Truth about GMOs

Direct Animal Action

Hemp is a Winner

A Guide to Vegan

National Animal Vigil

Vegan Food Fair
From the Editor

As I eat the last juicy feijoa that our neighbours kindly allowed me to glean from their garden, I imagine how great it would be if more of us had productive gardens with many crops and bounties to share and store throughout the year, especially for the colder months to come.

I am so inspired by the constant flow of on-the-street animal action that is happening. From huge Vegan Food Fairs to heartfelt onsite protests, from organised nationwide actions that engage the public in emotional roleplay to focused media campaigns – all for the good of the animals.

The other hot topic seems to be “tag your vegan friend.” Anti-vegan memes and videos are more popular than ever, and technology allows them to spread with the click of a button. While the origin of the quote “First they ignore you, then they laugh at you, then they fight you, then you win,” is not verified, it is no less relevant.

Producing popular memes and videos against veganism is little more than an admission that the vegan message has a real impact. That someone has encountered enough vegans to develop a sore spot that needs to be publicly defended. None of these memes and videos are substantive or original. They appeal to the lowest common denominator. While this makes them particularly frustrating for us, it can also be the perfect excuse to share and tag your own favourite vegan links in return – animal facts, irresistible recipes, vegan champions, etc.

For more inspiration, check out the results of the ‘How Many Vegans in Britain’ survey run by The Vegan Society (UK). The survey says 542,000 people in Britain are now following a vegan diet – up from estimates of 150,000 a decade ago! (Full details at www.vegansociety.com)

You may also notice the photo above has changed. Instead of my frankly irrelevant photo, I’d like to spotlight the animal companions who have shared the lives of our readers. 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

Heather (mum), Captain Mack and Mistofelees
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The Facebook page A Guide to Vegan was created in a pretty organic way. We both had quite a few people asking us for advice on what food they can eat while they’re trying to go vegan. Instead of having to repeat the same thing to all those people, we thought there must be an easier, more engaging way. So we decided to start a Facebook page.

We were already good friends and spent a pretty big chunk of our time together eating and seeking out new vegan food, so the page wasn’t going to be too big of a jump from our reality at the time. It also helps that we have a lot in common; we both like Studio Ghibli, bicycle adventures, Sweet Williams chocolate, and dragons, and our vegan morals and philosophies all align quite perfectly.

We’d literally spend hours walking around supermarkets, taking photos and then email back and forth to the various companies to find out if their products were vegan. We wanted it to be as easy as possible for people to transition to a vegan diet, so we decided to do the hard, boring part so no one else would have to.

How to use the Guide

The page has the easiest layout, and that’s why we think so many people are benefiting from it. All viewers have to do is scroll through the albums and decide what they want to look at. We have everything from homemade meal ideas for breakfast, lunch, dinner, snack time and dessert to supermarket finds for each meal, vegan alcohol, places to eat out in different cities around New Zealand, vegan baking ideas, plus a lot more. We have so many more items and albums to add, so the page will only grow and become an even better resource for people. Soon we’ll have a vegan and cruelty-free cosmetics album and eating out albums for Wellington and Dunedin!

We also do a lot of give-aways. What’s better than vegan food? Easy, free vegan food! These get attention from both vegans and omnivores, which we think is pretty cool. We love the idea of a non-vegan winning and getting a nice surprise from how normal and delicious vegan food is.

Helping out

For people who want to help us, we are always looking for more products and meals to add to the page, so if you find or make something vegan, please share it with us on the page. If you eat out at a good restaurant that served something vegan-friendly, tell us about that too. The more info we have on our page, the easier it is for Kiwis to go vegan.

Spread the word!

The page isn’t just for helping people who are already vegan, it’s also for people who want to try going vegan now or in the future or for people who just want to cut down on animal products in their life. Any step, no matter how small towards a more compassionate lifestyle is a good one!

Most people are probably already eating a lot of foods that are “accidentally” vegan. From Weetbix, Marmite and Cocoa Pops to noodles, fries and chocolate, vegan food can be found throughout any average supermarket. One major goal we have is to teach people that despite the common misconception that vegan eating is hard and consists of mainly carrots and salads, we actually eat really common, convenient, delicious food.

We both find it so easy to live happy, healthy vegan lives full of tasty food. We really just wanted to share that simplicity with others.

The vegan message

Our reasons for being vegan aren’t plastered all over the page, because we really wanted it to just be focused on what people can eat, not why. People can go vegan for so many different reasons. For us personally, the main reason is and will always be about the animals. We love animals and see them all as equals. Whether you’re a dog, chicken, fish or any other animal, we won’t eat you, and we will actively try to end any injustice that society tries to inflict on you.

Check us out on Facebook, and even read about us in the Stuff news (search on “guide to vegan”).

Charlotte and Tara Jackson

A Guide to Vegan
Vegan Food Fair: behind the scenes and upfront

Episode I: The grand council

It is the 29th of March, a Tuesday night. I am sitting with Daniel, Craig, Ariel, Christine, and Amanda. This is the final planning meeting prior to the Vegan Food Fair on 10 April. I am pretty tired and have a load of things on my mind to plan: infantry training exercise, Direct Animal Action pub quiz. I look around the table:

Daniel: looking pretty good for someone who should be totally stressed.
Ariel: focused, driven.
Craig: always smiling, chilled...maybe too chilled
Christine and Amanda: One fair and fey, the other dark as a calm storm.
And me.

Daniel has invested a load of his own personal time and money into this; understandably he is stressed. Who wouldn't be stressed, with all of the expectations from our fellow vegans? Also evident is the commitment from the coordinators to make sure this Vegan Fair is badass and not let Daniel down.

There is some obvious anxiety; however, the pervading feeling is excitement that we have reached the final, so it's time to take the prize. It helps that Craig is chilled; he spreads comfort like a well-worn thick patchwork duvet. As the setup coordinator, I look at the ground map and resources available. I notice Amanda in the corner of my eye; she's a cool hand Luke keeping track of things. I want to make sure I have all my gear in one sock, and especially that I understand Daniel's intent and vision.

