Vegan Health

Meet the Vegan Society Board

Vegan wins at Miss World NZ!

Finding Raw Balance

Veganism in the media
It can be super frustrating to be faced with animal industry advertisements – like the current “must be milk” series. Even if you don’t watch TV, they jump out at you from buses and bus stops. Their slogan associates cows’ milk with such lovely things: beauty, health, athletic performance… while doing a great job of ignoring the latest scientific research showing quite the opposite. The good news for us is, of course, that these campaigns are an effort to counteract declining milk consumption.

Meanwhile on the news, veganism can get associated with eating disorders, even when it’s not mentioned! Following vegan community concern, your Vegan Society has filed an official complaint about a news item repeatedly displaying a banner “Fears teens/people use veganism to restrict food intake” in an otherwise balanced expert interview that never discussed veganism (more details in this issue).

I had a personal ‘moment’ when our son’s teacher (who knows that we are vegan) reported that he was ordering milk in his lunch order. She was clearly uncomfortable about telling on him, but I assured her I was very happy to know. My cautious investigation revealed that the main appeal was the sugary flavour straw that comes with the milk! I remember the appeal of a wee carton of chocolate milk from my school days, and I think we need a vegan Kiwi Jamie Oliver to sort out our tuck shops…

And to end on a happy school theme: as our school knows we are vegan, they asked me for advice on catering to vegans in their Masterchef activity. This led to a kind donation of vegan cheese from Angel Food, benefiting many people as you will read later in this issue.

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

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

Jessica Parsons
Going Wild!

Wild Earth Organics began over 20 years ago as a small roadside stall growing and supplying fresh organic produce to a small passionately health-conscious customer base. We have evolved into New Zealand’s only 100% Vegetarian Organic Wholefood Store and Vegan Gluten Free Café, located in Tauranga. As the owners are vegan, along with most of our staff, we are dedicated to extensively researching all of our products to make sure there is no animal testing on any product sold and that everything is completely vegetarian.

To complement the store and provide for our growing customer base at Wild Earth Organics, we have recently opened Wild Herbs Natural Health and Herbal Dispensary next door. We stock only remedies and supplements that are suitable for vegetarians, with as many vegan options as possible. This is the first of its kind in the country, offering alternatives to the normal health shop ranges of fish oils, animal-derived supplements and products in gelatine capsules.

Café culture

Nowadays it is the norm to go to cafés for social get-togethers, work meetings, etc., as well as the good old weekend night takeaways. As you will know, it can sometimes be a pretty tricky thing for staunch vegans and vegetarians to be certain that what they are eating is ok for their diet/beliefs. Food that has been declared suitable may actually not be. For example, food prep being done on chopping boards where meat has been prepared, fish or chicken stock being used in soups (like miso soup from sushi shops), or cooking being done in deep fryers that have had meat cooked in them too.

Also, many people assume that eggs and fish are suitable for vegetarians, and consequently these can also find its way into vegetarian food. With all of the constant questioning, it can soon feel like it’s becoming a chore rather than a joy to eat out. We then decided to offer a 100% vegan and gluten-free café in our shop, so that everyone can be positive that they are indeed safe from any accidental contamination of animal derivatives.

On the menu

The menu is made with fresh-picked organic and naturally grown local produce. We use only cold-pressed oils and make gourmet salads, dressings, soups, chutneys, raw wraps and pizzas with cashew cheese and much more. We focus on producing high-nutrient healthy vegan food and include a range of organic fresh juices and smoothies. We are also proud to be able to support other vegans and vegetarians in our community by having their hand-made vegan food in our café; these include: Chai Life’s chocolates and raw slices, Love Raw’s amazing raw cheese cakes & kale chips, One Love’s samosas and Food Gardens walnut and sunflower patties and flax seed pizza bases.

B12 and health

A health tip from Rachel and Jan, who have been dedicated vegans for 20 and 29 years, is to be very aware of the potential issue of low Vitamin B12 levels in vegans. In New Zealand the normal blood level is a minimum of 120pg/ml (picograms per millilitre is the unit on the B12 test), whereas other countries overseas, like Japan, have increased their minimum levels to 500pg/ml which has resulted in dramatic improvements in all round health.

Due to the nature of the symptoms of B12 deficiency, it can go unrecognised for years, leading to severe health problems, especially in children where it can cause growth retardation. Symptoms include and are not restricted to fatigue, muscular aches, joint pain, nervous system disorders, weakness, anaemia, menstrual problems and mental deterioration. If your levels are below 500pg/ml it is vital that you take a supplement.

We have a few great options available that we can recommend, such as Garden of Life’s Vitamin Code RAW B12, RAW Iron, and Healthy Blood. These are all-natural food-derived supplements accompanied by enzymes and probiotics that assist with absorption of Vitamin B12, and they seem to be extremely effective. Garden of Life also do a Vitamin B12 organic spray. We are happy to courier any product to you.

For further research and interesting information about the B12 issue, we suggest you look up Gabriel Cousens online, a raw food vegan who is trained as a Medical and Ayurvedic Doctor specialising in the study of Vitamin B12 deficiency and absorption.

For more information, contact
• Wild Earth Organics Shop and Café at wildearthorganics@xtra.co.nz, (07) 578 7211 or visit 777 Cameron Road, Tauranga.
• Wild Herbs Natural Health & Herbal Dispensary at (07) 578 9671 or visit 775 Cameron Road, Tauranga.

Rachel Miller & Jan Hearn

Wild Earth Organics
Cruising for Vegan Health

Tina Emsden

It's a balmy evening on the 14th March 2015 as my husband Maurice and I stand on the balcony of our deck-12 cabin on the luxurious MSC Divina, watching as the Miami skyline slowly recedes as we pull away from our birth to start a seven-day adventure cruising around the Caribbean. My excitement is palpable as we head off on a week of learning and fun whilst eating gourmet vegan meals. Bliss!

About me
I'm Tina Emsden, and I live in the small, rural town of Wapu, 30 minutes south of Whanganui. Like most people in New Zealand, I grew up eating the standard kiwi fare of copious amounts of meat and dairy, with the vegetables taking a very minor side role on the plate.

Minor side role on the plate.

In my early twenties, I became a vegetarian for ethical reasons but still ate large quantities of cheese, yoghurt, ice cream, creamy pastas, chocolate, chocolate and more chocolate etc. I was a fat kid who grew into an adult who ate large quantities of cheese, yoghurt, ice cream, creamy pastas, chocolate, chocolate and more chocolate etc. I was a fat kid who grew into an adult who yo-yo dieted between obese and normal weight. My life revolved around binge eating 'bad' foods or restricting my eating in order to lose the weight I had gained from the binge eating.

