Are your shoes vegan?

Vegan Smythe Sings Vegan Songs

Revive Cookbook Review

Invercargill Community Activism

Vegan Hiphop Rap

GIVEAWAY! – Eye of Horus Eyeliner
We will soon be saying goodbye to the warmest weather again for this year.

Our children have returned to school after the summer holiday, and I have already baked some delicious vegan chocolate chip cookies for my son’s snacks for his first school camp. The head teacher was worried last year that I would have to vet the menu, but the camp can cater for vegans, “no problem!” Soon after that, our whole family heads to another club camp that has also catered for vegans for years, at no extra charge. So we will be kayaking, watersliding, and screaming down the flying fox fuelled with our favourite foods.

We are generally doing so well, with alternative food options becoming much more available and accepted. It was a bit of a shock to see that one of my usual supermarket vegan soup choices – Watties’ Creamy Pumpkin – has now been “improved” with dairy cream so is no longer vegan.

Another disappointment was discovering that although Auckland has banned rodeos since 2008, they gave special dispensation in Warkworth, and a rodeo was held in January on Auckland Council land. Kudos to the protesters who came out to speak for the animals and also to SAFE, who have consistently spoken in the media against the cruelty of rodeos.

Of course, being vegan is not just about food or entertainment spectacles but also the small details. I hope you enjoy the article in this issue about vegan shoes, which may have some surprises for you too.

Let’s celebrate taking these small steps toward a vegan world!

Jessica Parsons
I have been asked by all of them to perform in Melbourne and caught up with Vegan Smythe and his wife, Jacqui, for an interview that transformed into a conversation.

S: What’s in a name? Why Vegan Smythe?
VS: Vegan Smythe: I’ll tell you; that’s a very good name. I’m a professional entertainer. I went to Melbourne and caught up with Vegan Smythe and his wife, Jacqui, for an interview that transformed into a conversation.

S: I love how your ideas challenge people’s thinking. What ideas are you currently working on?
VS: The next song I’ve got in my mind is called Fish Like to Swim—about how fish like to swim. They don’t like to be held in tanks or caught by people and have hooks put through their mouth. I’ve got one recorded called Living on Concrete, about pigs. I’ve got another one in my head called Lamb of God, which is about religion obviously. I’ll probably get a lot of hate mail for that. It will probably blow my computer up with hate mail.

S: What do you think the biggest barrier to a cruelty-free world, and how can we overcome that?
VS: That’s a really good question. The biggest barrier is momentum and the strength of the status quo. That’s the biggest barrier.

S: Have you heard of the abolitionists?
VS: Yes, I consider myself an abolitionist absolutely.

S: So would I, but…
VS: But I think that anyone who wants to move to a vegan world needs to really look at what their actions are and whether they are actually helping people to go vegan or boosting their own fame or notoriety or whatever. I look at abolitionistspro.com (Gary Francione’s site) every day, and all I see is him slamming other activists and saying “save cats and dogs”. Occasionally he says that a vegetarian went vegan because of his stuff, but he also says that no one should be vegetarian even for one second. He’s lucky they are, otherwise he’d make no vegans. That’s just my opinion.

But yeah, I’m totally abolitionist, and most vegans I know are. I don’t think we should be advocating that people become vegetarian. I never do: I also think it’s good that Gary Francione-style abolitionists exist. That there is that group of people who say “You’ve got to do everything our way or I’m not going to talk to you,” because that is their attitude. It keeps you on edge. It keeps you thinking.

J: Animals Australia gets so much criticism from abolitionists because they are accused of being welfareist. But in our view, they’re just being very skillful. You have to use skillful means in the people where they are powerful.

VS: Half the people we meet in Australia who are vegans became vegan because of Animals Australia (or they had a lot to do with it). Gary Francione has on his main image the quote, “The World is vegan if we want it,” which is a rip off of John Lennon’s War is Over. Firstly, John Lennon’s War is Over didn’t work and secondly “War is Over if we want it” plays on the reality that everyone actually wants war to be over. No one except a politician in private or an arms dealer would say they didn’t want war to be over. Everyone half the people we meet in Australia who are vegans became vegan because of Animals Australia (or they had a lot to do with it). Gary Francione has on his main image the quote, “The World is vegan if we want it,” which is a rip off of John Lennon’s War is Over. Firstly, John Lennon’s War is Over didn’t work and secondly “War is Over if we want it” plays on the reality that everyone actually wants war to be over. No one except a politician in private or an arms dealer would say they didn’t want war to be over. Everyone...
will say they want it to be over, so it’s a very clever artistic thing. Gary Francione’s “The world is vegan if we want it,” well, 99% of the world says, “We don’t want it. Fiss off.” J. My comment about before fractionality does affect the momentum of the vegan movement. VS: But the vegan movement is so small that I don’t think it’s going to have a big effect. J. It’s getting bigger and bigger. VS: As it gets bigger and bigger, that fractionality will get diluted more and more. While I sometimes don’t like it, it does create energy, and it does make you think all the time. If everyone just thought that Animals Australia or a similar group was perfect, then we’d all say “OK, let’s campaign against live export etc, this is what’s going to do it,” and that may not turn out to be the best way forward. So it’s good to have some difference, even if you don’t agree with it. J. At the end of the day, none of us know the answer because we’re not a vegan world yet. We don’t know how to achieve it. Everyone’s trying this, and that, and the other thing.

VS: I look at my own experience in having gone vegan at quite a late age, having never been aware for forty years of my life to just doing it. It’s the momentum. It’s the normality of eating meat and abusing animals, and people don’t want to be abnormal.

