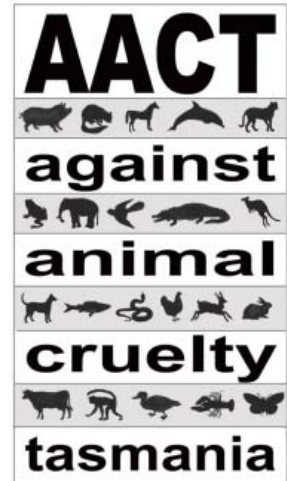


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AACT NOW

quarterly news from Against Animal Cruelty Tasmania

September 2008

Broiler Chickens

Jenn Beer

More than 470 million chickens are slaughtered for their meat in Australia each year (Australian Chicken Meat Federation estimate for 2006/2007).

Tasmania raises and slaughters 6 million broiler chickens per year (Australian Bureau of Statistics).

It was estimated that on average Australians eat **39.2kg of poultry per person a year** (The Australian Bureau of Agricultural and Resource Economics (ABARE)).

A typical, family-run broiler farm may house as many as 100,000 chickens and produce a total of 550,000 birds in a year. Every year in Australia more than 470 million chickens are raised and killed for their meat; these are known as broilers.



A typical broiler farm (Animal Liberation NSW)).

"Describing a broiler shed, The Poultry Digest 1998 quotes from the findings of a Melbourne University report "to enter a chicken shed is to enter an atmosphere full of contaminants: dust, gases, micro-organisms, chemicals".

Life in a broiler shed

Broiler chickens (or meat chickens) in commercial farms are commonly raised in very crowded conditions, often crammed into sheds with between 10,000 – 20,000 birds. Commercial meat chicken farms are 'intensive, highly mechanized units that occupy relatively small areas compared with conventional farming' (Poultry Hub).

Industry Codes of Practice allow for the stocking density in the sheds to be 20 birds or 40kg per square metre (Primary Industries Standing Committee Model Code of Practice for the Welfare of Animals Domestic Poultry 4th Edition

<http://www.publish.csiro.au/books/download.cfm?ID=345>). Towards the end of their lives, the birds may be living in a space equivalent to 500cm sq or less than an A4 sheet of paper.

Although the chickens are not kept in cages, they do not have access to the outside world or even natural lighting. Artificial lighting is used in the sheds and is dimmed to keep the chickens as inactive as possible, thus reducing the amount of food that is required and reducing the likelihood of pecking and fighting amongst the chickens, behaviour which results from overcrowding and the sheer boredom experienced by the animals.

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Against Animal Cruelty Tasmania is a not-for-profit group based in Hobart, Tasmania. Our aim is to eliminate all exploitation, cruelty and suffering of animals within our state and beyond. We strive to facilitate change through education, liaising with Government and industry and non-violent action.

UPCOMING AACTivities

20 September

AACT Potluck Lunch

Come along and share in a yummy lunch with other AACT members. St George's Church hall (the building on the side), 30 Cromwell St, Battery Point. Bring a plate to share. We would love to see you there. For more information please call 0400177361.

4 October

World Animal Day

This year's celebration of World Animal Day will be held on Parliament Lawns. We are seeking volunteers to assist us with this event. Anyone interested in helping out, please contact the AACT office on 6234 6229 or Jenn on 0408 970 359

1-2 November

Sustainable Living Expo

AACT will be having a stall at this year's Sustainable Living Expo. We need people to help us over the 2 day event. If you are available to volunteer even a few hours, please contact the AACT office on 6234 6229 or Jenn on 0408 970 359

Ongoing

Salamanca Markets Stall

The Greens Tasmania has very generously given AACT a fortnightly table at their Salamanca stall. This offers AACT the opportunity to regularly promote campaigns and to educate the public. This stall can only run if we have enough volunteers. If you are able to help us out, even for an hour or so, it would be greatly appreciated! To register to volunteer at this or any other event, please contact the AACT office on 6234 6229.

For information on other Up-and-Coming AACT events, please check the 'What's On' section of our website at www.AACT.org.au or contact the AACT office on: 6234 6229.

