

Australian Vegans

JOURNAL No.3

Young Voices for Animals | Lee Rhiannon | Kangaroos | Vegan Entrepreneurs

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KANGAROO

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“This **PROBING** documentary recalls films such as **THE COVE** and **BLACKFISH**.”
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“You really **NEED TO KNOW** about the way our iconic animal is being treated.”
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Welcome to Australian Vegans Journal No. 3!

Australian Vegans Journal (AVJ), your vegan yearbook, is back. We love drawing from the diverse talents of the Australian vegan community to present to you a journal filled with high quality articles, interviews, news and photography. This volume is the introduction of the mini journal, meaning it's about half the size of our usual journal. There's a variety of reasons why we've published a mini version this time around. The launch of the Plant-Powered Women Leadership Conference Series has kept me really busy as have my studies in animal naturopathy. With only so many hours in the day, and wanting to make sure a journal came out this year, I made the decision to make this one more concise. The mini version also has the potential to be used in more outreach activities and distributed to more public places because of the lighter size.

Due to the concise nature of this volume of AVJ, I'm going to use my editorial space to write a few lines about the Plant-Powered Women Leadership Conference Series, instead of allocating pages to it. Basically, we launched the conference series in Sydney in March this year and it was really well received. We had 20 brilliant vegan women speak on a range of topics in a room full of 170 enthusiastic attendees. We are keen to keep doing this in other cities. If you're interested in being a speaker or attendee in either Melbourne or Perth next year, please email info@kathydivine.com to register your interest. We will have dedicated mailing lists for each city to keep you updated about the conferences. To see attendee feedback and photos from the Sydney conference, please visit www.ppwconference.com.

The Plant-Powered Women Project includes the conference series and short videos celebrating the talents of vegan women. As part of this project, we are also working on putting a book together on this topic. The goal is to collate quotes from vegan women from every country in the world and put these quotes in the book. If you would like to be part of it, or know someone who might be interested, please visit www.ppwconference.com/book to see the full details.

Thank you for supporting independent vegan publishing. Whether you are reading the free digital version of Australian Vegans Journal or have purchased a printed copy, thank you for being on this journey with us, as we bear witness to the ongoing strength and ever-expanding vegan community across Australia and beyond.

We are always looking to feature new writers and creatives in Australian Vegans Journal. Please feel free to send me an email with your submission and/or inquiry.

Until next time,

Kathy Divine

Editor

On the cover:



Model: Ash Nayate and Fleur.
Ash is a neuropsychologist and author. www.ashnayate.com

Makeup and hair: Laura Ann Todd from Ethical Makeup Artistry

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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 meat, fish, dairy, eggs and honey.



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FASHION – CLOTHING AND SHOES

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veganstyle.com.au

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www.larrykintreats.com.au

- On the Cover -

ASH NAYATE

Ash Nayate neuropsychologist, mother, activist

Who is Ash Nayate? Give us the rundown on the many faces of Ash.

I'm a neuropsychologist, a mum, and an activist for animal rights, children's rights, and mental health. I live in Melbourne with my husband, nine year old bunny, and three year old son who has been vegan since conception. We're an entirely vegan family and we're all animal activists. We regularly attend activist events together (at least, the humans do). My favourite things to do are: hanging out with my family, participating in activist events, writing and speaking, working directly with people in groups or individually, and going to vegan restaurants and festivals.

Day to day, I prefer to live as simply as possible. This means prioritising the activities that align closely with what I value, and minimising anything that drains my energy.

I'm certainly not perfect at this, but what's important to me is doing a bit better each day. Mental health is something I highly value, and I follow the same lifestyle advice that I give to other people around emotional health and wellbeing. On a Saturday night, you'll find me reading, writing, or sleeping. I'm more comfortable in a hoodie than in heels, and my idea of a party involves cupcakes rather than cocktails. I'm a big fan of 90s pop/dance music, and the one movie I could watch on repeat is *The Matrix*. My binge-watching indulgence is *The Office* (US).

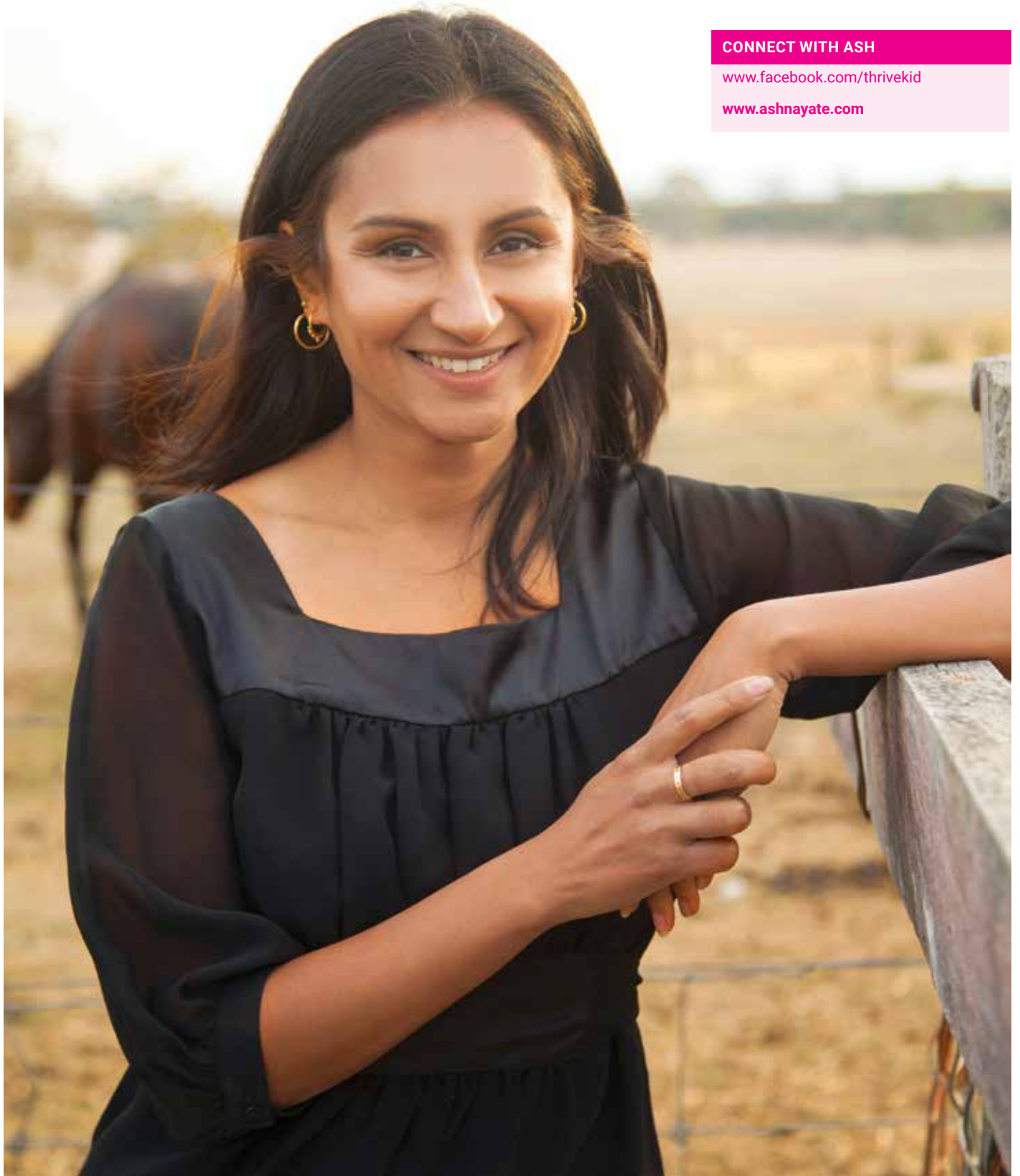
Can you tell us a bit about your upcoming book *Staying Positive in a F*cked Up World*?

*Staying Positive in a F*cked Up World* is a book about mental toughness and emotional health for activists, advocates, and change agents. We have an important message of peace, which often isn't well-received by others. As change agents we find

ourselves experiencing chronic sadness, anger, or stress, or struggling with mental health symptoms like anxiety or depression. We may feel isolated from family and friends, or find ourselves losing hope about the future of our planet. This book is about how to cope with being an advocate for social justice, in a world that often seems apathetic. Many of the struggles we face boil down to our brain's programming. We are living in strange times, where there is a fundamental mismatch between our brain's wiring, and what we're striving to achieve as activists. This mismatch contributes to psychological distress, ineffective activism, and even self-sabotage, and it explains why others are often so resistant to our message. When we better understand ourselves, we can start to work with our brain rather than against it, to promote our message more meaningfully.

What is your message to animal activists who are struggling right now?

