Life is Great Cookbook

Tour NZ with a Tesla

Making vegan yogurt

The Animal Connection

Starfish Project - saving NZ calves!

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Wow, 2015! Summer’s been a hot one for most of us, and it’s hard to believe it will be gone again soon. Should I be glad that the cherry season is almost over, before I bankrupted us supporting New Zealand’s most delicious stonefruit industry? Other family members vote for watermelon or strawberries as their summer favourite, and who am I to argue? When we spend much of our time interacting with other vegans, discussing familiar issues, it’s always interesting to see how veganism is faring in the mainstream media.

There has been some attention drawn to non-vegan Nadia Lim’s vegan experiment week, which left a mixed impression about veganism for readers. More recently, it was a true pleasure to read a mainstream article Going Vegan? Do it the healthy way, which not only discussed the latest celebrities on the vegan diet bandwagon but also found and extensively quoted an Australian vegan dietician! Journalists are more notable for presenting vegan articles that feature an everyday practicing vegan versus the cautionary advice of a mainstream nutritionist, and this is a welcome exception to that rule.

In contrast, recently there was a live chat with a man described as “One of New Zealand’s leading nutritionists.” In my decades of fascination with nutrition, I’ve never heard of Ben Warren, and his website fails to establish credibility. (It is sad to remember New Zealand has lost Dr. Leila Masson and her nutrition expertise to her further world adventures.) We know some vegans posted questions that were not answered, and the general tone of the chat promoted animal products as very natural nutrition.

One thing we must accept for the time being is that the media gets veganism wrong. Celebrities “go vegan” in the headlines when they adopt a vegan diet. More and more, the actual celebrity seems to get the story straight better than the headlines do, but in any case, these can be good opportunities to affirm the positive dietary steps while drawing attention to the wider aspects of veganism and animal use.

Happy to be joining you in another year of veganism…
I know that as a child I would feel incredibly frustrated at zoos and could never understand why I couldn’t get in the cages with my friends. That separation, across the cage front, made me very sad. My mother tells me that at the age of four, I was actually banned from Auckland Zoo because of my constant attempts to get into the cages. Here at last was a chance to create a place where children can get up close and interact with animals, and I know that there are plenty of animals out there in New Zealand who need saving. During my studies, I had the great privilege of doing my practicum at the Animal Sanctuary in Matakana, and I watched Shawn Bishop (the co-owner) fielding calls every day from people desperate to find homes for abandoned or neglected animals, or ones where the owners simply couldn’t take care of them anymore. Shawn is such an inspiration to me! Helen Schofield, who had owned Franklin Zoo, had liberated the very last animals from circuses, and all of them were re-homed after she was so tragically killed by Mila. This seemed like a perfect opportunity to take a working infrastructure, perfectly suited for both animal care and human education, and continue the work doing both. Instead of using exotics that people can’t get close to, we can help all those animals who so desperately need a home.

Also, I studied Anthrozoology at University, which covers many topics about the human/animal bond. I read so many papers about incredible things that happen when children (especially with special needs, or abused children) and the elderly interact with animals. This property is the perfect place for us to offer a safe haven to those animals who so desperately need it, and in turn, allow us to facilitate humans learning just what wonderful gifts animals offer us as our living friends. Ellie Laks and her Gentle Barn in America is another great source of inspiration, and my vision for The Animal Connection is strongly aligned with this.

**[CI] Why Franklin Zoo?**

*MH* I graduated with my Animal Welfare degree in April, and it was literally a few days later that I saw that the old Franklin Zoo was for sale. I’d heard a lot about the rescue work Helen had done with circus animals, and also about the support the community had given when she was tragically killed by Mila. As soon as I stepped on to the land, I fell in love with the place... I knew that if I didn’t somehow save this place, it would end up being sold to a property developer, and probably most of it would be torn down. Another very beautiful space in New Zealand would be lost to us forever. I am currently crowdfunding to create this sanctuary.

### 2015 Update

*From Michelle Harrod on the Animal Connection website www.theanimalconnection.org.nz*

Happy New Year everyone! The time has come to say a HUGE Thank You to everyone who showed their support of our initiative to save the old Franklin Zoo and Wildlife Sanctuary and turn it into an animal shelter. The aim was to create a place where animals and humans could nurture each other. Despite some very generous donors, we only hit 10% of our target, so for now – we are in the process of contacting everyone about their refunds.

Some people have indicated that they would like to have their donation paid forward to The Animal Sanctuary in Matakana, so we will give everyone the option to select that if they wish.  

The great news is – The Animal Connection NZ will continue as an organisation, and we are in discussions with a number of parties about Human – Animal Therapy, and we hope to develop programmes for New Zealanders who would benefit from this later in the year.

Watch this space!

From the bottom of my heart – THANK YOU.
Having been involved in various Māori groups and organisations over the years, I’ve done my fair share of hāngi cooking. A hāngi is a traditional Māori way of cooking food in the earth over hot rocks buried in a pit. The food is steamed slowly over many hours in baskets covered with wet leaves or sacks. These days it is a popular way to fundraise, because people will come a long way to eat hāngi food as it is special and is seen as hard work and time-consuming to prepare.

Because my family have been involved in Māori groups and organisations, we’re pretty used to being vegan in what is usually a very meaty event. Our first was for the London Kohanga Reo in the 90s, when we held a hāngi for hundreds of people as a fundraiser for the Kohanga. Our family is a founding family of the London Kohanga Reo and very involved in helping run it, so obviously we wanted to do our bit. As vegans, we couldn’t contribute if it meant supporting meat, so we offered to do a vegan option.

Vegan hāngi menu
We had the usual hāngi vegetables cooked in separate baskets, some vegan stuffing in its own basket, and a cast iron pot of pre-cooked chilli beans in the hāngi, plus salads. That worked pretty well, and it was great to see how many people chose the vegan option. For some vegetarians and vegans, it was the first time they had ever had hāngi because they’d never had a suitable option. It was also good for us because we could still be part of the day while not compromising our vegan ethics.