Health scare
With that sort of eating pattern it is no wonder that at around 45 years of age I was diagnosed with gallstones. A common saying regarding whether you will get gallstones is: Female (check), fair (check), forties (check), fat (check). I was the ideal candidate and boy did I get them! For anyone not familiar with gallstones, they are excruciatingly painful. My first ever personal experience with morphine coincided with my first ever attack. Once diagnosed with gallstones I was advised by the hospital specialist, my doctor, my friends and my work colleagues to have my gallbladder removed. Its the standard treatment plan, and millions throughout the world have had this operation each year. No mention was ever made of dietary changes that could help. After ongoing attacks and attending ED for the second time in a week with yet another attack, I knew I had to take this seriously. Not only was the pain breathtaking, but it was affecting my quality of life. I was frightened to go places in case I had another attack. How far was the hospital from where I was in case I needed to go? So I started to research my options.

Surgery or diet
As a registered nurse, I really was not keen to go down the removal option. I know this works for many people, but from my perspective you are masking the problem rather than addressing it. After spending many hours reading literature I decided to go gluten-free, no-added-fat vegan. This was a radical move away from a diet heavy in dairy products and junk food. How was I ever going to survive without cheesy pizza, chocolate ice cream, hot chips, mayo, potato chips etc?

The reality is that it was hard. You can’t expect to completely overhaul your diet overnight and think it will be easy. I definitely went through withdrawal. My success came through fear. All I had to do was weigh up the options — eat that bowl of hot chips and aoli and risk having another attack or eat beans and rice and don’t have an attack. It became a no-brainer, and I continued down the road of my vegan eating plan. Today I am 30kgs lighter, I run regularly and I have not had a gallstone attack for a long time. My last scan showed that the inflammation and thickening of the gallbladder wall have gone, the gravel and sludge have gone, and I am left with one large stone. I will have another scan in 12 months’ time to see how that stone is doing. I certainly don’t regret not having my gallbladder removed. I live a life eating whole-food, plant-based meals and feel great. Not only ethically but also physically.

Life at sea
In 2004 Sandy Pukel hosted the first Holistic Holiday at Sea from cruise out of his home base of Miami. The cruise was attended by 430 people. Fast forward to 2015 and we were 1800 strong. MSC Divina can carry almost 4000 passengers, attended by 430 people. Fast forward to 2015 and we were 1800 strong. MSC Divina can carry almost 4000 passengers, the vegan group are a subset of the cruise. We had our own dining rooms and chefs. On the 14th deck was a buffet that was open 20 hours a day. This catered for the mainstream passengers with the usual buffet fare, but it also had a selection of vegan food for those of us that were travelling with non-vegan companions (like my husband) or wanted to eat in a less formal buffet environment.

So many presenters!
Each day had different speakers and topics, and the programme altered according to whether we were at sea or docked in port. A typical day at sea consisted of the following:

7:00–8:00am - Option of: Yoga; Pilates; Run, Walk, Stretch; Meditation.
7:30–9:00am - Breakfast — either a three course a la carte meal or a buffet in the vegan dining rooms.
9:00–10:30am - Option of: Kickstart Your Health with Dr Neal Barnard; Cooking Class with Colleen Patrick-Goudreau; The Power of the Healing Heart with Tom Monte; Deep Yoga with Bhava Ram; Looking and Feeling Great at Any Age with S Organ Qi Gong with Marcus Gandra; Functional Fitness with Robert Cheeke.

10:45–12:00pm - Preventing our Most Common Diseases with Dr Michael Greger; Bio-identical Hormone Replacement Therapy for Women & Men: What Are the Benefits and Risks? with Dr Ronald Peters; Live Blood Cell Analysis with Mary-Lynn Webster; Difficulties in Going Vegan and How They Can Be Overcome with Sivan Pardo Renwick.
12:00pm - Lunch — Either a five course a la carte meal or a buffet in the vegan dining rooms.
1:25–3:45pm - Power Foods for the Brain: Nutrients, Diets and Lifestyle to Enhance Memory and Cognition with Dr Neal Barnard; Cooking Class with Eric Lechasseur; Macrobiotics 101 with Warren Kramar.
4:00pm - The Origin and Meaning of The China Study with Dr T. Colin Campbell; Cooking Class with Jessica Porter; The Power of Sound to Heal with Kaichiro Kitaz; Renewing Women’s Health, Discovering Women’s Wisdom with Dr Sharon Gutterman; Slow Flow Yoga & Meditation with Kerstien Mooney; Pilates with Bianka Steinfeld.
6:00pm - Dinner — Five course a la carte meal or a buffet in the vegan dining rooms.
8:30–10:00pm - Using Diet to Enhance the Cardiovascular System with Dr Caldwell Esselstyn; Recovery Panel: The Power of the Healing Heart with Tom Monte; Deep Yoga with Bhava Ram; Looking and Feeling Great at Any Age with S Organ Qi Gong with Marcus Gandra; Functional Fitness with Robert Cheeke.
10:00pm - Bliss Vegan Ice Cream Social.

The biggest daily challenge was the awesome Chef AJ talk about her story from fat junk-food vegan to the slim powerhouse she is today. Every day started with this dilemma, but what a fantastic dilemma to have!

My favourite speakers were Dr Neal Barnard, Dr Michael Greger, Jessica Porter, Chef AJ, Dr David Blayweiss and Dr Caldwell Esselstyn, although all were wonderful to listen to and learn from.

Socialising and exploring
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Socialising and exploring
In the dining rooms, tables were eight place settings so you were always seated according to different people. This was a fantastic way to meet people with a common
theme from all walks of life. From the elderly Brooklyn pharmacist and his daughter to the oil-field radio repairman from Louisiana, the ever-changing cycle of dining companions made for interesting and lively conversation. Our being from New Zealand was a novelty for many Americans, and we were never short of opportunities to discuss life at home (including our eight sheep used as lawn mowers to keep our two acres mowed) and how veganism is viewed in New Zealand.