If you are struggling right now, please know that you are not alone. You may be experiencing a variety of emotions, like sorrow, despair, fury, or hopelessness. They are normal human responses to the horror of animal exploitation. As someone who is sharing a message of peace, please keep yourself functioning as well as you can. Take stock and go back to basics. Know yourself and your brain, and evaluate how well you're meeting your basic psychological and physical needs. As we strive for total liberation, our goal isn't to avoid feeling distressing emotions, but to get stronger because of them. Our own struggles make us more resilient, which makes us better activists for the animals.



CONNECT WITH ASH

www.facebook.com/thrivekid

www.ashnayate.com

Photography: Mel Vanderhorst





- Health -

STEPHANIE RICE ON LIVING VEGAN

Stephanie Rice, three time Olympic gold medalist, five time world record holder, international speaker and mentor talks to Kathy Divine about her vegan lifestyle.

What are the changes you have found within yourself since adopting a vegan lifestyle?

“The biggest change that has come for me that I am so grateful for is the mental aspect. I no longer feel I have rules around food, like how much to eat or what to eat, and how much exercise I need to do if I eat a certain thing. I know everything I’m eating, even a rich vegan slice, is good for me. I don’t feel like I’m depriving myself of anything. That emotional and mental feeling of just being at peace with your body, and being calm about how you look and feel has been so uplifting and empowering. It means I can focus that energy on things that are so much more important.”

On vegan women in leadership...

“Nowadays I feel as though, although vegans obviously have always had a voice, I think it’s becoming heard more. I think more than ever, the environmental and sustainable aspects of veganism are really important because we are running out of produce and food, and that’s not going to change unless we change. It’s why I am so thrilled to be part of the Vegie Delights campaign, because I don’t want to force someone to be vegan, but if I can share my lifestyle and what works well for me, other people are inspired and can start incorporating it. With Vegie Delights we have created ten recipes that are all vegan using some of their products. If they can start people on their journey, even that will start changing some of these global

problems. That’s where I’m excited to see what is going on, and I think it’s really important to have people like yourself and all of these other amazing vegan women share that message. Only through hearing what needs to be done can you start developing awareness.”

On effective goal setting...

“Get really clear and really specific on what you want. People know what they don’t want, but they don’t transfer it into a positive statement. You really need to dive into yourself, instead of putting all the effort and energy into the external world of working harder with more hours. It’s really about spending that energy on yourself. Where could I improve? What values do I need to build upon in myself to be this person that has the things that I want? How can I contribute, what can I give back, what do I need to heal, what do I need to let go of? You really need to do this self discovery process. You don’t have to feel like you need to do it all at once. One thing leads to the other things. As soon as you start, it is an evolution, it’s empowering and fun. It’s fun to search Pinterest for new things that you want, getting a vision board together, writing it down and looking at it and reaffirming it. Also, knowing when something goes wrong, that’s not the end; there are always ebbs and flows, and reflecting on what can be learned to go forward.”



CONNECT WITH STEPHANIE

Stephanie’s Magical Mentoring program:
www.StephanieRice.com.au

Free Vegie Delights recipe e-book download:
www.vegie delights.com.au

- Health -

VEGAN EVENT ORGANISING IN AUSTRALIA

An interview with Raw Events Australia founder Lucy Stegley

What inspired you to start Raw Events Australia and what kind of events do you run?

In 2010, the vegan events scene in Australia was predominantly MeetUp.com groups getting together over informal potluck gatherings. A well-known international health speaker was planning to come out from the USA to tour Australia, and they needed assistance on the ground to coordinate things. I put my hand up to help out, and Raw Events Australia was born! Our first event was a health lecture that attracted over 400 people in a big city hall, our second event was a hands-on raw culinary workshop in a country cottage the very next weekend. I haven't stopped living and breathing event planning, promotion and delivery ever since that first hectic week.

Over the years, we have hosted more than 200 unique events across Australia and New Zealand such as fitness panels, film premieres, food demos and festivals. For the past two years however, we have made the decision to predominantly highlight the topic of vegan nutrition science. Honing in on this exciting emerging field has allowed us to showcase some of the world's most respected plant-based physicians such as Dr Kim Williams (former President of the American College of Cardiology) and Dr Michael Klaper (of films such as *What The Health* and *Eating You Alive*). We have represented over 50 doctors, nurses, dietitians and other healthcare professionals to bring evidence-based nutrition knowledge to both their peers and the general public. We always ensure there are 'patient case studies' shared at each of our events too, so that the audience can connect with real life stories from people who have overcome lifestyle diseases and gone on to thrive by adopting a whole food plant-based diet. Collaborating with other like-minded individuals, organisations and businesses has always been a central motivation for me with Raw Events. I have had the pleasure of partnering with many inspiring people in our ever-expanding vegan community. It's wonderful to have seen the events scene flourish - with almost every day of the year boasting a vegan event of some kind, you sure can be a social butterfly!



CONNECT WITH LUCY

www.nutritioninhealthcare.org
www.doctorsfornutrition.org

What's next for Raw Events Australia?

I have been offered an amazing opportunity to be on the founding executive team of Australia's first plant-based nutrition charity, so I will be putting most of my energy into this new organisation for the foreseeable future. **My co-founders and I are curating a global committee of advisers and ambassadors to ensure a solid foundation for this venture.** The not-for-profit organisation is called Doctors For Nutrition (tagline: bringing food back to healthcare). With medical practitioners receiving practically zero academic education on the power of food to influence both their own and their patients' health outcomes, doctors are left to be 'informed' through the same channels as the rest of us - food industry marketing. The goal of the charity will be to help provide an independent avenue for healthcare practitioners, institutions and the general public to access sound information on nutrition science. Part of our strategy will of course involve events! We are beyond excited to announce that Doctors For Nutrition will be hosting the inaugural Australasian Nutrition in Healthcare Conference in Melbourne in February 2019. Our keynote speaker will be Dr Neal Barnard from the Physicians Committee for Responsible Medicine (Washington DC). We will also host his Australian/New Zealand tour. Dates and details: www.nutritioninhealthcare.org and www.doctorsfornutrition.org

You've been doing this for a long time. How are we tracking in terms of veganism in Australia? A trend? A movement that's here to stay?

People's thirst for knowledge on all aspects of veganism has just gone through the roof this past decade! For whatever reason people are initially drawn to investigate veganism, they soon discover that a wealth of information, advocates and events exist to help them delve deeper. The tens of thousands of Australians who are contributing to the exponential growth of the vegan movement will ensure that this cruelty-free way of living will be 'the new normal' in no time!



Photography: Alletta Vaandering



Photography: Christian Marc Photography



Bree Love photography



CONNECT WITH KIAH
www.plantnutritionwellness.com

- Health -

FIVE NUTRIENTS YOU NEED TO CONSIDER WHEN FOLLOWING A VEGAN DIET

Kiah Paetz

For some people, the dietary changes involved in going vegan can be quite overwhelming. However, with proper planning, a well-planned vegan diet can meet the nutritional needs of all genders and life stages.

1. Protein

One of the most common questions asked when moving to a vegan diet is “Where will I get my protein from?”. Luckily, there are many plant proteins, some that have an amino acid profile comparable to that of animal proteins. It is important to regularly include foods such as lentils, chickpeas, kidney beans, tofu, tempeh, nuts and seeds in your diet.

2. Vitamin B12

Vitamin B12 is required for the synthesis of DNA and red blood cells, and is the one nutrient that is only naturally found in animal products. Foods including some brands of soy milks, vegan burgers/sausages and nutritional yeast are often fortified with vitamin B12. However, the levels in these foods cannot be relied upon to meet individual vitamin B12 requirements and deficiency can cause serious implications including irreversible nerve damage. It is for this reason that a reliable vitamin B12 supplement is always recommended. Speak to your GP or Accredited Practising Dietitian to discuss an appropriate supplement for you.

3. Calcium

Calcium is essential for maintaining healthy, strong bones. There are a variety of highly bioavailable sources of calcium for vegans to consume. These include calcium-fortified plant milks (aim for 120mg of calcium per 100ml), almonds, unhulled tahini, kale, Asian greens (bok choy, choy sum) and calcium-set tofu.

4. Iron

Iron is an important dietary mineral for transporting oxygen around the body. Deficiency is often exhibited through lethargy and fatigue as the body is unable to receive sufficient oxygen. Tofu and legumes are rich in iron and absorption can be increased by adding vitamin C-containing foods (fruit, broccoli, tomato) to meals. It is important to note that tea, coffee and unprocessed bran can block the absorption of iron so avoid these with meals.

5. Omega 3s

Omega 3s are an essential fatty acid, meaning that our body cannot make them and we need to get them from food. Plant sources of omega 3s include linseeds, flaxseeds, walnuts, chia seeds and canola oil. Our body can convert some of the omega 3 fats from plant sources, however, this conversion rate is often slow and a plant-based omega-3 supplement may be beneficial.

Whether you are currently following a vegan diet or considering adopting this way of eating, an Accredited Practising Dietitian with a special interest in vegan diets can work with you to ensure you meet your individual nutrition needs.