I mean, I’ve been an artist all my life, and that’s pretty abnormal. You want to be normal, you want to be accepted by your peer group, and even for me that was a bit of a hurdle in becoming vegan. I knew I’d have to tell people that I’d known for over 20 years, “I’m vegan now. I don’t believe in eating meat.” Everyone’s trying this, that and the other thing. It might not be a perfect thing, but if you were an animal, would you rather there was an animal justice party or not? At the party after the election day, the secretary said in a little speech, “This is not something I want to be doing, but I feel like at this point in time we all have to be putting our hands up to do something that we don’t want to do.” This really struck a chord with me, and I thought, yeah, maybe so — and maybe I’d be good in politics because I’m good at talking to people and cracking on.

S: How many seats are taken by the Animal Justice party?

VS: None, but rumour has it we almost won a Senate seat at the last election. That would have been just massive, but we just missed out. To say it’s a fledgling party is an understatement.

J. They had their first meeting in February last year and ran in the election in November with absolutely no budget for advertising. We had so few leaflets, so the fact that we got 94,000 votes was quite awesome. Of course, we can’t do anything without the members. It’s been so hard to get people to join. They come along to the stall and they’re all interested and so you give them the form, but they’re reluctant to part with their money.

VS: What we need is people considering that it is actually an issue. Being abolitionist is cool and all that… whatever… but it’s missing the point that vegans are 1% of the population. While we’ve got almost no people even vaguely aware, it’s time to get in as many people as possible to start thinking. Not pissing off people who are already there or almost there who are making a lot of hard choices in their lives and just pissing them off and making their life harder than it already is.

S: OK, last request: Explain the tear tattoo.

VS: When I first created the character I thought that I needed a “look”, like something weird on my face, but I didn’t know what to do. Then I thought of the Pierrot character in French clowning, which is a sad clown with a tear on his face. I thought that would be really appropriate to the character, happy but sad. I also went on the Internet and found out that having a tattoo on the face was something that society associated with murderers and prisoners. I thought that was really appropriate too, having been an animal murderer, something I can’t change, like a tattoo. It’s there forever. You’ve done that and then you just move forward.

I don’t think it’s going to have a big effect. But the vegan movement is so small that I don’t think it’s going to have a big effect. However, I haven’t tried this, so can’t guarantee the results. With the seitan, they make devilishly meaty little morsels.

Ingredients

• 5 shallops, roughly chopped
• 3 garlic cloves, roughly chopped
• 2 small, hot red chillies, roughly chopped
• 3 Tbsp coriander leaves and stems, roughly chopped
• 2 Tbsp ginger, minced
• 200 g button mushrooms
• 330 g seitan, very roughly chopped
• 6 Chinese broccoli stems only, finely diced
• 1 Tbsp sesame oil plus extra for frying
• soy sauce (optional)
• 2 packets dumpling wrappers (you will have extra remaining)

Instructions

1. Add shallops, garlic, chillies, coriander, ginger and mushrooms to a food processor (5-blade) and process until no large pieces remain. Add the seitan and process again until you get a mixture resembling a fine mince.

2. Heat sesame oil in a frying pan on medium–high and add the seitan mixture. Cook for five minutes and taste; add 1–2 tablespoons of soy sauce, if needed. This really depends on the saltiness of the seitan used. You want the mixture to be good enough to eat on its own, before using it to fill the dumplings.

3. Add the Chinese broccoli, fry for a further 2 minutes, or until the broccoli is tender. Remove from the heat and allow the mixture to cool.

4. Have a small ramekin of water handy when you make the dumplings, so you can seal them. Place the wrapper in the palm of your hand and spoon in one teaspoon of the filling. Wet the edge of one half of the wrapper and seal well (you can find some great tutorials online for folding dumplings). Continue until you have used up either all of your wrappers or all of your mixture. Keep any leftovers in the freezer for next time.

5. To cook the dumplings, heat a small amount of sesame oil in a large frying pan and also prepare a steamer. If you don’t have a steamer, you can do it all in the one pan. Fry one side of the dumplings for five minutes, until golden, then transfer to a steamer and steam for 10 minutes, or until the wrapper has become transparent. If you don’t have a steamer, after they have finished frying, pour water over the dumplings until they are just about covered. Put a lid on the pan and simmer for seven minutes. Remove the lid and cook off any remaining water.

6. We served this with kecap manis in a small dipping bowl, but you can serve them with your favourite dipping sauce.
Down Under

Will Tuttle

We are so excited to have had Dr Will Tuttle visiting New Zealand! Dr Tuttle, author of the bestselling book, *The World Peace Diet*, spoke in eleven venues to sold-out audiences across Australia and his New Zealand tour was from 20-26 Feb. His message of respect and compassion for others, as articulated in *The World Peace Diet*, has been well received by his audience.

In the next issue of Vegan New Zealand, we will feature interviews with Dr Tuttle as he travelled and appeared throughout New Zealand, hosted by the Vegan Society of New Zealand, the Christchurch Vegetarian Centre, Gentle World, and many dedicated volunteers. Our generous tour sponsors included: Frys, Lotus Heart, Jason Friedlander, Loretta Centre, Gentle World, and many dedicated volunteers. Our generous the Vegetarian Society of New Zealand, the Christchurch Vegetarian Zealand, hosted by the Vegan Society of Aotearoa New Zealand, with Dr Tuttle as he travelled and appeared throughout New Zealand.

Our generous...
TESTAMENT

Vegan HipHop

Interviewed by Mengzhu

[Ed Note: This is Part 2 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 the previous issue,

we heard from Mengzhu, and in this issue,

Mengzhu interviews Testament!]

Mengzhu: Can you please introduce yourself?

Testament: Sure, I’m Testament, and I do

revolutionary hiphop music. I’ve been

involved in activist movements for a little

while, and I’m travelling around and trying to

connect with all the activists on all kinds of

different issues. I’m here to talk to you about

whatever you like, veganism and hip hop and

all those cool things that I’m down with.

