Winter is not my favourite time of the year. I am very pleased to have spring on the doorstep, even though I can’t complain this year was very harsh (a volunteer tomato plant has survived so far, totally untended in a pot on the deck).

Veganism is everywhere you look these days. The local media site Stuff asked for contributions regarding NZ’s treatment of animals, stimulating many responses from many active vegans, several of which have been published already and are recommended reading. Topics range from greyhound racing to basic animal rights compared to welfare, with the (often frustrating) opportunity to engage with the general public in the comments section.

Overseas, we see yet another case where the media blames a vegan diet for a child’s malnourishment, with the outrageous result of an Italian politician calling for a law to prevent raising a child as a vegan. The positive side? “...in the introduction to the law that the belief that ‘a vegetarian diet, even in the rigid form of a vegan diet, results in significant health benefits’ was becoming more widespread in Italy.” That “belief” is confirmed by the American Dietetic Association, so I’m quietly confident this could never actually become law.

Eating animal products requires, for most, a strong disassociation from the actual animal. The viral sensation of the ‘nipple on bacon’ photo (catch up with the story in the online New Zealand Herald) left bacon-lovers startled and disgusted, some vowing never to eat bacon again. We can only hope that for some, the awareness of the once live and beautiful creature will be a permanent awakening.

If you have a photo you would like to share with us, please send it with a brief description to editor@vegansociety.org.nz

Jessica Parsons

**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.org.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.
A Vegan Survey 2016  
A Woman’s Place in NZ Veganism  
Jeff Masson Book Giveaway  
A Guide to Vegan Parties  
Otago Animal Research Lab – The Future?  
Rescue Corner - Shalana  
Vegan Kickboxing  
Home-Made Muesli Recipe  
Cultured Macadamia and Cashew Cheese  
Hector's Midwinter Feast  
Vegan Chocolates Everywhere  
It’s Green Time  
Around Auckland  
Best Beauty Picks for Spring 2016  
Minimalist Boutique Skincare - Review

Auckland's Green Time Café's Pineapple Lump Cake

Mango and Coconut Mousse at Hectors: photo supplied by Heritage Auckland

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Vegan Survey 2016

Michael Hitchcock

The results of the 2016 Vegan Survey are out! This in-depth survey covers a wide variety of vegan information, and demonstrates some trend information compared to the 2013 Vegan Survey. A total of 865 responses are used in this report.

Overview
The survey covered:
- Demographics (gender, age, height and weight, ethnicity, region, income, education),
- vegan history (duration of veganism, age of becoming vegan),
- reasons for going and staying vegan,
- barriers to veganism,
- social aspects (vegan neighbours, partners, children, pets),
- politics,
- controversial discussions among vegans about related issues (GMOs, vaccines, etc),
- and vegan activism.

Notable survey results:
- **Gender** - There is a disproportionate number of female vegans, with 81% of respondents identifying as female.

Age - 58% of vegans are in the 16-30 years old age group, with a dramatic increase in the number of young vegans (under 21 years old) in the past 3 years.

Location - Otago has the highest number of vegans per capita, with three to four times as many vegans per capita as other regions.

- **Reasons** - Most vegans quote animal rights (91%), environmental (71%) and health (64%) reasons for becoming vegan.

- **Ease of being vegan** - Every respondent who has been vegan for more than 5 years feels that being vegan has become easier over the past 5 – 10 years.

- **Barriers** - Finding vegan options when eating out, and socialising with friends and family, are the most commonly cited difficulties about being vegan.

**Politics** - 46% of vegans voted for the Greens in the 2014 general election, while 76% of respondents of voting age said they would vote for an animal rights based party in the 2017 General Election if they were given the option.

**Conclusions**
We can identify a range of ‘soft targets’ – those who are more likely to become vegan. This includes women, people in the 15-30 year old age range, NZ Europeans, and vegetarians. These are the people current activism seems to be reaching, and this is likely the easiest way to increase the
A Women’s Place in NZ Veganism

Veronica Brown, MA (Oxon), PGCE (Cambridge)

A female movement with male figureheads?

The NZ Vegan Survey returns a number of key findings, perhaps most notably the role of women within the movement. Whereas women were 81% of the survey respondents, individual women are not as well-known within the community as the men.

When asked to, “Name the three most prominent New Zealand vegan activists you know of”, 58% of the names given were male, although men are only 17% of the community. The top four names listed were all male, with the top three receiving significantly higher recognition than all other names, at 19%, 13% and 11% respectively. In contrast, no females were named by more than 2% of the responses.

Conversely, we can also identify a range of ‘hard targets’ – those who are less likely to become vegan. This includes men, people of colour, and people over 50. It is important to focus our attention on these groups; to increase diversity, and make veganism more representative of New Zealand.

The “three pillar” approach to veganism – Animals, Environment, and Health – continues to be suitable based on peoples’ reasons for becoming vegan. However, the Environmental pillar appears to be increasingly more motivating, and this should be considered by vegan advocacy organisations.

There is an increased proportion of vegans raising non-vegan children. We need to ensure that parents have full access to information – to introduce veganism to their children, but also to make sure they are feeding their children a complete diet. This support should also be extended towards the increasing number of vegans under 20, many of whom are likely still living with their parents.

There are a larger number of grassroots groups’ campaigning for animal rights and veganism, without there being much awareness of these groups among many vegans. Larger, more prominent groups need to promote the awareness of these smaller or newer groups.

Limited options when eating in public remains the most commonly cited difficulty with being vegan. Increasing the awareness of existing food options, and promoting the increase in food options, would be relatively simple campaigns with easy gains.

An animal rights based party should stand in the 2017 General Election.

The vegan community needs to acknowledge and address the effects of a patriarchal society on our own behaviours. Specifically mentioned in this report is how male activists receive much more recognition than female activists. The community as a whole, and especially prominent male vegans, needs to put more effort into recognising the female activists, and the role they play in animal rights and vegan advocacy.

The full report is made freely and publicly available for anyone to download from http://veganpirate.info/activist/2016-vegan-survey-report/.
SAFE's high media profile, along with that of its Executive Director, Hans Kriek, can account for the prominence of at least one male vegan name. In addition, SAFE is the best-known animal-activism group among New Zealand vegans, and the question also provided a prompt (“this could be from the head of SAFE…”).

Doing the vegan housework

Unfortunately, while the data tells us that this is happening, it doesn't tell us why. Is this a phenomenon unique to veganism, or is it seen elsewhere? Actually, the situation whereby women are not recognised for the work they do is widespread in Western culture, and this has been demonstrated in numerous studies. In the corporate environment, for example, women have been found to shoulder most of the “office housework”, helping more but receiving less recognition. Perhaps notably, out of 34 ‘Vegan Profiles’ on the Vegan Society NZ website, only 41% are female.

Studies have also shown that women often struggle to be heard, which can in turn affect their ability to become “prominent”. A 2015 study found that women are less likely to speak up in conversation, and are more often interrupted by their male counterparts. It is this behavioral paradigm which has led to the pop culture concept of “mansplaining,” whereby a man may jump in to interrupt, correct or “educate” the woman, disregarding the fact that she may be better qualified or more knowledgeable than he is. In the context of vegan activism, it is reasonable to wonder whether this could be occurring here, leading to women losing out to the louder or more insistent male voice in the room, on the demo, or on the board.