I probably need a recce, so I enquire about an RV time with Daniel to get eyes on the site. ’0500 Sunday Vegan Fair day” he says. ‘Cool bananas’ I think...not! Daniel mentions a troll on the Vegan Fair site; Mr Troll has vowed to make sure the Vaygan Fair will never happen! Just like the Daniel from the Old Testament, thrown in the lion's den, this only fuels Dan's commitment (and ours) to make this Vaygan Fair a mother of a shindig. I get a good vibe from the room. Before I felt like a one-legged cat trying to bury my poo in frozen kitty litter, but the company of all these wonderful vegans sets me at ease. I am set, keen to get home as I haven't had much time with my wife. On the drive home, Bruce Springsteen sings on the radio:

“I ain't nothing but tired, man I'm just tired and bored with myself
Hey there baby, I could use just a little help.
You can't start a fire, you can't start a fire without a spark”.

Yeah this is going to be good...

Episode II: D Day H hour minus 5 hours

“The only easy day was yesterday.” US Navy Seals

0430hrs in the frigging morning: I’m up driving en route to ASB Showgrounds, Justin Bieber in the background. Unashamedly I sing a duet with him. My tummy alarm clock reminds me that I haven't had breakfast and that I have 15 minutes before the first symptoms of...
0515hrs: I pull into the ASB gate; it's locked. Ariel is there waiting, and the sun still hasn't shown itself. Oh yeah, that's right, it is a Sunday, so unlike my dumb self, the Sun has probably hit the snooze button, choosing to sleep in and cuddle up with his lady the moon. I have a good discussion with Ariel about love and veganism. Concurrently, I munch through my third vegan Mexican pie, which I managed to get from a Z station. Ariel doesn't realise he was just three pies away from meeting Hangry stage 2 and death. Daniel pulls in cool and smiling, "Morning brothers!" I wave a pie at him thinking "What the fark are you so happy about?" I grimace through the remainder of my third pie; it tastes like old shoes. I switch on my game face and follow Daniel in; game on.

0725hrs: After a few test runs with Ariel, we have sussed out the security fence. Craig is setting up our HQ area with a hand from his lovely lady. This guy! Rolls up in his Scooby Doo mystery van, and when the van stalls, he gets his lady to push the van all the way in while he steers. Daniel sorts out the stall markings, and I start laying out the foundation blocks (about 15 kgs) for the perimeter fence. Daniel brings over a couple of guys to give me a hand; they work for about 15 minutes then one pipes up. "Umm dude, we are here to set up our stall?"

0800 - 0930hrs: Most of the setup crew have arrived; they are an all-female crew (mostly students). I feel like Charlie surrounded by all these vegan angels. There is a lot of heavy physical work. I am so impressed with these women. They are masters of embracing the suck, never complaining (unlike me), and they just get on with the job. I rush over to help a couple of them drag a heavy wet roll of artificial grass, but they shrug it off, smiling and saying "For the animals". I think, "Vegan guys, where the fark are you? Nah don't need you…"

Setup was finished – what a relief! Technically my shift was over, but fark I wasn't having a great time and I didn't want to leave. Dan and Co were still busy, so
pure imagination” ...as I queue expectantly for burgers from Wise Bros. Have you tried them? Each bite a return to normality. Others around me are smiling as they take heartfelt bites of their vegan burgers. It feels good when no one sees you as the weirdo with the vegan order. Today, I was surrounded by heaps of weirdos.

“Wanna change the world? There is nothing to it...”

The rain starts, adding a bit of a chill to the day, but this does not deter people from the Food Fair. I skip (yes I skipped) in happiness as I see the crowds around the SAFE, Vegan Society and Sea Shepherd stalls. People are even buying lots of merchandise! When I worked on the SAFE stall, no one ever purchased jack from me. I catch up with a whole heap of farking cool vegans; it is a family reunion, everyone wearing the same cheesy grin.

Like Pooh Bear, my alarm tummy rumbles that it’s ice-cream o’clock. I visit the Little Island coconut ice cream stall, then while waiting I notice the vegan dumpling stall. Oh bother, decisions, decisions. Did you know that spinach dumplings go really well with mango coconut ice cream? There are so many wonderful stalls, and I apologise if I have forgotten any. The Organic Mechanic served delicious Kombucha and smoothies. One of them asks, smiling, ‘Bro, you like it? I made it with love!’ My usual reaction would be ‘get lost weirdo” but no, I smile back, thinking ‘yeah I can feel the love in my tummy.’ This team models good vibes and positivity! Want cakes? The Nourishing Baker makes divine farking cakes! And Erin and Jessie from Hungry For Raw made plenty of other yummies.

It is near closing time now, and people leave like the receding tide. I finally catch up with my vegan babe-licious wife, and we are both quite tired. Like me, she has been here all day, in the morning on the Vegan Society stall with Shukul and Shamiz and the lovely Marie. She finishes on the SAFE stand with the wonderful Margaret. I order three Wise Boys burgers (should have ordered four), while the rain has settled in like an unwelcome boarder. We improvise for some Q time using a worn-out packing pallet for our seat and dining table. After a prayer of thankfulness for this day, we both bite into our burgers. We both look at each other, mmm yummy as fark!

Again my thoughts turn to Charlie and the Chocolate Factory. Our family were poor, but our parents always ensured we had clothes on our backs and were fed. I used to pretend that I would be like Charlie and find my golden ticket. Funny, now I am on this crappy pallet, with the love of my life, working with wonderful caring vegan volunteers, at our first Vegan Food Fair. I thought, ‘Yeah I found my own golden ticket.’ Thank you to all the great volunteers that gave up their time to help, and to all the people that visited the food fair, thank you for your patronage. And the biggest thank you goes to the Vegan Food Fair coordinators and Dan the man.

The next Vegan Food Fair is already being planned – on 6 Nov 2016, World Vegan Day! Check out the Facebook page to keep up.
BEING SUSTAINABLE MEANS WALKING INTO THE FUTURE

It is important to think about innovation and new technologies as well as about the future we want to build. Piccadilly Shoes has a strong commitment to sustainability, being a pioneer in using processes that contribute to the rational use of materials. In addition, Piccadilly’s production waste only goes to licensed sites. We care about the future of our planet and the comfort of all women.