I was happy with the finished vegan hāngi, with only a few issues. The chilli beans did not have the earthy flavour from being cooked in the ground as the flavour couldn’t permeate the pot. I also wanted our hāngi to look as much as possible like the non-vegan hāngi, but it was very different. At that time, I couldn’t think of a meat alternative that wouldn’t fall apart after hours of steaming.

New Zealand hāngi
Roll forward a decade (and many vegan hāngi occasions later), and finally we were home in New Zealand. Once again my family volunteered to do a vegan option, this time to fundraise for the school in which our children have all been educated in the bilingual unit. By now I had found Fry’s sausages and thought they would stand up to the long steaming. Indeed they did and so from then on I replaced the beans in our hāngi with the Fry’s Brāi sausages. Other meat alternatives I think would work are Fry’s burger patties and Blissful Foods chicken nuggets.

Hāngi have changed a lot in the last few years. Traditionally, it took hours (and a lot of sweat) to dig the pit, with people staying up all night to keep the fire going so that the stones would be hot for laying the food down to cook early the next morning. I haven’t seen a hāngi cooked like that for a long time though. Nowadays, the hāngi food is usually cooked in steamers. These can either be converted steel drums or purpose-built cooking steamer units for hāngi. They don’t give the food the earthy taste that a hāngi pit does, though sometimes mānuka wood chips are added to help give it flavour. Cooking time now is usually a little shorter too. Another change is serving the hāngi in individual foil parcels rather than dishing it out from the baskets. This is much easier at serving time, and it is also easier to control portion size.

Our most recent hāngi
In November 2014, we volunteered again to organise the vegan hāngi option at the St Albans School bilingual unit hāngi fundraiser. My 17-year-old life-vegan son Asher and I turned up the day before with the other hāngi volunteers to prepare the vegetables and stuffing. Pumkin, kumara, carrot and potatoes had to be peeled and chopped and soaked in mutton cloth bags overnight in tubs of water to keep them fresh. For the stuffing, we used vegan margarine, chopped onions, vegan breadcrumbs and herbs from my garden. We set up the table for the vegan hāngi assembly the next day and, after hours of chopping vegetables, left for a good night’s sleep before an early start the following morning. I haven’t seen a hāngi cooked like that for a long time though. Nowadays, the hāngi food is usually cooked in steamers. These can either be converted steel drums or purpose-built cooking steamer units for hāngi. They don’t give the food the earthy taste that a hāngi pit does, though sometimes mānuka wood chips are added to help give it

Vegan Hāngi
Yolanda Soryl

Instructor:

1. Preheat the oven to 150 °C.
2. Prepare as many pieces of vegetables, balls of stuffing and veggie sausages (and fruit) as it takes to feed the guests. Pirk the sausages, vegetables and fruit and brush liberally with the liquid smoke. The holes you’ve made will help the liquid smoke penetrate into the food.
3. Get a deep baking dish with a lid. Line the bottom of the dish with some wet cheesecloth, mutton cloth or cotton stocking from the cleaning aisle at the supermarket. Swamp the dish with enough water to only just cover the bottom – a cup of two of water seems to be all that’s needed.
4. Place the hard vegetables (kumara, pumpkin, potatoes, carrots) at the bottom of the pan and place the sausages and stuffing balls on and around those. On top, place wedges of cabbage or other soft vegetables. If you like, add the fruit with the skins on to the top as well.
5. Cover the food with another layer of wet cloth, and then cover the pan with aluminium foil. Put the lid on.
6. Bake in the 150 °C oven for about three to four hours, depending how much food you have. You can check the cooking after about an hour and a half if you want to – add a little more water if necessary but allow longer cooking time if you do add more water. Check the bottom of the dish is not dry and if it is, add a little more water.
It can be kept warm with the lid on if it is ready before you want to eat it, or it can be chilled and reheated the next day. It really does taste like the real thing and is so easy and yummy. Real kiwi kai, veggie style.

Ingredients
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Captions

Right: 2) Loading the vegan hāngi parcels into the steamer
3) Asher and Chey prep the hāngi
3) Loading the vegan hāngi parcels into the steamer

Home-made vegan hāngi

Stuffing balls
The stuffing for a hāngi is just like regular vegan stuffing: breadcrumbs, onions, herbs, salt and melted margarine to make it moist. So the quantity you will need will depend on how many stuffing balls you need.

For 10 servings:

- 1 loaf of bread, processed into crumbs
- 1 onion
- 100g margarine
- Herbs and salt to taste

1. Mix it all together in a food processor or in a bowl with a wooden spoon until thoroughly mixed.
Making your own soya yogurt

Yolanda Soryl

Yogurt is something a lot of us miss when we go vegan. But making your own soy yogurt is quite easy and so cheap when you know how.

I make a litre of soy yogurt a day as I have a big family and we eat it with desserts, put it in smoothies or have it on cereal at breakfast. It’s a good way for me to be sure my kids are getting a B12 supplement (I prefer Regular, but other types of So Good soy milk are fine. [Ed note: regular VitaSoy also gives excellent results.] )

Note: You can also add grated cucumber to this recipe.

Instructions

1. Place a cheese/mutton/muslin cloth in a colander suspended over a big bowl. Pour in the yogurt and leave for 2-3 hours until all the ‘whey’ drips out. This will thicken it considerably. The ‘whey’ can be discarded or added to another suitable recipe.
2. Add the coconut cream and lemon juice and whisk a little until smooth.
3. Add all the remaining ingredients, and mix well with a spoon.
4. Adjust seasoning, i.e. lemon juice, salt etc.
5. Place in a bowl and garnish with a sprig of fresh coriander or parsley or sprinkle finely chopped green onion on the top.