BROILER CHICKENS

(continued from page 1)



A typical Australian broiler shed (Image courtesy of ALNSW)

Due to the nature of the production system, birds are kept in the one shed for the entirety of their very short 5 – 7 week life. During this time, the birds' droppings are left to accumulate on the floor. As the chickens grow, the amount of ammonia in the air may increase. As the air becomes more polluted, dust, bacteria and fungal spores can become a health problem for both the birds and humans working in the sheds.

Industry claims that feed and water are made available to chickens 24 hours a day, but due to a number of health problems experienced by the chickens as a result of their accelerated growth rate, and the sheer number of chickens in the shed, not all of the animals are able to access the food and water.

Growth rate acceleration

The life expectancy of the average broiler hen is about eight weeks, after which it is slaughtered for human consumption. The life span of an unconfined chicken can be up to 10 years in ideal conditions. When broiler hen farming first began in about the 1950's, it took the chicken 96 days to grow to slaughter weight (approximately 2 kilos). As a result of a combination of genetic selection, the feeding of high protein diets and the use of antibiotic growth promoters added to feed; the modern broiler hen reaches ideal slaughter weight in just 37 days.

A broiler hen is literally a baby bird, which still chirps and has soft feather, but has the body of an adult.

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Comparison in size of a broiler chicken and a layer hen of same age of 38 days (Australian Chicken Meat Federation).

Professor Donald Bloom from Cambridge University described the modern day broiler chicken as “rather like a child who is nine-years-old in weight having to stand on the legs of, say, a five-year-old”.

Such accelerated growth rates cause a number of problems for the chickens. Because their bodies grow so large so quickly, birds are prone to bone deformities, joint problems and heart failure.

Crippled Hens

A combination of accelerated growth rates and crowded living conditions often results in large numbers of birds dying prematurely. So great is the weight of their bodies, many chickens suffer from extreme leg and joint deformities, rendering them crippled. These birds are unable to access feed and water and die a slow death.



As a result of its accelerated growth rate, this chicken is unable to stand (ALNSW)

For the majority of birds, the pressure of their fast growing bodies cannot be supported by their legs, so they are forced to spend much of their time crouching on the ground with their large breast resting on the shed floor.

Continued contact with the floor of the shed can lead to painful ulceration of the skin known as ‘breast blister’. Commonly, birds are unable to stand up or walk properly due to the size of their bodies. They are forced to hobble around in the damp litter which is often ammonia-soaked. This may result in a painful condition called ‘hockburn’.

Slaughter

Broiler chickens are denied food and water for up to 12 hours before they are caught and transported to slaughter. The birds are caught at night by catchers who walk through the sheds, grabbing the birds by one leg and carrying them in bunches of up to five birds in one hand. The birds are then crammed into crates and the crates are stacked onto trucks.

Once the chickens are unloaded at the slaughterhouse they are shackled to a conveyor belt which carries them down the processing line. The birds are carried along the line to an electrically charged water bath, which is meant to stun the birds before their throats are cut by an automatic knife. Unfortunately, some birds lift their heads and miss being stunned and go on to have their throats cut while they are still alive.



Chickens shackled to a conveyor belt before being stunned. (Photo courtesy of Down the Lane)

Once the birds have their throats cut they are bled until most of the blood has left the carcass. They are then dipped in a scalding tank to loosen their feathers, then plucked.

“Chickens are taken directly from the growing farms to the processing plant where they are unloaded from their transport crates or modules, slaughtered, plucked, cleaned, cooled and graded. They are then either packaged and frozen or chilled, or processed further into various products prior to packaging and sale to distributors” (Australian Chicken Meat Federation

<http://www.chicken.org.au/page.php?id=7>).

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WHAT YOU CAN DO

- Please think carefully before you buy. Your decisions at the supermarket directly affect the lives of animals.
- Tell your friends about how meat chickens are raised and encourage them to make ethical purchases.
- Write to the manager of your local supermarket and let them know that you will not be buying intensively farmed chicken meat.
- Consider changing to a plant-based diet. For more information about a vegan or vegetarian diet, visit the AACT website www.AACT.org.au



SPECIAL TOPICS

PET SHOPS VS ANIMAL SHELTERS

Chloe Persson

We have all wandered through the shopping centre at some time and stopped at the pet store to look at all the adorable little puppies and kittens in the window, looking up at us with those big baby eyes.