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Altered Genes, Twisted Truth: how the venture to genetically engineer our food has subverted science, corrupted government and systematically deceived the public

“To me Steven Druker is a hero. He deserves at least a Nobel Prize.”
Jane Goodall, p xiv

Vegans acknowledge that all life has value and oppose the cruel and coercive practices of animal husbandry. A recent book has beamed light on an equally unnatural and coercive practice affecting plants and animals: recombinant gene technologies.

Steven Druker’s 2015 book integrates the sorry tale of GE science, lawbreaking by the FDA, power politics, media bias and industry skulduggery, granting an insider’s look into the 30-year venture to force GMO foods down our throats.

Many scientists, including Mae Wan Ho, Philip Regal, Manuela Malatesta, Ann Clark, Elaine Ingham, Arpad Pusztai and Gille-Eric Seralini have offered scientific evidence about the harm uncovered in research on recombinant DNA foods. Government spokespeople and mainstream media have ignored these experts or, when they couldn’t, have destroyed their careers, threatened journal editors until they censored authentic research, and knowingly published false and/or misleading ‘scientific fact’ supporting the industry’s insistence that rDNA chimeras are:

1. no different from unaltered organisms (substantially equivalent)
2. the product of better and more precise scientific control

Overview

Steven Druker points out that the more people know about the recombinant process the less they like it. The whole book is spellbinding.

Druker explains in his introduction: “The narrative that unfolds in the following pages is fundamentally about corruption of science … through the workings of mainstream scientific establishments in concert with large multi-nationals – and their co-option of government officials … across the globe”. Using words in similar fashion to ‘Communist’, ‘Terrorist’, ‘Conspiracy Theorist’, the GMO industry has positioned any skepticism about GMO food safety as ‘Anti-Science’. Altered Genes, Twisted Truth holds a mirror to this facade.

Chapter 1 is The Politicizing of Science; Chapter 2, The Expansion of Biotech Agenda. Chapter 3 recounts the revelation of the EMS outbreak in 1989 in the US which was caused by the recombinant strains of bacteria that fermented the L-tryptophan used in an OTC supplement (more details follow).

Chapter 4 shares the full revelation of how unnatural, artificial and imprecise the recombinant process is (more details follow). Chapter 5, Illegal Entry, shows how the FDA illegally positioned GE food as generally regarded as safe (GRAS). Chapter 6 covers Globalization of Regulatory Irregularity and Chapter 7, the Erosion of Environmental Protections.

Chapter 8 exposes the well-researched and proven bias of the media for GMOs. Chapter 9 looks at the Royal Society of Canada’s 2001 report that warns of potential dangers of GE food and how the report’s warnings were ignored in favour of pushing ahead with GE foods. Chapter 10 raises A Crop of Disturbing Data.

Chapter 11 provides Overlooked Lessons from Computer Science, Chapter 12 discusses Unfounded Foundational Assumptions, Chapter 13 documents The Devolution of Scientists into Spin Doctors; while the last Chapter 14 presents New Directions and Expanded Horizons.

To finish, there are over 80 pages of substantive endnotes and two appendices (details of the suit against the FDA’s ruling that GMOs are GRAS and a discussion of two ‘scientific’ reports that misrepresent the risks of GMO foods).

The EMS epidemic

Chapter 3 unveils how the biotech bureaucrats manipulated and hid a human tragedy, a medical disaster that struck down thousands of Americans, in order to pretend that the recombinant DNA process is safe and to push forward with GMO foods. This is the little-known story...
of rDNA tryptophan, the first ingestible recombinant DNA product.

“Steven Druker’s … spellbinding narrative should serve as a clarion call … his chapter detailing the deadly epidemic of 1989-90 that was linked with a genetically engineered food supplement is especially significant. I and my Mayo Clinic colleagues were active participants in the attempts to identify the cause of this epidemic. Druker provides a comprehensive analysis … and presents new findings from our work. … his discussion of this tragic event … is the most comprehensive, evenly balanced and accurate account that I have read.”

Stephen Naylor, PhD, CEO and Chairman of MaiHealth Inc, Professor of Biochemistry and Molecular Biology & Pharmacology Mayo Clinic (1991-2001)

In the 1980s, L-tryptophan, a natural neurotransmitter, was dispensed without prescription to relieve stress and depression. In 1989, doctors recognised an outbreak of a mysterious illness, eventually called EMS (eosinophilia-myalgia syndrome), which causes continual, medically unmanageable pain, swelling, mouth ulcers, painful rashes, muscle spasms, balance problems and other serious effects. The Center for Disease Control’s final estimate was 5,000-10,000 stricken, at least 80 deaths and about 1500 people permanently disabled.

The EMS outbreak was ultimately linked to consumption of tryptophan from only one manufacturer, Showa Denka of Japan, which used rDNA bacteria to ferment its tryptophan products. Bacterial strain V caused the major outbreak, with strains II and III responsible for the pre-outbreak cases. Scientists believe that the recombinant bacteria produced a molecule called AAA, which was positively linked to EMS occurrences. AAA, the fusion of an L-tryptophan molecule with a fatty acid of the type produced by all bacteria, was a GE-altered metabolite of the tryptophan-producing process. It had the capability of affecting the human immune system in a way consistent with symptoms of EMS.

Chapter 3 ends, “Even without the revelations about AAA the facts plainly point toward GE as the underlying cause of the EMS; but they’ve been so befogged that many scientists don’t even know the toxic tablets were produced through it… not only has there been systemic obfuscation of the epidemic’s cause, there’s been substantial obfuscation of the epidemic itself… in the case of L-tryptophan the facts were… ultimately buried.”

Just as good as the real thing

Conventional media wisdom and government decree have declared that GM foods are safe to eat, the process is precisely controlled and that we, the ignorant public, have no scientific reason to fear GE hash browns or recombinant radishes.