It should be nice and thick.

Tips

• It will keep for at least a week in the fridge. Over time it may acquire a yeasty smell but this doesn’t affect the taste and is fine to eat.
• Sometimes some liquid separates from the yogurt – just stir it back in.
• Make sure the canister is free of any detergent residue or the cells will lyse and the yogurt will fail.

Vegan vanilla yoghurt cream

This is great for desserts as it is thick, white and sweet so can be used like cream to spoon over cakes or puddings.

Ingredients

• 250ml soya yoghurt
• 1/2 tin full fat coconut cream (preferably, use the thick fat part that collects at the top of the can)
• 1/3 cup brown sugar

Instructions

1. Place a cheese/mutton/muslin cloth in a colander suspended over a big bowl. Pour in the yogurt and leave for 2-3 hours until all the ‘whey’ drips out. This will thicken it considerably. The ‘whey’ can be discarded or added to another suitable recipe.
2. Transfer to refrigerator for at least 8 hours or overnight.
3. After refrigerating, remove the thickened yogurt from the cloth and put it in a bowl and add the coconut cream. With a whisk carefully stir until combined.
4. Sprinkle the brown sugar evenly over the top of the yogurt mixture. Do not stir the mixture.
5. Cover the bowl with foil or plastic wrap and tightly seal the edges. Place in the refrigerator for at least three or four hours.
6. Whisk the mixture until smooth and serve.

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Or email Diane on diane@highvoltagenudration.co.nz

High Voltage Nutrition
Lynley Tulloch

The Starfish Project

My background in animal action
There are so many ways for us to work for the good of animals. Animal action may be indirect, such as protests, eating only vegan food, or writing letters to the newspaper or government addressing our treatment of animals. It also includes direct actions such as working with animals in a sanctuary or physically rescuing individual animals and ensuring they are safe.

Childhood love for animals
As a child I remember standing by a Para pool and saving every insect that circled around the edge, desperately trying to escape drowning. Something in the way they struggled motivated me to work with me to rescue twenty more calves this year. They were born late this year. It could be that they did not receive sufficient colostrum in the first twenty-four hours of life, but some never make it.

One day was the final straw. I went out to help a dying calf who had caught pneumonia. His eyes were like dark pools of despair, and his breathing came in grunts of agonised pain. He was lying all alone in the rain, left there to die, defenceless, motherless. My son and I carried him to the shed and fed him electrolytes and milk and called the farmer. I went vegan overnight and could never touch dairy again. I could not be part of the relentless industrial machine that can only flourish by willfully turning a blind eye to the horror of its methods.

The start of the Starfish Project
Two years later I initiated the rescue of ten calves and took them to a sanctuary and fundraised for them. Through this I met Fiona Grieves, who has been able to work with me to rescue twenty more calves this year. They were born late and in line to be shot. I hand-raised ten of these calves on land to the back of my house where I pay for their grazing. Fiona is also raising some on her land, and some vegan friends have adopted some more. We have had to do twice-daily feeding, nursing through sickness, cleaning out pens and putting on calf covers, organising transport and doing lots of handling and calf-cuddles.

The whole team
I work with a team of amazing people including Sandra Kyle, Fiona Grieves, Paul Judge, Sebastian Campbell and more. I work in partnership with Sacred Souls sanctuary run by Fiona Grieves. Many other people on our Facebook page have given us enormous support and positive energy. We have fundraised with give-a-little and through social media.

Starfish Project results
We only lost one calf who had two vet visits and was put on a drip but could not be saved. The rest are now weaned, and all but eight have been re-homed to our vegan friends on seventy-odd acres who will keep them for life.

I feel a deep and enduring sense of peace that these calves did not suffer a bullet to their heads or the bobby truck. These babies were never mishandled or yelled at in our care. They were respected, honoured, loved. Their beauty and peace has flowed into me, and I honestly feel that I will never be the same again.

Like little insects stuck in a pool, dairy calves need our help. They are born simply because cows need to be impregnated to produce milk. However, unless the calf is to be used as networks, accept your limitations and know when to ask for help (and not do it all yourself). Regarding yourself as a subject working in service for the animals can help you distance yourself from those who seek to challenge you. Roadblocks need to be seen as challenges rather than obstacles that cannot be overcome. Flexible, positive, creative and critical thinking are essential, as you have little lives relying on you.

Your perspective is crucial; however, practicality is also critical for success. You need to plan and anticipate problems before they occur, including managing finances and your expectations.

Inspiration for the Starfish Project
I first loved calves when I had them as pets for calf club as a child, and I struggled with their loss. Bobby calf pens on the side of the road is something most New Zealanders are aware of, and it is something I have never accepted. I had the idea of rescuing calves and re-homing them for life about four years ago.

At that time I had a rental property and was watching over some calves that a calf-rearer had on the two acres I was living on. I saw the brutal reality of suffering these delicate and beautiful beings endure as they struggle to survive after being wrenched from their mothers. Many constantly get sick in the first two weeks and need antibiotics frequently. It could be that they did not receive sufficient colostrum in the first twenty-four hours of life, but some never make it.

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...
a replacement for the herd (i.e. a girl), then he is useless to the farmer so is
dispatched at a few days old to slaughter.
Some small sized girls from first-time
heifers are sent to the bobby as well. A
small percentage are sold on to be raised
for beef, but the majority (two million in
NZ last year) are sent to the bobby truck.
And that staggering figure does not
include the many more late-born calves
who are shot.
Unless the dairy industry shuts down,
there will always be calves born to die. In
addition there are welfare concerns due
to rough treatment by farm workers and
sick calves who are also sent on transport
trucks. I have witnessed this rough
treatment to frail little bobbies, and I
cannot forget it. In the past, it was routine
for impatient truck drivers to throw the
calves over the high sides of the bobby
trucks, often breaking their bones in the
process. I will always speak out against
dairy farming until such time as this cruel
industry has been relegated to history.