Impulse can encourage people to go inside to find out more and end up arriving home to greet loved ones with a loaf of bread...and a new member to the family.

Many people fail to acknowledge the responsibilities involved until it is too late. That is when these beautiful little babies end up abandoned, neglected or if they are lucky enough, dropped off at the nearest Animal Shelter.

More than 135,000 animals passed through the RSPCA Animal Shelters in the past year, many of whom were abandoned because the novelty of having this cute little puppy or kitten had worn off and the responsibility had proven to be more than expected by the owner.

It is important for people to understand and be prepared to take on the needs of their new pet, which is why planning ahead is crucial before any decisions are made.

When somebody goes to their local animal shelter, they are going there prepared to go home with an addition to the family and they are aware of what they are about to take on.

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Thanks to Bio-Distributors for their financial support.

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www.biodistributors.com.au



Bio-Distributors

When a pet shop purchase is made on impulse there are usually consequences to follow and the only one that is ever affected by this is the animal that gets dumped or passed around over and over again, feeling confused, unsettled, scared and unloved.

By choosing animal shelters and rescues over pet shop purchases, not only assists in the preparation for your new furry friend, but it gives an orphaned animal a chance at life by feeling loved and wanted.

Next time you are browsing in your local pet shop thinking that this would be the perfect gift for your loved one, please remember: Pets are for life, not just for Christmas!



ON BECOMING VEGETARIAN

Alice Giblin

I recently joined Against Animal Cruelty Tasmania. I became aware of the work that AACT had been doing and was inspired to become a member, so I could have a say about animal treatment in Australia. One major decision after becoming a member was the decision to become a vegetarian. After a weekend at Salamanca Market with the AACT ladies, and having vegetarian lunch with a friend, I decided to cut meat out of my life.

As a kind of test, my friend and I decided to put me on a fortnight trial of vegetarianism, with a review at the end. My review came and went,

faster than I thought and I decided to extend the trial. After a month of relative ease, I thought to myself - why wouldn't I?

I made the decision for a combination of reasons; sustainability, green thinking and - I think the most important of all - the fact that I claimed to love animals. In hindsight, I'm surprised in myself that the hypocrisy of being a meat eater and animal lover didn't strike me earlier. But the only remedy is change, and change I have.

I now realise the power that new vegetarians have in sending an important message to people close to them. I have found quite a number of my friends and family have asked me about my motivation in becoming a vegetarian. This has given me an opportunity to tell them about AACT and the important message that AACT is sending. I don't think I have converted anyone, but I do think that they have gone away thinking twice about what they are purchasing. I would certainly encourage anyone who was thinking of trying it to give it a go. And also, anyone who has recently made the decision to let people know why.

As I had never really been much of a carnivore, I didn't think it would be a big change in my routine to give up eating meat. So far, I have been proved fairly right. It has been an easy transition and I have generally enjoyed the opportunity to expand my cooking ideas. The greatest thing I think I have enjoyed is vegetarian friends' input. Their experiences have been a fountain of knowledge for a fledgling vego like myself.



COORDINATORS REPORT

Julie Williamson

The sight of an animal suffering is often enough to make people in our community feel angry enough to do something about it. The thought of an animal suffering is enough to make people angry or sad, some uncomfortable but many will turn away from the plight of animals in need. It is ironic that the majority of animal suffering in Australia involves farmed animals and the conditions these animals endure could be stopped right now. Why hasn't it been? Well it would appear that out of sight is out of mind for many and it is certainly in the best interest of intensive farming industries to keep cruel

standard practices that would shock most Australians behind closed doors.

Thankfully there are groups and individuals in our community that are taking action to end the suffering. I would like to take this opportunity to congratulate Animals Australia for their recent Lucy Speaks campaign, which is doing much to bring the plight of factory farmed pigs out into the light (see separate article in this newsletter on how you can help). I was also recently privileged to witness the removal of the last of thirty five neglected horses from a property at Garden Island Creek by Emma Haswell and her 'wrangling' colleague, Camille - a story some members may have seen featured in The Mercury (21st August 2008). I would like to congratulate Emma not only for this amazing effort and her endeavours on behalf of animals in need in Tasmania, but also for her dedication to delivering education on the humane treatment of animals to schools and community groups around the State.