But Chapter 4 carefully walks the reader through the uncensored history of the recombinant DNA/gene splicing process and in so doing makes clear that GE bacteria, plants and animals are unnatural, highly artificial, and contain freakish “cassettes” of foreign genes and gene regulators that “violate energy efficiency and feedback systems” of the host organism.

Introduction of foreign GE matter is highly imprecise, with completely unpredictable results – meaning that, as many scientists have warned, each GE organism is uniquely crippled, damaged or partially disabled due to the forced entry of foreign genetic material.

The GE process, far from being a precise and beneficial agricultural tool is more like viral hacking into a library’s database. Imagine how helpful it would be if a malware invader told the database management program to erase all the files for linguistics journals and multiply by 100 the entries for all John Le Carre books. Then the instructions continue: rearrange the entries of all Jane Goodall books so they appear with file references to the movie Planet of the Apes; and finally, send an alert to the IT manager to hide 1000 books that each weigh over 7 kg between the potted ferns and the library meeting room every day.

In order to make a GE plant or bacteria perform in some desired way, GE scientists had to find invasive ways to insert foreign genes (heat shock, electric shock, calcium salts, gene guns); force the host organism to express the foreign gene (add foreign, ‘always on’, promoters that force the host to express the genes continually) and subject the cells that do take up the foreign cassette to further artificial processes because the cells would not grow into plants unless they undergo tissue culture.

Chapter 4 does not claim that scientific advancements should be simple but destroys the falsehood that GE organisms are in any way ‘natural’ or ‘substantially equivalent’.

Media Bias and Censorship of GMO risks

In Chapter 8, page 209 in particular makes it clear why the risks of GMOs have not become widely known. Studies of media bias around GE have concluded that:

“Even though many scientists had issued cautions, when warnings were cited by the media, they came from the mouths of non-experts, while scientists were almost always presented as assurers of safety.”

The University of Illinois, Cornell U, Texas A&M University and Food First are some of the institutions whose studies confirm a consistent bias in favour of GMOs by the US media.

Chapter 8 also recounts examples of censorship, the cornerstone of permitting GMO fruits and vegetables in shops. For example, Monsanto forced WTVT to drop the broadcast on the safety of rbGH milk by Jane Akre and Steve Wilson. Akre and Wilson fought to have their program aired, the station fired the general manager and hired a new pro-GE GM, Monsanto
fought to falsify facts; Akre was dismissed and was initially awarded $425,000 but her case was overturned by the Florida appellate court which sided with Fox News.

On p 214 Druker concludes with:

“Thus in effect the judge held that while it is illegal for Florida broadcasters to retaliate against employees for reporting a minor infraction of the building code, they have an unbridled right to fire anyone who blows the whistle on deliberate falsification of news.”

Consumer choice

Vegans know that many foods are being genetically modified and approved. Vegans can avoid GE salmon but what about Arctic apples and Innate potatoes? If the investor rights deal – the TPPA – goes ahead, Kiwi food suppliers might be forced to offer imported, unlabelled GM plant foods. New Zealand’s ‘right’ to refuse such foods would be considered a TBT (technical barrier to trade), and the USA could drag NZ to an investor state disputes tribunal (ISDS) court.

“A great book. The evidence is comprehensive and irrefutable, the reasoning is clear and compelling. No one has documented other cases of irresponsible behavior by government regulators and the scientific establishment nearly as well as Druker documents this one.” -- John Ikerd, Ph.D, Professor Emeritus of Genetics, Western University, London, Ontario

I highly recommend anyone who is concerned about what is in their food to read this book for all the details it is impossible to cover in a review. It is available from our local library, and if your library doesn't have it, you can suggest it's time they did.

Reviewer Bio

Pam Parsons has a B.S. in Technical Communications and has worked as a technical editor and writer since for about 15 years, including 3 years as editor of Food Technology in NZ. She also earned a BSc in Human Nutrition, and her articles have been published in Organic NZ, Healthy Options, Vegan New Zealand, Lifestyle Farmer and a number of US trade publications.

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

GREEN LIVING SHOW & NZ Organic Natural Expo

2-3 July 2016, 10am - 5pm
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NZAVS Vigil for Laboratory Animals

Tara Jackson

As part of World Laboratory Animal Liberation Week, we at the New Zealand Anti-Vivisection Society hosted a series of symbolic vigils around the country. This was done to pay our respects to the estimated 115 million animals who are used for laboratory experiments around the world every year and to draw attention to their plight and to the many faults inherent in vivisection.

Events began at 1pm on the 23rd of April, the eve of World Day for Lab Animals, in Christchurch, Wellington, Auckland and Dunedin. In Wellington we joined forces with the Wellington Animal Rights Network. Not only were we uniting across different cities in New Zealand, we were also working in sync with international anti-vivisection groups in the UK, Australia and the USA. As animal testing is a global injustice, it made a lot of sense to stand united with our international allies.

The NZAVS vigils involved eye-opening roleplays to show the public the reality of what animals used for vivisection have to endure. We had volunteers dressed up in bloodied lab coats with gloves, aprons, stethoscopes, scalpels and all other medical tools you could possibly think of - the evil doctors!

We also had volunteers dressed as the victims. They wore hospital gowns and tops with identification numbers written across them, bald caps with electrodes stuck into them, fake brain caps and bandages. These very brave volunteers were tested upon for the duration of the one-hour-long vigil. They had drugs (small lollies) and hazardous substances (coloured fizzy) poured down their throats, their organs were cut out, they were gassed, poked and prodded and treated like they were nothing more than lab tools.

While these dramatic roleplays were happening, volunteers stood in support, holding anti-vivisection themed signs. Other volunteers were handing out flyers that summarize our scientific argument against animal testing to the many people stopping to watch.

While the visual performances were happening, a volunteer with a megaphone read out a list of facts to inform the public on how scientifically invalid animal testing is. They included examples of cases where animal testing has gone wrong and hurt people, cases where results from animal tests are leading us astray and much more information that the public needs to know.

The demo left us all feeling incredibly empowered. Not only did we have countless people stopping and learning the truth about vivisection, but we also stood united across NZ and globally with other...
people who are fighting for the same cause - to end animal testing.