Kiah Paetz is an Accredited Practising Dietitian with a special interest in vegan and vegetarian nutrition. She is the owner of Brisbane-based private practice Plant Nutrition and Wellness where she provides individual consultations, seminars and workshops. She understands that every client's nutrition needs and lifestyle is different, and provides each client with personalised, practical advice that is simple, easy to follow and produces lifelong results.

- For the Animals -

THE KANGAROO FILM MAKERS

An interview with Kate McIntyre Clere and Mick McIntyre

Why did you make the movie Kangaroo?

Kangaroos are one of the most recognizable icons in the world and have always held a fascination for us. For 20 years we have been making documentaries about extraordinary people and the environment and what started out as a serenade to the kangaroos, quickly turned into one of the most controversial topics we had come across.

What did you learn through the filming process?

We soon realised this majestic creature was at the heart of a complex and divided situation in Australia. We were shocked to learn millions of kangaroos are shot each year as so-called pests and sold for profit. Australians, who are immensely proud to hold up the kangaroo as their beloved national symbol, sanction this nightly killing. From there it spiralled into a complex investigation of politics, hidden agendas, cruelty and cover up.

We learnt the many myths surrounding kangaroos like 'pest' and 'plague' were driving negative public opinion and government policy.

The pressure was on, not only to uncover the truth but also to fund a film of this magnitude.

Were there any major change moments making the film?

During our interview with Peter Singer he said "This was the largest land based wildlife slaughter in the world" and our jaws dropped. Where had the ideology come from that a native animal that has lived in Australia for millions of years could be so successfully branded a national problem?

What were you most shocked by?

That no one was watching. The annual 'cull' of millions of kangaroos is sanctioned by the state and federal governments and has been rubber stamped for over 25 years, without any public discussion. It seems like a generation of Australians have let the kangaroo down.

The shooting is done at night, miles from anywhere. We witnessed that the codes of practice in place for farmers

and shooters to prevent cruelty were not adhered to. Whistleblowers came forward and presented eyewitness accounts of the brutal treatment of kangaroos and joeys.

We visited one of the kangaroo slaughterhouses that process six semi trailer loads of kangaroos every day for pet food, gourmet meats and leather. The size of this commercial industry was alarming.

Kangaroo populations are under increasing threat from the industry but there's also road kills, pest mitigation and recreational shooting. Some scientists are reporting both local and regional extinctions.

What was the best part for you?

We travelled thousands of kilometres across the magnificent Australian landscape and spent days filming kangaroos in the wild.

It was interesting interviewing so many people including indigenous Australians, scientists, commercial shooters, farmers, politicians, wildlife-carers and activists so they could share their side of the story.

What have you been left thinking?

Every night the killing of kangaroos is cruel and barbaric. And despite all the 'plague' warnings from the government we now know that local and regional extinction is happening and we do not want to imagine an Australia without kangaroos.

It is timely that people across the world know what is going on, including Australians so they can respond to what is happening on their doorstep.

Please help the kangaroos by promoting this important film. Host a screening of Kangaroo in your area.



FOR MORE DETAILS:

www.kangaroothemovie.com

- For the Animals -

HEROIC ACTS OF FORGETTING

Sam Teague

In October 1988, the United States and Soviet governments joined forces to help rescue three California gray whales trapped in pack ice in Beaufort Sea, Alaska. The young whales became confined after staying too long in their feeding grounds.

At the height of the Cold War, two opposing countries cooperated to save three animals. The youngest whale died, and while two were released, they were never tracked and their fate is unknown. The rescue became known as Operation Breakthrough, and in 2012 Drew Barrymore starred in its adaptation, *Big Miracle*.

This heart-warming story harbours a deeper tale of hypocrisy. The rescue effort cost US\$1million. That same year, roughly 2000 whales were killed worldwide, and 125,000 dolphins drowned in the nets of the tuna industry.

* * *

There is a deeply entrenched 'heroic act of forgetting' at the core of our relationship with animals. I borrow this phrase from Jonathan Safran Foer's *Eating Animals*, and I remember the first time I said the words aloud. It had such a power, one that explained years of wilful ignorance.

Forgetting is perhaps the most consistent figure in both real and imagined stories of violence. It underpins empathy for stranded whales, but then allows us to overlook the pig whose permanent death is the price paid for a lunch that lasts five minutes.

Elie Wiesel's *Night* describes Germans in the late 1930s, wilfully blind to the sight of Jews led from their homes in large clusters. In *To Kill a Mockingbird*, an enlightened and progressive Atticus Finch is set against a broader community beginning to find the weight of its forgetting too much to bear. I ate animals for 25 years, and reflecting on that time, and the stories told here, I realize I was much like Wiesel's Germans, and the community that indicted Tom Robinson: I chose to forget.

As a younger man, I used to play guitar in the shed of our family home in the south-eastern suburbs of Melbourne. The walls were made from asbestos sheeting and I lined the interior with polystyrene, protecting our neighbours from my attempts at stardom. One Spring, a blackbird made their home in a crevice about the doorway, and I was dismayed – perhaps even a little outraged – that this creature would choose to start a family in the workshop of a future star. And so I enlisted my father to destroy the nest. The bird meant so little to me, and I was asleep to their life.

Part of being an effective vegan activist, and particularly one guided by compassion, involves remembering. Remembering that while today those who read this journal might feel awake to the realities of this issue, we too once chose to forget. Acknowledging this shared forgetting increases the likelihood of a vegan world because it imbues each conversation we have as activists with tones of inclusivity rather than division.



CONNECT WITH SAM

on Instagram: [@thevegansociologist](https://www.instagram.com/thevegansociologist)



- For the Animals -

YOUNG VOICES FOR ANIMALS

Harley McDonald-Eckersall

“I’m very much more hopeful now, beforehand it was hard to imagine that we’re making a difference when it was just me, but now being around so many other people and knowing that collectively we can all make a difference, I’m really excited for what the future can bring.” - Sarah, 17.

Walking out of the final workshop of Young Voices for Animals’ Catalyst program, these words from one of our participants rang in my ears and I couldn’t help but reflect on how far our organisation had come in such a short time. A four-week leadership and development program running across Saturdays in March, Catalyst was the result of what had been a year of planning, development, testing and passion which culminated on the 24th of March this year at our fourth and final session.

Young Voices for Animals or YVA (pronounced ee-vah) began in early 2017 with a vision of educating and empowering the next generation of young people working towards animal liberation. Proudly run for youth, by youth, we strive to work to build strong, supportive and positive communities of young animal advocates and create a culture where innovation, passion and hope become the pillars that work to raise the animal rights movement to new heights, with young people at the forefront standing up for their future. Although it seems like a logical reflection of these values and aims, what would end up becoming Catalyst was quite a while in development.

YVA began with a recognition and an idea. As young people who had become involved with the animal rights movement, we shared an understanding of the lack of youth-specific spaces within the Australian Animal Rights community. This knowledge existed to some extent within all of YVA’s past and current members but it may have lain dormant if it weren’t for one idea: What if young people are capable of shaping their own space within the movement? What would that take? That’s what brought us together and that’s what eventually led to Catalyst.

Through a year of fundraising, conflicting schedules, planning, development, re-development, awkwardly networking with other advocates and throwing ourselves in the deep end so many times that there was no water left in the metaphorical pool, we emerged out the other side ready to implement our first project; a project which felt simultaneously simple and ground-breaking. We named this project Catalyst to reflect what we all felt; that this could be the start of a change that was bigger than all of us.

Throughout the four weeks of the Catalyst program, 15 young participants, aged between 15-19, attended workshops run by the YVA team and guest speakers, which explored speciesism, carnism and the culture around our society’s complex and deeply problematic relationship with other species. The participants were also guided through ways of developing skills in effective communication and setting achievable and powerful goals which would help them navigate their way forward as a young advocate for exploited species.

While education and empowerment of young people were aims that we feel this project fulfilled, the biggest impact that it seemed to have was fostering a sense of hope. During the final workshop when we were all, perhaps slightly tearfully, saying goodbye, one participant spoke to the group about how, despite being involved with animal advocacy for quite a while at this stage, she’d gained a sense of hope and optimism from this project that until that point had been lacking. There’s something in seeing such a passionate group of young people coming together to plan a better world that makes it almost impossible not to believe that world is on its way. At YVA we believe that young people are the ones who will lead the charge and build a fair future for all and we are excited about building a community where this kind of radically hopeful future is not only a wish, but a goal.

CONNECT WITH YVA

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www.yva.org.au

- For the Animals -

THE DOMINION ANIMAL RIGHTS MARCH

Corey Thompson and Robyn Payne



Photography by Bree Gaudette

Aussie Farms had the dream of creating the biggest ever animal rights march in the history of Australia to kick off the six month *Dominion* Movement campaign. That dream came to fruition on the evening of April 28, 2018. Activists travelled from all over Australia to support the new animal rights documentary *Dominion* and be a part of history as over 2,000 participants hit the busy city streets of the Melbourne CBD on a heavily populated Saturday evening.