In writing this I am reminded of a saying by Edmund Blake: 'All that is necessary for evil to succeed is that good men do nothing'. This may seem an extreme statement, but the principle can be applied to actions in our daily lives. We can all be doing things to help end the suffering of animals. Through little things like ensuring the products we buy are cruelty free, to writing letters, to supporting the groups and individuals like Animals Australia and Emma who are taking action in our community. Thank you for your efforts on behalf of the animals.

Discovered an injured or orphaned native animal?

Call 6233-6556 (9am – 5pm) or 0418-125-609 to contact a qualified carer.

CAMPAIGN REPORTS

LUCY SPEAKS

Jenn Beer

Radio listeners around Australia have been hearing the voice of a young child called 'Lucy' describing the suffering that she is enduring. It is not until the end of the commercial that it becomes clear that 'Lucy' is a pig. What 'Lucy' describes is the horrific life endured by thousands of breeding sows in factory farms throughout Australia. The campaign has been

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incredibly effective in educating people about the way in which pigs are treated in intensive farming practices.

The radio campaign was launched Australia-wide on Monday July 14 with only enough funding to air the ads for one week. Unfortunately the advertising budget did not include Tasmania, so AACT paid for the commercials to be aired on HO FM and Edge Radio on Monday the 14th and Tuesday the 15th of July. Due to the generosity of these stations, the commercials were played 5 times a day for two days on both stations.

Due to the significant amount of media interest and the generosity of Animal Australia supporters, the commercials are now into their sixth week of air play. Animals Australia was also able to pay for the commercials to be run for one week in Tasmania. Beginning on Monday the 18th of August, 'Lucy Speaks' aired on HO FM, Sea FM, Heart FM and Edge Radio with all stations offering discounted rates. (A very special thank you goes to station manager David Hoey at HO FM for his incredible generosity and support).

As a result of the 'Lucy Speaks' campaign, senior executives of Australian Pork Limited (APL) met on Monday the 4th of August to draft up a media battle plan against the commercials. APL CEO, Andrew Spencer, is reported as admitting that the pork industry did not want to come out and pour fuel on the flames, but that it had got to the point where industry has to make some sort of response.

What has upset the pig industry the most is the commercial's punch line "It is commonly accepted that a pig has the intelligence of a three-year-old child" as they have no way of disputing this. Andrew Spencer has come out and tried to defend industry practices such as confining sows to sow stalls by saying that the stalls are necessary because pigs are very competitive and bully each other away from food. He claimed that sow stalls gave each sow its own space and prevented them from being injured which could result in abortions (<http://www.abc.net.au/rural/tas/content/2006/s2323586.htm>). We all know that these are industry rhetoric for the horrendous suffering that is inflicted on intensively farmed animals.

To find out more about the 'Lucy Speaks' campaign, visit www.animalsaustralia.org. Consider making a donation to keep the campaign going.

BATTERY HENS

Benedict Bartl

Against Animal Cruelty Tasmania (AACT) has been working hard behind the scenes to ensure that battery hen farming remains at the forefront of public consciousness. In June the Clarence City Council, following in the footsteps of Hobart City Council, became the second council in Australia to ask that its caterers not use battery hen eggs at council functions. Alderman Sharon Von Bertouch is to be commended for her hard work in providing her fellow Aldermen with background materials and for having the courage to move the motion along with Alderman Kay MacFarlane who seconded the motion. One of the extraordinary asides that arose during the course of debate was that many of the Aldermen raised the issue of animal husbandry in general and wondered when a motion about sow stalls would also be put to Council. The story was covered on 2nd June 2008 in The Mercury with the headline 'Councils abandon battery hen farms'.

A month later a small group of AACTivists staged a small awareness raising protest outside the Launceston Town Hall in support of a motion that was to be raised by Alderman Jeremy Ball of the Launceston City Council several days later. At that meeting the Launceston City Council agreed to write to its caterers asking that they preference free-range eggs at all council functions. The next day, Tuesday 22nd July 2008 the front page of The Examiner proclaimed 'Egg vote no poultry affair – Council push to support free range chooks'. The story created quite a flurry of activity with the President of the Tasmanian Commercial Egg Producers Association Mr John Groenewold opining that the council should not get involved in 'political' matters.