Testament: Firstly, do you want to talk a

little bit about growing up in Canada, and

how you got into politics?

Testament: I’m not sure exactly when I

got into politics. I guess I’ve always had

anti-authoritarian ideas and attitudes, and

I’ve always been very aware of different

exploitation happening around me. It’s hard

to give a specific answer.

Testament: How did you first get into

hiphop?

Testament: People often ask “How did you

start?” and I didn’t really have a start. I

listened to hip hop when I was a kid. I liked

reading poetry and started writing, and I kept

doing it as a way to express myself. Writing

things down really helped me understand

myself, so it was a good outlet. I did it in a

more overt political way as I became

more engaged with my politics. One thing

led to another, and I performed for more

demonstrations and activist events and did

tours in smaller venues. I’ve been doing

hip hop ever since.

Mengzhu: Can you tell us a bit about the

main issues you deal with in your music?

Testament: My music is very much anti-
colonial, anti-capitalist and anarchistic. It talks

about freedom and mutual aid for fighting

against systems of control and power and

domination in everyday life. I perform music to

inspire people to resist the injustices

and oppression around them. I have songs

about all types of things, from oil to animal

liberation to policing and police brutality, to

the coercive nature of the state.

Mengzhu: Is this your way of getting

messages out there?

Testament: When I first started doing hiphop,

it was just about getting messages out there

and more about my own personal growth.

Now, since I perform at venues where people

are looking for inspiration and critical analysis,

I focus in to keep it conscious and political,

and really think about what I’m doing.

Mengzhu: Do you see it as playing a major

part in your politicisation process?

Testament: Yes, because when I play an

event, I want to know about the event and the

crew who invited me. Then I write something

that would fit with the show, as long as it’s close
to what I agree with. I don’t do shows with groups I
don’t agree with anyway. But this inquiry pushes me
to learn about all sorts of different issues. After

my public organising and performances

increased, I became vegan. I was vegetarian

for a few years when I was a kid, but I

stopped. Doing public performances as an

activist forced me to plug into a lot of other

issues I was not really thinking about. To this

day I keep going on tours, and I learn about

more issues and how they’re related to each

other. I learn how power and capital operate

in different places, and about people who get

exploited in that process. This always leads to

further politicisation because of further

education.

Mengzhu: So veganism was part of that?

Testament: Yes, I’m a vegan rapper. There

are others out there. Test Their Logik is

probably the biggest hiphop group that is

publicly doing the vegan thing. It’s pretty

simple to me; it’s an issue that cuts across

many different things: environmental issues,

health issues, and respect for other living

beings. It’s hard travelling around as a vegan

artist because some places make it almost

impossible. You just have to figure it out, and

most of the time it’s all right.

Mengzhu: How are you finding it as a

vegan here in Aotearoa?

Testament: Not the best or the easiest place
to do it. It’s not horrible though, it’s not like

France, which is the worst place.

Mengzhu: There is the dairy industry here,

so that has an impact.

Testament: Yes, I saw that when I was

traveling; there are cows and sheep

everywhere.

Mengzhu: You have some critiques of

mainstream hiphop in your music.

Testament: I love hiphop, I love people who

do it, and I love the show and seeing the

breakdancing. I can appreciate the lyrism in

the music even if I don’t identify with it

politically, but I feel it’s a shame that so

much gets said in hiphop without really

saying anything. Hiphop, compared to other

genres, has a lot of space for lyrics and a real

message, and when I hear people waiting that

space I feel it’s an insult to the art form itself.

You could really get a message across and

express some deep meaning, but instead you’re

napping about what you have, or that you’re so

much better than other people. That’s not

inspiring except to you. Art is meant to inspire;

if you’re not inspiring people with your art

then you’re just practising artistic masturbation.

Mengzhu: Hiphop started with African-

American communities – how do you relate
to that?

Testament: It’s important to acknowledge

the roots of hiphop: the urban black community

of New York, but hiphop is basically poetry

that flows to the beat, and poetry has been

around forever; it is universal. Every culture

around the world has had poetry – rhyming

with charisma. So hiphop is really universal.

It’s also the voice of the oppressed: definitely

what it was about for black America in

the 80s. It’s really inspiring that people

around the world have connected with that.

Africa, the Middle East, South America,

the indigenous peoples all across the world,

Aotearoa, Asia – everyone connects with it

and can feel inspired by it. They can see

themselves writing poetry and making it flow

– some people better than others – but it’s

great that it’s such a universal thing.

Mengzhu: What’s your impression of

the situation with indigenous tribes

and colonisation in Aotearoa?

Testament: I haven’t been here long, but

one of the big contrasts between Canada

and Aotearoa is the proportion. Maori

people still make up quite a significant

percentage of the population compared to

the on the bottom of the government signs. That

shows that they aren’t just hiding it under the

rug. There’s a shift that’s happening; maybe

next time I come back, Aotearoa will be on

the top and New Zealand on the bottom. We’ll

see.

Mengzhu: What do you see as the

relationship between anti-colonialism and

specicism, like veganism?

Testament: I have a lot of respect for all life,

first and foremost. We should treat all life

plant life, animal life, human life and water

with respect and consider it sacred. Factory

farms and animal agriculture in general are

a very twisted relationship. I am vegan, but

I also have respect for indigenous cultures

who are still practicing hunting and gathering

and fishing because to me the most vile act

of specicism is controlling and dominating

and subjugating other beings. It’s not the act

of killing so much because all life kills other

life to live.

You can find out more about Test their

Logik’s music and activism at


They are also on Facebook.