Gender representation

However, there is strong female leadership among the next four best-known vegan groups, these being The Vegan Society, Anti-Rodeo Action NZ, Farmwatch and Go Vegan. The Vegan Society’s board comprises four females and one male, which reflects the 81% female demographic of New Zealand veganism. Facebook group Anti-Rodeo Action, founded by a female, has five female Facebook Page Admins, Farmwatch is 60% female and Go Vegan is run by two females.

Clearly women are taking leadership roles within the vegan community, behaving pro-actively, and driving activism, so these results are surprising. Are female leaders less visible, or are we simply paying less attention to them? With four out of five New Zealand vegans being female, could we not have expected at least one of the top four names to be female?

And industry. Only 31% of New Zealand’s Parliament is female, and in the private sector the situation is even worse, with women holding only 15 percent of directorships, a figure that would need to be more than tripled to be representative. And, while women comprise some 57% of professionals in the New Zealand workplace, they are 50% less likely to be managers.

The same scenario is evidenced quite clearly in New Zealand’s longest-standing vegan group, SAFE. Of all the prominent vegan groups named, SAFE is organised most similarly to hierarchies found in industry and government, and unlike the other groups, has a traditional board and paid employees. Although 80% of SAFE’s 15 employees are female, leadership is heavily biased in favour of males, with 71% of SAFE’s board male, a male chairman, and a male executive director. While SAFE’s managing director is female, for the board to accurately reflect the demographic profile of NZ vegans, female representation would

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Gender representation

As well as challenges with being heard and receiving recognition, we also need to be aware that even in 2016, women are still under-represented in government
need to increase almost three-fold, just as for the average private-sector board.

On a more encouraging note, the other vegan groups mentioned previously and which show strong female leadership were all established much more recently than SAFE, indicating that newer groups at least are moving away from traditionally male-dominated hierarchies.

Is this what's happening in veganism?

In the context of the New Zealand vegan movement the global phenomenon of the invisible female leader should be taken into account. In short, it is, and has always been, harder for women to achieve recognition for their efforts. But is it as simple as saying that the men couldn't do all their activism if the women weren't making their lunches? Are women being "mansplained" out of their well-deserved recognition? As we might expect with a question like this, the answer is much more complicated.

Activism, like almost everything we do, is gendered. There are certain activist behaviours, and attitudes towards activists, that are unique to females, and vice versa for males. There is no explicit blame to be attributed; all involved are doing excellent jobs that deserve our respect. For every prominent male vegan, there are valid reasons for that prominence: yet that still doesn't help us understand why women are less prominent.

Gender factors in activism

We need to consider that women’s relative invisibility as leaders of the movement may be as a result of many factors, not necessarily all pernicious. The cause could be something women are doing themselves, consciously or unconsciously: it may even be something they choose. Specific pressures, such as threats of violence simply for speaking out, are often more directly targeted at female activists, as illustrated most recently in the case of Rachel Stewart who, although not vegan, has repeatedly criticised the New Zealand dairy industry via her news column, resulting in threats to rape and kill her. On March 25th this year she wrote that she would be ending her commentary on dairy, citing “personal safety.” While male activists no doubt also experience threats, there is something unique about the way in which females can be intimidated, and this hardly encourages women to stand up and be counted when it comes to animal rights issues. It is perhaps little wonder that one of the global vegan movement’s most prominent females goes simply by the name “Banana Girl”.

Equally, relative male prominence may be as a result of the behaviour of male vegan activists, who are “getting out there more,” who may be more prone to seek recognition, or who, at least, are less inclined to shun it. The third possible factor at play is the response and attitude of the vegan community itself, who, for any number of reasons may just be paying more attention to men.

Without further research it is impossible to answer this question conclusively. We should be aware, however, that women face a myriad of obstacles when it comes to leadership, and this can include those they create for themselves. In her book, “Lean In,” Sheryl Sandberg, Facebook’s Chief Operating Officer, cites more than a dozen studies underlining the challenges prominent women face, one of which being the tendency for women to be seen as less “likeable” when they become successful, despite behaviour identical to the men’s. At Sandberg’s first performance review with Mark Zuckerberg six months into her job at Facebook, he told her that her desire to be liked by everyone was holding her back. If you please everyone, he said, you won’t change anything. “Mark was right,” she writes. “Everyone needs to get more comfortable with female leaders, including female leaders themselves.”

Why it matters

While the reasons behind this situation as it presents in New Zealand veganism are unclear, it unquestionably does matter.

First of all, we need to be consistent in our values, something in which vegans take considerable pride. It is not enough to say that as long as the job is getting done, the credit for the job is unimportant. Furthering the rights of animals should not be at the expense of the rights of those within our community, and ignoring or marginalising the significant contributions of female vegan leaders in New Zealand, whether unintentionally or not, is simply unfair, as well as inaccurate. Vegans stand for social change, inclusion and justice. When we fail to exemplify these characteristics within our own activism, we betray our values.

Secondly, leaders provide vision, they generate ideas and action, but they are also figureheads whose existence can serve to inspire others, both to action and to leadership. Women need to be confident to step into their roles as figureheads, owning their leadership both within and outside the vegan movement. The vegan movement may well be on a tipping point in changing the attitudes and behaviour of society. It is important that we take the time to reflect on our own attitudes as a group and think critically about any blank spots in our self-awareness, gaps in our knowledge, or things we have been conditioned not to understand.

Invisible leadership cannot inspire leadership, and it is up to prominent vegans, and the vegan community as a whole, to recognise both privately and publicly the good work of female activists. We also need to understand more about the gendered nature of activism, and ensure female activists have the support they need to stand up and be counted. While we need to attract more men to the movement, this should not come at the expense of recognising all the lovers and fighters, including the women, who continue to push the boundaries of what is possible day by day. Veganism is a movement whose time has come, and we need all of us to play our part if we are to achieve the objectives for which we stand.

Fully referenced version available on request. Please contact veronicabrown1972@hotmail.com
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 The Ultimate Betrayal: Is There Happy Meat? by Hope and Cogen Bohanec. The book explores the recent shift in raising and labeling animals processed for food and the misinformation around this new way of farming. “The Ultimate Betrayal provides us with a much needed critical look into the so-called ‘sustainable’ and ‘humane’ alternatives to the industrial production of animal products...” (James McWilliams, author of Just Food, Where Locavores Get It Wrong and How We Can Truly Eat Responsibly)

The other will get Jeff Masson’s copy of The Pornography of Meat by Carol J Adams. How does someone become a piece of meat? Carol J. Adams answers this question in this provocative book—her most controversial since The Sexual Politics of Meat—by finding insidious, hidden meanings in the culture around us. “Carol Adams offers a philosophical critique of advertisements that is innovative, even startling, yet which readers cannot help but acknowledge as her book unfolds...Carol Adams’ work is analytical, critical, and shows remarkably original and independent thinking.” (Review, Philosophy Now)

Jeff Masson’s Great Book Giveaway!