On the days when we were in port, leisure time was 10:00–2:15pm. This meant that there were no lectures on during this time so we were free to explore the ports we were docked in. Each port was different, so it was quite difficult to pick a favourite. Jamaica and Mexico were bustling and grubby with street merchants hustling for business, but there were also some real characters — like the genuine Rasta man in Jamaica who knitted his own Rasta hats in his little stall in the flea market. Our son will be the only one at his high school to have a hand-knitted Rasta hat made in Jamaica. We also brought home a genuine hand woven Mexican blanket from Cozumel — bright with oranges, purples, pinks with an Aztec design. A lovely colourful addition to our lounge.

The week flew by with day after day of amazing speakers, great food, beautiful weather and amazing scenery. Before we knew it, it was Saturday morning and we were docking back in Miami. It seemed hard to believe that we had been away for a week, and it was time to disembark and return to life as normal in New Zealand.

Back in NZ

I don’t want to say that this was the trip of a lifetime as it then suggests that I won’t be doing it again. I am now in the process of working on persuading my husband to go again next year. The itinerary is different, the programme is different so a very good reason to return!

Further cruise information available at: www.holisticholidayatsea.com

To follow my blog, go to: http://plantpoweredlifestyle.wordpress.com

Vegan Miss Grand International!

Georgette Jackson

My journey to veganism

I’m 25 years old, and I live in the North Shore of Auckland. When I first saw videos on a friend’s Facebook page of beagles being liberated from animal testing laboratories, I became engrossed in learning about animal rights. After changing all my beauty products and household cleaning items to cruelty-free, I had a light bulb moment! If I wasn’t happy to see animals being tortured for science, then why was I ok with wearing their skins and eating them? I can remember this very vividly, and I am so proud that on 10th June 2014, I became vegan.

Being driven to make change in a modern world where animals are used in so many different industries can be tough. As a new and young vegan, I wanted to make a positive impact but was unsure how. Here in New Zealand we have fabulous organisations to support the liberation and anti-vivisection movements, so I was quick to jump on board and support NZAVS (New Zealand Anti-Vivisection Society) and SAFE (Saving Animals From Exploitation). But I had never entered a pageant before. This was my first time.

About Miss World New Zealand

Miss World New Zealand (MWNZ) picks one representative to send overseas to compete in Miss World. The contestants train for many months in presentation, catwalk, sports activities and personal growth workshops. Every contestant shows her ‘Beauty with a Purpose’ presentation to the judges during her interview. This is a large part of the final score, and charity work is a major focus of the pageant.

Many years ago I was approached to enter MWNZ by the organisers, Rose and Desmond Foulger. Years later, with passion and drive to showcase a beautiful lifestyle that stems from within,
I decided to take the plunge and enter the beauty pageant. A scary and exciting journey awaited me! Not knowing what was around the corner and how others might accept and interact with me was challenging. But from day one, I knew I had made a fantastic decision.

Having researched MWNZ and knowing that each contestant must be involved with a charity to complete their ‘Beauty with a Purpose’ project, I was excited to bring something new to the pageant world. Not only could I show the other contestants my delicious vegan meals, my cruelty-free/vegan makeup and beauty products, but I could take my friends, family and the general public on a whole new beauty-queen journey. The charity-based incentives meant I could make a difference here in NZ and abroad.

My training
Unlike the nasty, crazy scenes on the big screen, with girls fighting and name-calling, I joined a supportive and very accepting circle of new friends and family members. For 3 months from February, we met each Saturday, all day, with nearly half the girls travelling by plane or bus from Otago, Rotorua, Palmerston North or Hamilton. We had dance classes, catwalk training, make-up workshops, sports days, charity work, personal growth and spiritual workshops, presenter’s platforms, MC training, television interviews and more.

My pageant directors loved the challenge of making vegan options for our shared lunches. The girls looked to me for answers on many topics from raw foods and a vegan lifestyle, to fashion without the fur and make-up that was cruelty-free.

My vegan diet success
Eating vegan keeps my energy levels high, and I wasn’t sick once during my stressful training regime. I eat a balanced diet that is high in protein and high carb for optimum energy and endurance. I am also a full-time dance teacher so doing 3-4 hours minimum per day means my body obviously needs superfoods, lots of water and high amounts of plant protein.

My support on the journey
My two amazing Taupo sponsors — Taupo Starlight Cinema and Local Foods Taupo — both donated very generously so I could enter the pageant. I work for The Renaissance School of Dance in Papatoetoe — Marguerite Howlett (owner) and her mother, Chris, have been there every single step of the way. They are my Auckland Family and always very generous: lending a helping hand, letting me hold fundraisers at the studio and assisting with our amazing dance students. The students love donating money to the ‘Loloma Home and Care Centre’ in Nadi, Fiji, which is an orphanage and rescue centre for abused children and mothers.

And of course my number one supporter is my mum, Christine, whom I speak with daily as she lives in Taupo. She is my biggest inspiration and an amazing role model for me.

Motivation in the tough times
My motivation is to make my friends and family members proud, to compliment the other contestants and their amazing beauty as well as promote a vegan lifestyle. When there are voiceless victims (the animals), I remain motivated daily to make positive changes. I am never short of inspiration when I can see the lives of others being changed. This is the easiest way to remain focused and to tackle the challenges head-on!

The Event
It was a long and challenging few days, with stressful all-day rehearsals on Friday but very rewarding when Saturday came around. A glamorous event and staying at the Rendezvous Hotel made it very special! I was with my new family members (the 18 other contestants), the judges and our pageant directors. It was very rewarding to have my parents come up to Taupo as well. This gave me a boost of confidence. I felt prepared and ready to have an eventful evening, whatever the outcome.

The final Saturday night (held at The Rendezvous Hotel) showcased all of us contestants, and audience members viewed videos of the journey. It felt scary! But also very exciting. All our hard work had paid off, and we were all ready to take to the stage! The lights and cameras were set up and when I was on stage it felt exhilarating! I could see my friends and family in the audience and it made me very happy.

The sections on the night were:
• Opening Number Dance (I won Best in Opening Number award)
• Cocktail Dress
• Talent (The top four performed on the night, and I then won Best in Talent)
• Evening Gown
• Crowning

After MWNZ was crowned, four other titles were awarded. One of them was Miss Grand International New Zealand, and this is the crown I was awarded.

At the end of our long journey, the most rewarding award for me on the final night was to receive ‘Miss Friendship’ as voted by all 18 other contestants. I knew that I had made a positive and life-changing impact on all the other contestants, and that they would remember just how beautiful being compassionate can be.