We had never been part of a night time march before and our aim was to create a point of difference to make it stand out from previous protests. After months of preparation the day finally arrived and activists from all around Victoria and from interstate began to descend on Melbourne.

The event commenced with a live performance of 'Descent' – the soundtrack from the trailer. The subsequent speeches given by private investigators telling the stories of rescued animals and horrifying slaughterhouses brought many of the listeners to tears.

Following the initial stage of the event, the State Library of Victoria was lit up with red smoke bombs, a symbol of the blood of the billions of animals slaughtered annually around the world, as activists commenced the march holding banners and protest signs.

March participants were excited to see a well kept secret: a 2.4 x 4.8 metre video truck. The truck led the march, playing a video edit of *Dominion*, and was joined later by activists holding large portable TVs playing the same footage.

The city was shut down for over two hours with a sit in occurring in the middle of the Bourke and Swanston streets intersection during which several more speeches were heard and the video truck played a loop of the footage.

As the procession finally continued on its way following the sit in, the voices of over 2000 activists could be heard through the streets of the CBD chanting for animal rights as we marched into Federation Square for the final stage of the event.

FOR MORE DETAILS:

www.aussiefarms.org.au

www.dominionmovement.com



NARRATED BY

JOAQUIN PHOENIX & ROONEY MARA



DOMINION

AUSSIE FARMS PRESENTS AN EMPIRE PROJECT FILM "DOMINION" WRITTEN, DIRECTED AND EDITED BY CHRIS BELFORD. ASSISTANT DIRECTOR LISSY MAYNE.
ORIGINAL SCORE ASHER POPP. CO-PRODUCED SHAWN MCKENZIE. EXECUTIVE PRODUCERS MATTHEW TYNER, LISSY JAVNI.
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- Indigenous -

THE TRUTH ABOUT KANGAROO:

A Conversation with Aunty Ro Mudjin

“The slaughter of Kangaroo, it’s heartbreaking and complex. It can become very overwhelming, so I’ve tried to keep the following information as simple and as informative as possible. The killing has spanned from 1960’s to the present day.”

- Aunty Ro

Can you speak about the spiritual connection Kangaroos have with the Land? What is your connection to Kangaroo?

My mob is the Palawa Mob, from Flinders Island, Tasmania. We hold Kangaroo as Totem, as do many Indigenous People across Australia. This means we see them as a Creator Spirit.

In language Kangaroo are known as Tarnar. Kangaroo formed the Rivers and Valleys, then morphed from Kangaroo into man and travelled to the Mainland. Totem is a natural object, plant, or animal that is inherited by members of a Clan, Mob, or Family as their spiritual emblem.

Totem defines people’s roles and responsibilities, and their relationships with each other and creation. Kangaroo re-energises Song Lines and Dreaming Tracks across Country. They bound across their Ancestral Home, and when their feet thump on this Sacred Earth it sends vibrations through the Valleys, Plains, and Rivers.

The toenails of the Kangaroo leave small holes in the ground, which allows seeds falling in a greater chance of germination. Moisture also becomes trapped in the hole, helping the first stages of growth.

Kangaroo are a whole Creator Spirit Of Life and are an essential part of connectivity between us all, because we are Spiritual Beings with a spiritual connection to Country. Once you start killing these Sacred Totem Animals the Song Lines don’t sing anymore. There’s no vibrations going through Country so the Song Lines and Dreaming Tracks die, as that Spirit Animal is gone. All that remains is the blood of the Sacred, staining the dry arid land, with memories of what once was...the Dreaming on the killing ground now, lays silent.

With this relentless slaughter, there is no one to create new Valleys, Creeks, Rivers, or spiritual connectivity between people and Country...it’s been forever taken by the greedy killing.

We need to show respect and care for the animal that is essential to the Dreaming of Country. A lot of trouble starts when people are disconnected from Culture because they don’t recognise Totem and the Protocol surrounding Totem. They see nothing but dollar signs, such is the illness of Colonialism.

In just over 200 years we have seen huge decimations and extinctions of wildlife, which continues unabated. Settlement is quick to say we Indigenous People have no idea. We are constantly ignored by academics and government, because according to them we aren’t educated. The illness of colonialism is evident in those who feel the need to control by slaughtering, yet our wildlife have lived here for millions of years here on their Ancestral Home. Never before have Kangaroos faced such persecution or hatred.

What upsets you the most about the treatment of Kangaroos by humans?

The lack of respect and understanding as to the importance of Kangaroo as the Creators of this Country. When the settlers arrived, they saw these primary herbivores as a threat to their livelihood because Kangaroos eat grass, like the introduced cattle and sheep.

That colonialism continues today with many academics being pro-kill, they of course having vested interests with the Kangaroo Killing Industry. Some come up with ‘research’ to fuel their agenda, saying such ridiculous things as Kangaroos are destroying the environment, a claim that was publicly condemned by the CSIRO. Unfortunately many academics are swayed and influenced by money.

Kangaroo are Indigenous to this Land. They don’t destroy their own environment, only the ignorant Human accommodates that. The Kangaroo Killing Industry is an Australian government legislated industry of mass, indiscriminate slaughter, where the killing is unmonitored and Joeys are regarded as a waste product. That makes my blood boil.

The disrespect of Kangaroo, the arrogance of not wanting to understand, and dismissing independent facts over academic nonsense is a huge and ongoing problem. Independent conservation biologists, ecologists, and experienced wildlife carers are being demonised by academics with vested interests in the slaughter of Kangaroos. It’s getting out of control and if we don’t stop it, it will be too late. The disconnect shown by the Industry and affiliates is repugnant. Kangaroo are only seen as a pest or commodity by them. The Industry itself has had no Independent Review in 22

years, as it's a government industry. The government services and departments that people think protect our Wildlife all profit from the slaughter. The Federal government sign off on all of it and use taxpayer funds to market it internationally as a sustainable, ethical industry.

What is the one thing we can start doing to help Kangaroos?

“Every person can make a massive difference to global conservation, simply do not buy or eat Kangaroo products” – Steve Irwin.

Educate yourself about the Kangaroo Killing Industry and be aware of the relentless propaganda that surrounds it. Joeys are massacred, despite claims that no female Kangaroos are killed. All that is marketing lies; females are still shot. The National Code Of Practice states that Kangaroo Joeys must be bludgeoned to death, so if females aren't killed, why does the Code exist?

When academics talk about the need to control Kangaroo through slaughter, question why. Kangaroos have been here for millions of years, self regulating their own biological needs. It's biologically impossible for Kangaroos to overpopulate... that's the domain of the human.

Kangaroos don't eat crops, destroy their Ancestral Home, or compete with Cattle or Sheep; it's all Colonialism personified.

Another great way people can learn about Kangaroos is to volunteer through their nearest Wildlife Rescue Organisation. Get to know Kangaroos in person.

One thing that infuriates me is this constant reference to Kangaroo as a commodity or resource. It's incredibly offensive, knowing that these people have settled in this Country and then mass slaughtered a Sacred Totem Animal. It's beyond abhorrent. The screams of Joeys as they are torn from their dying mother's pouches echoes across the blood saturated landscape, their tiny heads are bludgeoned as they are swung by their hind legs, smashing into the side of a ute, rock, or tree...this is the slaughter that remains hidden. By killing the Joeys, the killers are wiping out two generations of Kangaroos, which is effectively genocide. The Industry and affiliates want to make as much money as they can. They don't care about the carnage they leave behind.

Final Thoughts?

Kangaroo are Sacred Totem Animals. They are the Creators Of Spiritual Dreaming, and must be treated with respect.

How great is it to take the family out to see beautiful mobs of Kangaroos bounding across the landscape?! One day very soon, if we don't stop the killing, Kangaroos will be no more.

FOR THE FULL INTERVIEW, PLEASE VISIT:

www.australianvegans.com.au/blog



- Business -

5 KEY LESSONS FROM 100 VEGAN ENTREPRENEURS

Katrina Fox

In April this year, I published the 100th episode of my podcast Vegan Business Talk.

Over the course of two years, I've had the pleasure of interviewing 100 brilliant vegan business owners for the show who've been so kind and generous in sharing their challenges and how they overcame them, along with providing practical strategies for success.

Here are five key lessons that were shared by many of my guests.

Lesson 1: Everyone does it tough.

Starting a business is a huge undertaking which challenges you on every level: physical, emotional and spiritual. Remember that most people only share the highlights of their life and business success on social media. For every wonderful step forward, there are several setbacks.

Jeremy Johnson, founder of Australian distributor Vegan Perfection, for example, almost closed the business before it started after his first shipment of perishable goods from the UK to Australia was ruined after being left out in the sun at Dubai airport.

Lesson 2: Resilience is the number one personal quality of successful business owners.

