Vegan Star

Salt, Sugar, Fat

Hens’ Night

Greenpeace Memories

Vegans in Punk

GIVEAWAY!Karen Murrell Lipstick

ISSN 2324-1233

SUMMER 2013 | $8.50 RRP
The holiday season is upon us again (so quickly)! Perhaps more than any other time in the year, we are faced with the differences between our food and the traditions of those around us. For me, it starts very early with hints of Halloween and recipes of Thanksgiving feasts from back in the USA, and it’s not very long before the Christmas chorus joins in. Luckily, we have many vegan options for practically any dish, but when everyone about you is gathering for food – friends, employees, and family – wise vegans will prepare for some close food encounter that has less than a merry holiday spirit. There are various approaches, but your best bet for peace on earth is not to be taken by surprise.

For that reason and others, while holidays can be exciting and joyous, they can also be very stressful. I am sadly reminded of the recent death by suicide of Sandra Lertzman, the Executive Director at the Animal Rights Foundation in Ohio, USA. While we can never know all the factors involved, we do know that the role of a vegan and animal activist in today’s world can feel overwhelming. We may see lots of progress within our circles, yet it sometimes unbelievable how much animal suffering is committed and casually accepted. It is important to remember that any one person can only do so much, and one person is not responsible for saving the world. So, take care of yourself before your own need becomes desperate.

And finally, thanks to a suggestion from Loretta W, we are now soliciting Letters to the Editor, to be printed from the next issue. We hope to generate some interesting discussion amongst our readers – please see the notice later in this issue for details.

Wishing everyone a happy holiday season with lots of vegan enjoyment!

Jessica Parsons
Jean: Can we have the recipe please? Florence: Vietnamese summer rolls are made of rice paper with your desired fillings such as tofu, vermicelli, capsicums, sprouts, cucumber, coriander. Eat with peanut sauce made from crunchy peanut butter cooked in sesame oil and soy sauce. I just use whatever is fresh in my fridge as filling and reheat the sauce each time.

Jean: How was it like working with Hugh Laurie on Mr Pip? Florence: He is a truly remarkable man. He is very warm and sincere. He has a crafty sense of humour and was always very adaptable.

Jean: How did you get the role? Florence: A friend of mine in Wellington saw a casting call on a Papua New Guinean website. He emailed me and said, "Flo here’s a ticket home!" I replied to the advert and then auditioned and it started from there. I knew I wanted to do it for the cast and crew. I was passionate about the project.

Jean: How did it feel playing Grace Watts, who I thought was a combination of mad and sad? How would you describe her? Florence: It was most unusual. She had lost a lot from her life in London, her young child in particular. My interpretation of her would be that she lost her soul through the process. She was depressed, and so her husband, wanting to bring her out of her depression, was to bring her to Bougainville – her home country.

Jean: What was it like working with a Jamaican nurse and then in Mr Pip as Hugh Laurie’s mad/sad wife. Which role is possible. When nothing is sure, everything is possible. When you play the emotions is just the same. Florence: No lines, but acting out the emotions is just the same. Jean: Do you have any advice for people who have to be that she lost her soul through the process. My interpretation of her would be that she lost her soul through the process. She was depressed, and so her husband, wanting to bring her out of her depression, was to bring her to Bougainville – her home country.

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Jean: How do you like to spend your non-working time? Florence: I spend most of time with family and friends. I like meditating, reading and exercising.


Jean: What is your favourite quote or saying? Florence: When nothing is sure, everything is possible.

Jean: In the last year or so you have featured in Stan Walker’s Bulletproof music video as a Jamaican nurse and then in Mr Pip as Hugh Laurie’s mad/sad wife. Which male star would you most like to play opposite next? Florence: I’d like to be in a So-Fl thriller alongside Christian Bale. He intrigues me a lot; I think his broad bank of characters and adaptability makes him a very reliable actor.

Cover Photo credit: Photographers Inc. Head photo caption: Florence and Mr Pip lead actress Xzannjah.
On 18th September, 2013, a group of committed activists attempted to board an oil rig in the Russian Arctic. It was owned by the company Gazprom. A previous action last year had little result: banners were hung, activists occupied the rig for a short time. This year their reception was very different. The coastguard fired shots very close to the activists and the action was quickly called off. All the activists made it back to the Greenpeace ship Arctic Sunrise, whereupon the ship was boarded by armed coastguards rappelling down from a helicopter. All were charged with piracy initially, and bail was refused in all thirty cases. Charges have now been “downgraded” to hooliganism. This is the Russian equivalent of “breach of the peace” - a catch-all phrase that police will use to arrest you. However these charges are still very serious and can easily lead to substantial jail time for all thirty activists and the police will use to arrest you. However these charges are still very serious and can easily lead to substantial jail time for all thirty cases.

Greenpeace Memories

Claire Insley

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On board the Arctic Sunrise

Back in June 1999, I was aboard the MV Arctic Sunrise, a Greenpeace ice-breaker ship. The Arctic Sunrise planned to spend 6 weeks travelling along the ice edge in the Arctic, taking US scientists to visit walrus colonies for one of the first observations they’d ever done. As you can imagine, the Arctic ice edge is not the easiest place to visit. You need a very special ship, for starters, and the Arctic Sunrise is one special ship. She started life as a seal hunting ship, so her current role in the campaign for the environment under the banner of Greenpeace was great karma.