What I achieved
Wow! I am a different person to the girl who entered 3 months ago. I have changed into a confident and proud young woman with the platform to do amazing things. The journey of finding my true self was an amazing experience. Having positive people surrounding you for three months to constantly build you up and encourage you is incomparable. I encourage young women who want to find themselves to compete next year. When you look back at challenges you faced and overcame, when you realise just how much discipline you put in and the time you set aside weekly to compete, you then know you achieved your goals and dreams. We need to be a nation that encourages and engages young women to help them find their passions. Seeing others succeed is what makes us a great country.

This was a great decision for me and for veganism. The pageant platform in New Zealand and abroad is huge. Vegans have the best story to tell, and others will follow a positive compassionate lifestyle when given the opportunity. I was apprehensive at first, but after meeting open people who have caring hearts it was very easy to talk openly about veganism and the benefits of plant-based nutrition.

What’s next?
I will travel to Thailand in October for a month to represent New Zealand as one of 85 countries competing. My focus will be on war torn countries and the cause for MGI is ‘Stopping the War’. My next step is to open the hearts of my fellow competitors whom I will meet in Bangkok. I can’t wait to meet my new international friends and Thai fans to share my vegan massage.

Follow my Instagram @pajjetagq or my facebook page for updates on my Thailand adventure
https://www.facebook.com/pages/Georgette-Jackson/623092931532397?ref=nf

I will be attending all the regionals to see who will be a finalist in next year’s event.
**Vegan Media Action**

**Claire Insley**

Many of you may have seen the pieces from TVNZ in March regarding veganism and eating disorders. One item aired at 6.24pm on ONE News (http://tvnz.co.nz/national-news/clean-eating-teens-prompt-health-concerns-video-6256693) and a fairly balanced piece in which the experts stated several times that veganism itself was not an unhealthy way to eat. The second item aired at 9.30am on Breakfast (http://tvnz.co.nz/TVNZ-national-breakfast-news/fears-teens-use-veganism-restrict-food-intake-video-6256447) was a fairly balanced piece in which the piece stated several times that veganism itself was not an unhealthy way to eat.

The piece did not even mention veganism, yet a banner heading ran throughout the piece stating “Fears teens/people use veganism to restrict food intake”. Motivated by the voices of our members, The Vegan Society decided to submit a formal complaint regarding this piece, as it was misleading to use the banner heading when the discussion that occurred did not even mention veganism.

The process is to make a complaint to the broadcaster in the first instance, and it must be within 20 days of the piece aircning.

**Our Formal Complaint**

Re Breakfast programme broadcast at 9.29AM Tuesday March 17, 2015 on TVNZ

The Vegan Society Auckland, New Zealand represents some 4000 vegans in New Zealand and has received a number of complaints from our members regarding the piece about eating disorders that was broadcast as above.

We believe it breaches the Free-to-Air Television Code of Broadcasting Practice under sections 5 and 8. With regards to Section 5: Broadcasters should make reasonable efforts to ensure that news, current affairs and factual programming is accurate in relation to all material points of fact and/or does not mislead. The piece in question featured the Chair of the Eating Disorders Association New Zealand who was talking about how eating disorders stem from a biological condition. She mentionedfad diets and how these can trigger the condition. We have no problem with the words that were said in this article. However throughout the piece a banner heading read “Fears teens use veganism to restrict food intake” and “Fears people use veganism to restrict food intake” which is highly peculiar as neither the interviewer nor the speaker mentioned veganism at all. We would like to know why this particular banner heading was displayed with this piece as it is not accurate. Veganism is not the new eating disorder and is a very healthy diet with many of our members choosing to eat this way for its health benefits.

With regards to Section 8: Broadcasters should ensure programmes are appropriately classified; display programme classification information; adhere to timebands in accordance with Appendix 1; are not presented in such a way as to cause panic, or unwarranted alarm or undue distress; and do not deceive or disadvantage the viewer.

The banner heading in our opinion may have caused panic, unwarranted alarm or undue stress to parents of vegan children (who are themselves not vegan) and certainly deceived the viewer as it was factually inaccurate.

We know there was an article that aired the night before, where there was a discussion of fears that teens were using veganism to restrict their food intake, this piece we felt discussed the issue in an appropriate and balanced way. We do not have a problem with this previous piece. We understand that the banner may have been trying to link the two articles but as neither the interviewer nor the speaker actually discussed veganism in the piece that aired which had this banner heading, we feel it was inappropriate, inaccurate and misleading to use the banner at that time.

We would like to see a full and proper apology for the showing of this banner and we would like to know why it was shown. There was no reason to use wording as the piece did not support this conclusion in any way. Veganism is not a “fadd” diet for the majority of our members and many felt insulted and were extremely unhappy that this aired in the manner it did.

National nutrition recommendations, based on science, show that an appropriate vegan diet promotes health for children of all ages. Such overt misdirection in journalism disrespects not only vegans and the viewing public, but also the vulnerable members of society who suffer from eating disorders, as it distracts from valuable information they may need.

**TVNZ response**

The broadcaster then has 20 days to respond to the complaint. They received our complaint on 19th March, but it was only on 22nd April that I received a response to it. It is disappointing but perhaps not surprising that they did not accept our complaint:

“The Complaints Committee has not identified any breach of the relevant standards and accordingly declines to uphold your complaint. The reasons for this decision are discussed below.

“The Committee acknowledges that the singling out of veganism in the program was regrettable given that this lifestyle was not referred to directly; but this singling out was not materially inaccurate in the overall context of the discussion. The banners did relate to fears discussed earlier by experts on ONE News. The Committee therefore does not agree that the banners shown in the Breakfast item were inaccurate or misleading. No breach of standard 5 has been identified.”

This was the only point at which they say there was even the beginning of any wrongdoing or inaccuracy on their part. Next steps.

We are going to ask them if they will have a spokesperson on to redress the balance. It’s not certain they will agree, but even then there are further steps to take. If we get no satisfaction from the broadcaster, we can take the complaint a step further by taking it to the Broadcasting Standards Authority. We have 20 days in which to do this, and are currently in discussion as to whether to proceed with this or not. We would prefer to give a chance to give an on-air interview. Perhaps by the time you read this piece, you will have seen us on Breakfast.

Please do email or Facebook us any media you see showing veganism in a poor light, as we are keen that vegans and veganism get a fair deal in this mass media as much and dairy-focused country of ours.