Photos: albertabrood.blogspot.ca
INVSOC New Years
Vegan Festivities

Jordan Wyatt

The Invercargill Vegan Society proudly marched in the Southland Santa Parade 2013. A slaughterhouse company co-sponsors the event; they’ve got an annual “Winner the Pooch” float with children dressed as animals! The treehouse has a letterbox outside with “Piglet” written on it, but the pig character is ominously missing. While people cheering for the floats might not know what “Alliance Group Limited” does to animals, our vegan group had a clear pro-animal message.

Getting in with the Santa crowd I’d blustered him into a corner. “So what’s the Christmas theme?” he asked. “Umm, well… the animals of Christmas? I mean, The Animals of Christmas! We’ll dress up as reindeer… yeah!” I’d seen some cheap antler headbands at a $2 shop. A sneaky costume disguise to sneak hardcore Animal Rights propaganda into a cherished family event… that is sponsored by a company who brutally kills millions of animals. I acted confident, like we’d already been given permission to march. “We’ll have matching green shirts, they’re really lovely, and reindeer horn! The children will love it! We’re really looking forward to the Santa Parade this Saturday, thank you Rob!”

On arade rest was comparatively simple. We had a horizontal vinyl banner printed for INVSOC, and I used cable clips to fasten it to telescopic paint roller poles. We’re renovating INVSOC headquarters, and the idea of using them popped into my head. Hollow and able to be set at any length, they held our message rigidly readable while we marched. A small group of ten, we had a fantastic time storming the streets of Invercargill. Over 20,000 people attended - nearly half the population - and we enjoyed raising awareness of veganism. Sometimes we would hear people reading our banner to their family. Usually children, they’d whisper “Invercargill! Vegan Society…”

What’s a vegan? “They don’t eat meat”, or “Like vegetarians” were the usual replies. Rows of children held out their hands for us to slap as we passed by. They were genuinely delighted to interact with “celebrities”!

Waving as though we were royalty, we smiled and wished everyone well. “Have a lovely Vegan Christmas and a Happy Vegan New Year!”

Happy Vegan Chocolate!
Following our success in the Santa Parade, Jon and I gave out vegan Santa chocolates on the streets of Invercargill. Once again, we subversive animal advocates used a festive holiday as an excuse to talk to people about animals! Individually wrapped, each chocolate Santa cost about 60 cents. It was cost effective, at less than a dollar for each person we spoke to about veganism. “Hello, would you like a free chocolate Santa? We’re giving them out for the Invercargill Vegan Society, wishing you a great Christmas and a Happy New Year!”

We’d give them a chocolate Santa and explain that they were vegan, plus an Invercargill Vegan Society card “for great animal-friendly recipes and more information about helping animals in need.”

The kind, generous, lovely people of Sweet William Chocolates™ saw our activism on Facebook, and they sent us a chocolate hamper in recognition! We gave away dozens of chocolates across Invercargill, and had a lovely time talking about veganism. We met a volunteer coastguard who was vegetarian for health reasons. He agreed with us about veganism, that the dairy industry was despicable and said he enjoyed our letters to The Southland Times. "You’ve got me thinking, keep it up!"

In the media
We often write letters to the editor, witty little ditties about respecting animals and why it’s great to be vegan. We built up the confidence to ask for a featured opinion piece, recommending Southland Times readers consider going vegan for their New Year’s Resolution. The newspaper loved the idea! I shared the start of my vegan journey at the dawning of 2007 and how Steph decided to go vegan overnight for her 2010 New Year’s Resolution. We also rang into talkback radio stations around New Zealand and encouraged listeners “go vegan for the animals in 2014.” We later found out Jen’s father in Auckland had listened in live, as had several of our co-workers. We’re really glad we took the chance to reach large audiences. Traffic to our website is usually around 50 people per day, it spiked to several hundred because of the opinion piece. To know that we’ve influenced people to work for the animals is superb, although it’s also amusing to read grumpy response letters sent to The Southland Times. Some complained that we had been given “53 column centimetres and a large picture to air [our] teased view”.

Another reader took issue that the feature was printed at the bottom of the page, when opinion is normally at the top (heavens no!). A slaughterhouse worker was mad that I’d quoted “The Silence Of The Lambs,” where the slaughtered sheep are described in the book as “screaming”. The angry letter writer explained “memories of screaming sheep being slaughtered” is a frightful lie. Animals do not scream, in extremis they shriek.” Can only human animals “scream”? Apparently! I sent in a quick reply explaining that sheep being slaughtered probably don’t care much whether we think they are “screaming” or “shrieking”. As vegans, we’re working for peace and quiet, and our social movement is growing ever stronger.

Happy Vegan 2014!
As 2014 begins, we love living a vegan lifestyle in Invercargill, vegan capital of New Zealand.

For more details about the Santa Parade, see http://www.invsoc.org.nz/southland-santa-parade-2013/

For more details about our opinion piece/recordings of a talkback call, see http://www.invsoc.org.nz/southlandtimesnewyearsresolution/
We all know what not to eat as vegans, but how do we know what not to wear? There are many obvious animal-derived materials: so no wool jumpers, no silk pyjamas, and no leather jackets or shoes. However, one material is always hidden and never labelled, an invisible impurity inside: the glue. Some glues are made with gelatine. Gelatine is used not only in shoe glue, but also in other household items such as books and photography paper.

The good news is that there are many companies out there that make vegan shoes. Piccadilly and Melissa both produce all-vegan shoes. Toms offers a vegan line of shoes, and when the Vegan Volleyballer blogs about her search for a vegan sports shoe, she finds that most of New Balance and Brooks shoes are made with synthetic glue (http://www.veganvolleyballer.com/shoes/). Crocs ‘Classic’ and ‘Kadee’ style are made with one mould so do not contain any glue at all. Finally, there are hundreds of websites that sell vegan shoes, such as Vegetarian Shoes, Moo Shoes, Keep, Vegan Cho and Vegan Wares.