In Auckland, the volunteers felt so inspired after the vigil that they took to the streets and initiated an impromptu march. Volunteers walked down the main streets of Auckland with their heads held high, chanting “Animal testing is a lie, animals suffer and they die” while holding their placards and banners.

We really are lucky to have such dedicated, passionate and intelligent volunteers. They helped make the day a real success. With such an amazing team, we have no doubt that together, we will end animal testing in NZ!

To get involved in future events like this and join our volunteer team, send your details (email and name of the city you live in) to tara@nzavs.org.nz

Animal based research doesn’t reliably predict human responses - it harms both humans and animals.

To learn more contact us a for a free information pack.
The other week I had a very interesting conversation with a mom whose kid has several food allergies, including gluten, nuts, grains and legumes. This made me quite thoughtful, and it also motivated me to create a recipe that would be suitable.

Almost everyone loves chocolate, so I opted for a dark chocolate cookie recipe that is gluten-free, nut-free as well as grain-free.

The 'magic' ingredient to make this dream come true: sweet potato! It really works and creates a deliciously soft and chewy cookie, with a crispy exterior. You can possibly add chopped nuts or chocolate drops too, if these are tolerated.

**Ingredients**

1 cup (260g) cooked kumara (sweet potato); I used orange variety
1/2 cup (50g) FAIR-TRADE cocoa powder
1/2 cup (90g) coconut sugar
1 tablespoon psyllium fibre husk (or ground flax seed)
1 tablespoon baking powder
1 teaspoon tahini

**Instructions:**

1. Cook enough kumara (sweet potato) for 1 cup. Note: I cooked the kumara unpeeled in water, then let it cool down before peeling.

2. Preheat the oven to 175°C. Mix the dry ingredients in a medium sized bowl.

3. In a separate bowl mash kumara with tahini.

4. Add mashed kumara to the bowl with dry ingredients and mix well. It should form a knead-able dough.

5. Roll little balls out of the dough and place on a sheet of baking paper. Allow at least 2cm space between each ball. Cover with a sheet of baking paper and using a glass, press the cookies flat until they are about 5mm thick.

6. Remove upper baking paper sheet and place in oven for approx. 15-20 minutes. If they turn brown too quickly, cover with a loosely placed sheet of aluminium foil. Let cool down a little, store in an air-tight container in cool and dry space. Use within a week or so.

That's it - enjoy!

This and other recipes can be found on Jana’s recipe page theveganmonster.com
The title of Jana Kastner’s recently released cookbook *Sweet Treats For Everyone* says it all. These recipes are for everybody. All the recipes are gluten-free, egg-free, dairy-free and refined sugar-free. And they are delicious. Those of us who have been lucky enough to sample some of Jana’s creations at the Saturday Kerikeri market are grateful that we can now make these sweet treats in our own homes. Just imagine a salted caramel slice that is sweetened with dried fruit and tastes divine!

Jana’s recipe book was first published in December 2015. The recipes are divided into four main sections: Sauces and More, Raw and Uncooked Treats, Frozen Treats, and Baked and Cooked Treats. Each recipe includes symbols so that at a glance the reader knows if the recipe is lowfat, nut-free, raw etc. The times needed to either soak ingredients (for improved digestibility and flavour) or to create each recipe, along with the equipment needed, are also given.

Some examples of recipes are Nut-free Raspberry Chocolate Cake, Blueberry and Vanilla Cake, Macadamia Berry Ice Pops, Plum and Fig Tartlet, Chocolate Hazelnut Cake and Nut-Free Caramel Slices.

I have a copy of this book and I love it. I love that each recipe is beautifully photographed, that the book is made on recycled paper, that it recommends using Fairtrade ingredients where possible, that the recipes are made with healthy ingredients and that a portion from the sale of each book is donated to animal sanctuaries in NZ.

To purchase a copy of Jana’s recipe book, visit theveganmonster.com/shop

[Also published in Vegetarian Living New Zealand]

Cathy Duffield
The movie *Earthlings* has been called the vegan-maker, for its stark and often shocking message about how humans treat their fellow earthlings, animals. On 14 May, a group of 24 Conscious Collective Activists anonymously occupied Aotea Square in central Auckland as part of the International Awareness Day for the Earthlings Movie. As a group, they played the *Earthlings* movie in public for any passersby to watch and learn. They also engaged interested members of the public in thoughtful and calm dialogue about society’s assumptions about killing animals.

These actions are nationwide as well as worldwide, as on 27 May, there was another Earthlings Experience in Wellington, hosted by the group Speak Up For Animals.

Another Earthlings Experience day is already planned both in Auckland and Wellington for 18 June.

Search on Facebook for Earthlings Experience to see more photos and videos of the previous events, to find out more about upcoming events, or even get help in planning your own local event!

Photo credit Ella Farrugia
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 House Rabbit Handbook (3rd Ed), by Marinell Harriman. This book coined the term “house rabbit” and continues at the forefront of rabbit care and appreciation.

Packed with the collective wisdom of bunny-lovers and charming, candid photos of their pets. “It is full of great information, and is the perfect handbook for anyone who is thinking of having a pet rabbit or has a rabbit (or more) already.” (Amazon reviewer)

The other will get Jeff Masson’s copy of A Bone on my Pillow by Melody Thamar Saunders. a photographic journey into the lives of rescue dogs and their rescuers. This book stars over fifty dogs plus some other lucky animals who now have loving homes, and great lives.

Thanks again to Jeff!

**GIVEAWAY!**

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

1. For House Rabbit Handbook email amanda@vegansociety.co.nz with the subject line “Rabbit book” and your postal address.
2. For A Bone on my Pillow email amanda@vegansociety.co.nz with the subject line “Bone book” and your postal address.

Open to Vegan Society members only.

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Meet Direct Animal Action

**Kathleen Lafferty**

Direct Animal Action is a new grassroots Animal Rights group based in Auckland. We are an active Animal Rights community that empowers people who care about the rights of animals to make real change for animals in New Zealand. We are entirely volunteer-run and have so far run successful campaigns against colony cages and rodeos.