Enter to win by 31 October 2016 (or today, before you forget)

1. For The Ultimate Betrayal email amanda@vegansociety.co.nz with the subject line “The Ultimate Betrayal book” and your postal address.

2. For The Pornography of Meat email amanda@vegansociety.co.nz with the subject line “Pornography of Meat book” and your postal address.

Open to Vegan Society members only.

GIVEAWAY!
The Guide to Vegan Facebook page has been up and running for six months now! During this time, we have shown a whole lot of people how easy it is to make each meal of the day vegan!

Now we have noticed another knowledge gap: what to offer party goers when you are hosting a party and you want all the food to be free from animal products!

You can take the time to go through the different albums we have on the page - snack, lunch, dinner and dessert-themed foods and pick what you want to make yourself. You can design the party food to be however you want it to be. You can even contact us for personal advice.

We recently catered the birthday party of Holly B, a lovely vegan friend of ours! We made pizza, muffins, cupcakes, scones with soy-whip cream, chocolate fudge, brownies and so much more. Most of the guests at the party weren't vegan, but they were more than happy with the quality of the food! Of course we heard the sentence "I can’t believe this is vegan" many times throughout the evening.

Parties are a great opportunity to show your friends what a compassionate diet looks like without any hint of preconceived stereotypes. No we won’t just feed you carrots and celery (although both of those are delicious and would be great with vegan onion dip or hummus) but we also eat mini cakes, chocolate and everything else delicious!

For more info or to ask any questions, contact us on facebook/aguidetovegan

Vegan chocolate brownies

**Ingredients**
- 2 cups flour
- 1 cup sugar
- 3/4 cup cocoa powder
- 1 teaspoon baking powder
- 1 teaspoon salt
- 1 cup warm water
- 1 cup vegetable oil
- 1 teaspoon vanilla extract
- 1/2 cup of dark vegan chocolate chips (we use the Pam’s dark compound chocolate drops)

**Instructions**
1. Heat oven to 175 degrees C.
2. Sift together flour, sugar, cocoa powder and salt.
3. Add water, vegetable oil and vanilla extract and mix until well blended.
4. Spread evenly into a baking tray (we use a variety of different trays and they all seem to work well).
5. Bake for 25-30 minutes until the top isn’t shiny.
6. Let it cool down completely before cutting it into pieces.
7. Serve with icing sugar or grated dark chocolate on top.

**Option:** We’ve also tried adding Sweet Williams white chocolate and berries for an amazing alternative.
Vegan scones
(See www.vegetarian.org.nz/recipes/very-easy-date-scones/)

This great Vegetarian Society recipe has now been tested by INVSOC and A Guide to Vegan, so you can't go wrong.

Ingredients:
• 2 cups self-raising flour (or 2 cups plain flour and 4 teaspoons baking powder)
• 1/2 teaspoon of salt
• 2 dessert spoons sugar
• 3/4 cup of soymilk, with 1/4 cup of oil mixed in for a total of a cup of liquid. (You may reduce the oil ratio depending on the richness of the milk used)
• 1/2 cup of chopped dates

Method
1. Preheat your oven to 200 degrees C
2. Sift the dry ingredients together and whisk or stir together with a fork to mix.
3. Chop the dates into thirds using your knife or kitchen scissors.
4. Stir or whisk the chopped dates into the mixed dry ingredients.
5. Add the soymilk and oil mixture to the dry ingredients and stir, leaving the overall mixture just combined without overmixing, so it will rise well.
6. Flour your baking tray and spread the dough until it's roughly 1.5 centimetres high. Slice into scones with a table knife.
7. In the preheated oven, bake for about 10 minutes or until lightly golden brown. You'll see them rise within a couple of minutes.
8. Take the scones out to cool on a cooling rack covered with a clean tea towel.

Serve with soy whipped topping – e.g., Soyatoo, available from www.thecrueltyfreeshop.co.nz
It is very disheartening to hear that Otago University is planning to spend $50 million on a new animal research facility. It is usually claimed that animal research is necessary for medical purposes, and most countries, including New Zealand, will not allow a medication to be released unless it has been tested on animals.

History of animal testing
How many medical discoveries have been due to animal research? The Otago Daily Times published a list of a famous few... however, closer inspection reveals that the “medical advances” on this list are either misleading or completely false. Could we have achieved equally good or even better results quicker if time and money had not been pushed into the animal testing route? We shall never know.

There is also an increasing number of scientists coming to the conclusion that animal testing really doesn't add up. How many times has the cure for cancer been thrown away because it didn't work on mice? Again, we shall never know. Many scientists are realising that the animal model for humans really isn't good enough. We share only 50% of our genes with mice (the same amount we share with bananas), while chimpanzees are our closest cousin with 96% shared DNA. We also share many genes with yeast, and researchers are looking into using yeast cells to study human genes. Yet mice (and not bananas) are still the most used model for research into human ills.

The future of medical testing
There are currently just three research facilities in the world that are dedicated to non-animal testing: Johns Hopkins University and UC Davis, both in the United States, and Utrecht University, in the Netherlands. Wouldn't it be a more positive step if Otago University followed this path? The advancements in 3D printing and other technologies are making animal research more obsolete by the day.

The US has recently decided that cell-based assays are a more effective way to test chemical toxicities than using animals, which is certainly very good news for them. In 2008, the US said it was going to replace animals with robots for some toxicity tests. Better technology is out there.

I have often wondered why we don’t spend the research money on looking at why healthy people are healthy, at encouraging known healthy diets and practices. Surely, to an extent, we humans have a responsibility to look after ourselves. Instead, the “answer” is to open up a new animal lab.

Animal welfare
All of this laughs in the face of the Animal Welfare Amendment Bill, which states that animals are sentient beings. Otago University uses some 18,157 animals per year in research, testing, and teaching, of which some 13,937 animals per year have died (these figures are the average over the last three years). The most commonly used species were mice, rats and fish. In New Zealand in 2014, a total of 310,287 animals were used in research, testing and teaching. The most commonly reported species were cattle (24.3%), mice (18.8%), sheep (14.4%) and fish (13.1%).

Testing, testing
Lastly, do we need any of this research at all? If we believe as vegans that humans are no more important a species than the rest of the animal kingdom, can we justify these strenuous and complex efforts to prevent our demise? This is a most unpopular question amongst non-vegans; are vegans better able to question themselves?
The New Zealand Anti-Vivisection Society (NZAVS) is shocked and appalled by Otago University’s recent announcement that they are planning to build a new $50 million, five-storey animal research facility. The Deputy Vice-Chancellor for Research and Enterprise, Professor Richard Blaikie, stated that “the [new] facility would future-proof the university’s position as a leading scientific institution”.

The reality is that the continuation of animal-based research while striving to be a leading scientific institution is an oxymoron. If the deputy vice-chancellor for research and enterprise truly wants Otago University to be a leading scientific institution, then supporting the most relevant and advanced research is vital – this is human-based research!

Expert discussion panel
On July 27, 2016, the Otago Student Animal Legal Defense Fund organised an expert panel on the topic of animal research and the planned new animal lab at the University of Otago.