**Angel Food Cheese**

**Jessica Parsons**

It all started at school. More specifically, it all started because our kids’ school knows we are vegan. So when the school held a regular MasterChef session in their classroom and wanted advice on where to get vegan cheese locally for our son and other dairy-free kids, I’m pleased to report they came to me. I have to be honest here – vegan cheese isn’t on my regular shopping list. I’ve enjoyed some, hated others. I tend to choose lower fat options in my own eating, and my kids weren’t raised on it. So I tapped into the power of social networking to solve the mystery.

When I asked our vegan community whether the big stores sold vegan cheese so our son could have some for school, some magic happened, courtesy of Alice Shopland and Angel Food. As luck would have it, she was just about to offer out a bunch of surplus blocks of their Dairy-Free Mozzarella cheese! So I notified the school and went over for a cool cheese pickup. For a while, our fridge was just full. One block went to the school, for Masterchef vegan options for pizza, nachos, and other goodies. Another went to SAFE, and you can see that Marianne McDonald and the other staff put it to good use.

More went to Bridget Holland (Vegan Society member and regular Vegan New Zealand magazine contributor) and her family, for weeks of happy homemade vegan pizza.

Another went to a friend of mine, who is exploring her children’s reactions to dairy. Yet another helped out at Active for Animals, where they had their own MasterChef Pizza competition. And pizza has been a popular menu item at our place, too. I certainly can add this Mozzarella to the list of vegan cheeses I love. This cheese donation went a long way to promote vegan outreach and enjoyment. Thanks so much to Alice and Colin of Angel Food! But wait, there’s more! Alice also gave me a sample of her brand-new product, Heat and Eat Dairy-Free Cheesey Sauce. This is a premixed and ready-to-eat version of her Cheesey Sauce mix. It’s still in development, but I can see this is going to be another success. We tried it on our pasta, and I also enjoyed it as a cold dip/dressing for vegetable sticks. Hope to see it in stock soon!
Your Vegan Society
Board Members

In a previous issue, we introduced one of our new board members for the Vegan Society of Aotearoa, New Zealand – David Tong. Now enjoy meeting the rest of the board!

Amanda Sorensen
My journey to veganism
My best friend’s dad inspired me to become vegetarian when I was 11. He was a butcher and his job sparked a camp-fire conversation between my friend and me about the ethics of killing animals. We made a pact that very night to go vegan! The animals will thank you. I often walked near One Tree Hill and it was deeply shocking by what I learned, and I became a volunteer at 15 collecting anti-vivisection signatures on the weekends. Much later I volunteered again for SAFE, which has led to the last twelve years of employment with SAFE.

My path to the Vegan Society
I have volunteered for the Vegan Society since 2011 as both a board member and coordinator. I was invited at the time by Jessie Hume and Alice Leonard, who aimed to re-awaken the society from its two or three year dormancy to win back and grow its vegan community. My motivation to join centred on wanting to increase the popularity, visibility and accessibility of choosing a vegan lifestyle.

What I do as a board member
As a board member, I mainly take on a support role to keep the board growing from strength to strength, and also in numbers. Initially the board and the coordinators were one and the same small group of people. Happily, the board is currently a diverse, active and skilled group of people.

My hopes for the future of the Vegan Society
It’s my hope the society will continue to grow its strength, reach and relevancy, and it will continue to receive support from the vegan community.

Claire Insley
My journey to veganism
I became vegetarian when I was 15; my mother thought it was a phase I’d grow out of! In the year 2000 I became fully raw vegan, following this for 4 years, and now I eat both cooked and raw vegan food. I have been a long-term environmental activist for Greenpeace and many smaller grassroots groups all over the world since 1989. I was a co-editor of Vegetarian Britain in 2005/6 when I was living in London. I have been fortunate to visit many different parts of the world, giving me a great global perspective. I loved being in India where menus are set out as with the vegetarian section first with so much choice. (Admittedly there is a lot of dairy involved, but Indians do not consider eggs to be vegetarian.) Then the non-vegetarian part of the menu follows. It felt wonderful to be “normal” again.

Animal Action
When I lived in Auckland, I took part in a number of SAFE stalls and a couple of animal actions, including the “famous” 100 person Vigil for the Chickens. That was a massive privilege. I am part of the SAFE annual street collection every year, even in the small rural town of Cromwell, Central Otago, where I currently live. I host a weekly radio show on community radio called There is No Planet B; it runs for 3 hours every Sunday from 6pm. You can even listen online at www.classicgold.co.nz. I post podcasts of the show on the Facebook group Recipes From There is No Planet B. The show features positive news stories for the planet and the animals, with the second hour devoted to animal welfare, rights and good news features, including a vegan recipe.

I am currently studying a full-time Diploma in Horticulture (level 5), whilst also working full-time as a landscape gardener in Wanaka. I write for the Vegan New Zealand magazine on a regular basis as well as proofreading some of the magazine’s articles. I have also recently accepted the role of Press Officer for the Vegan Society in addition to my board member status. I had been a Girl Guide Leader for the past 5 years, and I am currently on a break in order to complete my studies. It was great to be a role model for young girls, and the subject of my veganism does come up at times, which is a great opportunity to discuss the issues.

My basic philosophy is leading by example; the meat-eater of today may become the vegan of tomorrow so I am always encouraging to anyone who wishes to change their ways. Few of us are lucky enough to be born into a vegan family, and it is always a journey that each individual has to travel at their own pace.

My vision
I am fortunate to be surrounded by orchards and vineyards and would love to see an end to dairying in New Zealand. With Central Otago cherries alone making $350 million export per year, it is not so far-fetched. That number could easily grow, and I can envision a world where NZ becomes the fruit basket of the planet. It makes so much sense for our country to be growing as organic as possible (and NZ uses far less pesticides in its food production than other countries). Our wines are also highly regarded, and there’s no reason why many more shouldn’t be vegan.

I would love to see veganism becoming more mainstream and more acceptable in New Zealand society, and driving this goal is part of my purpose in becoming a board member. I personally experienced a number of health benefits in becoming vegan and would actively encourage others in the same.

Becoming vegan was the best choice I have ever made; for the animals, for myself, for my health, for the planet... so many reasons! With studies showing that up to 51% of the world’s carbon emissions are due to animal agriculture and the UN saying that in order to feed the world we all need to adopt a vegan diet, there has never been a better time to go vegan! The animals will thank you for it.

Jenny Stone
My background
I grew up in Auckland. I always loved animals and we looked after the kiddy duck and hen in the holidays. Later, we went on camping holidays and I always sought out an animal to spend time with. I enjoyed learning about different animals just by being with them, and I felt a strong connection.