Making vegan shoes

I’ve only ever bought vegan shoes, so I asked Piccadilly to tell me more about making vegan shoes.

Q: Why did Piccadilly decide to make vegan shoes?
A: Because Piccadilly cares about the environment and believes that no animal should be killed or hurt to produce a pair of Piccadilly shoes.

Q: What glue does Piccadilly use?
A: We bond 100% of the soles with water-based adhesives, without solvents. This reduced the number of collaborators exposed to the risks of chemical products and increased efficiency in the assembling process. The quality of the water-based glue is better than the one composed with solvents, it lasts three times longer.

Q: What materials are in your shoes?
A: The upper is produced in “Derby”, a high technology synthetic material imported from Italy. This material is made of a polyurethane (PU) coagulated resin over a textile layer. This material is much lighter than leather and does not stain socks or feet. “Derby” was developed by the company technicians in partnership with Italian specialists and has special characteristics, researched in the national and international market.

Q: Why doesn’t everyone make vegan shoes?
A: Because it takes more work. Our material doesn’t have chrome treatment or any other toxic substances, which are bad for the environment, like the ones used to prepare the leather. Furthermore, according to international environmental convention, every synthetic upper or polyurethane derived material is treated to initiate a process of decomposition after 4 years, leaving this material biodegradable.

Q: What are the challenges of making vegan shoes?
A: To find a material as resistant and good quality as leather. Piccadilly have even more manufacturing details on their website if you are interested. (www.piccadillyshoes.co.nz)

My shoes

I have purchased Etiko Sneakers and Vegetarian Shoes Para Boots from the Cruelty Free Shop, which also sells other vegan shoes. I also own rubber jandals, gumboots and canvas shoes, as like most people, I cannot afford to buy exclusively vegan shoes. Veganism is not about being perfect, it is about doing the best you can. This may mean buying purely vegan shoes where you can, and the rest of the time, ones that are leather-free. We must live within our means and what is practicable. For example, a ‘true’ vegan would only eat organic vegetables as pesticides are used on others. Most vegans cannot afford to buy only organic and a similar idea should be applied to shoes.

Raising awareness

The other good news is that by asking shop assistants or manufacturers about the origin of their glue, you can encourage them to think about producing alternatives. I don’t want you to read this article and throw away all of your shoes, but the next time you buy a pair of shoes, remember to ask about the glue.

Vegan shoe links

• shopmelissa.com
• www.piccadillyshoes.co.nz
• www.toms.com/womens/collections/vegan
• www.vegetarian-shoes.co.uk
• www.vegetarian-shoes.co.co.uk
• www.keepcompany.com/home.aspx
• www.veganshoes.com
• www.veganwears.com
• thecrueltyfreeshop.co.nz

www.piccadillyshoes.co.nz
Vegan Wandering

Stephanie Wynn

We are lucky...aren't we? The words my mother-in-law always said came to mind frequently when I was overseas last year visiting family and friends in the UK and Turkey. Why? Well, I needed to find vegan food, of course, and was reminded once again just how well we are catered for here in New Zealand.

I think Kiwis (both imports and home-grown) tend to feel they are missing out a bit, being so far away from the rest of the world. I’m happy to report back that this is so often not the case.

For starters, the quality and freshness of our produce is genuinely excellent. Then there is the smiling and friendly service we get here, in fact, I usually find that, as long as you ask nicely, there is lots of effort put in to help us keep the food on our plates cruelty free. Oh, and don’t forget attention to presentation, which is often lacking overseas.

Thankfully, there were some wonderful exceptions and I managed to locate quite a few. I visited Brighton, Glasgow (which just stole the ‘Vegan Mecca’ Title from Brighton) and London, which is my personal pick for anywhere, and yet won the best restaurant award for 2013. You’ll find fine dining at moderate prices and guess what...the owners are just back from a seven-year stay in Wanaka working in restaurants!

In Bolton, I discovered the Kitchen on Great Moor Street (vegetarian). Wow! Middle Eastern influence, fresh and tasty dishes, incredibly helpful staff, and a cool place to hang out.

Then I hit London, where there were just too many places to try out. But I did get to the highly recommended SAF (Simply Authentic Food). Vegan, organic and raw, and boy, they really know what they are doing. Great choices, relaxed vibe and reasonably priced seeing they are located in the West End. (Sadly, I now hear that SAF is closing its doors in February 2014 for financial reasons. A lesson to us all to support our vegan restaurants!)

I fell in love with the Wild Food Café (vegetarian) in Neals Yard, Covent Garden, for its fabulous location and dedicated team of staff making the whole experience a delight. Again, great menu and fresh fresh fresh. I’m a fan.

I snuck in a visit to The Coach and Horse (London’s first vegetarian Pub) for a pre-theatre meal. We had the nut-cheese-filled beetroot ravioli and a Thai salad. Divine! Finally I went to 222 (VG) in West Kensington, which serves an awesome buffet lunch and where the chef/owner comes out to meet and chat with you. I would have liked to have tried dinner there as well.

Vegans in Turkey

To finish, I must add a quick word about Turkey, which is famous for its excellent cuisine. Vegans can be catered for everywhere but after a month, it can get a little repetitive, as the options are limited. I did taste the best hummus ever in Fethiye last year at Mozart Restaurant. This week I managed to snag the recipe from my friend who works there. I need to figure out the translation and test it, but hopefully I can share this recipe soon. SAF are also open in Istanbul, which is on my list to visit next time.