Panel members included:
• Marcelo Rodriguez-Ferrere (teaches Public Law, the Law of Torts, and Animals and the Law at Otago University’s Faculty of Law)
• Tara Jackson (NZAVS Campaign Manager) Professor Grant Gillett (teaches early learning in medicine, cognitive neuroscience, and graduate papers in Bioethics at Otago University’s Division of Health Sciences)
• Dr John Schofield (long career in vivisection, board member of the SPCA, owner of Otawog, a company that specialises in equipment to restrain and anaesthetise lab animals)

The discussion showed how big the opposition to the proposed new animal lab is. Opinions clashed throughout the debate and the only agreement all panel members had was on the lack of transparency that the Otago University has on animal experimentation.

It was pointed out that members of the public are unable to go in and see the current facility and that there is no public footage of experiments or of the lab animals kept inside. This is something that shouldn’t be happening if the University is proud of what it is doing.

Shared goals and different methods
It was clear that members of the panel all share the same vision – a better future for human health. The difference is how we go about getting there. With animal-based research having already proven to be an unreliable method, it is obvious to NZAVS and our supporters that human-based research is the way forward. Members who were pro-vivisection wanted to keep going with animal experimentation and were willing to continue on with old, outdated methods.

The audience also got a chance to comment and ask questions. One student pointed out how important it is for the University to adopt some kind of opt-out policy for students who don’t want to take part in animal-based experiments but still want to learn and complete their degree. Many experiments are repeated each year by different students, nothing new is being discovered and thousands of animals are used in vain. This is an issue that the NZAVS is aware of and is currently working to change.

The panel was a great opportunity to discuss all of our many concerns with animal-based research and the new animal lab.

Sign the petition
Read more as it develops at www.nzavs.org.nz and please sign the petition against the lab at www.nzavs.org.nz/actions/no-new-animal-lab-otago
Rescue Corner
- Shalana

Lynley Tulloch,
Starfish Sanctuary

Shalana is an ordinary little calf, who came into my life on an ordinary day. As a bobby, she had been cast aside as 'waste product' on the farm where she was born. On that day I was travelling around the countryside when I spotted some babies peering out at the world from a bobby calf pen. A wee boy with a bright white star on his forehead caught my attention first, and then next to him and pushing up against him anxiously, I saw the tiny golden-brown girl. I screeched to a halt, my heart racing. Would the farmer answer my knock on his door? Would he accept my offer to buy these death-row babies? Soon I had my answer. What a relief!

Shalana was the last one loaded into my station wagon, and we hightailed it out of there before the bobby truck could get anywhere near us. On that ordinary day the four of us took an extraordinary journey together. I was tired and anxious. Shalana and the other two (since named Ghandi and Luther) were exhausted and sad from missing their mum. As they lay down on the straw of their pen in their new home, I stroked Shalana's head and kissed her eyes closed. She was so gentle and affectionate. Soon she was sleeping deeply. I watched her rhythmic breath for a while as my own heartbeat calmed.

I felt a burning shame for the actions of my fellow human beings who had willingly and knowingly stamped Shalana, and these other beautiful new-born calves, for death. Mostly I wished they could have grown up with their mums. But now I was all they had. I loved all of them, but Shalana stood out from the others right from the beginning for her particularly loving nature. She was so innocent, so eager and affectionate.

She is just about a month old now and I absolutely adore her. At meal times she waits for me to arrive with her milk and chases after my car when I leave. She throws herself on me with kisses and follows me around the paddock, kicking up her legs playfully, curiously approaching any guests as if to say ‘Will you be my friend? Will you stroke me? Can I bite the rubber off your gumboots?’ She is playful, curious and adorable, and she has completely won my heart.

I read a quote today by William Martin about appreciating the marvel and wonder in everyday life. It ends with: “make the ordinary come alive...The extraordinary will take care of itself.” This is very true. This quote made me think of my Shalana, the extraordinary little bobby calf whom nobody wanted.

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e: bill@profileplus.co.nz
I am a mixed bag of tricks with a drive to try anything and everything; an adrenaline junkie.

I graduated in 2009 with my Bachelor of Sport and Recreation, majoring in Exercise Science and nutrition. I’ve always had a passion for all things health related, which subsequently led me to starting my own business (Euphoria Health) with my two primary services being deep tissue massage and personal training. Health and happiness are often intertwined.

I could not imagine a healthy life without animal companionship and educating people on how animals are treated when we support various industries. On the other hand – I have been called the ‘Vegan Butcher’ for my involvement in martial arts. A lover and a fighter, I train and compete in Brazilian jiu-jitsu, wrestling, kickboxing, boxing and MMA.

My vegan journey

I had been vegetarian ever since I was 8 years old, when I saw my hen-friend beheaded to be dined on later that evening. I didn’t realise the atrocities in the dairy and egg industry until I was 22, I then adopted the abolitionist approach after watching the horrific yet eye-opening documentary, Earthlings.

My athletic life

Growing up, I predominantly competed in athletics. I was a 100m and 200m sprinter as well as a long jumper. When I was 10 years of age, I developed a curiosity for martial arts and commenced karate training. I tried various martial arts and quickly found a passion for Muay Thai for stand up and Brazilian Jiu-jitsu for my ground game. My first competition was at the Abu Dhabi World Trials as a fresh white belt with only one opponent in my division. If I had won, I would have had an all-expenses-paid trip to Abu Dhabi to compete in one of the biggest competitions. I was up against someone with years of experience who took the win, but I took away an invaluable experience nonetheless.

I competed at the National Grappling competition, taking away two gold medals for my division and open. I also competed in a couple of submission-only competitions, which were rather exciting as the only way to win is from your opponent tapping out with no time limit. In mid-June, I had my first kickboxing fight and came away with the win. Three weeks after that, I had my first boxing fight and won the trophy, and three weeks later, I had my debut Mixed Martial Arts fight. Later this year in October, my husband and I will be travelling to Los Angeles to compete at the World Jiu-jitsu IBJJF Championship; which is one of the biggest Brazilian Jiu-jitsu competitions in the world.

My training regime.

Training is a huge commitment, as we are to train six days a week and up to three times a day. Of course day-to-day life can get in the way, which can be a hindrance. Monday and Saturday is sparring. Tuesday is wrestling followed by a tough circuit. Wednesday is the kickboxing circuit. Thursday is kickboxing and Brazilian jiu-jitsu and Friday is marathon rolling. I run most days and incorporate resistance and plyometrics training.

As a whole, I really feel like I’m a more focused, driven individual. Fight sports has really allowed me to see the calm within the storm.
What I eat for success
To sustain the high levels of activity, I am on a high-carbohydrate, low-fat, low-protein diet predominantly. I live off salads, smoothies, soups and curries but try to stay away from processed foods as much as possible. Chocolate is my kryptonite.

In my salads I have: spinach, kale, pumpkin seeds, red onions, olives, pickles, sunflower seeds, hemp seeds, lemon juice, falafel or Jana’s delicious cheese, alfalfa and tomato with a little drizzle of olive oil.