I was the assistant Radio Operator (RO) to Colin Russell, who is one of the activists currently languishing in a Russian prison in Murmansk. It was his first trip too, so together we learned much about communications “Greenpeace-style”. All emails were downloaded twice a day through the Sat A, we had no access to internet, bandwidth was an issue and we paid for it. When we made sure to befriend her right away. I always think it’s a good idea to make friends with the chief when you have what many would consider an odd diet. I had foolishly believed that vegetarians would abound within Greenpeace but I didn’t find it to be the case.

The Rainbow Warrior

In 2003, I sailed on board the Rainbow Warrior and met David Hausmann, one of the few who is locked up until at least 24th November on charges of piracy (now hooliganism). By this time, I was vegan and again made sure to befriend the chef. I was even raw vegan, which made it simple for them. “Just cut up some veggies and set it aside for me,” I requested. Easy!

Through my many actions and work with Greenpeace UK, I also met Frank Hewitson, a UK Actions Team member, also in prison. I lived and worked voluntarily at GPUK office for a couple of years. The café in the GPUK office is fully vegetarian and there is always a vegan option. (Of course, the cooks are my friends.) However, I know that some GP staff refused to eat there because it is vegetarian!

Greenpeace and veganism

I did find on all my trips with Greenpeace that some people were quite negative towards my food choices, and there were times when certain crew members pretty much attacked me for not eating animals. I found this highly disturbing and quite curious within an environmental organisation. Any time I tried to point this out, I was attacked again. I cannot get my head around how an organisation that is so committed to the environment has so many individuals who continue to eat meat – the most damaging controllable action you can do.

After I left London and moved to Totnes, I set up a Greenpeace local group and continued to do as much as I could for the environment, but slowly I found myself finding it harder and harder to continue working for Greenpeace. I continued to have discussions with meat-eaters who claimed to be environmentalists, yet would not make this one simple change for it. I started to read through the websites, trying to find some proof that GP itself had made the connection between diet and the environment. I could not. I wrote to the GPUK office to question this. I got the “standard” response from a vegetarian staff member they made answer such emails. I responded to it pointing out that many staff weren’t veggie and didn’t eat at the café, but I never received any further answers.

I have worked on ships, in many worldwide offices and even at the Head Office, and everywhere I found the same story - a few committed people who are vegan and vegetarian, but the majority of staff are meat-eaters (probably about 70%). It eventually got to the point for me where I could no longer give my time to an organisation that does not make this connection.

Regardless, Greenpeace does a really important job, and we certainly need such organisations in the world. I do not know if Friends of the Earth has similar stories. I would also note that the RSPCA (UK version of the SPCA) staff at Head Office are mostly vegan.

Paying the price for oil

However, even though Colin, Paul, David and Frank are all meat-eaters, I would not want them to spend the next 7 years in a Russian prison! None of these people are pirates or hooligans. They acted with conscience to protect our planet. The risks of drilling for oil in the Arctic are immense. The seas are very rough. It will not be a case of if an oil spill occurs there, but when. As climate change thins the ice in the Arctic, places that were once thought impossible to drill in become more possible but very risky.

All this for oil. At a time when the planet needs us to be choosing different energy sources. The solutions are there, we do not have to do this, yet oil companies driven by profit above all other considerations are determined to get every last drop out of the planet. There are billions of barrels of oil still in reserve that we can ill afford to burn and keep the average global warming to 2°C.

The good news? Being vegan really helps keep carbon emissions low, and we could literally lower the global temperature if everyone became vegan. Every vegan reduces carbon emissions by 1.5 tons per year. Even stopping eating animals one day a week would make significant impacts. Being vegan does more to reduce climate impact than not driving a car. 51% of greenhouse gas emissions are due to animal agriculture! Greenpeace vegan activist starring Sin is a vegan activist from Finland, and she is starving, as Russian prison do not cater for vegans. I have read accounts of the food, poor poor fish or meat and potato gruel and a hunk of bread. I don’t know what help the Russian Office is able to provide for her, but make sure she gets proper food. Greenpeace has so far not commented about her status.

Supporting imprisoned activists

When authorities imprison peaceful activists, all of our rights are in danger. What can you do to help these activists?

Email the Russian Embassy, phone them, talk to your local MP and do write to the activists themselves. It must be terrible being incarcerated in a Russian prison in winter! Especially when your own government seems completely indifferent to your case.

It is the British Consulate who are helping to keep the Kris currently locked up. John Key has basically said he cannot do anything, they are in the Russian system now and he cannot intervene. The Australian, British and Dutch governments do not agree and are doing all they can to release the activists.

Send a vegan food parcel to Sini. You can even write to the rest of the crew c/o the Greenpeace International Office, OtthoHeldringstraat 5, 1066 AZ Amsterdam, The Netherlands. General messages of support would be gratefully received.
About Farmwatch
Farmwatch started in March of 2013 to promote veganism through advocacy specifically for farmed animals. While we acknowledge there are many issues affecting animals that need our attention, we thought that because New Zealand is currently a farming nation, this would be the best place to focus our attention.

Our main work involves animal rescue and farm investigations, but we also use our unique skills to assist other animal advocacy groups to obtain documentation needed to inform their campaigns. Earlier this year, we helped SAFE with their Chicken Vigil by collecting the dead chickens from factory farms for the vigil and supplying footage to accompany SAFE’s media release.