Lessons learned
Next time, we need to be more
realistic about the financial costs.
We need to fundraise in advance to
avoid unnecessary financial stress on
individuals. We are planning to set up
Starfish and Sacred Souls as a charity, and
we would like to get regular funding. We
have had some amazing large donations
from a few people, and others have also
donated what they can. It is true that
without them this project would not have
been viable. I would like to thank them
all. They know who they are.

We are the Starfish Project. The moral
of this story is that we cannot save them
all, but for the ones we can save, we
made a difference.

Take action for animals
Become involved in any way you can.
Join SAFE and read the literature. Start
out small and dream big. Keep going and
never, never, never give up. The animals
need us.

You can check out the news about the
Starfish Project on Facebook at www.
facebook.com/StarfishSanctuary. They
have a Givealittle page set up and
donations can also be deposited directly
to Ms L K Tulloch 12-3052-0210134-52,
reference “starfish”.

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In January 2015, Invercargill Vegan Society members Jen and I helped promote the “Leading the Charge” electric roadtrip. Enthusiasts Carl Barley, Steve West, and Nick Smith drove two imported Tesla Model S electric cars across New Zealand, over 2000km from Cape Reinga down to Bluff. We were intrigued by the technology and their potential to speed New Zealand into an environmentally sustainable new era. The Tesla motor company was co-founded by New Zealander Ian Wright and is named after the beautiful city of Invercargill, where we’re always within a few hundred metres of home INVSOC HQ will soon be carless. The Model S parked outside actually cost about the same as our house. In a few years’ time, we may even buy a used electric vehicle. They cost $20 to refuel from renewable electricity… or how about a free fill up courtesy of solar panels on your roof? When Jen and I heard about the “Leading the Charge” New Zealand road trip, we couldn’t wait to help. I figured the best way to make friends with the team was to use Pak n Save’s finest fair trade produce to bake Banana Bread!

We suggested the perfect place for the Invercargill meeting: the Burt Munro statue outside Queens Park. We didn’t just look at the cars; we sat in them, photographed them, helped clean them, drove all around the city day/night. I drove to Bluff, recorded the finish line video, had one charge overnight at our house, and zipped around Invercargill on a Saturday night with the Mayor’s somewhat drunk neighbours…

The Tesla Team
Steve West owns the red Tesla. I recognised his name, because he created Serato, a tool that all good DJs use. Carl Barley, who owns the dark green car, lives in a Waikheke Island eco village. Carl has worked with electric vehicles all across the world and believes they are the future, our very near future. These quiet electric supercars amazed everybody. You can control the car from your smartphone. The car is “always on” whenever the keyfob is within range and with a person’s weight in the driver’s seat. The door handles automatically retract flush while in motion but pop out with the slightest touch of human skin on their surface.

Performance Power
The most exciting thing was their performance, especially at intersections. As a regular cyclist on our flat, wide streets, at intersections I’m usually trying to avoid exhaust fumes while enduring the vibrating thuds of idling engines. The Tesla just stops – and sits. Unlike internal combustion vehicles, the Tesla is perfectly silent. The light goes green… touch the accelerator and you’re at speed in a few seconds. The acceleration hurls you back into your seat.

Driving around Invercargill, we saw only one car to challenge the electrics. A 2013 Shelby Mustang GT500, apparently does 0-100 in 3.5 seconds, only a half second quicker than the Tesla. Imagine them racing – a hundred years of Ford history straining to stay relevant, huge V8 bellowing to stay ahead, while the 2014 Teslas surge alongside with barely a sound!

Environment and Efficiency
Electric cars are environmentally sustainable and amazingly fast. It almost feels too easy, with the engine normally silent and at full power producing only the quietest “spaceship hitting warp speed” sound effect.

Most petrol cars are only about 30% efficient at best, but electric engines are around 90%! The Teslas use practically every watt of power cleanly, quickly, quietly.

Electric cars seem a simple choice. They are likely to be quicker, environmentally sustainable and have lower operating costs. Frankly, they’re cooler.

The most obvious downside is the range. These Model S cars have very large 85kWh batteries and can go over 400 kilometres on a charge. This is already quite practical for daily use, and the range and charger availability will only improve over time.

Charging up
Carl has worked throughout Europe, with this very Model S having been charged across the world. Grey dots on the car’s display show where it has charged; red dots represent Tesla’s own special network of free Superchargers that fully charge a battery in only an hour!

As for New Zealand, our nearest Supercharger station is in… Sydney. Carl has helped install Superchargers, and is keen to see New Zealand catch up to European electric vehicle adoption levels. The top-range Tesla Model S costs over $100,000 NZD, but more affordable models are becoming available. Steve also owns a Nissan Leaf – about $20,000 NZD secondhand. It won’t be long before good electric cars can be bought used for $10-$15,000 dollars. Carl will be surprised if petrol cars are still sold by 2025.

Approaching the finish line of their “Leading the Charge” journey, the two Tesla electric cars zipped down toward Bluff, at the end of State Highway 1. On the way, we passed “Open Country” dairy factory and the gruesome “South Pacific Meats” slaughterhouse. It was thinking about wearing animal skin (leather) that led me to veganism. Many expensive cars have cow’s skin seats, but Tesla make it easy to get their cars without animal skin.

Race car driver Leilani Munter has a Model S as her personal car. She married our country “Leading the Charge” New Zealand road trip, the two Tesla electric cars zipped down toward Bluff, at the end of State Highway 1. On the way, we passed “Open Country” dairy factory and the gruesome “South Pacific Meats” slaughterhouse. It was thinking about wearing animal skin (leather) that led me to veganism. Many expensive cars have cow’s skin seats, but Tesla make it easy to get their cars without animal skin.