Sticking it out, even when the going gets tough is essential for entrepreneurs. Rebecca Mink in Los Angeles persisted with her dream of creating a luxury vegan shoe brand in 2001, despite being rejected by 11 Italian factories, and Seth Tibbott lived in a tree house to save on rent while running his tempeh business, before hitting the big time with Tofurky in the 1990s.

Lesson 3: Take time out from the business.

Take time to relax, spend with family and friends, meditate or do a hobby. It's easy to get caught up with the 'busyness' of business, but there's a danger of burn-out if there's no downtime.



Lesson 4: Everything costs more than you think it will.

I hear this time and time again from entrepreneurs, who, even with the most detailed business plans, find that budgets tend to end up being anything from double to four or five times what you estimated them to be.

So you need to be prepared for this and make sure you have some kind of backup or buffer and not rely solely on outside investment.

Lesson 5: Collaboration is essential.

When vegan entrepreneurs work together, support and lift each other up, it's a win for everyone – including animals.

Katrina Fox is an award-winning journalist, PR consultant, Forbes contributor, founder of VeganBusinessMedia.com, author of Vegan Ventures: Start and Grow an Ethical Business and host of the Vegan Business Talk podcast.

TO FIND OUT MORE:

www.veganbusinessmedia.com

- Business -

INNER AND OUTER BEAUTY WITH SUSIE SIERRA

An interview by Zerín Knight

She's a former weather girl for Channel 10, Brisbane, a model, actor and award winning artist. Like most of us, Susie Sierra's transition to a vegan lifestyle took time.

When Susie moved away from home at the age of 18 she found herself eating less and less meat.

"My transition to vegetarianism was gradual, reducing my diet very specifically, one animal at a time. In my thirties I discovered I was gluten and dairy intolerant so I cut both from my diet."

Susie says becoming vegan was a natural transition especially after she started to investigate the animal farming and dairy industries. A visit to a cattle sale with a friend is clearly imprinted in her memory.

"I watched the animals intensely as each one came into the buying ring. I could see their intelligence and could sense their acute awareness and fear."

"I listened to their cries, which were deafening, and yet the people at the sale were immune to their suffering. Opening my eyes, seeing and accepting animals as my equals, my brothers and sisters was profound. It was also heartbreaking."

Creative flair has been a constant in Susie's life as has a love of nature. It is a combination of these attributes, her modelling background and her mother's influence that has led Susie to develop a luxury range of vegan skin care.

"When I turned 14, my mum taught me a beauty routine to protect and nourish my skin, which I am still using today," says Susie.

"I was committed to producing the highest quality, pure and cruelty-free skincare that suited my sensitive skin."

And so the Susie Sierra range of luxury skincare was born,

beginning with two deeply nourishing face oils, Sierra Gold Light and Sierra Gold Deep.

"Infused with 24 carat gold, both these divine oils are enriched with primordial minerals, vitamins and anti-oxidants. Gold is a renowned anti-inflammatory and imparts a lustrous glow to the skin," says Susie.

But Susie is as much concerned with inner beauty as she is with outer. She says her mother "...was a daily meditator back when no one but Indian gurus were doing it."

Daily meditation has been vital to Susie's life for over 25 years. "My luxury face oils represent outer beauty and meditation represent inner beauty."

Susie is now selling her luxury face oils in China, a move she says has lifted her business to a whole new level.

"I am selling my products through Daigou to China so there is no animal testing, otherwise of course I wouldn't be doing it."

The Susie Sierra range will be on show in Italy at the renowned Cosmoprof Fair in 2019.



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- Business -

AWARD WINNING FLORA & FAUNA FLOURISHES

An interview by Zerine Knight

Ask Julie Mathers, *CEO of Flora and Fauna*, how the business has grown from 30 brands and 500 products to 4500 products, and 200+ brands and she'll tell you it's a focus on their purpose and mission, the desire to change the way retail operates and the fact that she and husband Tom "Are ridiculously hardworking." This is the story of extraordinary business success achieved in just four years and reflects this self-funded multi-award-winning company's commitment to providing cruelty free products that are eco-friendly.

What came first in your business – environment or cruelty free?

When I started Flora & Fauna cruelty free was top of the agenda. I felt, and still feel, it is completely unnecessary to test cosmetics on animals so being vegan and completely cruelty free is the base line for us. Our environment naturally goes hand in hand with being cruelty free when we look at packaging and being as conscious as we can so that was most definitely with us from the start but it has become even more important in the last couple of years and we now have many initiatives to help people reduce their waste such as our TerraCycle recycling scheme and our minimal packaging option although all our packaging is recycled anyway. In November 2017 we became BCorp Certified and we couldn't be happier. It's an in-depth certification but it recognises businesses using their power for good. There are around 200 in Australia. We need more!

What is it about your business that has seen it grow from 30 brands and 500 products to 200+ brands and 4500 products in under four years?

We're very focused on our purpose and mission. For us this is more than a business, we're driving change. I've worked in retail for a long time and I wanted to change how retail operates. When you have a very clear mission it's much easier to be dedicated.

We also are ridiculously hardworking. We work 7 days a week, 14+ hours a day, and we have for the past 4 years. You don't

grow how we have in that time without putting in a lot of work. We're also completely self funded so we have to be very smart with how we spend our money. In my opinion that makes you a smarter, more agile, leader.

Which of your awards gives you the most pride and why?

Two stick out for me and both for the same reason. We were a Finalist in the World Retail Awards for Responsible Retailer of the Year. This was in 2017 so we were much, much smaller than where we are now but we were up there amongst big hitters like Carrefour, TOMS and billion dollar retailers from Europe. This little business from Galston in Australia was driving change at a global level. We didn't win the award but wow we were so excited, and pumped, to be up there. In a similar vein this year we won Best Online Retailer of the Year at the Gala Awards. Once again these are mainstream awards and an ethical, 100% vegan, business wins it. We think that's pretty cool and we're driving change.

Did you and your husband have any other staff when you started? How many staff do you employ now? Do you and your husband enjoy being together 24/7?

For a good 18 months it was just Tom and myself packing orders and doing everything. Sometimes it's too easy to think businesses start bigger than they are but, we, like most other businesses took a good while to get going. Jules, who is still with us, was our first team member and Jess, our warehouse manager, was our second. In the last 12 months we've really seen the team grow and we have around 20ish. I say ish because the number grows daily. We had someone start today as an example. Everyone has been recruited via social media or word of mouth, or I've worked with them before, and that's the power of a brand and ethics. People want to work with us because we are so ethically and value driven and that's amazing. I am very, very proud of my team.

I absolutely love working with Tom and couldn't do this journey with anyone else. We have skills that work well together and we constantly push each other along. We're

the best of friends and love each other's company and we learn from each other which is what you want when you work with anyone. You need to be challenged and that's definitely the case with us.

What is the most satisfying aspect of your business?

Driving change and making a difference to people's lives whether that be our team, customers or the team at Where Pigs Fly Farm Sanctuary or Sea Shepherd Australia. There is nothing quite as humbling as hearing what our contributions have helped with, for example, Deb from Where Pigs Fly said our money helped buy water tanks for the animals. This is why we do what we do; we're here to make a difference and that's exciting.

TO FIND OUT MORE:
www.floraandfauna.com.au



VEGAN WOMEN IN LEADERSHIP AND POLITICS

Interview with Australian Senator Lee Rhiannon

Questions from Elena Wewer

Jeremy Corbyn recently announced he's going vegan, joining other vegan and vegetarian politicians around the world such as Al Gore, Christina Rees and Maneka Sanjay Gandhi. Do you think this is a trend that will continue?

It's a trend that's growing fast. I don't know when I started hearing the word 'vegan' but it certainly wasn't when I was young. So things have changed enormously. It's excellent to hear about high profile people becoming vegans. For them it's a personal decision but when they go public with their choice it helps raise the profile of veganism and generates more conversations about what we eat and why.

What challenges do you think women in leadership and political positions face with regard to being vegan?

Women in leadership, who are not vegans, face prejudice and discrimination. We saw that when Julia Gillard was Prime Minister and we are seeing it now with some of the ridiculous questions put to New Zealand Prime Minister Jacinda Ardern. So being a woman in a leadership role and a vegan could be a challenge but things are changing quickly. If there was criticism of a woman leader for her diet I think it would be from a small isolated fringe and hopefully their comments would not get much traction. A woman vegan PM would certainly be newsworthy and possibly controversial, but overall I believe it would be positive.

You have consistently championed animal welfare issues within politics, but many might not realise how broadly you spread your influence. For example, I was delighted when shortly after I launched my website The Vegan Independent, I received an email from your office asking if I might publish an op ed about ending animal testing. Why is this important to work with many people in various ways through your leadership initiatives?