Honestly...we really are lucky here. In the UK, I didn’t find a decent soya milk, coffee anywhere, and neither did I buy any sushi overseas as it looked dry and unappealing. The service often leaves a lot to be desired, too, as there just isn’t the enthusiasm to make it a great experience for you. There are some great exceptions, but all in all I know where I’m better off and would rather be when it comes to eating out. Thanks New Zealand!
Eye of Horus Liquid Eyeliner
Reviewed by Eve Stewart

Wow, this liquid eyeliner is what it should be all about. If you already use this versatile eye makeup technique or have always wanted to give it a try, get your name into the draw for this gorgeous freebie pronto. I’m leaping ahead of myself in my delight. Eye of Horus have been on my radar for a couple of years – not only for their natural ingredients, but also because this business was created by two Aussie girls with “sensitive eyes and brittle eyelashes” looking for better quality eye makeup. I love a new brand that steps out into a marketplace full of expertly advertised and well-established brands, and it’s refreshing to see something different. I’ve committed myself to using up the makeup I already have before I go purchasing again, so you can imagine my joy in being offered the chance to test their Liquid Define Eye Liner for this issue.

For me, the most impressive quality of this pen is the ink – a lush, rich, moist, glossy black. It makes my eyes sparkle and it doesn’t smudge all day and all night. Yes, I can vouch for waking up with still beautifully defined eyes and perfectly made up eyeliner. No smudging, no fading, no flaking. My skin is notorious for makeup not lasting. I’ve always sworn quality brands, but none have had staying power like this.

The ink goes on feeling a little “wet”, which is perfect as it means the pen doesn’t pull your skin, yet dries instantly. To take it off, you only need warm water and a cotton pad (so I have no excuse for going to bed with it on). The tip also comes in black. It’s a light and slim addition to my makeup purse and replaces two little containers and one brush. Big tick. The tip is really fine, which means you can draw in a light, dainty and elegant wing or go all the way, defining your eye with a deep, voluptuous and solid curve.

There is a tiny dimple right on the end of the lid that acts as a cup to press the tip into, “primer” it. This is a beautifully thought-out product.

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Aucklanders have it good! We have vegan cafés and many vegan friendly cafés and restaurants. And we also have Pop Dining (www.popdining.com).

About Pop Dining
Pop Dining is a restaurant without a home – started up by Ben Barton and Andreas Eggmann. Menus are set up weeks before the event (although subject to change depending on exactly what produce is available at the time), and the venue is any of a variety of cafes, restaurants and bars.

Kokako Café in Grey Lynn has been the host for regular vegan dinners. Kokako is a vegetarian café by day and also the home of Kokako coffee. It is a light and airy café in the old Grey Lynn post office. Laundry baskets are light shades and diners sit at large shared tables, so it’s more like a huge dinner party than an ordinary restaurant.

Japanese Vegan
The most recent pop-up was Japanese Vegan, which was held with the help of Tokiko, who works at Kokako and came up with this menu:

- **Sushi**: A variety of sushi.
- **Gyoza**: Cabbage, chives, mushroom. Ponzu, Chilli soy.
- **Oosimono**: Kombu and mushroom, spring onion.
- **Agadashi**: Miso, shiitake dashi, chive, Tofu
- **Umehoshi**: Vegetable, seaweed, umeboshi
- **Pumpkin**: Soy, Sake, Mirin
- **Ramen**: Soba, bean sprouts, seaweed.
- **Dango**: Green Tea ‘ice cream’, Adzuki bean, Sesame

The Pop Dining events I have been to in the past have always been more rustic, but everything at the Japanese Vegan event was presented beautifully.

The Food
The sushi came out on a wooden board for 3-4 to share, with tofu, pickled seaweed and then later, natto fillings. Natto is an acquired taste, fermented soybeans that leave viscous ribbons when you pull them apart. I have had it when I used to live in Christchurch and frequented the Riccarton Market, so I had more than my share on the night.

Gyoza are Japanese dumplings and these ones were delicious; steamed then fried with a burst of flames from the kitchen. These were quickly followed by a palate-cleansing cup of broth with kombu seaweed and mushroom.

Next up was a familiar favourite, agadashi tofu. This one featured a hit of fresh ginger balanced on top; a real boost for the immune system! The highlight of the dinner for me was the vegetable and seaweed salad, which came with a delicious, mild sesame dressing – it was crunchy and fresh. Conversely, I think my least favourite dish of the selection (which were all good) was the ramen noodles. I normally love ramen, but this one didn’t compete on the night.

The meal was finished off with green tea ice cream that came with some glutinous rice balls and adzuki beans cooked down with sugar. The red adzuki bean paste had a little more texture than what you normally get commercially, and the rice balls have an unusual texture so aren’t to everyone’s taste; they are almost like giant tapioca balls.

Check it out
If you get the opportunity to go along to a vegan Pop Dining, I would highly recommend it! If you’re not in the Auckland area, check out the website, www.popdining.com, and have a look through the recipes. There is usually a recipe posted from each event, so there are a number of vegan recipes on there, including the ramen noodles from Japanese Vegan.
Greenpeace and environmental impact

Dear Editor,

I would like to make clear that I do not expect Greenpeace to become campaigners for animal rights or welfare or even to become committed vegans. I did hope that they would have joined up.

Knowing something about energy use in agriculture and at least suggest that people can do a lot to save the environment by reducing their meat eating. Every meal that doesn’t contain animals helps the animals. Every time someone chooses a plant-based meal they reduce their impact on the planet. It’s part of reducing your environmental footprint and that is something the organisation advocates. This is why I was surprised not to see anything about this on any of the websites I looked at.

Many grassroots Greenpeace activists are vegan or vegetarian. Many of the local supporters make this connection and it seemed very odd to me that many of those who are paid workers within the organisation do not. When I worked at the Head Office, it seemed to me that the people higher up in the organisation ate meat on a regular basis and thought nothing of it. Yet this same organisation made suggestions regarding energy use, they asked people to choose fish from the list of less endangered species and advised not to use or buy palm oil, etc, so why not remind people to reduce the amount of meat in their diet?