Race car driver Leilani Munter has a Model S as her personal car. She married in New Zealand, recharges her supercar from solar panels, promotes Animal Rights documentaries and lives a vegan life.

(Thanks from the Vegan Society NZ to INVSOC for permission to share this story from http://www.invsoc.org.nz/tour/ See the link for original full story, photos and videos!)
lifestyle. As Tesla made her vehicle, they specifically labelled it was for a VEGAN customer.
The Tesla arrived at Stirling Point, Bluff just as a cargo ship came into port. Steve, Nick and Carl had a great time demonstrating the benefits of electric vehicles to the many tourists visiting The Sign.
I recorded the Bluff finish line “Leading the Charge” video, using Steve’s iPhone. We celebrated the momentous occasion, the 2000-kilometre road trip that included the ferry between the North and South Islands, with champagne!
For one last stop on the journey, the charge was led up Bluff Hill.
We drove home with Carl, following the red Tesla Model S P85 down Bluff Hill. Carl explained regenerative braking, which is how the car reclaims much of its own energy by charging the battery as you brake.
Jen and I loved being part of the “Leading the Charge” Tesla road trip across the length of New Zealand. It was a totally broadening experience to hang out with such cool, passionate and inspiring people.
**Calling on the Mayor**
But the highlight was our un-announced trip to Invercargill mayor Tim Shadbolt’s house. The Invercargill Vegan Society has reached out to the colourful mayor before; in fact we’ve pestered his poor assistant with regular invites to our vegan potluck. Carl suggested that we visit the mayor to discuss electric vehicles for the council and to encourage the establishment of charging infrastructure across Invercargill.
When the Tesla sped by the closed Ocean Beach slaughterhouse just outside Bluff, Jen used the inbuilt 17-inch display to look up the mayor’s phone number. But since his number was unlisted, we decided to visit his home instead.
We thought we knew where Mayor Shadbolt lived from when we asked him to many us on World Vegan Day. But we weren’t sure now that we had the right mayoral house - the letterbox numbers were in black marker pen! Nobody seemed to be home, but there were cars parked everywhere for a big party.
Carl knocked on doors asking about Tim. Imagine a lovely summer evening and at your front door is a man claiming to have the coolest car in the world parked outside, and he wants to take the mayor for a ride with a local vegan extremist.
I watched the car, wondering what to do if a partygoer who’s a bit drunk comes over to cause trouble. No big deal – I’m just leaning against a car on a busy street full of other cars, right?
Getting around with the neighbours
Carl came back to his car with a couple of young guys holding beers, each with a lemon wedge. They were celebrating their father’s 50th birthday and were a little tipsy.
I explained how the door handles retract, and Carl made them pop out. They looked at each other and said “WOAH!” Carl showed them the large touchscreen, and they just had to take a few selfies inside the car. Carl showed them on the map where he’s taken this car, and told them the Prince of Monaco has been for a ride in this car. They said, “WOAH!”

The guys confirmed that the mayor really lives nearby, but they told us that he’d probably gone to Queenstown.

They didn’t know his phone number, so we decided that the mayor had escaped our electric vehicle public relations outreach this time.

Carl took them for a test drive, blasting us back into our seats with the acceleration, and they cheered “WOAH!!!” We drove from Mayor Tim Shadbolt’s neighbourhood, around Queens Park, down Tay Street, through Richmond, impressing all the neighbours. Then we dropped them back at the party by driving right up their driveway – among the gazebos and celebrations – our giant silent car with LED headlights blaring.

Carl jumped out, leaving his key. He vanished into the party somewhere, either asking about the mayor or looking for the birthday boy to take a ride. I answered the questions of partygoers as they leaned in from all sides to take photos and marvel at this electric supercar.

One guy had a Mercedes C class that’s worth probably about the same amount as the Tesla. He told me that he’ll seriously consider getting a Tesla for his next car. Once it was established that the Tesla is as fast as their big V8 fossil fuel cars, it was ok for these men to admit it was so much better for the planet. They were particularly taken with the idea of New Zealand being energy independent to provide our own electric power for our personal electric cars.

The birthday dad was located, and Carl took him and a couple of mates for another test ride. After wowing the crowds, we drove back to INVSOC HQ where Jen had made curry with samsa.

I think I stayed awake all night, trying to comprehend that a Tesla Model S was charging from our hallway power socket via an extension cord hanging out the spare bedroom window. Right here in Invercargill, just a few metres away from my head.

**Memories**
When the “Leading the Charge” team celebrated the finish at Bluff with champagne, the cork flew away to the seagulls. I didn’t want them to choke on it, so I put it in a nearby rubbish bin.

But I realised: the bin would eventually be collected, and then what? This reminder of the Tesla road trip, this piece of progressive history, would be thrown away. Crushed as flat as when GM “killed the electric car” and literally destroyed their prototype EV1 models against the pleading of leaseholding test drivers. I retrieved the cork and put it in my pocket for safekeeping ... and a keepsake to convince me my Tesla experience really happened.

I’ll be a “Champagne Socialist”, dreaming of the day when all New Zealanders can have an affordable, environmentally sustainable electric car outside their family home.
We asked them if they could come up with a three course vegan menu and open for us especially in the evening. They agreed, and we were delighted with spanakopita parcels served with chutney and a Waldorf salad garnish for an entrée, crepe “money bags” with porcini mushroom and roasted cauliflower and chickpea filling, horseradish “cream”, balsamic marinated beetroot and maple glazed pumpkin for the main, followed by a dessert of gingerbread with blood orange sauce.

It was a lovely evening. The CVC runs fundraising dinners like this throughout the year where we ask restaurants to come up with a special vegan menu and we sell tickets. Check out our 2015 calendar on our website www.vegetarianchristchurch.org.nz to find out the dates for next year.