All conversations are incredibly important – they provide opportunities. Conversations with the family at dinner on Sunday night, people on the bus, or when you're standing in a queue to buy your lunch. A friendly chat about our food choices can often spark interest in wider conversations. On a political level we can address animal rights and welfare by taking up issues such as experimentation. It's important to build awareness among large numbers of people, and that can be achieved in a variety of ways.

Questions from Kathy Divine

What is it like being a vegan in parliament? Are you the only vegan in the Australian Senate?

There are around 3000 people working in the federal parliament on a sitting day – I think there would be others. I'm sure some of the staff would be vegan, but for MPs I don't know. In state parliament, Carl Scully, a former Labor Party minister, was vegan. One of the vegan meals in the parliamentary dining room was called the Rhiannon Salad. It was for vegans. It was a lovely meal. It's not on the menu anymore, so some things come and go.

Would you encourage vegans to enter into politics?

In terms of having a say about our society, environment, and economy I encourage everyone to be involved. To my mind that is true democracy. I do encourage vegans into parliamentary politics if their interest lies in being a public figure.

Parliament is just one tool available to help build a better world. We need to get parliament into perspective. It's not the pinnacle of great wisdom and driver of progressive action. History shows us that. Why did women get the vote? Not because an MP turned up and sat down on the leather couch and decided "We'll move a bill today to give women the vote". It's because women literally rattled the chains. Similarly, we saved the Franklin River, with no Greens in parliament. The environment movement became so strong the MPs had to follow public demand. Similarly with union rights. Why do we have a lunch break, penalty rates and workplace health and safety? Because people organised, formed unions and went on strike and won better pay and conditions. When we end live exports it will be because MPs responded to the huge public outcry and passed the necessary legislation.

Becoming involved in public life is very rewarding. It's a way to give back to those we share this planet with. Promoting a vegan lifestyle is an interesting example. We are a collective social animal. We look for solutions. I think more people are seeing veganism as not just about what you eat, but about offering solutions. And that is what I think vegans bring to public life.

Are petitions to the government an effective lobbying tactic? What are some effective ways people can lobby governments?

Petitions have an advantage when trying to start a campaign,



inform the public of issues, and gather up support for a cause. Presented to parliament, they're another opportunity to highlight the issue to the public and decision makers. As well as petitions I encourage people to write, ring, and make appointments to meet with local MPs. The foundation of change has to involve people – I can't emphasise that enough. We have many rights in this country because our forebears came together collectively and worked for change. We need to continue that work.

What is your vision for the Independent Office of Animal Welfare? What will be their roles and responsibilities? Should it include CCTV for slaughterhouses and if so, how do you envisage this working?

The Greens strongly back an Independent Office of Animal Welfare. I have taken two bills to federal parliament, but sadly the Liberals and Nationals don't support the idea. Labor want such an office to come under the Agriculture Department, so it wouldn't be independent.

We envisage the Office as an important step towards changing the culture within government and the factory farming industry. The Office would monitor and recommend improvements to the Exporter Supply Chain Assurance System, which exposé after exposé shows is failing animals.

This body would be a Centre of Excellence on animal welfare science and law. The Minister would be obliged to respond to recommendations made by the Office, with the aim of improving the treatment of animals. An Animal Welfare Advisory Committee comprised of experts from animal

welfare and rights movements, consumer groups, scientists and ethicists would assist the Office to perform its duties.

The Greens support the mandatory use of CCTV in all abattoirs. The footage would be made available to official vets. If animal abuse is observed, companies and individuals could lose their operating license or face prosecution.

Anything else you would like to add?

I am proud to be a vegan and enjoy being a vegan immensely. I love vegan events. The food is fantastic. I do like to emphasise that for me, it is only one part of working for a fairer world. I have become aware that while a vegan diet does not involve animal cruelty, large numbers of children are involved in agriculture. The International Labour Organisation reports that 60 per cent of child labourers aged from 5 to 17 years work in agriculture. Worldwide this amounts to over 98 million girls and boys who miss out on an education or their education is limited because of their farm work. I am obviously not saying that this is all because of our vegan diets but it is a sobering reminder that we need a holistic approach to social change if we are to build a fair and just world for all people and animals.

For the full interview, please visit:
www.australianvegans.com.au/blog

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- Politics -

MAKING AN IMPACT FOR ANIMALS THROUGH POLITICS

Louise Pfeiffer



My political journey came from a desire to have purpose, to help the animals, and to use my abilities as effectively as possible. Adelaide is my home town yet most of my career was spent in banking and financial services in Sydney and Melbourne. During 1998-2015 I worked in sales, marketing and business development, and completed a Master of Business Administration (MBA) in 2008. I gained marketing skills, negotiating abilities, and a breadth of practical business experience. After 17 years I returned to Adelaide with my vegan family of one husband and two children and established my own financial planning practice.



Over the years I sought opportunities to help the animals but only in 2017 did my attention turn to politics. Many are doing excellent grassroots activism, and I'd attended my first 'Ban Live Export Rally' in 2011. Yet the live export trade had not been abolished, and the number of animals bred for food globally was growing. I realised that **government has enormous power to ratchet down the suffering of animals through legislative change but unless you are in the room when decisions get made, the ability to influence in their favour is limited.**



The policies of the Animal Justice Party (AJP) resonated strongly with me. The AJP is the only party with an explicit goal to take animals out of the food system. Their policies acknowledge and accept the climate science on how animal agriculture harms the environment, and the AJP also recognises how a plant-based diet can significantly improve human health. I joined as a member and offered my help with the SA state election in March 2018.

The party asked me to run as a candidate in a lower house seat for the election. I also worked actively in the election sub-committee, led the social media campaign, took part in candidate forums and radio interviews, and had articles published in local newspapers. I spoke at one forum organized by a cattle farmer for his lobby group, a true test of my grit and determination to be a strong, clear voice for the animals. My skills were used to capacity and I felt part of something bigger than me: a group of like-minded people trying to change things for the better.

Our election results were extraordinary, receiving over 2.2% in first preference votes in the upper house – the best state-wide result in Australia to-date. My focus has now turned to the Federal Election and I encourage anyone who wants to help build political capital for the animals to become involved with the AJP.

TO FIND OUT MORE:

<https://www.facebook.com/LouisePfeifferAJP>
www.animaljusticeparty.org

- Education -

RAISING CHILDREN WHO ARE VEGAN FOR LIFE

Dr Ash Nayate

A common mainstream perception is that vegan children are unwilling participants in an ethical lifestyle, foisted upon them by their parents. This perception implies that children inherently have no desire to be vegan, and given the chance, will rebel and plunge headlong into a carnivorous existence.

This line of thinking completely ignores the innate sense of fairness and compassion that children have for others.

According to some evolutionary psychologists, children are born with a moral compass. Just as we're hardwired to learn spoken language, we're also hardwired to behave in prosocial ways based on shared emotion, compassion, and fairness.

Superficially, it seems counterintuitive. Just look at two squabbling toddlers attempting to play alongside one another. The inevitable disagreements about rules, turn-taking, and ownership seem to contradict the notion of an inbuilt moral compass.

While it's true that young children don't always fully express their moral thinking, due to their developing brains (particularly their prefrontal cortex, the home of complex cognitive skills like decision making), they are able to appreciate the underlying principles of veganism.

Even toddler-age children can understand that it's unfair to remove animal babies from their mothers, or take something that doesn't belong to us (such as eggs, milk, flesh, fur, skin, wool, and feathers).

Just like language ability, a child's moral compass develops naturally as their brain matures, provided they are raised in an environment that nurtures emotional intelligence skills, like empathy and resilience.

If anything, veganism is a lifestyle that aligns naturally with our inbuilt morality and prosocial conscience. If a child is raised in an emotionally literate household where emotional intelligence is fully cultivated, then veganism is the natural and logical consequence.

To support our children as they develop their moral compass requires three things: embodying vegan values, adopting a parenting style that promotes emotional literacy, and providing the autonomy that allows our children to be free-thinking, curious, and active explorers of their world.



1. Teaching vegan values in a way our kids will understand

Values are the qualities that we deem to be most important to us, such as hard work or material wealth. As parents we are always imparting our values to our children – for better or worse. This could be through our words, but most impactfully, it's through our actions.

Many parents aim to teach values such as integrity, helping others, patience, and persistence after setbacks. Through veganism, we parents have an opportunity to showcase these values to our children. It's more than mere lip service, as we actively show our children what it really means to care for others, to remain true to ourselves despite peer pressure or inconvenience, and to have the courage to do what's right instead of what's popular. Veganism becomes a way to make our values meaningful to our children, making it more likely that they'll adopt these values themselves, even through the 'rebellious' years of adolescence.

2. Parent like a leader, not a dictator.

Too-strict or too-passive parenting styles can lead to extreme rebellion, psychological distress, and parent-child relationship difficulties. The most effective way to parent children is with a leadership style where important boundaries are explained and enforced, where children are free to express emotions without fear of judgement or punishment, and with support and guidance to develop their identity.