My smoothies are quite spontaneous but they generally include: unsweetened almond milk, bananas, frozen berries, spinach, kale and LSA.

Who supported you on your journey?
My husband, Steven, has supported me throughout my martial arts journey and journey in life period. We met in 2007 during Muay Thai training and have been inseparable since. The deadly team at City Kickboxing and Team Battle has played an imperative role in my journey. My main trainers Tristam Apikotoa, Eugene Bareman and Adam Johnson have been nothing short of phenomenal.

Princesses of Pain event
The MMA fight at the end of July at the “Princesses of Pain” event was a full-contact bout that allows both striking and grappling, both standing and on the ground.

The event is specifically for women only to showcase and experience a full fight. Belinda Dunne who runs the promotion is a very passionate individual, who is looking to get more females on board in a male-dominated sport.

I’m interested in fighting any style just to gain the experience. The promoter contacted me asking whether I wanted in, and without hesitation I agreed.

The event on the day was absolutely incredible. We all had to have our medicals done and have a mini photoshoot before warming up for our fight. In my corner, I had the experienced Mike Angove and Adam Johnson giving me sound advice. I didn’t really feel nervous. I just wanted to get in there and get out so I could enjoy the rest of the fights.

A chesty cold virus, my womanly time of the month and a couple of injuries were a tad problematic in the lead-up, but mental determination made them disappear at the moment of my walk-out song. If I weren’t capable of fighting, I wouldn’t be in there, so there were absolutely no excuses – win or lose. I was under the weight a week before the fight but with water retention issues on the week, given a certain time of the month, I gained 2.5 kgs and had to cut weight. I was on a 24-hour fast of no water and no food before weigh-in and made weight.

Motivation during tough times
We lost a teammate last year, Jamie VDK, and he came to me in my dreams the week of my fight. He had big dreams and was sure to reach them, had he not had his life taken away too soon. Both Jamie and my dad motivated me when times were trying because they were the epitome of the word ‘fighter’. Where Jamie was a fighter in ring and attained peace through martial arts, my dad had Parkinson’s disease, stroke and other ailments, fighting though these every day just to see his children.

What I achieved
An achievement is not necessarily about the win – it’s about the journey and the experience. I achieved my goals of jumping in the ring to test myself in kickboxing, boxing and MMA. I did win my MMA fight, and that is a bonus. Above all, I achieved mental calm and discipline.

To all the other competitors out there, get out and spread the love and lead by example.

To find out more about this event, go to the “Princesses of Pain” Facebook page.
Home-Made Muesli Recipe

This home-made muesli has just the right amount of crispy crunch on the outside and a nice chewy texture inside the clusters.

You can also try your own variations by using nuts, activated buckwheat, chia seeds or dried fruits like prunes, apricots; cocoa powder instead of cinnamon etc.

If you have a dehydrator, you can also make a fully raw version, by dehydrating it instead of baking.

Makes one tray:
• 1/2 cup (70g) sunflower seeds*
• 1/2 cup (80g) pumpkin seeds*
• 1/2 cup (70g) dates, pitted and diced
• 1/2 cup (70g) raisins
• 1/4 cup (40g) flax seeds
• 1/4 cup (25g) shredded coconut
• 2 teaspoons cinnamon

*activate them by soaking in filtered water for at least 12 hours, then rinse and drain

Instructions:
1. Place sunflower seeds and pumpkin seeds in blender or food processor and blitz to smaller crumbles. Transfer to medium sized bowl.
2. Blitz dates and raisins to crumbles and transfer to the bowl.
3. Add flax seeds, shredded coconut and cinnamon powder to the bowl and stir until combined. Let sit for a while.
4. Preheat oven to the lowest temperature (about 50°C). Line baking tray with baking paper.
5. Using your hands, sprinkle the muesli over the tray. Squeezing it into small clusters as you go.
6. Bake for approx. one hour, or until golden brown with relatively solid clusters formed. Let cool down properly and store in an airtight container in a cool and dry place.

Enjoy in smoothie bowls, with plant-milk and fresh fruit or as a little snack in between. This and other recipes can be found on Jana’s recipe page theveganmonster.com

Cultured Macadamia and Cashew Cheese

Cashew cheeses are becoming available in some shops here, but they’re quite pricey and really not that hard to make. So why not have a go yourself? For this cheese you don’t need anything weird, or at least not weirder than a few happy probiotic capsules, which we should all have in our fridge anyway.

What’s so great about making these cream cheeses yourself (apart from taking the credit for it) is that you can flavour them any way you like; with herbs and spices of course, but also with dried fruits, citrus rind, smoked kelp, or anything that sounds exciting.

Ingredients
• 1 cup unsalted macadamia nuts
• 1 cup raw cashew nuts
• contents of 3 probiotic capsules
• ¼ cup filtered water
• 1 tbsp nutritional yeast
• dried dill and dukkah to roll onto the cheese (a sweetish dukkah with rose leaves for this recipe), or use toasted sesame seeds with any spices you like

Instructions
1. Soak the nuts overnight
2. Rinse and put them in the blender with the probiotics and water
3. Process in the blender till completely smooth
4. Line a sieve with a double cheese cloth, and scrape the mixture onto the cloth
5. Place sieve on top of a bowl, and place a weight on top of the cheese to press the fluids out (you could use a flat lid and put a pan with water on top)
6. When the leaking has stopped, increase weight
7. Let sit for 36 up to 48 hours
8. Put the cheese in a bowl and add all other ingredients, or any flavours you prefer
9. Line a mould or container or bowl with plastic, and press cheese in mould
10. Transfer to fridge for a day to set (overnight is easy)
11. Then roll through the dried herbs & dukkah

Serve and show off, I’d say! Goes fabulous with toast, crackers, veggie slices of any sort. Eerainuh is a cooking enthusiast who creates healthy simple vegan recipes to support her health and the animals. You can find more vegan recipes, resources, and discussion at Eerainuh’s website www.eerainuh.com/
Hectors Midwinter Feast

Rachel Herriott

My wife and I were very excited to attend the fully vegan buffet feast to celebrate midwinter at Hectors Restaurant at Auckland’s Heritage Hotel on July 9. It is a very well-presented restaurant. The process for the evening saw a starter served directly to the table, followed by individual tables called up to the buffet, table by table, to reduce congestion.

Vegan wines
We started by ordering a glass of wine each. We decided to order from the wine list rather than the featured vegan wines, as there was only one red – only, when we selected a vegan red from Hectors’ wine list, we were told that we had to choose from the three featured wines. As drinks were not included in the cost and we were paying for our wines, we challenged this and, after some checking with other staff, the waitress came back and confirmed we were allowed to purchase a different vegan wine from those on the list.

While the starter was nice, it was unfortunately a bit ordinary and it lacked both presentation and taste. The actual buffet was visually well presented, with the dishes displayed in single-serve disposable wooden cones and cups. There was a large variety of main dishes available, although both times we went through the buffet, sadly, several dishes had run out. The food was exactly what you would expect from a restaurant of this calibre, with many excellent dishes. The desserts featured a wide variety of rich and interesting options.