**Craddock Farms win**

In March this year, the Environment Court declined an appeal by Craddock Farms to use of colony cages in New Zealand for decades to come. This would put us behind international trends, with many overseas countries already phasing out colony cages for egg production.

We want the Government to ban colony cages, and our ultimate goal is a ban on all factory farming. The Stop Craddock Farms campaign involved a series of peaceful protests and a petition that gained over 10,000 signatures. Being creative is an important part of long-term campaigning and build a mega-colony cage egg production facility in Patumahoe. Stop Craddock Farms and Direct Animal Action worked for two years with the local community to fight this battle - and we won!

Direct Animal Action campaigned for the last two years to stop Craddock Farms building what would have been one of the largest colony cage chicken factory farms in our country. The proposed farm would have been built in the small North Island township of Patumahoe and would have entrenched the use of colony cages in New Zealand for decades to come. This would put us behind international trends, with many overseas countries already phasing out colony cages for egg production.

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**STOP THE BULLYING! BAN RODEO IN NZ**
we incorporated creative elements into our actions to maintain interest from the public, media and activists. From hosting a festival-style protest outside the office of the farm’s investors, to delivering hay to the Auckland Council offices in the Auckland CBD and visiting an existing Craddock farm en masse with a symbolic delivery of basic comforts to the hens imprisoned there, we found a way to put a unique spin to our protest tactics.

Our efforts worked to keep the media spotlight on the situation, ensuring on-going public debate about colony cages. Our group worked very closely with Patumahoe locals who opposed the factory farm and fought it through the court system. The Stop Craddock Farms campaign helped to support the locals by creating a media narrative that amplified their opposition. Last month we got the big news that the Environment Court, which was considering Craddocks’ proposal to build, declined their consent to build the mega-factory farm. What a huge win! The time for appeal has passed, and so has the opportunity for this farm. However, we will continue to campaign against colony cages, because the bigger battle is to get the Government to ban them for good.

Fundraiser success
We recently hosted what was to be Direct Animal Action’s first ever fundraiser, and we hope it will be the first of many.

The pub quiz fundraiser was motivated by the cost involved in the Stop Craddock Farms campaign. Most of the money raised was to directly support Patumahoe local Peta Berry. As a local and neighbour to the proposed new farm site, Peta had legal standing to take a case against the construction of the farm. Using her position, Peta tirelessly campaigned against Craddock Farms on behalf of her community and really put herself on the line in this fight for what’s right. We found out just how serious she was when we learned that it had cost her thousands of dollars to fight Craddocks through the court system! We were really inspired by her determination and sacrifice and wanted to do what we could to help her recoup the financial loss.

With amazing generosity from so many vegan friendly businesses we managed to pull together a really exciting night. Whammy Bar, an all-vegan underground funky hangout, kindly offered their venue for the event. We couldn’t say no to the offer of free vegan pizza from Hell Pizza! On top of that we were overwhelmed with the generosity of local businesses who donated gift packs and vouchers including Tart Bakery, Wise Cicada, Little Bird Unbakery, Tyler Street Garage Bar and Restaurant, Huckleberry Farms, Ecostore and Sip Kitchen to name just a few.

One Wednesday night in April, around 100 of our supporters descended on Whammy Bar. After enjoying a very generous amount of pizza, we broke up into teams so we could get down to serious business - serious pub quiz business that is. With charming and charismatic Apollo Taito as our MC/Quiz Master and the multi-talented Craig Neilson on music and random sound effects, we were all set for a fun night. Quiz categories included: Movies, music, science and nature and sci-fi. Animal Rights people sure are a competitive bunch, you could hear a pin drop while the final scores were being tallied up, soon after followed by screams of excitement and a few victory dances as we realised we had a three-way tie! After a bit of sudden death, the winners were finally announced. The Cats had done it, and to celebrate, Whammy Bar came to the party for a second time and gifted their table a $100 bar tab.

The night was a massive success, everyone had a great time and we all met lots of lovely new people. Most importantly, we raised over $2000 for Animal Rights campaigning. It was really inspiring to see so many people gathered together in the name of Animal Rights, we feel supported and grateful to be part of the wonderful and ever-expanding community that is Direct Animal Action.

What’s coming up
Following on from a successful summer of Stop Craddock Farms and Ban Rodeo campaigns, we are continuing to focus on building momentum and strategically targeting a range of AR issues in New Zealand.

Winter Rodeo campaign: sponsors
With the rodeo season over for the year, we are appealing to sponsors and urging them to withdraw their support before the 2016/2017 season commences. It is evident that many New Zealanders do not support rodeo, and they are willing to put their money into businesses who are not supporting this cruel form of entertainment. Armed with both national and local support, we are confident that many current sponsors will hear what we are saying and see both the ethical and business sense of ceasing their sponsorship deals.

MPI: Consultation of proposed Animal Welfare Regulations
MPI is seeking submissions and holding public consultations on proposed
regulations under the Animal Welfare Act 1999. In effect, these regulations simply seek to transfer existing standards under the Codes of Welfare. There are 85 regulations proposed under the heading of “Care and Conduct and Surgical & Painful Procedures”, plus 2 related to the transport of live animals from New Zealand. These range from the use of electric prodders, goads and tail twisting, to dogs, layer hens, pigs, cattle, stock transport and calves. The consultation period is 5 weeks long, which is simply not enough time for anyone to give proper consideration and prepare submissions on all 85 regulations. MPI are inviting New Zealanders to the party but then shutting the door in our faces before we get to be involved with any meaningful part of the process. This is a poor outcome for democracy and even more alarming for animals, for whom the current law is already failing. Preventing a robust discussion on the merit of the regulations themselves means that more animals are condemned to the status quo for longer - and that's absolutely unacceptable.

Direct Animal Action is putting together a submission, addressing as many of the issues as we can but with a strong emphasis on the failure of the process itself. We will also be attending the public consultation in Auckland on the 2nd of May at the Quality Hotel Parnell. We will be staging a peaceful protest outside the venue, as well as attending the consultation itself. This will be echoed by an AR presence at public consultations across the country.