Not World Vegan Pizza Day
Well, last year we thought World Vegan Pizza Day was 4 November. We looked forward to it and planned for it, only to realise on the day that we had the wrong date. Apparently the day had come and gone and we were five months behind.

Who cares? Shouldn’t every day be World Vegan Pizza Day? We celebrated anyway.

World Vegan Pizza Day originated in the USA in 2011. (www.veganpizzaday.com) The philosophy behind the day is the idea of celebrating vegan pizza as an easy way to show others that pizza can easily be enjoyed without dairy cheese and meat. And also for vegans to have a good excuse to scoff down pizza of course. Since Hell Pizza has brought in Angel Food mozzarella cheese on its NZ pizzas, pizza is what Kiwi vegans are incessantly talking about and taking photos of and posting on Facebook. If ever there was a time for vegan pizza, it is now.

In Christchurch, the hardy volunteers of the Christchurch Vegetarian Centre were too worn out to organise another public event so soon after the Expo and World Vegan day. We had a committee meeting planned for mapping out our 2015 programme. It coincided (we thought) with WVPD, and so a committee only event was planned.

Alison baked and delivered six pizzas with garlic bread. Each pizza had two cheeses and some had three. We feasted on meat lovers, Hawaiian, caramelised onion and blue cheese, asparagus and mushroom, veggie and olive and black garlic. Graham brought Nice cream and chocolate. The meeting was pain free, and we all left stuffed and happy to yet again show our commitment via our stomachs to our vegan lifestyles.

The success of the night influenced our 2015 programme planning and we will definitely be organising a public Vegan Pizza Day event in Christchurch in 2015. Lungo la pizza vegano dal vivo! (Long live vegan pizza!)

Auckland Action
Second Saturday Potluck
The Auckland potlucks continue to draw a good crowd and tables full of delicious vegan food. Check out the Events on the Vegan Society Facebook page for the next one.

Big Gay Out stall
All sorts of alternative lifestyles were celebrated at Coyle Park, and the Vegan Society were there too!

We handed out Fry’s vegan sausage samples, made extra safe with Glyde regular condoms have casein in them? Thanks to our volunteers who keep these Vegan Society events happening!

Jeff Masson’s great book giveaway!

Best-selling American vegan author Jeff Masson, who lived with his family in New Zealand for 13 years, left their New Zealand home to travel in 2014. This meant clearing out the family home, particularly his collection of 14,000 books.

He has been very generous to the Vegan Society with his home and his time over the years, and he has been just as generous with his books. He donated several boxes of hand-picked books on a wide range of topics related to veganism and animal rights, and even pitched in with moving the boxes.

The Vegan Society wants our members to share in this bounty of information.

We are offering to a lucky winner Jeff Masson’s copy of Call To Action: Handbook for Ecology, Peace and Justice. This exciting book includes contributors such as Frances Moore Lappé, Jacques Cousteau, Vandana Shiva, Carl Sagan, Baille Alabuz and many more.

Thanks Jeff, it’s been inspiring to know you!

Giveaway!
Enter to win Call To Action by emailing amanda@vegansociety.co.nz by 31 March 2015 (or today, before you forget) with the subject line Call To Action and your postal address.

Open to Vegan Society members only.
Cowspiracy in Christchurch

Jono Townsend

On the 28th of November 2014, I hosted the much anticipated Christchurch premiere of Cowspiracy – The Sustainability Secret. The film is a well-received documentary by film maker Kip Anderson who directed the recent and much acclaimed ‘Supersize Me’. Taking us on a journey from the traditions of animal agriculture to the spread of sustainable and ethical food practices and the scenarios to stop it, the film highlights the sheer destruction of agriculture on our global environment.

Cowspiracy facts

- Animal agriculture has a devastating impact on our environment, and Cowspiracy helps to shed light on the destructive industry behind the number one cause of anthropogenic climate change. But sadly, this is only the start.
- Animal agriculture is also responsible for up to 51% of all greenhouse gases such as carbon, methane and nitrous oxide emissions. It is the leading cause of habitat destruction, deforestation, species extinction, avoidable human-induced desertification, ocean “deadzones” and is among the leading causes of water pollution and degradation. All these lead to a massive loss of biodiversity. It uses 1/3 of all the planet’s fresh water, occupies 37% of the land surface, and has declared 2015 to be Vegan Year! There is also a new Facebook group just for Invercargill Vegans.

Sea Shepherd

Sea Shepherd volunteers for a summer vegan barbecue. Sea Shepherd’s national co-ordinator Michael and Auckland events manager Tracy visited Invercargill, having a great time with the local Vegan conservation scene.

Invercargill Vegan Society

Jordon Wyatt

Invercargill Vegan Society has almost 1000 supporters and has declared 2015 to be Vegan Invercargill Year! There is also a new Facebook group just for Invercargill Vegans.

New Vegan Society Board Members!

The Vegan Society of Aotearoa, New Zealand, welcomes our two new board members!

Claire Insley and Jenny Stone are joining our board, helping steer the Vegan Society into the future.

Claire Insley is a long term environmental activist who turned veggie in 1985 and became full vegan in 2000, always working with a passion for the world around us. She would love to see the end of dairying in NZ to allow the country to become fully horticultural.

Jenny Stone, Invercargill Vegan Society Coordinator, joins us bringing years of experience as a vegan advocate. From rescuing hens to Santa parades and a community garden plot, Jenny is always looking for new ways to promote veganism.
You’ll be hearing more from them in not too long!

Invercargill Vegan Society

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Recommendation

If you are interested in watching Cowspiracy – The Sustainability Secret, or reading the facts behind the film, please visit www.cowspiracy.com. It’s truly an eye-opening and inspiring film, and at only US$9.95 it’s one that I would encourage you to watch with your friends and family.