Why a Farmwatch Feast?
The reason for the Feast was twofold. Firstly, we are an entirely volunteer organisation and generally we are self-funded, which can limit the amount of work we can do. It is very important to expose the reality of animal production, but it does cost quite a lot of money in petrol, equipment, flights, etc. So fundraisers, like the Feast, are a good opportunity to raise money to help Farmwatch continue our work for the animals.

Secondly, as a new group, we were interested in growing our support base and exposing more people to the work that we do and why we think it is important for the animals.

Feast organisation
Since its inception, Farmwatch has been lucky to have a lot of support from people all over the country wanting to help in any way they can. We have a Facebook group called Farmwatchers for our supporters, and we call on them when we need help with things like proofreading our newsletter or fundraising. We were lucky to get help from about 13 of our Auckland-based Farmwatchers. They cooked, cleaned, promoted, emceed, provided equipment and waited tables. Each one of them was an amazing help, and we were very lucky to have them. We could not have made it happen without their support.

As usual these days, we mostly relied on Facebook for attracting attendees, but we also put posters up around Auckland in vegetarian- and vegan-friendly food establishments.

Feast Night!
About 50 people attended our Feast for Farmwatch. We started with a presentation about Farmwatch and the work we have done so far this year, including previewing our latest video about the work we did for the SAFE Chicken Vigil. You can see that video at http://vimeo.com/75844314.

Then we served the food. We had three vegan courses: soup, curry and salad, and dessert. To keep the mood light, we had entertainment throughout the night from musicians and New Zealand improv group Reverend Jellie. We also had inspiring young activist Jayden Jameson talk to the Feast about the work he has been doing for animals, including running his own animal advocacy classes at his high school.

From the feedback we got, everyone enjoyed the food and the entertainment, which is always good to hear.

Results
I think the night was a success. We raised money to help us with the work we have planned over the summer, but perhaps more importantly, we were able to share the work we have done so far this year and impress upon our attendees the importance of the work that we do. In that regard I think we were quite successful, especially as people who already knew about us brought along new people whom we had not been able to reach yet. Our message reached a broader audience, which was good for Farmwatch and the animals.

I was glad that we did the Feast, and everything ran really smoothly. Naturally, in hindsight, we would change a few things, but we will definitely be doing some sort of fundraising again in the future. It is a necessity for volunteer organisations like ours.

On 29 September, 2013, FarmWatch hosted a three-course vegan dinner to help raise funds for their further efforts to help animals.
It’s Hen 2000!

The Animal Sanctuary celebrated a major milestone in October 2013: we rescued and rehomed our 2000th hen! We’ve come a long way from the 12 battery hens that we first adopted 10 years ago.

When we originally established The Animal Sanctuary, I knew we’d provide a safe home for some rescued commercial hens, simply because we hated factory farming. But I had no idea that I’d come to love chickens so much I’d heard terms like “bird-brain” and absolutely not true. They’re much smarter than people realise.

Those first hens escaped as they were being unloaded, and it took us days to catch them all. We set up several different kinds of traps, but they outwitted us at every turn. That was my first lesson that these animals were intelligent. Quickly I learned that they were also affectionate, interactive, curious, and have unique personalities. From that point on, we wanted to do more to help save hens that were commercially farmed for egg production.

Why do so many need rescuing?

It’s such a sad situation. The hens are allowed to lay for just one season, and then are killed. The reason? All hens go off lay twice a year. They stop laying for 4 – 6 weeks while they moult and grow new feathers. Then they start laying again. But the farmers don’t want to feed barns full of hens for several weeks while they’re not producing eggs, so they kill them all and replace them with new hens who are just beginning to lay for the first time.

It’s all carefully timed, and it’s a massive waste of life. Battery hens are killed at 18 months of age. Ironically, because free-range hens are allowed to display some natural behaviours, they go off lay earlier and so are killed earlier, between 15 – 17 months of age. All of those hens would have started laying again in a few weeks, and will actually continue to produce eggs for years.

Animal rescue history

In our early days, other animal welfare groups rescued the hens and brought them to us for rehabilitation and rehoming. Eventually, we began conducting the rescues ourselves.

A lot of people ask us how we rescue; they imagine that we sneak into farms in the middle of the night in balaclavas! In reality, we pick up “end of lay hens” with the full agreement of the farmers involved. It’s completely legal and above board. When the farmer is about to kill all the hens in a barn (between 1200 – 7000 depending on the farm), they let us know and allow us to come take as many as we can.

Most farmers don’t allow rescues, and some companies even have contracts saying that the hens must be killed at the end of their first lay. It’s taken us a long time to find a couple of farmers (one battery and one free-range), who will let us take some of the hens they are about to have killed.

Animal rescue grows

When we first started doing rescues, we took 12 hens at a time. Now we have expanded our facilities, and also have some wonderful rescue colleagues who work with us to rescue and foster these hens. This means we can rescue more hens at a time. In our last rescue, we took 140 lucky hens. The hard part was leaving the other 3260 behind, knowing they were about to die. That part can be extremely depressing, so we have to concentrate on the ones we’re able to save.