Effective parenting involves a balance of emotional warmth and openness, appropriate involvement, and autonomy. Parenting isn't a dictatorship where we unflinchingly lay ground rules with no explanation or compromise, nor is it servility where we cater to our children's every whim. When we parent as a leader, we create an environment of open

communication where our children feel safe to approach us with their challenges and struggles.

3. Cultivate a home environment of curiosity and exploration

Children are influenced not just by their parents, but also teachers, friends, and media. With so many messages contrary to veganism, it's inevitable that children return home questioning vegan ethics and values. No matter how surprising or dismaying it may be to revisit topics that we thought were settled, it's a good opportunity to practice open and honest communication, which helps cement ideas and strengthen values.

If our child comes to us feeling conflicted about 'being different' amongst their non-vegan friends, we have the opportunity to address veganism and broader ideas such as social inclusivity, rather than simply saying "You're vegan and that's that, end of discussion". Inviting discussion means that our children have the opportunity to contemplate multiple perspectives around vegan issues (e.g. discussing whether horse riding is a form of animal cruelty), which can ultimately enhance their commitment to veganism.

In an environment of respect, emotional intelligence, and the freedom for moral development without the prevailing influence of speciesism, what happens during adolescence? Will a child raised vegan automatically shun veganism?

It's a valid question considering that adolescence has become synonymous with 'rebellion'. In fact, what appears to be a chaotic and disorganised attempt to 'fight the system' is actually a crucial step in every young person's life – the development of their own identity. The precise values they uphold or reject will depend on the circumstances in which those values were cultivated.

Our children tend to reject values that have little social or emotional relevance. Whereas, if we raise children with values that have context from our open and honest conversations in an environment of emotional literacy, and with consistency from our own example – our children are far more likely to be vegan for life.

Dr. Ash Nayate is a neuropsychologist, activist, and vegan mum, who is passionate about animal rights and children's rights. She seeks to challenge mainstream stereotypes about vegans, particularly those around mental health, raising vegan children, and staying positive in a non-vegan world. Ash has been working with kids and families for 15 years, in private practice as well as major public hospitals in her hometown of Melbourne, Australia.



TO FIND OUT MORE:

www.ashnayate.com



- Communication -

VYSTOPIA: A WAY THROUGH THE PAIN, TOWARDS A VEGAN WORLD

Clare Mann



Vystopia is the anguish of being vegan in a non-vegan world. Where our words and knowledge are met with ridicule and disbelief, and the awareness we've gained creates feelings of anxiety, depression, frustration and alienation.

The concept of Vystopia stemmed from my realisation that vegans are suffering. Through everyday triggers which a non-vegan would be completely unaware of, and the pain of friends, family, and colleagues' ignorance and derision, the vegan hurt is universal.

Vystopia, the book, is a means of connecting with our wider vegan community. To show that we are not alone, and to create support where we can overcome our pain and work together towards a vegan world.

Why Are Vegans Hurting?

When someone becomes an ethical vegan, they become aware of the systematised cruelty across so many levels of society. From farming to entertainment, fashion to homewares, a vegan is suddenly aware of the extent of animal exploitation.

To have one's eyes so suddenly opened can create a multitude of feelings. Many vegans experience disbelief, shock, and angst at the lies they have been fed by society over time.

In addition to this new awareness, vegans experience another level of suffering when they attempt to share this newfound knowledge with those close to them.

When friends, family, and significant others refuse to acknowledge this information – or worse, respond with aggression or rudeness, it can be an isolating and frustrating experience.

How Can We Turn This Around?

The way through Vystopia is two-fold. Firstly, recognise that we are a community who have all experienced some form of this anguish. By working through our pain, we can collectively contribute to the vegan cause with better communication and social interactions.

We have the ability to transmute our pain into active social progress, and create a more conscious society.

Clare Mann is a vegan psychologist, author and communications trainer. She is the author of Vystopia: The Anguish of Being Vegan in a Non Vegan World which was launched worldwide on 17th May 2018 and can be obtained via <http://vystopia.com> and the co-founder of Vegan Voices, the FREE app to communicate veganism more effectively.



FREE APP VEGAN VOICES:

<http://vegan-voices.com>

- Communication -

THE JOY OF WRITING

Mem Davis

As a passionate vegan, food-enthusiast and animal-lover, there is nothing I love more than combining the joy of writing with the world of veganism.

There are many ways to connect with people, so the use of content and advertising is a powerful way to reach those who need to hear our message.

People are touched by the personal and the emotional, and there are few things more emotive than the foundations upon which veganism stands.

The ethics and benefits of our way of life contribute so much to the changes we wish to see in the world.

Sometimes it's as simple as wanting to support each other as vegan businesses. By holding each other up, we create a thriving business community where we can grow and develop our reach through mutual support.

With so much information available nowadays, it's hard to siphon the facts from the foolishness. People are very easily overwhelmed by choice and data, so it's vital that our voice comes through in the marketing babble. For many business owners, their strength lies in areas other than writing. However, without the right words, it's hard to convey the real benefits of what's on offer to their customers.

From a personal perspective, my background as a writer, health professional and retail manager means I understand the impact of marketing on consumer choice, and the effect of marketing on people's health and lifestyle choices.

As an ethical vegan myself, there is a deep satisfaction in partnering with people and businesses who uphold the same values. The importance of caring for our environment and health, and reducing the exploitation of animals is high on the list of those I love to work with.

The pride in supporting an ethical business means the success of both their enterprise and the vegan cause. It means my love of writing comes right alongside the need to improve our world, and that's a bigger win than any of us can achieve alone.



Mem Davis is a freelance writer specialising in content and advertising. She is as passionate about supporting vegan business as she is about eating good vegan food, and believes that together, we can make a huge impact towards a vegan world. We do need to get the word out, and in ways that inspire others to act. That is where expert wording and positioning of your message comes in.

Mem is also a qualified naturopath and doula, and has a great love for fitness, travel, and music.

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Coconut Cream

5 min recipe
Makes 2 cups

Good bye canned coconut milk – hello real coco mylk. This mylk or cream is a true kitchen superstar. You can absolutely taste the difference and the best thing is you also get to drink the coconut water while whipping up the cream.

Ingredients

- Meat of ½ a fresh coconut
- 2 cups water

How to

1. Add all the ingredients to a blender and blend until smooth (1-2 mins).
2. Strain through a nut milk bag if you prefer.

Kitchen hacks

- * Use this coconut cream in your next curry – you will definitely taste the difference. It is way better than the conveniently canned alternative.
- * If you would like coconut milk instead, simply dilute with two additional cups of water.
- * The difference between coconut cream, coconut milk and light coconut milk is the water content. Often all three cost the same, hence I opt for the coconut cream. To turn store-bought coconut cream into milk, simply mix it half and half with water. If you are after a light version, mix three parts water with one part coconut cream. Fine-tune a little bit until you find your perfect ratios depending on your taste and the brand you're using.



Almond Mylk

5 minute recipe
Makes 2 cups

The mylk all-rounder. It has a nice taste and is so easy to make. This mylk goes with pretty much any recipe.

Ingredients

- ½ cup almonds (soaked overnight)
- 2 cups water
- 0.5 cm piece of vanilla bean / pinch of vanilla powder

How to

1. Add all the ingredients to a blender and blend until smooth (1-2 mins).
2. Strain through a nut milk bag. I usually enjoy it as is.

Kitchen hacks

- * This is my go-to mylk for cereals.
- * You can soak in batches: simply soak one or two cups and freeze the left-overs, so you always have soaked nuts ready to go.
- * If you're in a rush, you can use activated almonds and simply blend for a little bit longer.
- * Sweet-tooth? Simply add ½ a date or a piece of banana. Depending of your blender you might want to soak the date for about 30 minutes.
- * This mylk is also great for smoothies. Instead of using store-bought mylks, I simply add water and nuts straight into the smoothie. This is better for both your bank account and your body. Homemade mylks tend to be much cheaper than their convenient counterparts plus they do not contain any nasties like sweeteners or thickeners.



Cashew Mylk

*5 minute recipe
Makes 2 cups*

This mylk is ideal for coffee and tea as it doesn't split when you add it to hot beverages. Plus it is super smooth. Hands down this is my favourite mylk.

Ingredients

- ½ cup raw cashews (soaked overnight)
- 2 cups water
- 0.5 cm piece of vanilla bean / pinch of vanilla powder

How to

1. Add all the ingredients to a blender and blend until smooth (1-2 mins).
2. Strain if you prefer.

Kitchen hack

- * If you soak your cashews, you really don't have to strain this mylk.

Kris Goetz is a business and lifestyle coach, author, TEDx speaker and CEO/founder of I Quit Dairy. She learned from thought leaders such as Dr. Bernard, Dan Buettner and Louise Hay whose guidance helped to cure her chronic headaches, a major hip injury and lose 15kgs. Kris regularly speaks at health and wellness symposiums in Australia and Europe. Many people who work with her have improved their health, lost weight and gained more energy.