Favourites
In particular, the spinach and artichoke formaggio with kumara crisps, the toasted sunflower seed salad with grilled eggplant, and the kale and apple salad were very tasty cold dishes. For the hot dishes, our picks were the butternut and spinach tempura, pan-fried mushroom cake, and cauliflower Penang with carrot purée. Our favourite desserts were the red velvet cupcake, meringue crisps with vanilla cashew cream and fruit, and mango and coconut mousse.

If you regularly eat at restaurants and have struggled to get good vegan food, then the vegan buffet at Hectors is a dream come true. However, if, like us, you have learnt to create great, homemade, clean, and healthy vegan food, the buffet did have that “made in a commercial kitchen” taste. It was a lovely night out and we both salute the chef and the Hectors management team and what they are doing to make vegan food available and
accepted in the mainstream.
Without a doubt, the team at Hectors created beautiful food and facilitated a wonderful evening.

**Menu**
(most are gluten-free)

**Starter:** Chickpeas and black bean stew with rice cake

**Served cold:** Spinach & artichoke formaggio, kumara crisps; cos cup taco, guacamole and sundried tomato; toasted sunflower seed salad, grilled eggplant, peas and pine nuts; kale, cabbage, mint and radicchio salad, herb croutons and lemon vinaigrette; seeded bread tartine with hummus, tapenade and pickled onion

**Served hot:** Beetroot potato gratin; edamame fettuccine aglio e olio; tempeh filo with beetroot relish; butternut and spinach tempura, kale and apple salad; cedar wrap tofu with miso kumara puree, grilled artichoke; panfried mushroom cake with condiments; cauliflower Penang, carrot puree, raisins, coconut crumbs

**Sweets:** Red velvet cupcake; raw strawberry cake verrine, walnut crumble and passionfruit; chocolate delice; aquafaba meringue crisps, vanilla cashew cream, seasonal fruits; mango and coconut mousse, lime avocado; raw carrot pop cake

To experience Hectors raw and vegan presentations for yourself, check out their page at [www.heritagehotels.co.nz/hotels/heritage-auckland](http://www.heritagehotels.co.nz/hotels/heritage-auckland)

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[www.nzavs.org.nz](http://www.nzavs.org.nz)
Vegan Chocolates Everywhere

Jessica Parsons

As a vegan and chocolate lover, I am inspired by how many vegan chocolate options we have these days. If there's anything you have to miss when becoming vegan, chocolate isn't it. Following are two great chocolate offerings not to be missed (including a giveaway)!

Rawkiss Chocolates

Imagining a ‘chocolate’ stirs up anticipation of a delicious treat, but a ‘chocolates’ promise a tantalising array of rich complementary flavours, where your only task is deciding which one to enjoy next.

Rawkiss Chocolates box delivers on all that. Both the beautiful styling and the aroma are guaranteed to delight a chocolate lover from the moment of the box opening.

Rawkiss specialises in organic, raw ingredients for their treats, which are vegan-friendly and free from GMOs, preservatives, pesticides, cholesterol, gluten, cane sugar, dairy, eggs, soy, peanuts, and alcohol.

Just as importantly, of course, they tasted amazing! Note that the chocolates must be refrigerated to keep their shape and goodness.

Our box was shared among family and friends, vegan and non-vegan, kids and adults, all to great enjoyment. We studied the provided flavour map with care (the joy of the chocolate box!) to pick our favourites: the first round of King Mango, Heartful Strawberry, Cherry Royale, Smooth Caramel, Uplifting Lemon, and Creamed Express-o.

Fruit Chocolates

Cherry Royale, Heartful Strawberry, King Mango, Uplifting Lemon, Fruit Cake,

GIVEAWAY!

Enter to win by 31 October (or today before you forget) Rawkiss is offering a choice of one of their chocolate boxes, RRP up to $49.40, to a lucky member winner. For your chance to win, email amanda@vegansociety.co.nz with the subject line “Chocolate” and your postal address. See loverawkiss.com for your options!

*Open to Vegan Society members only.

Young Chocolate Entrepreneurs

When a team of six year-13 Aorere College pupils in Papatoetoe, Auckland, built their chocolate business to participate in the Young Enterprise Scheme, they designed their chocolate to be native to NZ and allergy-friendly. So it’s not too surprising that their dark chocolate (55%) bar is not only gluten and sugar-free, but also dairy-free and great for us vegans! And I’m always very pleased to see a short ingredients list on a package.

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Fruit Chocolates

Cherry Royale, Heartful Strawberry, King Mango, Uplifting Lemon, Fruit Cake,
It’s Green Time

Kitty Lin

I was a non-vegetarian non-vegan commercial property lawyer at Simpson Grierson until 1 April 2016. I never cooked because I was rarely home. I just wanted healthier food options close to work so I could stop eating so much junk food.

My green evolution

In October 2015 I attended a climate change conference for work. It opened my eyes and showed me both the urgency of addressing global climate change issues and the initiatives out there to combat them. I felt both concerned and hopeful. Concerned that the problem is on such a large scale and will affect so many people who are unaware of the issues, but hopeful at the same time because political and business leaders are now working on solutions.

Suddenly I found myself thinking about ways I could help in the scheme of things. There was a burning need to share what I had learned at the conference to raise awareness about what we could do at a consumer level to drive governmental policy changes and encourage business involvement.

While searching for ways to contribute to the “green movement” (from providing pro bono legal advice to environmental groups, to learning about composting), I stumbled upon veganism and its significant and positive environmental impact (think Cowspiracy).

Then it dawned on me.

Vegan food for a green world

What if I could make healthy yet delicious, vegan - and thus - planet-friendly food more accessible and convenient for everyone? It’s the kind of food I would want to eat! What if I could give people a reason to try vegan food – the health benefits, the cruelty-free feel-good factor, the environmental implications, maybe even superior taste(!)? What if I could get people to think about their everyday decisions, about our planet, and shake things up a little bit at a time?

It all clicked – my newfound passions for real food, the environment and knowledge-sharing all pointed to this exciting possibility. It was a moment of epiphany. The realisation made me want to cry, because I knew I had found my mission. The sense of purpose that I never had, and never saw in myself. The reason to get up each morning.

Knowing nothing about cooking, veganism, nutrition, the hospitality industry, running a business… none of that stopped me. I just knew that I had to do it, because I couldn’t live with the thought of not trying.

What began as an after-hours project of passion at the end of 2015 eventually became my chosen job: I resigned from my legal role in March 2016 to focus on starting up Green Time in Fort Street, in Auckland CBD – my all-vegan eatery and sustainability project. Since then I have also switched to a plant-based diet, learned basic cooking (funny that the vegan restaurant idea came before these, but oh well), and have gotten involved in various community and low-carbon initiatives as part of my vision.

Getting started

I basically dived in without talking to anyone about it except my parents and a few advisors. A big part of me was still figuring out how I was going to do this, and I didn’t want anyone talking me out of it. I was terrible at asking for help.