My parents instilled in me the values of fairness and respect for others. They were always very careful to show each of us we had been treated equally. I often walked near One Tree Hill
with my mother. We especially enjoyed watching lambs jump about so happily in spring, bouncing off rocks amongst the daffodils. Such a simple thing as being alive giving them so much joy that just watching them felt joyful. One day, as we walked on, the conversation turned to what we would have for dinner. My mum said she’d planned a roast lamb. I was appalled! How in any way could it be considered fair to kill a lamb just like the ones we had watched playing earlier – and eat them?! It was then, at the age of 14 that I became vegetarian.

While Mum was initially upset and required me to cook my own meals, she did come around and I have great memories of her wonderful beans pies and tofu burgers. When I became vegan

A couple of years later, I travelled to Dunedin to stay with a friend, and met a vegan. I really hadn’t thought about other forms of animal exploitation aside from meat consumption before that time, but what he said made sense. Producing dairy milk required calves to be taken from their mothers and millions killed every year. Eggs meant all the male chicks were killed at birth. A lot of cosmetics were tested on animals, shoes made from animal skin, animals tormented so they obeyed their trainers to perform in circuses – the list is endless.

My path to the Vegan Society

I learned that there was a national Vegan Society when I visited the Cruelty Free Shop in Karangahape Road a few years ago, and I purchased one of their magazines. Since 2013 I have been living in Invercargill where I help my husband Jordan Wyatt run the Invercargill Vegan Society (INVSOC). This, combined with our jobs and renovating our home, keeps us pretty busy but veganism is our passion and I felt I’d like to contribute more.

Last year I saw a notice in the magazine calling for expressions of interest from potential board members. I applied, and here I am – a brand new board member!

What I do as a board member

I have accepted the role of Secretary for the Vegan Society, which means I take the minutes and assist in keeping our records up to date and accessible to all board members.

My hopes for the future of the Vegan Society

I hope that the Vegan Society can continue to improve resources, provide information and support to local groups, so they can promote veganism through regular activities. This includes information stalls, giveaways, potlucks, cooking classes, and positive media attention.

I believe in the acronym TEAM (Together Everyone Achieves More), and that it is a team approach which will be most successful in bringing about change to further grow veganism in New Zealand and the world. I am really looking forward to my continuing role in this change.

Shukul Kachwalla

My background

I am of Indian descent, born in Mumbai. I moved to New Zealand in 1994 and grew up in windy Wellington. On completion of college, I completed a Bachelor of Commerce and Administration at Victoria University of Wellington. I have also completed a Graduate Certificate in Business at Monash University in Melbourne.

I have worked in both New Zealand and Australia in various roles including sales, corporate training, and process and project management before I found my passion for plant-based nutrition after witnessing my brother recover from ulcerative colitis. I now run a company here in Auckland called High Carb Health, specialising in helping people reverse disease as well as getting healthy and fit.

When I became vegan

I became vegan on 12 December 2012. The reason for this was that I saw my brother recover from a medically incurable autoimmune disease (ulcerative colitis). I initially made the changes for my health, but my eyes were opened soon after to the importance of veganism for the animals and the planet.

I am extremely passionate to make a positive change for all beings that share this amazing planet with us.

My path to the Vegan Society

I have been involved with the Vegan Society for one year. I started with volunteering my time and also speaking at events on behalf of the Vegan Society. I have spoken at the Green Living Show and the Go Green Expo about the benefits of Veganism for our health. I have just signed on as a board member and am looking forward to helping the Vegan Society spread the word about how amazing Veganism is.

What I do as a board member

I have recently joined, however, with my expertise in Nutrition, I see myself assisting with communication around this as well as with Vegan Society information on the topic.

My hopes for the future of the Vegan Society

The Vegan Society has a very bright future. The vegan community is the fastest growing community in the world. The Vegan Society’s future is to spread awareness of the importance of veganism to the New Zealand public so that the whole country is vegan.
Jeff Masson’s great book giveaway!

The Vegan Society continues to share in this bounty of great books that Jeff Masson donated to us. In this issue, we are offering two books! One lucky winner will get Jeff Masson’s copy of Food’s Frontier: The Next Green Revolution, by Richard Manning, reviewed by John Robbins and others. Food’s Frontier provides a survey of pioneering agricultural research projects underway in Ethiopia, Zimbabwe, Uganda, India, China, Chile, Brazil, Mexico, and Peru by a writer both well-grounded technically and sensitive to social and cultural issues. The other will get Jeff Masson’s copy of Deep Vegetarianism, by Michael Allen Fox, with foreword by Gary Francione. Challenging the basic assumptions of a meat-eating society, Deep Vegetarianism is a spirited and compelling defense of a vegetarian lifestyle. Thanks again to Jeff Masson donated to us. In this issue, we are offering two books! One lucky winner will get Jeff Masson’s copy of Food’s Frontier: The Next Green Revolution, by Richard Manning, reviewed by John Robbins and others. Food’s Frontier provides a survey of pioneering agricultural research projects underway in Ethiopia, Zimbabwe, Uganda, India, China, Chile, Brazil, Mexico, and Peru by a writer both well-grounded technically and sensitive to social and cultural issues. The other will get Jeff Masson’s copy of Deep Vegetarianism, by Michael Allen Fox, with foreword by Gary Francione. Challenging the basic assumptions of a meat-eating society, Deep Vegetarianism is a spirited and compelling defense of a vegetarian lifestyle. Thanks again to Jeff Masson.

GIVEAWAY!

Enter to win by 30 July 2015 (or today, before you forget!)
1. For Food’s Frontier email amanda@vegansociety.co.nz with the subject line “Food Frontier book” and your postal address.
2. For Deep Vegetarianism email amanda@vegansociety.co.nz with the subject line “Deep Vegetarianism book” and your postal address.

Open to Vegan Society members only.

IT’S TIME TO TURN OUR BACKS ON THE DRAIZE TEST!

“The Draize test is scientifically unsound and inapplicable to clinical situations. Reliance on this test is in fact dangerous, because the animal data cannot be reliably extrapolated to man.”
- Stephen R. Kaufman, M.D., board-certified ophthalmologist

And yet our government requires Draize test data... it’s time to end that. Please sign the petition today!

www.nzavs.org.nz/actions/end-the-draize

Raw Balance Van

Carolyn McCormack & Monika Vincent

Sometimes the Universe has something just around the corner for you. For the Raw Balance girls, it was bringing them together: two people on a raw food journey on opposite ends of the world, finally meeting to create a powerful team.