To put things in a comparative perspective, the land required to feed one person for one year is as follows: Vegan - 1/6th acre. Vegetarian - 3x as much as a vegan. Meat Eater - 18x as much as a vegan. 1.5 acres can produce 16783kg of plant-based food while 1.5 acres can only produce 170kg of meat. A person who follows a vegan diet produces 50% less carbon dioxide, uses 1/17th as much fossil fuel, 1/13th as much water, and 1/18th as much land compared to a meat-eater for their food. Each day a person who eats a vegan diet saves 4164 litres of water, 20kg of grain, 30 sq ft of forested land, 9000 grams CO2 equivalent, and one animal’s life.

So the answer to all of this mayhem is simple. A vegan, plant-based diet is not only good for us as humans but could literally save the world. This message is confirmed by the Rodale Institute’s 2014 report Reversing Climate Change: Achievable by Farming Organically (rodaleinstitute.org).

1/3 of all the planet’s fresh water, occupies 37% of the land surface, and has declared 2015 to be Vegan Year! There is also a new Facebook group just for Invercargill Vegans.
Vegan visits to the Waikato

Bridget Holland

I have visited the Waikato a few times recently, both with friends and to visit friends. Research has revealed a few exciting options for vegans in this region.

**Vegan and casual**

For a Friday night, the best value and totally vegan option is Blissful Healthy Vegan Takeaway. You get to load your plate with vegan yumminess, and they charge by weight. Usually there is nut-cheesecake available too. It’s clean, friendly and in the centre of Hamilton.

On Saturday morning, I was very impressed with my veganised bagel at Walton St in Te Awamutu. The menu expresses their willingness to veganise dishes, and they really do treat their vegan guests well. They also offer great coffee and a relaxing environment.

In Raglan for lunch, Roll Up sells yummy fresh wraps with refried beans and salad in a courtyard just across from Raglan Roast, a popular outdoor coffee spot. Apparently there is sometimes a taco stand in that area with great vegan options. My friends and I had veganised meals at Rock-it Kitchen once, which is set in lush blueberry-picking fields just outside Cambridge. They have a couple of vegetarian options that the menu says can be veganised, and of course all the Hall Pizzas stock vegan cheese now.

**Waikato tourism**

It’s not just the food that’s great around Waikato – there’s Uenuku at Te Awamutu Museum, beaches and lovely small galleries around Raglan and the Waikato River and international award winning Hamilton Gardens in Hamilton.

For family entertainment, the coach to Hobbiton leaves from Matamata. So check out the total Waikato vegan experience soon!

Eat, where one entire cabinet is devoted to vegan meals

My husband and I became vegan about 5 years ago. After watching Food Matters, I was inspired to make a change starting with the foods we ate. We began by adding more vegetables and leaving out the processed foods. My pantry and fridge had a complete makeover! So our change was reasonably significant when you look at what we used to eat compared to what we eat now.

However, we wanted to shift what we ate in a healthier direction. It wasn’t just about excluding some foods and including others; after both completing nutrition courses in addition to our formal qualifications, we knew the changes we made would support optimal health which is what we strive for.

It has been an easy transformation for both of us, as my husband Tony and I are both fully aligned on how we want to eat. We find that as our taste buds reset, we really love the great tastes available and we are always looking for new options to try.

We continue to work in our optometry practice where we get to see a number of people living with avoidable chronic health conditions. The changes we’ve made in our own diet have improved our overall health and wellbeing and have inspired us to share our passion with others with the Life is Great! Cookbook and our charity donations.

Eating a diet that is free of animal products and includes natural or organic local produce means that you combine an element of compassion for animals, the environment and humanity. Every bite we make counts and can make a difference - and buying this cookbook can make a real difference to a great local charity.

We chose to support charities that make a difference for animals and the environment. We’ve always wanted to make a reasonable donation to causes we care about, however we didn’t want to narrow it down to just one charity so we decided on four charities that we would help with sales from the Life is Great! Cookbook.

**About Life is Great!**

The Life is Great! Cookbook incorporates positive affirmations around the food we eat and the thoughts we create. These colourful affirmations are spread throughout the book to add a bit of fun and uplift people to make positive lifestyle and food choices. I wanted this book to be transformational in a fun and uplifting way.

I have included ideas on setting up the kitchen, time saving tips, and my creative secrets for making healthier versions of traditional favourites. The goal is that, armed with these ideas, readers can make eating this way a way of life, and have enough variety and delicious tastes to maintain it.

Also, the word “vegan” is not actually mentioned anywhere in the book. I wanted to encourage people to eat this way without realising it. That way they can find out how enjoyable and plentiful eating this food is without any preconceptions of what being vegan means.

It is also possible to be vegan and not be in premium health if consuming a large amount of processed foods. The Life is Great! Cookbook is all about eating healthy whole foods free of white sugar, white flour, animal products, and most are gluten-free.

You also won’t find the word “diet” in the book, so it’s not seen as a fad or something temporary. I’m keen to encourage people to change what they eat so it becomes a way of life. People who eat this way are excited and passionate about it, don’t feel deprived in any way, and like ourselves often become strong advocates.

Since the launch of the Life is Great! Cookbook, I’ve met some wonderful people from a variety of backgrounds that are just as passionate about eating this way as we are.

**Progress**

To date we have donated just over $2,000 to SAFE, Soil & Health New Zealand, The Institute for Responsible Technology, and Best Friends Animal Society.
Society. This has been a fantastic result thanks to everyone’s support. We have also given away over $3,000 worth of books to charities, causes and events to help promote the charities we support.

Sales are going very well. The book is now available in 19 stores throughout New Zealand, and copies can be purchased from the Life is Great! Cookbook website. Further distribution to New Zealand bookstores is scheduled from 1 July. Locally, there has been a positive amount of interest in the book.