With my background in commercial property law, I reviewed and negotiated my own lease. That was as far as my expertise went. I had to learn everything, even the legal role in March 2016 to focus on starting up Green Time in Fort Street, in Auckland CBD – my all-vegan eatery and sustainability project. Since then I have also switched to a plant-based diet, learned basic cooking (funny that the vegan restaurant idea came before these, but oh well), and have gotten involved in various community and low-carbon initiatives as part of my vision.

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With my background in commercial property law, I reviewed and negotiated my own lease. That was as far as my expertise went, because everything else was out of my depth and part of a steep learning curve that I had to quickly master while working a full time job.

When I took over the premises, I started looking into interior/ logo design, cabinetry and site layout, re-painting, junk removal, commercial cleaning, electrical works, building repairs, gasfitting works, furniture, lighting, signage, recipe research and experiments, food nutrition, commercial kitchen equipment, financing, staffing, marketing, council regulations and licensing, food premises and food safety compliance, IRD requirements, general accounting, suppliers, packaging, insurance, point of sale systems, banking and merchant services, EFTPOS rental, social media presence, security systems...
the list goes on.

Initially I did everything myself including looking up and contacting potential suppliers and tradespeople and bussing around town (I don't have a car) to visit showrooms and buy ingredients. I was cooking and experimenting during weekends and dashing out during lunch hours getting quotes, meeting contractors as well as doing late night research, comparisons and costings. No one else knew what I was up to. I nearly burned myself out because my day job also required a lot of mental focus and more than the standard 40 hours a week. Being a perfectionist, I was spreading myself very thin to make sure everything was being done properly. Giving up just my social life wasn't enough.

Getting help

When I finally cracked months later and told a handful of friends about what I've committed myself to, their response was amazing. I am grateful that every single one of them did what they could to help me. From taking research tasks off my hands and booking in my contractor appointments to driving me around Auckland running errands and providing their insights and suggestions, and on top of that they introduced me to other people who know more about the restaurant business. They made things manageable and gave me breathing space. The experience taught me the importance of asking for help when I need it, because I tend to keep problems and burdens to myself.

The week before Green Time was due to open, friends dropped by and helped unpack equipment, move furniture, peel stickers off crockery and containers, assemble shelves, make cushion covers, bring in plants... They literally made it happen.

While I don't have any partners in this project and sometimes I feel like I am all on my own, I have met so many amazing people along the way who gave me valuable advice and just helped out because they too wanted to see Green Time grow. My staff are amazing and they look after me as well as make the Green Time dream come true. The team is like my family.

Barriers to success

Besides the time and budget constraints and the lack of relevant experience, there were all the unexpected things that happened: from changes to food regulations to discovering non-compliant gas equipment onsite to having fire extinguishers taken away by scammers which led to liaising with the police and commerce commission - to share but a few unexpected experiences!

Deciding to quit work to focus on Green Time was difficult, because my firm was great to me and also because my decision disappointed my parents. I'm sad knowing how worried and upset they feel about what I'm doing.

But I know why I have started Green Time. So I try to get over any setbacks and keep the emotions aside so I can stay on track and focus on what I need to do next.

My vision

To save the planet, one bite at a time. I dream of providing healthy, sustainable and plant-based food that everyone can get excited about. Healthy vegan food should be delicious too. I figured that if we could deliver the taste then maybe we could encourage people to eat better for themselves and for the planet. There are so many aspects to this goal, from figuring out what “healthy” means (with so many healthy diets out there – raw, paleo, high carb...), working towards a zero-waste business model, developing menu options that can accommodate food intolerances and allergies, while trying not to compromise on the tastes with all our “no refined sugar”, “no frying”, “no animal products” and various other restrictions.

I also want to support other green businesses through sustainable procurement within Green Time. To reduce food waste going into landfills, we focus on quality not quantity; we compost food scraps through WeCompost; source biodegradable packaging from Innocent Packaging; use eco-friendly cleaning products from Ecolab; and actively communicate our sustainability vision to our customers. I love partnering up with suppliers who are equally passionate about their role in the sustainability area. I also
worked with an amazing graphic designer to create a wall mural sharing Green Time’s purpose, for a gentle but powerful way to spread the green message.

Bottom line is: every person can make a difference. Every decision counts. Every person who tells another person becomes an ambassador for change. I see Green Time as a place for people to connect, care, start a conversation, and make great things happen.

I’ve started Green Time in the hopes of making the world a better place, albeit little by little.

Getting the business
Delivering the vision that brought me this far. By bringing together passion, compassion, great food, an inviting space, and making everyone feel at home at Green Time, the right people will come through our doors.

We definitely need to build on both our physical and online presence, but hopefully both will come with time!

Measuring success
Given that I knew nothing and started with nothing, the fact that Green Time is open and I am able to slowly instil my values into it makes me very happy with its general direction.

Of course, it’s not busy enough to cover costs, and this needs to change for Green Time to sustain itself in the long run.

For now, I feel privileged having the space and being able to share it with like-minded people who come in. I am humbled when people come back to check on how we’re doing and bring their friends and family around because they enjoyed the experience. Most of our customers are so wonderful they make it worthwhile just being here, doing what we do.

How much of your time is spent on the business?
Mentally probably 90% because most of my thoughts revolve around Green Time. While we are not currently open during weekends, I do a lot of admin/ paperwork/ planning in the weekends, and occasionally we do special events, so probably 80% of my waking hours are spent on Green Time related things, on average.

It’s hard to separate personal time from “work” time because sometimes personal time sparks ideas for Green Time, and usually I enjoy what I do here so it doesn’t feel like “work”, or I get both personal and work things done at the same time (like when I go shopping, I might be buying things both for myself and for Green Time).

Advice for other entrepreneurs
Starting a business from scratch is like having a baby. No amount of mental preparation can fully prepare you for the ride you’re in for.

From the excitement of conception, to the labour and love you put in to make it happen. It takes everything you have and will reflect everything you are.

There is nothing glamorous about what you must do to keep the dreams alive, day in day out. Most days you’ll be financially stretched, sleep deprived, and on-call 24/7. Your highs and lows are extreme – it is a rewarding experience on a good day, but there will be days when you wish you never got started.

But if you know why you want to do this, are willing to commit and persist, then go for it. You are making the world a better place!

Review

Anyone on Facebook will know how much vegans are enjoying discovering the new all-vegan Green Time! When my husband and I had some childfree evenings, I knew we had to go check it out.

Anyone who knows town well will have no trouble finding the café, although it is tucked a bit away on Fort Street and the current construction downtown does present some challenges for visitors and those of us who no longer have the central city as our stomping grounds.

The café is cute, beautifully clean and well-presented, with the wall art mural, chalk art and green plants setting the mood before you even sit down. The seating area is spacious, with both chairs and soft bench seating choices. As you walk in, you can see the cabinet with the sweet treats that you plan to select after your main meal. A board at the counter offered the range of juice/ smoothies, which I always enjoy.

The menu has plenty of appealing choices: burgers, Asian noodles, sliders, tacos, etc., with a good range of prices for all too.

We both went for the burgers – I had the Smokie Rookie (tofu) and my husband had the Sexi Mexi (spicy avocado and beetroot). We were served promptly, and both burgers were impressive for serving size and delicious fresh taste. I also tried the simple potato salad from the salad bar, which has several cold salad meal options. I will have to go back to try out the soup that was attractively presented near where we sat.