I know that what we do is just a small drop in a huge bucket – but it’s our personal drop, and we’re proud of it. I certainly know it makes a huge difference to every single one of the lovely hens that we’ve been able to rescue.

Hens’ new homes

A big change since we first began is that we used to rescue a group of hens and then desperately look for good homes for them. Now, we actually have a waiting list!

Backyard chickens are the “new black.” It’s become really popular to have your own hens. I think this is because enlightened people want to know that their eggs are truly cruelty-free. There’s been much media about the horrors of intensive egg farming, and misleading “welfare ticks” on egg boxes that don’t mean anything, that people realise the only guarantee is to have their own well cared-for hens.

Some people who adopt from us say, “I don’t even care if I get eggs. I just want to provide some rescued hens with a good life. They deserve it.” As a vegan, I love it when I hear that kind of thing!

Meet the hens

The hens we rescue are usually brown shavers, and they have amazing personalities. I don’t know if it’s the breed, or if they understand they’ve been rescued and are grateful, but they are wonderfully affectionate little animals. They make great companions, no different from a cat or dog. People constantly send me photos of the hens they’ve adopted, all with names and descriptions of their personalities. It really warms my heart to see these girls living safe, long, happy lives.

When the hens first arrive, they’re often in terrible shape, both physically and psychologically. This is true for both battery and free-range hens. Visitors sometimes see newly arrived hens in awful condition and say “That’s why I buy free range instead of caged eggs.” When I reply “Um, actually, those ARE free range hens!” they’re shocked and even burst into tears. “What do I do now??” they cry. My suggestions:

1. Stop using eggs. They’re actually not necessary, and there are zillions of recipes online to make perfectly beautiful food without them. Once you learn a new way to bake, for example, you’ll be surprised at how easy it is.

2. If you do choose to use eggs, think about adopting rescued hens. Commit to keeping them for their full life, the same as you would a puppy or kitten. Then not only will you have done something wonderful, but you’ll be guaranteed that the eggs they produce will be cruelty-free. Even in Auckland suburbs, you’re allowed up to six hens. (No roosters!) Hens are easy to care for, don’t take up much room, and will give you lots of affection and entertainment.

3. If you really can’t have hens, find someone else who does. They’ll probably be glad to sell you some excess eggs to help pay for their chook show. Just make sure that they intend to keep their hens for life, and it isn’t a business where they kill them when they go off lay.

Warm fuzzies

Recently our animal sanctuary has had support in an unexpected way: some lovely people have formed a group to knit or sew jumpers for our rescued hens. I know that sounds fluffy, but these jumpers aren’t just for show. When the hens arrive they’re usually deseltheshed, with red raw skin and often with sores. So especially in winter, the jumpers are a bonus. We really appreciate the love and care these kind and talented people have put into their hen creations.

The future

Our dream for the future? That everyone has their own beloved hens in their backyard, and there is no longer a need for commercial egg farms. To that end, we’d love to see other battery hen rescue/rehab/rehoming centres set up right across the country, doing the same thing we’re doing.

Our sanctuary is north of Auckland, but we get adoption requests from Wellington, Christchurch, and Dunedin. That’s too far for our hens to travel, but it shows that there’s a need for more rescuers throughout New Zealand. I promise you’ll find it very satisfying and rewarding work – and that you’ll fall in love with chickens the same way we did.
Salt, Sugar, Fat: How the Food Giants Hooked us

By Michael Moss – Reviewed by Pam Parsons, BSc in Human Nutrition

Michael Moss brings us face to face with the gargantuan tentacles of the processed food corporate octopus that currently has a stranglehold on our hearts, minds and GI tracts. According to Moss, starting after WW2, food processors and tobacco companies slowly fused to undermine nutrition. Convenience foods swarm in salt, sugar and fat, plus enough food residue to stick it together. These companies employ skilled texters and chemists who engineer processed food into highly sophisticated, legal (and often vegan), addictive substances. The 446-page book is readable and informative. Moss’s journal background and four years of research busts the myth that food corporates are simply making tasty prepared foods that we are too gutless to avoid overeating. The evolving history of processed convenience foods is a calculated plan to hook ever-busier consumers with processed convenience foods is a calculated plan to hook ever-busier consumers with

Chapter 5 presents the sequential atrocities committed on fruit juice. Vitamin C is often added to so-called ‘fruit drinks’, but all the fruit phytochemicals, fibre, natural colours and flavours are stripped out. Although ‘fruit concentrates’ are simply sugar water, they can be marketed as if a real fruit component is included. Such concentrates were used by Philip Morris/Generic Foods to entice mothers to buy reassessations versions of powdered fruit drinks like Kool Aid, Kool Buns, and Capri Sun. Many of these pouch product drinks may be vegan. But these concentrated fruit beverages are an example of fruit-shaped packaging, artificial flavours and aromas, and the unmet promise of health benefits from fresh fruit. Cheap, attractive and sweet, they are a cruel hoax to parents on a limited budget.

Our kids don’t have a chance. They are carefully targeted by ads, co-opted into sensory panels and are enticed by concoctions of sweet, fatty and salty foods daily at supermarkets and corner stores strategically located next to schools. Kids are naturally inclined to ads and believe them, especially when the foods taste so good and are so entertainingly and colourfully packaged.

In the next of the book, we learn even more about salt. As more evidence arose over the decades on the health impact of salt, sugar, and fat, there is some fascinating history on various failed attempts to regulate the amount of these ingredients in processed foods.

