. *Vegan Ventures* is the most exciting book release of the year for me. As veganism worldwide continues to grow, *Vegan Ventures* is right on time to guide those wanting to get on board the vegan train and launch a vegan business. I really enjoyed reading the advice and tips from successful vegan business owners featured in this book. For anyone wanting to run and grow an ethical vegan business, I cannot recommend it highly enough and have the utmost admiration for Katrina for writing this ground-breaking book.

For more information see www.VeganBusinessMedia.com



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We have one copy of Vegan Ventures by Katrina Fox, three copies of Plant-Powered Women by Kathy Divine and one The Vegan Box to giveaway.

If you would like to win one of these prizes, send us an email to contact@australianvegans.com.au stating which product you would like and why with your name and postal address. We will announce the winners on our Facebook page (www.facebook.com/AustralianVegans).



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The Billie Dean Deep Peace Trust is a registered charity with the ACNC. Charitable Fundraising Number CFN/22658 and CFN/22660.

Dr Tracie O'Keefe DCH, BHSc, ND

How to Make More Money

(WITH A 'FREAK' WHO BEAT ALL THE ODDS)

- Do you want to be financially independent?
- Are you struggling with success?
- Are you ready to stop pussyfooting around and do what it actually takes to change your life?

What could vegans do with more money?
Donate to animal rescue groups or outreach campaigns.
Take out an advert in mainstream media.
Sponsor an event. The possibilities are endless.

I was the child who was homeless, abandoned, missed out on school, struggled with medical issues, faced enormous prejudice, was labelled a 'freak' and fired from jobs in my teens and early 20s because I was transsexual.

Yet, I succeeded in life and business, despite all the odds being against me.

If I can ... You can

"Tracie's been amazing. She coached, supported, encouraged and advised me, gave masses of positive feedback. I can honestly say she made the whole journey easier and fun.

My business became a great success and now I'm investing too."

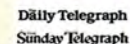
– Lesley Chung, ING Hair

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About Tracie O'Keefe

Tracie is an internationally qualified and registered vegan clinical hypnotherapist, mental health professional and naturopath. She has over 20 years' experience as a therapist/coach and has owned or operated many businesses for 45 years. The author of seven books, she has worked with CEOs of multi-million-dollar companies, along with many small business owners, helping them start and run their businesses and develop a money mindset.

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www.doctorok.com/make-more-money-ausvegan

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