And it is a special feeling to be able to select from more than five dessert options that are all vegan: banana bread, cheesecakes, muffins... I had a scrumptious Pineapple Lump (very Kiwi!) cheesecake and my husband chose the chocolate mousse. Both desserts had plenty so we could each try both.

Green Time is clearly the place to be, as we also met Yolanda from the Christchurch Vegetarian Centre there! It has also received a great review in the Heart of the City website. This café is definitely an inspiration for serving up delicious food that is also healthy and easy on the environment.

You can check out what’s happening at Green Time on Facebook, as menu items are still being developed. Green Time is at 28 Fort Street, Auckland CBD, open for lunch and dinner.

Jessica Parsons
Around Auckland

Green Living Show

Cheery vegan helpers at the Vegan Society stall at the Green Living Show on 2-3 July.

Mid-winter Xmas Potluck

See the food and fun at the Vegan Society Mid-winter Xmas Potluck on 6 August at the Grey Lynn Community Centre, Auckland!

The Vegan Society has a big potluck on the first Saturday evening of every month. Check out those events and other regular potlucks around the country on Facebook.

Vegan 101

The Vegan Society holds several Vegan 101 events in Auckland each year. For new and aspiring vegans, and those wanting the inside tips, topics covered include: basic and sports nutrition, socialising, the mysteries of tofu, cosmetics, and more. To make it perfect, luscious vegan food is served as samples along the way.

Wanted: Vegan Society Board Members

The Vegan Society of Aotearoa, New Zealand, is seeking a new board member from anywhere in New Zealand.

The role involves thinking about the big picture, strategic planning and carrying out some administrative tasks.

Required: enthusiasm! Any skill set considered and business or entrepreneurial backgrounds would be particularly valuable.

The board meets once a month via Skype.

To join our friendly hardworking team, please apply in writing to amanda@vegansociety.org.nz
This issue I’m starting off with something for the men. **Bonbon** in Whakatane make amazing vegan bath & body products including these two beauts! Stay fresh & clean with the Face, Beard & Hair Shampoo Bar, which is perfect for the guy who wants to simplify his shower. You can’t go wrong with the price tag either, at only RRP $10. If your man gets down and dirty then he’ll need the Man & Beast Healing Balm. A great antiseptic for cuts, bruises, scrapes and burns. Kiwi lads are tough, so this balm packs a punch with anti-fungal and anti-inflammatory healing properties. RRP $12 Available from their online website [www.bonbonvegan.com](http://www.bonbonvegan.com)

When finding a good vegan deodorant, you want the following things: a strong antiperspirant to last your entire workout and a great fresh scent. Choose from the great range of **Schmidt’s Natural Deodorant**. Recently I tried Lavender & Sage, and I was very impressed! The formula is non-greasy and dries fast. Just apply, dress and go. RRP $19.99 available from [www.myecoevolution.co.nz](http://www.myecoevolution.co.nz) (be sure to check out their entire website for more vegan-friendly products)

Oi-Organic Initiative provides feminine sanitary products made from 100% organic cotton. They are safe and ethical with no harmful synthetics or nasty chemicals. Their mission is to help save the environment by using recyclable packaging and biodegradable plastic. Every year billions of synthetic tampons and pads end up in our landfills, adding pollution and destroying the environment. Protect your body and choose from their wide range of eco-friendly products. RRP from $5.50 available from selected New World & Pak’N’Save supermarkets, Four Square or online from [www.oi4me.com](http://www.oi4me.com)

**Australis** have made it easy to choose vegan. Look for these logos when shopping on their website.

My two top picks for spring will keep your skin vibrant and refreshed. The Mineral Liquid Highlighter brings a subtle shimmer to your brow bones and cheeks. It’s hard to choose between ‘Pearl’ and ‘Gold’ as both shades are so beautiful! RRP $23.50 As the warmer weather approaches (hopefully sooner rather than later) I find myself reaching for midday hydration. Luckily I’ve found this amazing Make-Up Finishing Spray by **Australis**. Set your makeup for all-day wear and lock in moisture. With added aloe vera and rosewater, it doubles as a refreshing face mist. RRP $23.50 Available from Farmers or shop online from their website [www.australiscosmetics.com.au](http://www.australiscosmetics.com.au)
I decided to brave the rainy, cold winter night to attend the final Vegan Village in New Lynn. And I’m so glad I did, because I met the owner of Minimalist Boutique Skincare, Frankie.

Frankie was warm and welcoming, her smile reaching from ear to ear, just what I needed on such a gloomy evening. Her passion for the products she was selling was immediately obvious, and I knew she wanted to tell me the benefits of her vegan, organic, boutique skincare products. No mucking around! With three amazing products to sell me, she jumped right in. After seeing the quality and dinky hand-stamped labels, I tried the products on my hand. I was instantly transported to a peaceful place, a tranquil island, somewhere far warmer than the cold auditorium where we stood.

I think by now, you can tell I’m not much of a winter person.

And maybe this is exactly why I have fallen in love with this skincare range. It brings me peace and my skin feels and looks amazing! But the most satisfying feeling is the way you apply and use these glass bottles of joy. My order arrived in the mail with my name hand-printed on it. I couldn’t wait to start using the range, and I was really excited to once again visit a serene and stress-free state of mind.

*The Cleansing Oil* is used first, to help remove any makeup, dirt and impurities. I love the scent of sweet almond and pink grapefruit oils, leaving my skin feeling fresh and clean.

*The Polishing Powder* doubles as a facemask when mixed with cold water. Or use with *The Cleansing Oil* to exfoliate and deeply cleanse your pores.

Finally, *The Super Serum* with Neroli and Rosehip Oil. Use a few drops on your fingers and massage your face. Starting under the nostrils and inhaling deeply will help you to unwind and relax.

No doubt about it, **5 out of 5 stars** for this wonderful, NZ-made skincare range. Buy yours today from www.minimalistboutiqueskincare.com

**Giveaway!**

Enter to win by 31st October (or today before you forget!)

We have one Minimalist Kit, to giveaway. For your chance to win it, email amanda@vegansociety.co.nz with the subject line “Minimalist Boutique Skincare” and your postal address.

*Open to Vegan Society members only.*
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Food Lifestyle Inspiration
VEGAN EXPO
Whangarei
29 October 2016
see whangareivegans.co.nz for details
Show your support in one of our funky tees!

Hectors Restaurant is celebrating World Vegetarian Day with a Degustation Dinner on Saturday, 1 October 2016 and World Vegan Day with a High Tea on Sunday, 23 October 2016. Bookings essential.

Watch our website and sign up to our newsletter to be the first in the know about future events.

Hectors Restarant - The first hotel restaurant in New Zealand to be approved by the New Zealand Vegetarian Society.

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35 Hobson Street
Auckland
+64 9 979 7434
www.heritagehotels.co.nz/Hectors

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 a vibrant, visible, and influential community, and by providing information and resources.

We offer individual and business memberships. Go to our webpage www.vegansociety.org.nz and choose Join to sign up today!
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.