Myth of cheap food
Are we really hooked on inexpensive foods? In the epilogue of Salt, Sugar, Fat, the author fails to challenge one crucial myth: on page 340 he quotes James Behnke, former Pillsbury executive. ‘We’re hooked on inexpensive food: it costs more to eat healthier foods.’

Highly processed food can only be regarded as inexpensive if personal health, nutrition stripping and medical costs for lifestyle diseases are ignored. ‘Cheap’ seems to refer to dollars per energy cost (Kcal). Are processed foods really cheaper in strict dollar terms? Food companies provide nutritional panels on products, but it’s not easy to compare costs per Kcal and fat per serve between different products in the supermarket aisles. Small serving sizes are often used to mask unhealthy content, and the food companies know that that people may eat a whole bag of chips or biscuits at a sitting, not just one serving.

It was interesting to untangle the cost per Kcal, which is minimised in processed food by adding fat to a basic food. This adds little cost but lots of Kcal. The tables show one of my example calculations for some common New Zealand brands of potato and potato products. There is actually no reduction in cost for these processed potato products, and the extremely processed products are much more expensive.

This does not support the idea that we can only meet our budgets by skipping fresh food; rather, as shown in the rest of the book, we are addicted to convenience and enhanced taste.

The fattest foods here had smaller labelled serving sizes. In any case, with New Zealand’s rate of overweight + obesity at around 63 per cent, the two graphs show that processed potato products are not better for health or cost.

**Only in the US?**

Nutrition experts in New Zealand are already looking at many of the same issues as in Moss’s book. This includes looking carefully at food and drink marketing to children (http://bit.ly/1B18mr7) and seeking to prevent nutrition-related diseases by reformulating processed foods with less salt and fat (http://bit.ly/16n8G7y).

**Recommendation**
Salt, Sugar, Fat is a portrait of Temptation the calculated science of craving enabled in a fatty sweet salty burst of flavour that overpowers our hunger for nourishment and supplants it with an ever present craving for addictive but fully legal food-like drugs. One message of hope is that the more fresh foods you eat, the more your tastebuds will be set to enjoy them. This book can help both consumers and professionals in New Zealand, providing vital information to choose healthy food.
Mengzhu
Melting Pot Massacre

Interviewed by Colin Woods

[Ed Note: This is Part 1 of a two-part music interview series. Testament, of Test their Logik, is a vegan Canadian hiphop artist who toured New Zealand early in 2013. Mengzhu, a vegan artist from the Melting Pot Massacre punk band (from Aotearoa), helped organise a house show and some activist events for Testament in Auckland! In this issue, we hear from Mengzhu, and in the next issue, you can read Mengzhu’s interview of Testament!]

Here in the studio is Mengzhu from the band Melting Pot Massacre, who describe themselves as “Hardcore. Feminist. Punk… We’re a People Of Colour band, committed to decolonising, de-heteronormative and anti-racist music, one show at a time.”

Colin: Tell me about your band.
Mengzhu: We started about two years ago now. It was my friend Shasha’s idea – she’s the vocalist of the band. She really wanted to scream, so we decided to start a screamo band. It was so taboo for particularly women to engage in that genre of music. Punk and hardcore are quite male-dominated, so we wanted to do something that challenged that. It was also challenging to her, because she didn’t know how to scream then.

We’d been involved in a lot of feminist activism together that year, and there wasn’t that much awesome feminist anti-racist punk out there in New Zealand. So we wanted to get it out there. Since I was about 14, I got into punk music and hiphop, and that was part of my politicisation process at the time. It’s good to be surrounded by other people saying things you agree with, and it’s kind of mutually constitutive.

Colin: When is your next show?
Mengzhu: Our vocalist Shasha and our old bassist Supii are vegan, the other members are open to veganism but aren’t.

[Ed Note: Don’t miss Part 2 of this two-part music interview series, where we hear from Testament, a vegan Canadian hiphop artist who toured New Zealand early in 2013.]

Opposite page top photo © Soleil Launiere
Earlier this year, I hosted a public screening of Debbie Matthews’ fantastic 30-minute documentary, Hens’ Night. Ruffling the Feathers of the Egg Industry. After the movie, I spoke about ‘What we can all do to help the Animals’.

I know this movie very well, because I’m in it! The documentary is about the June 2012 nonviolent effective blockade of NZ’s largest battery farm; Mainland Poultry Ltd, in Waikouaiti, Otago. I was involved in the protest; I did most of the reconnaissances work and some of the organising in Dunedin. I was also the designated ‘media wrangler’ and one of the media spokespeople on the day.

My background
My background includes all sorts of free-thinking things, such as being a freezing worker for 4 years, as well as some hunting, fishing, and possum trapping. I grew up in rural NZ, and that stuff was all considered totally normal. I feel guilt about some of the things I’ve been involved in, but I find it useful in Vegan/AR discussions now to be able to say with credibility, “I’ve seen both sides of the equation personally, and I know which side I prefer.”

I’ve been inside of 12 factory farms. I’ve been inside of... a freezing worker for 4 years, as well as some hunting, fishing, and possum trapping. I grew up in rural NZ, and that stuff was all considered totally normal. I feel guilt about some of the things I’ve been involved in, but I find it useful in Vegan/AR discussions now to be able to say with credibility, “I’ve seen both sides of the equation personally, and I know which side I prefer.”