Greyhound racing
Direct Animal Action has been in contact with the Greyhound Protection League of NZ, who have been fighting for a ban on this horrific “sport”. We are in the early stages of working out a comprehensive strategy to tackle this issue which will be refined over the coming months.

Art for Animals
We have quite a few creative people involved with Direct Animal Action, and it’s always fantastic to have some fun, engaging event for us to grow the community and spread the word about what we’re doing and why. An art event is scheduled for November, which will feature a range of donated and commissioned art pieces for sale.

Colony cage campaign
The success of the Stop Craddock Farms campaign has really demonstrated that when you have an organised, passionate group of people working together, huge outcomes can be achieved for the animals. We won't stop here though and will be continuing to campaign against the use of cages for eggs.

If you want to get in touch for any reason, you can find us on Facebook www.facebook.com/directanimalaction or you can email us at info@directanimalaction.org.nz. Direct Animal Action is an open community and our events are public. New people are always welcome!

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Let’s talk about Bake Club...

History

2011 – Bake Club is born as part of Wellington on a Plate, for which Wellingtonians are invited to create teams. Each week, a baking category is announced. Each baker makes their entry, and the team meets for tasting and judging. The whole team bakes for three weeks, and then in week four, the top two go head to head. In week five, the winner of each team takes their baking to be judged at the Michael Fowler Centre.

2012 – Hannah Lessells calls out on the Wellington Vegans Facebook page to enter a vegan team. We respond with enthusiasm and form two teams. The 2012 categories were savoury scones, brownies, pies, baked slices, and for the finals, decorated biscuits.

2013 – We form just one vegan team this year. The categories were cookies, tarts, bread, meringues, and for the finals, sponge cake.

For these Wellington on a Plate events, we invited others from the Wellington Vegans page to judge our baking, as per the Wellington on a Plate guidelines. Venues included a community house, baker’s houses, and even the Wellington Circus Trust space in Newtown. Julie Gunn attended and made recordings for the Animal Rights and Wrongs radio show.

Those of us who attended these original events have fond memories of them. The creativity and level of the baking was always excellent. Baked slice week brought many caramel slices and left us all feeling ill, but it was all worth it. The diversity achieved with brownies was outstanding, even including a blondie featuring Sweet Williams white chocolate. Some worries arose over certain categories. I remember Tim Pate fearing tarts as he had never made one before, but he came through with delightful mini jam tarts.

One of the early Bake Club sessions was at Hannah’s house up on a cliff edge. We were busy judging cookies, and Wellington had one of its big earthquakes, one that actually shut things down a bit and damaged some buildings. As you can imagine, this shook things up a bit for us bakers!

All this was before the discovery of the amazing aquafaba which has revolutionised vegan meringues, so when that category was announced there was some panic among us. It was a week four head to head, with myself vs. Sarah Hewitt. Despite the initial reaction of “how on earth do you make vegan meringue!?” we both did so successfully. I made a lemon meringue pie using “Orgran No Egg” egg replacer, and Sarah used a flax seed method to make chocolate meringues.

Hiatus

2014 saw Wellington on a Plate come and go before anyone in the group realised, so our vegan team missed out that year. In 2015 Wellington on a Plate did not hold Bake Club but I suggested a Wellington Vegans event of a one-off bake club style event, and thus Bake Club was born.

Here and Now

In July 2015, I organised the first event in the current Wellington Vegans Bake Club format. Instead of one baking category for everyone, I put names in a hat and drew different categories for each baker. This way we had variety while still including the challenge which makes Bake Club different from a potluck. Michelle Saunders, one of the bakers involved right from the beginning, enjoys this challenge, saying “The thing I love is being ‘forced’ to try baking new things and trying new things that other people have made.” Organising the event this way also allowed for some balance with several savoury categories being included among the heavy load of sweet.

This new version of Bake Club was well received, and at this point Bake Club became bimonthly. We hosted several of the events at Sweet Release Cakes and Treats on Willis St, thanks to the lovely hospitality of owner Kristine. Due to the popularity of the event we soon found our numbers were overflowing the small café and moved on to picnic-style park meetups. Again, at all events, the level of baking has been excellent. The bakers have stepped up with amazing and creative dishes in response to all challenges I have presented. Vish Vithanage said “It’s so hard to pick a favourite; perhaps the trifle, since I can’t remember the last time I had it, and I couldn’t stop eating it.”

I hosted Bake Club until February 2016 when I moved away from Wellington and left my beloved sugar-loaded event in some very capable hands. The organisation of the event is now shared between several Wellington vegans, and they aim to run it once every six weeks. Keep an eye on the Facebook page Wellington Vegans for event details. If you want to join in the baking, you need to register ahead of the event. Those that do not wish to bake are welcome to join for a koha, which is donated to charity, usually one with an animal focus.
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Hemp is a Winner!

Gary Davies

[Ed Note: In the 2012 issue of Vegan New Zealand, we published a story from Dave Jordan about hemp and the start-up of Hemp Farm NZ Ltd. We’re very pleased to report on this successful mini-documentary film about the farm.]

So how did our short film, Hemp: NZ’s Crop of the Future, win Best Sustainability Portrayal at the NECANN Film Festival 2016, in New England?

My partner, Zara, and I began to make short films on vegan and environmental topics a few years ago, and we started talking to some friends in Golden Bay who are interested in sustainability. They told us a bit about hemp and these guys growing it up in the Waikato (which is where I’m actually from).

I found them in an online search - Hemp Farm NZ Ltd - and the next time we were in the area we got in touch. We asked if we could come meet them, look at the plantation, and film it all for a web video. Dave and Anne agreed quickly, as they’re very proactive and encouraging about growing the industry, so we organised ourselves to join them one afternoon along with a few other people interested in learning all about hemp.

Day of filming

We simply followed Dave and Anne around the crop plantation while they talked us through it, with everyone asking questions and me filming it all.