- Recipes -
Kris Goetz



CONNECT WITH KRIS:

www.krisgoetz.com

www.iquitdairy.com

- Vegan Travel -

AUSTRALIA'S FIRST PLANT-BASED CRUISE SETS SAIL

Emily Steckelbruck

We live in a time where access to information has never been greater. We now have open and (generally) uncensored access to truth, which in turn makes the realism of the meat and dairy industries harder to ignore. Veganism is no longer seen as a 'cult' or a 'sacrifice' – it is a form of empowerment and liberation! What better way to feel good than to know that you are contributing to the betterment of the planet, the enhancement of your own health and contributing to the improvement of animal rights.

As a society, we are becoming aware of our impact on the world around us as well as the impact our diet and lifestyle has on our own bodies and health. Studies completed by the market research firm Euromonitor International in 2016 and 2017 showed that there has been a significant shift in Australian consumers towards prevention [rather than cure]. Studies on weight management, wellbeing and digestive remedies outlined our population turning to diet and lifestyle to address these issues over meal replacement and pharmaceutical products. With this in mind, it comes as no surprise that Australia is the third fastest growing vegan market in the world.

Devoting time and attention to acquiring knowledge on how to better our health and prevent disease is no longer a 'fad' but a growing part of Australian society as a whole. Looking closely at our diets, lifestyle, exercise patterns and how we're using our minds is no longer 'hippie talk'.

One woman who recognised the need to stop outsourcing her health and change her lifestyle, has taken that responsibility one step further. Sick and tired of feeling unwell, unmotivated and fed up with life, Paige Renshaw decided to take control of her health by converting to veganism. What started as a health choice quickly turned into a complete lifestyle change. Now actively participating in ways to contribute to the paradigm shift towards compassion for all beings and environmentally sustainable choices, Paige decided that now is the time for her to create her legacy: The Whole Connection. Driven by a mission to give others the tools she found and used in her own healing journey,

Australia's first plant-based cruise is set to hit the shores of Sydney on October 20th 2018. Designed to be an 'active retreat-style cruise' it's all about transforming your health, your happiness and your life – all while enjoying the perks of luxury cruising and seeing one of the most beautiful parts of planet Earth. She has even gone as far as to meet the chefs on board the Celebrity Solstice, talk to them about veganism, and ensure all

guests of The Whole Connection are receiving a nutritious whole food plant-based vegan menu for the entire nine days of sailing from Sydney, to the Pacific Islands and back again.

"I knew I needed to participate in my own self healing, self love and self care. Using nature as my guide, food as my pharmacy, and reconnecting with my inner wisdom and knowledge – I am committed to educating others about how to heal themselves naturally and achieve wellness." – Paige Renshaw

Looking at health and wellness by way of prevention, community and ethical choices is a definitive shift that hopefully continues to spread throughout the world. Thank you to the movers and shakers out there creating dream inspired events like The Whole Connection to raise awareness, availability of vegan choices and a conscious lifestyle.

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FOR MORE INFORMATION, VISIT:

www.thewholeconnection.com.au



Photo by Richard Birch



- Rave Reviews -

by Tamsin Dean Einspruch - AVJ Reviews Editor



Cherry Brown Cosmetics

Cherry Brown Cosmetics create many wonderful lipsticks with an array of gorgeous colours. The best part? They're vegan and cruelty free. The second best part? They do more than lipsticks.

A personal favourite from their collection is the Vanilla Natural Lip Balm, which came in a review package. I'm particularly picky when it comes to taste and texture, so I was incredibly happy to find it a smooth balm that lasted several hours with a subtle taste of vanilla. This is a wonderful product, and I couldn't wait to try out the rest.

Imagine my delight when I found another treasure in the package, a beautiful little tube by the name of 'Magenta Rose'. It's a beautiful dark red with hints of purple, perfect for both day and night wear. It lasts and doesn't leave your lips dry after use. I highly recommend this lipstick, and have been using it at every chance I get.

So, if you're looking to treat yourself, a loved one, or if you're like me and want to add to your growing collection, check out Cherry Brown Cosmetics, as they have a great range of fabulous products on their website.

FOR MORE INFORMATION:

<https://cherrybrown.com.au>



Sniffy Scents

Living out in the country on an animal sanctuary, I am constantly on the lookout for new hand creams and body washes. So I was excited to try out some of the Sniffy Scents range. Their Velvet Soft Black Fig and Guava Hand Lotion is a smooth and deeply nourishing treat for your hands. As for their Wasabi and Mint body wash? Being clean never smelled so good. It is a light cream that feels amazing against the skin and was super cleansing. I highly recommend Sniffy Scents for your next self-pamper session.

FOR MORE INFORMATION:

<https://sniffyscents.com.au>



AVS Organic Foods

To test this product, I threw together an easy spaghetti: just some vegan butter, mushrooms, capsicum and garlic. No fuss, no mess, no five hours to create some fancy flavours. You would never have guessed how little time I spent on it due to AVS Organic Foods Nut Parmesan cheese. The parmesan is a delightfully cheesy, but subtle flavour mixed with hints of almond and cashew. I really loved how simply it pulled the dish together, and I had to stop myself from going through the entire packet in one go. So when you're looking for that one extra bit of zing for your next meal, I suggest you turn to the range of parmesan cheeses by AVS Organic Foods.

FOR MORE INFORMATION:

<http://avsorganicfoods.com.au>

CONNECT WITH TAMSIN:

www.deepeacestrust.com

- Rave Reviews -
by Martin Jurica - AVJ Food Editor

- Rave Reviews -
by Kathy Divine



San Churro Vegan Menu

You would have to agree that 2017 was the beginning of a great influx of new vegan businesses impacting the mainstream status quo, to the point where many traditional eateries took notice and joined the party by adding vegan items to their own menus in 2018.

One of these businesses joining the party was Spanish chocolateria San Churro, adding vegan options to over 25% of their menu. Churros are traditionally a vegan recipe, similar in taste to a cinnamon donut but with a slightly chewy crust.

The first dessert I had on my mission plate was the Churros for One. It comes with three churros and one dipping bowl of either vegan cookie butter or dark chocolate dip. The freshly made churros and warm dips go nicely with the cookie butter taste, bringing back memories of sweet caramel with the added bonus of being warm and fresh. This combination will have any chocolate or caramel lover in foodie heaven.

I also sampled the The Happy Vegan, mango gelato and finished off with a Cookie Butter filled churro. This cream filled churro is a texture to be experienced, a slight crust breaking into a melting moment of caramel butter bliss. By the end of this dish I had a full understanding of the term saturation point.

FOR THE FULL LIST OF VEGAN MENU ITEMS:

<http://www.sanchurro.com/menu/vegan-options>



Domino's Do Vegan Cheese!

We received an email earlier in the year stating that Domino's Australia were introducing vegan cheese to their menu Australia wide. I nearly fell off my chair! What a sign of the times when a mainstream food franchise makes such a move. They sent us a range of their pizzas to try and honestly, they were good. For vegans living in rural and regional towns where there may be little or no access to vegan cafes and restaurants this is very significant news. During our work at Australian Vegans Journal, we naturally engage with a lot of vegans and one of the most difficult aspects of being vegan and staying vegan for many people is the social aspect, being able to go out and eat with friends and have access to vegan menu options. For example, when teenage vegans are invited to a pizza and movie night with their non-vegan friends, being able to order a vegan pizza from a mainstream franchise makes life so much easier and normalises veganism to a great extent. It's a telling sign that plant-based eating is on the rise.

FOR MORE INFORMATION:

<https://vegan.dominos.com.au>

- Rave Reviews -

by Anna Price - AVJ Communications and Event Manager



Lord of the Fries New Vegan Breakfast Menu

My arm is still a little sore from pinching myself so many times to make sure what I was eating was real and not a dream!

It's a very warm welcome from me for the new Lord of the Fries vegan breakfast menu!

The options I tried were:

Chick N' Waffle:

I'm not usually one to enjoy anything sweet at breakfast time, but the friendly staff at the George St branch insisted I would not be disappointed with this option – and they were right! The Chick N Waffle was the perfect combination of sweet from the maple syrup and saltiness from the 'bacon', whilst the soft waffle was a tasty contrast to the crunchiness of the 'chicken'. I can see this becoming a firm favourite!

Hash & Patty with 'egg':

For any vegans out there who might miss McDonalds breakfasts, this burger is the answer – but far better! The patty was a generous size and the melted vegan cheese and sauces made it extra juicy. I chose to add the 'egg' too which was a very convincing imitation, although even without it this would still be just as delicious.

I predict the addition of the breakfast menu is going to become popular, its reasonably priced and conveniently available all day. I'll certainly be hurrying back to try the other options soon!

FOR MORE INFORMATION:

<https://www.lordofthefries.com.au/menu/breakfast>

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