I’ve also been in the Army for a few years as a medic and attained the rank of Corporal. I was also in the Army for a few years as a medic and attained the rank of Corporal. Although I am a student of nonviolent philosophy now, I think that the Army training and experience has helped me a lot in some of the more ‘hardcore’ AR work I’ve undertaken. I’ve been inside of 12 factory farms. I’ve been inside of... a freezing worker for 4 years, as well as some hunting, fishing, and possum trapping. I grew up in rural NZ, and that stuff was all considered totally normal. I feel guilt about some of the things I’ve been involved in, but I find it useful in Vegan/AR discussions now to be able to say with credibility, “I’ve seen both sides of the equation personally, and I know which side I prefer.”

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Beauty Spot

Karen Murrell Lipsticks
Reviewed by Eve Stewart

We’ve all read that in times of crisis and hardship, lipstick sales skyrocket. I found this interesting the first time I heard it but dismissed it thereafter. So… guess some women do lipstick, others probably do shoes, but a good portion of us console ourselves with a tub of Nice Cream.

This statistic is probably coming from brands that sell in department stores. We’re talking about expensive branded lipsticks, none of which I’d buy because they’re either animal-tested, contain animal-derived products or the brand is now available in China (so while previously the lipsticks may not have been tested on animals, they are now).

Me, I’m a lip balm girl. Tinted lip balm, nothing too full on. I own lipsticks for special occasions. They’re natural, not animal tested, and most have been produced in Europe. It was only days ago that I was lamenting my natural lipsticks, as I was forever needing to reapply them. Mainstream lipsticks have come a long way in the last couple of years, and their staying power has been heavily improved and much touted. So when I was offered the chance to try a Karen Murrell lipstick, it seemed like the perfect opportunity.

2013, it’s been kind of tough, huh? I don’t know anyone whose year hasn’t been a complete rollercoaster. And we all have days where it feels like nothing is working out. But before you hit the freezer for another tub, here’s another option...

Karen Murrell lipsticks are created here in NZ and packaged in totally recyclable materials – even the lipstick case will start to break down in your compost. Impressive! And this was only the start.

Creamy, soothing, smoothing, saturated colour – this beautiful lipstick is a dream. It felt incredible to wear (like a lipbalm!), made my lips appear smoother than they were, the colour didn’t feather one tiny bit and taking a mirror out into daylight, it looked even better. It stayed this way for hours. My tea cup wore a little, and it didn’t last 100% through lunch, but I didn’t mind that at all.

All this time, knowing about the “lipstick in crisis” statistic, I suddenly realised I hadn’t really understood. I actually tried this lipstick out on a day when I didn’t even care to be putting on makeup. It made me give myself a double take. Then I promptly sat down and wrote a list of all the tasks I’d been postponing and started tackling them off.

Buying a lipstick when all is going wrong – these women aren’t treating or consoling themselves, splashing out on luxuries – they’re arming themselves. They’re digging deeper and drawing on their inner resolve – and wearing a shade of lipstick to match.

You may laugh when I recommend buying yourself the brightest red Karen Murrell lipstick you can pull off. Those who mock my frivolity – well, I’m wearing Karen’s “Rymba Rhythm” right at this moment and you can rest assured I don’t really care.

Enter to win a Karen Murrell Rymba Rhythm lipstick by emailing Amanda@vegansociety.co.nz with the subject line Karen Murrell by 31 December (or today, before you forget). Open to Vegan Society members only.
Healthy menus, including vegan and vegetarian options, Hectors Restaurant now offers a range of delicious and tapas and more, using only the freshest local produce.

Heritage Auckland

To make a booking phone Hectors Restaurant on (09) 979 7434 or view sample menus online at www.heritagehotels.co.nz/auckland

Healthy choices at Heritage Auckland

Hectors Restaurant now offers a range of delicious and healthy menus, including vegan and vegetarian options, tapas and more, using only the freshest local produce.

Join us at Hectors Restaurant for the best in healthy and sustainable dining.

Your Healthy Food Store

Shop 9, 215 Rosedale Rd Albany, Auckland

0800 567 888
www.naturallyorganic.co.nz

Letters to the Editor

We want to hear from you! From the next issue, we will be publishing Letters to the Editor.

If you have some thoughts to share on what you read in Vegan New Zealand or some other vegan topic, please send a letter to editor@vegansociety.co.nz.

Letter Rules

Letters should be 300 words or less (or consider submitting an article). Letters may be edited for sense, style, brevity, or suitability. The Vegan Society reserves the right to abridge or withhold correspondence.

Birth of the AR Group

When I started university at the beginning of 2013, I had heard the University of Auckland had the largest number of clubs, so naturally I planned to join an animal-related club. Astonishingly, while there was a Pokemon, Origami, Dessert, and (most infuriatingly) a Meat Club, there was no animal club.

So I and another student, Svetlana Feign, co-founded the Auckland University Animal Rights Group.

After an arduous and bureaucratic creation, we were finally established. Already we have held monthly vegan sausage sizzles with a generous sponsorship from Fry’s Vegetarian. We have also had meetings with documentaries, group discussions, guest speakers, and fun AR-related outings.