Carolyn McCormack, from Taupo, was eager and ready to start a raw vegan business, but was looking for a partner. Monika Vincent had been on a raw food path for a few years before deciding to move to New Zealand, hoping to meet the right person to start a business with. On route to New Zealand, Monika did her Raw Chef training in Bali. When Monika and Carolyn met, only a few days after Monika and her husband moved to Taupo, they knew they were on the same page. Within only a couple of months, they bought the mobile food van, and Raw Balance was born.

Getting started
Monika and Carolyn were both working full time jobs at the time, so Raw Balance started as a small hobby business, serving raw food from their mobile truck at the Taupo Riverside Market every Saturday morning. They did their very first market at Awhi Farm, Centre for Sustainable Practice, in Turangi. Awhi Farm has a weekly market, also selling its own farm-grown organic produce. The beginning was quite tough, as raw food was still a somewhat foreign concept to many people. Since the two were driven by passion and did not depend on the income from the business, they were able to continue following their dream. Slowly but surely, the business was growing. It was also a learning curve to predict which dishes would best attract market customers. Every Saturday, in the beginning, they saw people walk past them to queue up by the sausage van, but that didn’t discourage them either.

The highlight is the excited faces of gluten, dairy or sugar intolerant children, when they discover that they are allowed to eat the cakes and chocolates. Both being conscious eaters, they know what a struggle it can be at events and festivals to find good, healthy and tasty vegan foods. Raw Balance loves to share their food at various events, to make healthy vegan food accessible to the public.

Monika and Carolyn are very happy to work together and have each other to keep them going. They complement each other, each having their own strengths, making it easier to work as a team. It is very important to have trust, respect and love in a conscious business that is based on passion. They are following their dream, with the intent to inspire people along the way. The success of the business is not measured by huge financial profits, because valuable things in life don’t always come in the form of money. When a business is driven by what truly comes from the heart, the customers will feel the authenticity.

On the menu
Most of their dishes and sweets are their own creations. Monika calls Carolyn the Raw Cake Queen, because Carolyn’s cakes are just spectacular. In their display cabinet, you’ll find Raw Berry Cheesecake, decadent raw Chocolate Jaffa Cake, Lime Love Cake and more. And don’t forget their famous raw Sauerkraut Chocolate Brownie, which went viral when they posted the recipe on Facebook. They also have drinks, such as the very popular Mean Green Smoothie and the rich and satisfying vegan Hot Chocolate.

On the savoury side, the Rainbow Pizza is a raw pizza made with a dehydrated base, topped with greens and a variety of seasonal ingredients and sprinkled with their own vegan cashew-sesame cheese. The falafel wrap is an all-time favourite, made with a raw dehydrated cauliflower wrap, raw falafels, cabbage, carrots, bbq red pepper dressing and fermented coconut-mint yoghurt. This represents their standard market and festival menu, and, not being able to limit their creativity in the kitchen, they have special dishes and sweets all the time.

Getting noticed
The media has really had a positive influence over the past year, every magazine and newspaper has something to say about New Zealand’s Raw Balance mobile food van.

©Raw Balance Van
about raw food in it! It is so exciting to see an awareness growing around healthier and meat-free living. They hosted a 5-course raw dinner party at a local restaurant in Taupo to celebrate their first birthday, and sold out way ahead of time. “It was a very exciting moment for us, as we were not sure whether we would be able to fill the restaurant in a small town with a purely raw menu and it was a great success”, Carolyn says. It was a proper dining experience and they were so overwhelmed by the feedback.

They have another 5-course raw dinner party planned for June, this time a Raw Mexican Feast. To overcome the quiet winter months, they put on a series of raw food workshops, which they are expanding on this coming winter, from a fermentation workshop, to a raw chocolate making workshop. The fermentation workshop will include fermented nut-cheeses and fruit chutneys. There will even be a raw cake making workshop. This winter is their second winter hosting the raw workshops, and they are anticipating that they will be hugely popular. People are really becoming aware of what their food choices are doing to their health and mood and are very keen to learn how to bring this kind of eating into their own homes.

Having passed their first year in business, Monika and Carolyn are now looking at ways to expand Raw Balance into a full-time venture, exploring various options. They feel that it was really good that they started their business small and did not look at investing too much money straight away. This gave them time to set up with a small budget and use their income to slowly grow. Still working full-time in their jobs, they did not pay themselves any wages, but now that Raw Balance is taking up more and more of their time, they are reducing their hours at their jobs, so that they can invest more time into turning their passion into something that supports them.

It does take courage to have a business that is a niche market, but both women believe that raw and vegan foods are the future. Globally people are waking up to the fact that we need to channel our energy into looking after Mother Earth and her people, for the sake of current and future generations. Becoming vegan is truly more sustainable for our future. Their aim is to show people that healthy, nutrient-dense raw vegan foods can be super-delicious!

Learn more
To get in contact with Raw Balance or find out more about their events, email them at rawbalance@gmail.com. They have a very active and interesting Facebook page, Raw Balance NZ, where they share recipes, events they are hosting or attending and beautiful pictures of their food. Their online shop is under construction, so keep an eye out for that. They also have a monthly raw potluck, open for anyone, with information on http://www.meetup.com/Taupo-Raw-Food-Group/

Nut-Free Blueberry Torte

Ingredients

Base
• 1 cup sprouted and dried buckwheat or Buckweathead
• 1/2 cup ground flax seeds
• 1 cup dried coconut chips
• 1/2 cup soaked pitted dates

Filling
• 1 1/2 cup young coconut meat
• 2 cups thawed blueberries
• 1/2 tsp vanilla
• 1/2 cup coconut nectar
• Juice of 1 lemon
• Pinch high mineral salt
• 100 g coconut butter
• Optional extra 1/2 cup blueberries

Topping
• 1 cup thawed blueberries
• 2 Tbsp chia seeds
• 2 Tbsp coconut nectar

Instructions

Base
1. In food processor, grind the buckwheat to a flour. Add ground flax seeds and coconut chips and process till fine.
2. Add dates and process till it starts to stick together. Add a little date water if extra liquid needed, it needs to stick together when pressed.
3. Grease a loose bottom flan dish with a tap of coconut oil. Press mixture firmly into the base and sides of the flan dish.

Place in the freezer while you make the filling.