Reducing meat eating has more environmental impact than any other single action a person can take. Why not make this vital suggestion?

Claire Insley

Ami Cat

A hypoallergenic vegan cat food. Complete and balanced, veterinary approved, suitable for cats with sensitive digestive problems. Ami Cat now available nationwide in 400gm, 1kg or in 10kg bags (discounted for bulk).

An ultra digestible, nourishing and light food. Based on exclusive vegetable proteins, giving your cat more vitality and health. Its natural formula is hypo-allergenic in almost every case and helps solve the typical problems of wrong nutrition: heavy and slow digestion, lack of appetite and tiredness.

Claire Insley

New Products!

• Now available at ANPC 100% vegan Ami chew bones in 3 varieties including “Bone Care”, “Long Life” and “Digestive FOS” (image below).

• Ever wanted to make your own vegan cat or dog food? Now available a range of Vegecat and Vegedog supplements already formulated and mixed. Comes with recipes to use and guidelines for making your own complete and balanced petfood.

Ami Cat

Ami Cat now available in 3 sizes 800g, 1kg and 15kg bags (discounted for bulk).

Small samples can be sent for free to new customers.

Ami Dog

Ami Dog now available in 60gm resealable bags.

Winston’s NUGZ

Winston’s NUGZ are a delicious and healthy treat for dogs. They are made from 100% organic ingredients with no added fillers, chemicals or preservatives. Based with ground golden flaxseed, Winton’s NUGZ offer those healthy omega 3 and omega 6 fatty acids in every bite. Winston’s NUGZ available in 60gm resealable bags.

If you wish to order any of the above products, would like to receive a newsletter listing new products arriving or would simply like more information on transitioning your companion animal to a meat-free diet contact Dawn –

Email: allnaturalpetcare@gmail.com
Ph: 09 626 5754
Facebook: https://facebook.com/naturalpetcare
Bleating Hearts

By Mark Hawthorn; reviewed by Claire Insley

When I received this book to review, I had only known the title. I was disheartened to see the subtitle, About the Hidden World of Animal Suffering, and put off reading it for many days. After all, I became vegan because I was aware of animal suffering... why would I want to read a book about it? Only the fact that I had agreed to review it made me finally start turning pages. I became gripped by the book. I expected to read about uncaring people, about those who abuse having no thought for the creatures... what I didn't expect was the compassion expressed by some of the most unlikely people.

Overview

This 550-page book (plus notes and references) is a comprehensive catalogue of the injustice and inhumanity committed by unthinking, ignorant humans towards the other nonhuman species whose misfortune it is to inhabit the same world.

Each of the 11 chapters begins with a suitable quote and ends with links to organisations which either help animals (sanctuaries) or ideas of what you can do to help. If you are not already aware, this is the book to enlighten you. I found it engrossing and well written.

Animals as food

The first chapter, Bleating Hearts: Animals used for Food, quotes Henry Peace, owner of a livestock auction yard. "We are a business, not a humane society, and our job is to sell merchandise at a profit. It's no different from selling paper clips or refrigerators."

Essentially, most animal farming businesses carefully calculate how little the animals can be fed, how tightly they can be packed, and how close to death they can be taken. In the US, there is even no care for animal cruelty if the practice is routine throughout the industry. Animal exploiters will do anything to stop you finding out the truth behind what happens. The book is packed full of facts and figures, references and examples of animal abuse. Much of it is horrifying to read. There is no such thing as humane-animal farming; chickens in free range conditions may still have no access to fresh air or sunlight and be very densely packed.

Animals in fashion and experiments

The next chapter is about animal use for the fashion industry; it details the history of animal use and how once such an animal goes "out of fashion," it is saved.

The third chapter is about animals used in experiments, which was very hard to read, as it includes some of the most horrendous abuses. (Though there is a lot of competition for that title.) In many countries, animal testing is the law, in spite of the fact that much is not relevant to human health. The only good part is that the Great Apes have been released from this abuse in many countries, including New Zealand.

Interestingly, scientific journals refused to publish a study which showed the inefficacy of using mice as a human model. They were so entrenched in the myth of the mouse-human model that they believed the study which showed otherwise to be wrong.

Dr Patrick Schultz is a cancer researcher who said how easy it is to cure cancer in rats and mice (it is done all the time) but somehow, it doesn’t work for the humans. Why? Human beings are more complex than mice! It is unbelievable that such models are still used. When a drug kills the animal, the drug is immediately discarded and research starts over. Yet there is no logic for this. Could there be humane cures that have been thrown away because of the use of animal modelling?

The chapter goes on to look at dissection, cloning, xenotransplantation and military research. Fortunately, dissection is used less frequently in schools and universities.

Unfortunately animal testing will only stop when researchers themselves realise it is of no value or benefit. 160 years of appealing to ethics have done little to stop the experimentation. Fortunately, I believe the tide is turning, and there are those in the scientific community who are realising how little value to human health their research is.

Wild animals also get a hard time in our hands. In my own small town of Alexandra, Otago, they hold an annual Easter Bunny Hunt where some 20,000 rabbits are shot and piled up in the local park. Many are injured by first time shooters and left to die where they fall. Coyotes, kākāpōs, endangered species, all get rough treatment, either through being shot from the air as pests, hunted for the thrill or captured for the exotic pet trade. Even CITES (Convention on International Trade in Endangered Species) can add to the problem as it means such animals on the CITES list command higher prices and so are more sought after by trapper and collector alike. Some 24 million seahorses are caught and used for jewellery, paper weights and other decorative pieces.