The Animal Sanctuary

On the first day of the mid semester break, ten of us set off to Matakania, with Eliot from SAFE kindly in the driver’s seat. It was an amazing day for everyone, with the opportunity to make a small but real difference and do a hard day’s graft. I spent about two hours picking up pig poo, which surprisingly was not as bad as it sounds.

When taking people around the sanctuary for a tour, Shawn Bishop (one of the cofounders) explains how to stroke the animals from underneath their head rather than approaching from above to avoid upsetting them due to their abusive past.

The attention to these small details show the blindingly obvious love Shawn has for animals. Shawn is an utterly amazing person; the way she turned her home into an animal sanctuary and spends every single day caring for them is truly inspiring.

Here is what some of the other members had to say about the trip:

Jaydon Cheng

The visit to the Animal Sanctuary was quite an experience. A connection towards animals at a more intimate level could be felt. It was an eye opener to come in contact with these lovely beings. It is not every day (if at all) that there’s a chance to see live chickens, let alone those with injuries sustained from their previous abusive lives. I was amused by the interactive behaviour of the pig, who enjoyed having his belly massaged and would lean over and close his eyes, while we gave his body a good rub.

This trip has inspired me to bring more awareness to the public, and I would love to bring my friends to this sanctuary for a visit. Then they too could have a glance at what livelihood these animals, whom we normally ignore, possess, and I hope that they will be motivated to help too.

I consider The Animal Rights club a form of charity and will do my part to promote its popularity, hoping to raise more awareness among the public.

Katja Mirković

The trip to the Animal Sanctuary was great! It was a chance for us to roll up our sleeves and help out the people who have helped so many animals. It was great to help build the new aviary, which will be used to house sick and injured native birds. It will be quite a sight when it is finished. I particularly loved meeting the animals rescued from commercial farms, like the ex-battery and free-range hens and broiler chickens. It was awesome to see the hens running around free, after such a horrible start to life.

Meeting a huge Black Angus bull for the first time was quite an intimidating experience! Of course, Sparky turned out to be a big softie who loved having his back scratched. He very much enjoyed all the attention we gave him that day and mooed in protest when we left his pen. That was my first experience meeting a bull, and it just confirmed my belief that these animals do not exist simply to feed us. They have a purpose on this earth completely separate from our own. They have evolved as we have evolved.

Avril and Felix of the University of Auckland AR Group

Animal Sanctuary Trip

Avril McIntyre
Auckland Animal Rights Group did a great job in organising our trip to the sanctuary. I’m so glad we finally have an animal rights group!

Want to help or get involved?
If you would like to help The Animal Sanctuary you can make a monthly or one off donation, or even become a volunteer. http://www.animalsanctuary.co.nz/

Our group is open to non-university members, the only requirement being a desire to help animals. Membership is free, although if it weren’t, we would be rich with over 200 members on Facebook. If you are interested, you can join us on Facebook here: https://www.facebook.com/groups/438241649589792/ or email us at auanimalrights@live.com.

Cookbook Review

Mouthwatering Vegan

Carla Beardshaw

About the cookbook
I found this cookbook after I followed Mouthwatering Vegan on Facebook for some time.

I decided to buy it because there are few recipes I was really interested in – especially the cheese ones! These recipes are not on Miriam Sorrell’s site or Facebook page. The cookbook is fabulous! I love it. It has lots of pictures and easy instructions. Even though it’s from the USA, the ingredients are easily found or readily available in New Zealand.

This cookbook is aimed at anyone who is interested in plant based cooking. There are lots of recipes for foodies and families alike.

About the Food
The recipes in this cookbook are all vegan! The meals in this cookbook are brilliant, with an amazing array of dishes. There are starters (Pecan & Cognac Pate), mains (Stroganoff Supreme and Mediterranean Quinoa Burgers) and Desserts (insanely delicious!) There are also lots of extras like the cheese – including ‘Beta Feta’ (next on my list to try. And many extras like Boozy Christmas Pudding and Late After Dinner mints for the upcoming festive season.

With the recipes, I had to start with the cheese. The mature cheddar recipe is super easy and super tasty. And I love the chocolate cheesecake. Her muffin recipe is fantastic; a winner for everyone in my family. The Mediterranean Quinoa Burgers are a standby favourite in my house.

I even made the chocolate cheesecake from this book for the recent Vegan 101 event in Auckland. That recipe is even online (http://mouthwateringvegan.com/2011/12/10/the-best-ever-chocoholics-cheesecake/)

There are lots of gluten-free options in the book, as well as the opportunity to tweak the recipes to be gluten-free. For example, in the burgers you can put in gluten-free oats and bread to make it a gluten-free experience.

Recipes are easy to follow compared to other cookbooks, especially American ones. There are lots of ingredients in some of the recipes – i.e. the cheese – but they are easy to source.

Recommendation
I am very happy I purchased Mouthwatering Vegan. I consider it brilliant value for the price. It cost me around $US28 from Amazon.

I have read other vegan cookbooks from the library and own a couple of others. Mouthwatering Vegan is far superior in picture quality, and the recipes have the “yum factor” so you want to make them. I definitely recommend this cookbook.

I think the author is extremely talented. It appears she can “veganise” anything! You will fall in love with this book as I have.
What is chalk activism?
Chalk activism is a form of creative, peaceful, nonviolent advocacy. Because nonviolence is at the core of my advocacy work, I find this to be the perfect medium.