Filling
1. In a high speed blender place coconut meat, berries, vanilla, coconut nectar, and blend together until smooth
2. Add softened coconut butter, lemon juice and salt. Continue to blend until smooth.
3. Pour into the flan base
4. Optional: stir in 1/2 cup extra berries, for extra texture.
5. Place back in freezer

Topping
1. Blend together blueberries, chia seeds, and coconut nectar until combined.
2. Leave for around 1-2 hours to activate the chia to jam consistency
3. Carefully spoon onto the filling and spread
4. Garnish with more Blueberries.

Notes
1. You can use any other berry to make this tart.
2. Make sure if you are using frozen berries, that they are well thawed before using.

Raw Spaghetti Puttanesca

Ingredients

• 1 cup soaked sun-dried tomatoes, packed tightly
• soak water
• 1/2 - 1 t salt
• 3 T olive oil
• 6 dates (soaked)
• 1/2 cup pitted kalamata olives
• 1 clove garlic
• 1 1/2 tsp dried oregano
• 1 T Tamari
• water as needed
• fresh basil (optional)
• chilli (optional)

Instructions

1. Soak water-packed tomatoes for at least 1 hour in water and a bit of lemon juice.
2. Cut the dates into using.
3. Carefully spoon onto the filling and spread
4. Garnish with more Blueberries.

Notes
1. You can use any other berry to make this tart.
2. Make sure if you are using frozen berries, that they are well thawed before using.
Moving forward
Koi Sushi and Gallery, run by Aaron Tan and Keiko Shimomura, was very apologetic and open to our suggestions, even having a specially prepared survey form for customers to express their opinions. We explained to them exactly what vegan was and gave some ideas for improvement. We felt the layout needed to be clearer so everybody was sure what was gluten-free and vegan. Because of the unexpectedly high turnout, the staff was kept busy keeping up with the demand, and some foods ran out during the evening. In March there were two Vegetarian Sushi Nights and fully to Aaron and Keiko’s credit, the improvements were immense. It was obvious that they had listened to their public very carefully. Each dish was labelled clearly and only two dishes in the entire menu were not vegan! Every other dish, including tempura and spring rolls, were egg and dairy-free. Mayonnaise was left out of the sushi, and there was a great range. There have now been four vegetarian nights, with another in late April; it is becoming a fortnightly event. They have started serving miso soup at a separate cost, which my 10-year-old enjoys. At the most recent one in mid-April, Keiko delighted me by bringing out a small container of vegan mayonnaise! At an earlier evening Yolanda had taken along a sample of the garlic aioli from the Revive Cookbook, to show how easy this is to make. Truly a business which not only listens but responds to their customers.

Understanding vegans
There was great excitement in the Christchurch vegetarian community when we advertised the first night on Thursday 26th February. However, it turned out to be a disappointment for vegans, although not for the owners who were surprised at the turnout. Due to the not-uncommon lack of understanding of the word “vegan”, a lot of the dishes did in fact contain egg, mayonnaise or dairy such as cream cheese. We were unable to eat the reportedly delicious croquettes, tempura or gyoza, and only about two thirds of the sushi. The dishes we could partake of were certainly tasty and it was very easy to fill a tray with wonderful food, but nonetheless the evening did not quite live up to our expectations.

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.

Go Green stall
The Vegan Society joined the Go Green Expo in Auckland on 18-19 April for the fifth year running. This time, we challenged visitors to trial a vegan diet for just 7 days; offering a 7-day meal chart with some hot home-cooked samples and recipes of the meals listed. The public responded really well, loving the food, as well as learning exactly what it is that vegans eat! Several people signed up to learn more about veganism, including a well-known TV celebrity! (Watch this space for more...)

Thanks to our volunteers who keep these Vegan Society events happening!
Invercargill Vegan Society

Jordan Wyatt

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

INVSO celebrates Dr Tobias Linne and other Swedes

On April 21st 2015, the Invercargill Vegan Society was visited by a traveling Swedish sociologist. Professor Tobias Linne is on loan from the University of Lund, which is 18,000 kilometres north of Invercargill. Tobias is a researcher and university lecturer, focusing on Critical Animal Studies. His classes offer a critical exploration of how we assign value to animals in Western society. And Lund is the birthplace of the Tetra-Pak, the sterile packaging which protects your non-dairy milks!

Tobias (and Wikipedia) note that “rutabaga” (what New Zealanders call “swede”) is served mashed with potato and carrot, a dish called “rotsmos” (Swedish: literally root mash). With both “Swedes”, we visited the Invercargill Vegan Society “Welcome to Invercargill” sign as night descended.

Tobias is visiting New Zealand to do an incredible work for Other Animals. And not just in the bigger cities like Auckland and Christchurch, but also in a place like Invercargill, that usually would not be what people think about when they think about veganism and New Zealand!

“And not just in the bigger cities like Auckland and Christchurch, but also in a place like Invercargill, that usually would not be what people think about when they think about veganism and New Zealand!’

We persuaded Tobias to sign one of Annie’s books, a memento of his momentous visit to the bottom of the world :-)

As animal lovers, we are so very glad to have academics like Tobias and Annie on the side of our animal friends. We wish Tobias all the best for his travels around New Zealand and the 18,000 kilometres safely home to Sweden!

April Potluck

The April 2015 Invercargill Vegan Society potluck was a huge success! New member Shannelle joined in the feast, and this month marked Zeng’s first “appearance in the tofu” (having sent in dumplings last potluck).

In the prettiest venue in all the land, we had a post-potluck palaver about menstruation in all its forms! It was enough to make a male Vegan Society founder go red as a split Mooncup.

We were also joined by our friend Sarah, visiting the south and staying at INVSOC HQ. Sarah whipped up a pretty damn good salad, using ingredients from her previous stop...Riverton’s South Coast Environment Centre.

And the food?? Not so meaty but very yummy ‘meat’ balls, Potato & Pea Curry with homemade Chapati and Classic Corn Chips, Roast Winter Vegetables, , Super Power Green Salad, Wedgess, Roast Winter Vegetables, Super Quinoa Burgers

There was no shortage of dessert, either, with Banana and Cranberry Icecream; Cashew Balls with Pistachio and Cranberry Sauce; Chocolate, Berry and Caramel Sauce; Coconut and Raisin Cookies, and Apple Crumble with a sliced orange garnish.

What a great evening, thanks everyone!

See www.invsoc.org.nz for all INVSOC news.
Join The Vegan Society Today!

MEMBERSHIP FORM

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

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

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

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