With every print book purchased, a donation is made to one of four charities. Plus a free e-book of the Life is Great! Cookbook is available to download when you visit the website and nominate your charity. There is even more to see at lifeisgreatcookbook.com, including the fantastic reviews from a wide range of New Zealand experts and advocates.

What next?
I am currently working on the next book in the series, Life is Great for Dogs. Life is Great! for Dogs is a stunning compilation of interviews and information on nutrition, healthcare and lifestyle. The book includes tips for action and great resources, all presented in a vibrant, easy-to-understand way. The reader will be inspired to make positive diet and lifestyle changes and improve the overall wellbeing of their dog.

Life is Great - reviewed by Carla Beardshaw
The first thing that instantly made me fall in love with this book is the special tribute to animals inside the front page, with a gorgeous picture of a black Labrador. “Every animal is worthy of our love and respect and has the right to live a life of freedom. To our animal kingdom, this book is dedicated with love to you all.” It is so important to me within my diet to ensure the ethical treatment of earth’s creatures; it gave me warm fuzzies to see this as a forefront in this book.

The recipes are really easy to follow, with clear instructions and ‘gluten free’ codes at the bottom – and most the recipes are gluten free. There are plenty of fantastic everyday recipes that use basic pantry items, so no major shops for specialty items required. The banana pikelets were a big hit with the hubby. These used just bananas, rolled oats, baking powder, water and a little coconut oil. If you only tend to buy cookbooks that have great pictures of every recipe – this is it!

There are various handy hints scattered throughout the book: sprouting, time-saving hints, variations on toppings/ingredients, and more. I loved the inspirational thoughts, ideas on where to buy different products and a recipe for one dish with four different ways to serve it.

I really focus on whole foods in my diet, and this cookbook is an excellent reflection on healthy, nutritionally dense food that can feed the whole family – even fussy eaters! I enjoyed seeing lots of raw food recipes too. There are definitely a few little gems that I can’t wait to try during the winter season, like the spicy eggplant stew. There are also festive recipes such the Xmas Cake and Pudding.

Another thing that really caught my attention in this book is the emphasis on knowing where your food comes from, especially in today’s world where a lot of people wouldn’t be able to name where their food comes from, or even pronounce the ingredients list! With more people becoming sick and obese, much of which can be directly linked back to lifestyle and eating choices, I think it is time to seriously look at the food we eat.

Enter to win a copy of Life is Great! Cookbook by emailing amanda@vegansociety.co.nz by 31 March 2015 (or today, before you forget) with the subject line Life is Great and your address for postage.

Open to Vegan Society members only.

Winners!
Congratulations to the winner of the copy of My Gentle Barn, Sue B!

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CAUTION: RESULTS MAY VARY
**Beauty Spot**

**Lily Lilo Mineral Foundation**

**Reviewed by Eve Stewart**

Lily Lilo Mineral Foundation how do I love thee? Let me count the ways...

It’s because of you I get compliments on how lovely my skin is — when I know I’ve had big problems in the past. I don’t fear the odd spot either, as it’s you I can turn to for natural, flawless cover.

You last all day with the minimum of top up, for a skin type from which other makeup brands virtually drop off.

You’re gentle and kind to the most sensitive of skins (mine) — with no fillers, dyes, or harsh chemicals. Not even the dreaded bismuth oxychloride: a shimmery element in some mineral foundations that is a by-product of lead and copper refining, which also helps with adherence but can be an irritant.

You’re actually good for my skin. My You’re generous 10g pot lasts me an age.

Your SPF 15.

You have one of the biggest colour ranges I’ve seen, and you’re super easy to mix for an even more perfect shade. I remember the first time I spotted you in a British version of our Viva magazine, and you sounded lovely, even a little too good to be true. I remember ordering you with this magical-sounding Kabuki brush (you’ve got to get the brush — I buy a new one maybe every five years) and was just so excited waiting for you to arrive.

I will admit to a twinge of let down when the first light layer went on and “flawless” was not what I was looking at. Years of advertising hype of every other brand I’d tried loomed over me in my disappointment. But still I did as instructed and built up the layering where needed, and just like you promised... I loved my beautiful skin.

The most striking thing I still remember 10 years later is how natural you felt — complete weightlessness. That surreal feeling you get after lugging around a heavy backpack, and when you take it off you feel like you’re floating. On my first day wearing Lily Lilo Mineral Powder Foundation, I felt like just two happy eyes and a smiling mouth wandering around.

I recently had the chance to try another foundation (a world renowned brand, brimming over with amazing skin beautifiers), but the tiny bottle is twice the price and using a liquid foundation again felt like a step backwards. Lily Lilo, you have been a true friend for so long and I am so, so happy you’re now available in NZ. www.healthymakeup.co.nz.

**GIVEAWAY!**

Enter to win a pot of Lily Lilo Mineral Foundation by emailing amanda@vegansociety.co.nz by 31 March 2015 (or today, before you forget) with the subject line Lily and your address for postage. Open to Vegan Society members only.

Winners! Congratulations to the winners of the Konjac sponges, Margaret HS and Donelle M!

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The Good Food Project by Heritage Hotels is leading the way with reinventing hotel food with 6 commitments to celebrate more of New Zealand’s vibrant, flavoursome, nutritious & sustainable food. Learn more at heritagehotels.co.nz/goodfood

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.

MEMBERSHIP FORM

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Payment can be made by direct credit to:

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Please put your business name in the reference field so that we can identify your payment and activate your membership!
Our products are made from proteins which come from grains and legumes. These are complete proteins and contain all 8 essential amino acids. Our award winning secret family recipe of natural spices and seasonings make our products absolutely unique and delicious.

In the interests of trees, we prefer not to print recipe books, but have made our ecookbooks available online. Please go to www.frysvegetarian.co.nz to download yours.

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