I’m 33, a student at University of Auckland majoring in anthropology and sociology. My mother is from Rarotonga, Cook Islands, and my father is of Rotuman descent. I was born and raised in Rarotonga, but now reside with family in Mangere East. In my free time, I’m usually in my vegetable garden, creating vegan dishes in the kitchen, or playing music.

I have been vegan for nearly two years and consider myself an abolitionist vegan. I have recently joined forces with fellow abolitionist vegan Elizabeth Collins, and we are in the early stages of establishing a chapter of The Abolitionist Vegan Society (TAVS) here in Auckland.

Why chalk activism?
As a university student, I see chalking everywhere on campus; this is where I got the idea from.

I am new to chalk activism so wouldn’t consider myself just a chalk activist, but more of a creative activist. I love colours whether it be chalk, paint, textiles, or in cooking. The chalk murals I did in Albert Park were just me letting out those creative juices.

So far, I have not had any problems while doing my chalking. Someone did ask whether street chalking was considered graffiti, but I’m not sure what the council rules on this are.

Chalk activism can be very successful because, like any form of artistic expression, it carries a theme, a message. It starts conversations and hopefully vegan education for those who stopped to view the murals on the day.

Bubs Peters

Photos: Jaydon Cheng.

Join The Vegan Society Today!

MEMBERSHIP FORM

The Vegan Society offers business outlets and retailers the opportunity to display Vegan New Zealand magazine in-store for their customers at an affordable rate. We offer two magazines for the price of one as a special offer to business members.

The Vegan Society of New Zealand aims to raise the profile of veganism, as well as support new and existing vegans. We facilitate a vegan lifestyle and plant-based eating by creating vibrant, visible, and influential community, and by providing information and resources.

NAME
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EMAIL

Would you like to recommend another business to us?

Memberships $30 annually

Please fill out this form & return to PO Box 78111, Grey Lynn, Auckland 1245

To pay by cheque, please make cheque payable to The Vegan Society and post along with your membership form to our PO Box.

Payment can be made by direct credit to: Vegan Society, ASB Wairau Park, 12-3119-0103086-00.

Please put your business name in the reference field so that we can identify your payment and activate your membership!
Hawkes Bay generally has great weather and a laidback lifestyle. We have some excellent beaches, good hiking locations and tasty fresh produce available direct from growers. We are also home to Moana Park, one of the few Vegetarian Society-approved wines in New Zealand.

So when a local vegan (John Miles) contacted me to see if we would be interested in helping organize a vegetarian/vegan friendly event at Moana Park, I was very excited. One thing Hawkes Bay does lack is veggie-friendly events, and despite having lots of thoughts over the years, nothing has ever eventuated.

Organising

Luckily, John had the connections with Moana Park to get the ball rolling, and they were very happy to host an event targeted at the local vegetarian and vegan community. The event was promoted as family-friendly and suitable for all ages and budgets. Basic entry tickets were available (for bring-your-own picnic lunch), or tickets could include a vegan platter for two or a bottle of Moana Park’s wine (at a discount).

The date was set for 10th November, a Sunday. We all watched the weather forecast with some trepidation in the week leading up to the inaugural picnic. The event was outdoors, and while a large tree in the yard would provide some natural protection from light showers, the picnic would need to be cancelled if the weather turned nasty. Luckily, the day was sunny and clear with a perfect temperature in the early 20s.

Food and entertainment

The picnic officially started at 12pm with local musician Daniel Munro entertaining us with live music. Free vegan samples were provided by Fry’s, Angel Food and Cherub Dairy Free. While many people attending knew the Fry’s range, the Smokonut and Bellissimo products were new to most people and a big hit!

At 12.30pm, we saw a presentation from winemaker James Wilkie. Moana Park wine is not only Vegetarian Society-approved but also low-allergen, made with sustainable practices, has limited additives and zero spray residue. They sell award-winning wine that is vegan-friendly as well as tasty, as we soon found out. During the presentation, there were free wine tastings for everyone.

Most attendees had purchased the vegan platter for two as part of their tickets. The platters were provided by Chantal’s chef that they are looking at adjusting their menu to cater more to the vegan community. While it is currently a vegetarian café with a few vegan options, they are looking at making the majority of their menu vegan, including new vegan options.

Results

Despite some concerns, we reached our goal of having around 50 people attend, with around 35-40 people from the vegetarian/vegan community (including many non-veggie friends and family) and around 10-15 people who simply decided to visit Moana Park that day. What a good opportunity to show them some yummy vegan food! We had local as well as out-of-town guests, and the feedback has been excellent. The general consensus is that people would like a repeat event – and they want more! More food options, more stalls, more information.

Moana Park are more than happy to host another event in the future, and we have the beginnings of something that could really make its mark in Hawkes Bay.

We were also excited to discover afterwards from the Chantal’s chef that they are looking at adjusting their menu to cater more to the vegan community. While it is currently a vegetarian café with a few vegan options, they are looking at making the majority of their menu vegan, including new vegan options. We were pleased to have the opportunity to provide the vegan platters and see what people thought.

We’ve been invited to a tasting in a few weeks to trial their new vegan menu options. Could this be the start of more vegan friendly eateries in Hawkes Bay? Watch this space!
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