The plant itself is amazing: such a vast array of products can be made from it, the crop is environmentally-friendly (far better than cotton, for example), and the seed is particularly high in protein. There is more demand for hemp than is being supplied. It sounded like this stuff could help save the world, like it’s too good to be true. Yet it is all true. The only real issue at that time was harvesting it, as it’s a tough plant. However, they had just imported a purpose-designed harvesting machine into the country, so that problem was solved.

The film is basically a five-minute overview of hemp and the burgeoning industry in NZ. It looks at some of the exciting applications and possibilities of hemp products with Anne and Dave of the Hemp Farm NZ Ltd at their plantation at Maungatautari in the Waikato.

The film competition

For the competition, surprisingly, it wasn’t a great effort. We entered the film in a free festival (the Maine Cannabis Film Festival, USA). To be honest, I hadn’t thought of the opportunity of festivals for the film before, I just saw it as an internet video, which is a good lesson for us small filmmakers. We then heard that the festival was such a success that The New England Cannabis Convention asked the team to curate a film festival for them, including our film at their film festival in April in Boston, Massachusetts. That just happened without any work from us.

The next thing we heard was in an email saying we’d won the ‘Best Sustainability Portrayal of Cannabis’ at this NECANN Film Festival.

This recognition feels great for us, for the Hemp Farm NZ Ltd, and for the hemp industry as a whole. Hemp production beats the ethical and environmental impacts of dairying in every way, so if we make the change, New Zealand could lead the world in sustainable farming.

Check out the film on Youtube (search for “hemp nz future”); the Hemp Farm NZ Ltd at hempfarm.co.nz; and the NECANN Film Festival at necann.com/canna-film-festival/
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Newly launched are these fantastic serums from **Antipodes** with highly concentrated ingredients. Six different serums will balance your natural oil levels, leaving you with a fresh and dewy feeling. WORSHIP will protect your skin from early signs of aging. APOSTLE will brighten dull and blemished skin. HOSANNA is an intensive H2O serum to boost collagen. To supercharge dry and mature skin use the JOYOUS serum, and for balancing oily skin use their SUPERFOOD serum. The **Antipodes** DEVINE serum is made with organic avocado and rosehip oils; it smells heavenly and promises to address the signs of ageing. RRP $28.99 – $49.99 available from Farmers, selected pharmacies and health stores, or online from [www.antipodesnature.com](http://www.antipodesnature.com)

If you are new to veganism and have no idea about make-up, then you must be glad you’ve found this magazine. Sometimes starting out can be hard, and it’s often expensive to replace beauty items with new cruelty free and vegan alternatives. We like to keep the ideas flowing and the products affordable when possible, so if you’re on a budget, then **Designer Brands** is here to save the day!! There is a huge buzz surrounding their Lightweight Oil Free Foundation with added SPF 15. Going on smooth and blending easily to create a flawless finish, all this for only $17.99, means it is well worth your money.

Another top pick for me is the **Designer Brands** Lash Extensions Mascara. For longer, fuller lashes with true staying power, available in Black or Brown and only $12.99. As a long time lover of false lashes, I have found it hard to replicate this, until trying the range of mascaras on offer from this wonderful, affordable brand.

And last but not least from **Designer Brands** is their brand new, vegan certified, 7 Piece Pro Brush Kit. Made from synthetic fibres which are less porous than natural bristles, making them soft and fluffy. My top beauty tip is to invest in some good brushes, learn to use them and it will leave you with more minutes in the morning when rushing to get ready. It sure works for me! I love having an even complexion and these brushes will help you to achieve a professional finish. RRP $29.99 Buy these products and many more from most local pharmacies nation-wide or online from [www.dbcosmetics.co.nz](http://www.dbcosmetics.co.nz)

We rejoice as **Sukin** continues to cater to all skin types. Their new pink labelled bottles, for very sensitive and dry skin, are perfect for winter. Use their Facial Moisturiser under your make-up, after the shower, or during the day to keep hydrated. The 125ml pump size is perfect for travelling; just twist down and lock the lid to prevent any spills through your luggage. This range features their Calming Night Cream and Soap Free Body Wash. Try them today at Farmers, local pharmacies, health store or online from [www.beautifullykind.co.nz](http://www.beautifullykind.co.nz)
INIKA Review

Georgette Jackson

INIKA Cosmetics are heaven-sent. Their core values are based on purity, nature, organic ingredients and minerals. Being Certified Organic by Australia’s Organic Food Chain guarantees that your cosmetics contain a minimum of 70-95% certified organic ingredients. With no gluten or lactose, no animal derivatives, no synthetics or petrochemicals; this brand places top on my list for ethics. I especially love that all INIKA packaging is recycled.

For winter a must-have is lip balm. No dried, chapped lips for me! Instead I use the INIKA Certified Organic Lip Balms for deep hydration. With a peppermint scent and a few tinted balms, you can’t deny their versatility. These are also perfect for using as a primer before applying the INIKA Vegan Lipsticks. Did you know they have eight different lipstick colours? Pucker up this winter as they receive 4 out of 5 stars for colour, long lasting quality and soft texture.

Another hot trend, and my personal favourite make-up look, is highlighters. No, not the electric green or hot pink highlighters you’re thinking of... but a subtle yet very shimmery swipe across your cheekbones, which lights and defines the face. Surely one swipe can’t promise all this? Oh, but it does, and I’m hooked. It’s so much fun to highlight and colour your cheeks. INIKA makes it easy breezy with their Light Reflect Highlighting Crème. Squeeze a small amount of the liquid onto your fingertip and apply. Glow during the day and night; a little goes a very long way. 5 out of 5 stars

Honourable Mentions: INIKA Liquid Foundation for soft coverage that melts into your skin, or their Mineral Foundation Powder with an added SPF15. I use shade Nurture for a flawless base during the day. So if you want to make the switch to vegan make-up, this is the brand for you. You can rest assured knowing that the earth and animals will thank you when you buy and wear INIKA.

Giveaway!

Enter to win by 31 July (or today before you forget)

We have three INIKA Light Reflect Highlighting Crèmes, RRP $39.99 each, to give away. For your chance to win one, email amanda@vegansociety.co.nz with the subject line “Inika Light Reflect” and your postal address.

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