Animals as entertainment

The Age of Aquariums: Animals in Entertainment was another gruelling, yet morbidly fascinating chapter. We have made real progress this area. There are no longer any aquariums in the UK, not because they are illegal, but because people do not go there anymore. There are fewer than 50 dolphin and orca aquariums in the whole of Europe, and 46 orcas are captive worldwide places like SeaWorld in the US. However, Japan has the most dolphinariums in the world, many more than the whole of Europe! There may be some 1000–2000 dolphins held in such places, and most of them were caught from the wild. It has been illegal to catch cetaceans in US waters since 1976, and now most are caught in Icelandic or Japanese waters, the small bay of Taiji being the most famous, thanks to the film The Cove. If we want such slaughter and capturing to stop, we have to stop visiting these places.

The chapter also talks about circuses and zoos and praises SAFE for having got rid of animal performing circuses here in NZ. It details the cruel and inhuman methods used to train animals and shows how poorly zoos "educate" people, as studies suggest that the vast majority of people do not read any of the signs near the animals and spend more time shouting at their children. If anything, people come out of zoos with a renewed feeling of man’s supremacy over these poor creatures.

More shocks and a positive note

The next chapters detail animals used in sacrifices, animals used in art, "working" animals and even the sexual assault of animals.

The final chapter describes achieving moral parity. Here he asks other prominent authors in the movement questions about what makes some people care and others not. There are some interesting responses, and things bode well for the future.

Recommendation

I think this is a must-read book for anyone who does not know what we do to animals. I would love to see this book as a standard reading text in schools, so that our young people can find out what really happens in the animal industries.

It is also the perfect gift for your friends and family who do not yet understand why you have chosen the path you have.

However, the book is hard to read in places, as the distressing details of the abuse are laid bare. There were parts I skimmed over. Of course, we only have to read, not endure it!

The book will reinforce your resolve to be vegan and help you to understand the plight of these nonhuman animals. It may surprise you with the depth of compassion when those who were complicit in the trades instead become advocates for the animals. You may feel inspired to contact the companies or websites to gain more information or help put a stop to the abuse.

Bleating Hearts is published by Changemaker Books: www.bleatinghearts.com $34.95US

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South Alive is a council-supported initiative to revitalise South Invercargill. With an office in the suburb of South City, volunteers have been hard at work planting fruit and nut trees on vacant land, decorating the main street with hanging baskets brimming with flowers, creating a dog park, tidying up the entire suburb, and adding a Community Garden.

When I heard that groups could adopt a plot, I jumped at the opportunity to literally plant the seeds of veganism in our local community. We at the Invercargill Vegan Society (INVSOC) love gardening, and we felt it offered a great way to advocate for animals. There are about 30 Invercargill Vegan Society members, and we all share the community garden plot.

From the ground up

The planting containers were already prepared by South Alive. Project co-ordinator Janette Malcolm writes:

“...The gardens are part of the South Alive community park. The idea for the park and gardens came after we ran discussion groups with various groups in the community, and they said they wanted places to meet and sit, and lots more colour. We started the gardens in the autumn last year. We got the bins made locally, then we had working bees where everyone could plant to their hearts’ content. INVSOC HQ as we undergo renovations. We plan to plant the garden in kale soon, with flowers in a "V" shape in the centre. It is fun to think of different ways to catch people’s eye and help them think about veganism. Currently, the strawberries are doing well, but we will grow ever stronger. Our plot in the South Alive community garden is a permanent example of animal rights activism, and it cost us just TEN dollars total! Cost effective, and we all share the strawberries too.

As animal advocates get involved in our communities, we hope the vegan connection will grow ever stronger. Our plot in the South Alive community garden is a permanent example of animal rights activism, and it cost us just TEN dollars total! Cost effective, and we all share the strawberries too.

At South Alive meetings - in fact at every opportunity we get - we introduce ourselves as members of the Invercargill Vegan Society. This is more than mere self-promotion. The intention is to get the word vegan out there - into the mainstream where it belongs. We are not afraid of using the word “vegan.” A vegan lifestyle is great for other animals, the planet and human health, so it just makes sense to let others know about it too.

If you wish to promote veganism, I encourage you to try the following suggestions:

- Have an information stall at a show or on the street.
- Wear vegan T-shirts (Team Vegan or Go Vegan have some great ones).
- Put up a display at your local library.
- Run a vegan sausage-sizzle.
- Write chalk messages on the footpath.
- Talk to local restaurants about including vegan options on their menus.
- None of these things cost much money. You can even get free resources from www.govegan.org.nz

For further information about INVSOC and details of the latest potlucks/events - go to www.invsoc.org.nz

Happy planting!

Jen Stone

Placing the Seeds of Veganism

Jen Stone

“Don’t judge each day by the harvest you reap but by the seeds that you plant.” - Robert Louis Stevenson
Non-Fish Omega-3 DHA & EPA:

✓ Straight from the source - microalgae - where the fish get their DHA & EPA from!
✓ Pure & contaminant free - grown on land in a pure environment.
✓ Sustainably grown. No fishy after taste.
✓ Rich in DHA - supports healthy brain & heart function.
✓ Suitable for pregnant & nursing mothers and children of all ages.

Other Great Deva Products:

✓ Non-shellfish Glucosamine with MSM & CMO.
✓ Natural Astaxanthin & Vegan Vitamin D.
✓ Sea Buckthorn Berry Oil - not diluted with cheaper seed oil.
✓ Sublingual Coenzyme Q10 100mg per tab.
✓ Natural Vitamin C - 250mg vitamin C from Camu Camu, Rose Hip & Acerola.
✓ Multivitamin & Mineral Tiny Tabs - easy to swallow.
✓ And more!