We are working with other councils and are hopeful that over the coming months other councils and businesses will also make the switch. It is likely that during the September sitting of the Tasmanian Parliament which will be held in Burnie, the leader of the Tasmanian Greens Mr Nick McKim MHA will call for debate on his Bill to end battery hen farming in Tasmania. It is expected that our petition, which has more than 20,000 signatories will be tabled in Parliament at this time. It would be great to get as many members as possible to attend the debate in Burnie and we will keep you posted as to when this is likely to be.

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THE FUR INDUSTRY (WARNING: CONFRONTING INFORMATION)

Lin Ashton

The farming of animals for their fur first began in North America in the 1860's. Animals were originally trapped, with the fur trappers being responsible for opening up large areas of America, in order to obtain large amounts of fur. As time passed, it was realized that a growing industry in fur products had huge financial potential for all of those involved.

During the early to middle part of the 20th century, fur was to have its heyday. This was a time when the wearing of fur was seen as a sign of wealth and status. Women who wore long length fur coats were seen to be the envy of the masses. At this stage, there were concerns about the trapping of animals, as it was seen as cruel especially when other natural and synthetic fibers could be used. In the 1970's the fur industry was to hit rock bottom, as wearing of fur was seen as out-dated and boring. In the 1990's new lines of clothing were introduced to regenerate the industry. Companies were now aware of previous customer concerns, so they tried to reassure the public that animals were treated humanely on fur farms.

However, anti-fur activists have told a very different story by exposing farms with footage which has shocked and angered millions worldwide. Unfortunately, fur seems to have made a renaissance with figures from the International Fur Trade Association showing sales reached \$US13.49 billion in 2006 and grew 5.6% from the year before. At present the mink harvest is worth a record \$55 million, and sales are expanding. Not only has the fashion industry increased its sale of fur, but now luxury items have started to use it as well. Since 2000, the sale of pelts has hit record levels worldwide; with Russia and China becoming major markets. It is thought the rise in disposable incomes in Russia and China has fuelled the pelt market. In Europe the main fur producing countries are Denmark, Finland, Norway and The Netherlands. China has emerged as the largest importer and re-exporter of fur in the world.

Grave concerns have been raised about China's complete lack of animal welfare laws, and this is very evident in the fur industry. The operators of fur farms are able to treat animals

as they wish; as there is no welfare body which oversees these farms. Farm owners are able to house and kill animals as they wish. As with all forms of intensive farming, the natural needs and the behaviours of all animals are denied. The sole purpose of the fur industry is to create profits -using the minimum input possible to create maximum profits. Not all "traditional" fur bearing animals are used for their pelts. Mink, red and Arctic foxes, raccoon dogs, rabbits and hamsters are used; as well as cats and dogs. Thirty million animals are bred in intensive farms, with a further twenty million animals trapped and killed in the wild. In one year 50 million animals die and 1,300,000 animals are slaughtered each day. In Australia alone, 165,000 red fox are trapped and over 4,000,000 kangaroos die. The fur industry is responsible for 80-100 million animals dying to fuel the clothing industry each year.

Many animal rights groups have done undercover investigations which have found all types of animals living in appalling conditions. Swiss Animal Protection and Care for The Wild recently gained footage at a Chinese farm which showed unbelievable suffering caused by farm workers. Slaughtering methods are brutal and barbaric. Animals are taken from markets to farms in tiny flimsy wire cages, which are stacked on top of one another on huge trucks. These trucks are able to carry 8,000 animals. When they are at their last destination, their cages are thrown to the ground. This causes terrible injuries as the cages can be dropped over 3 metres. Animals have also not eaten or drunk for days. Methods used to kill animals are truly horrendous. Animals can be left to die after they have been thrown against a wall, and frequently they are skinned alive. Some animals are killed by gas or a lethal injection; while others are clubbed to death or have their necks broken. In order that no damage is done to the fur, foxes are electrocuted. Animals live in tiny cages crammed in together; they display typical actions of all caged animals due to frustration, stress, fear and boredom. Some cages remain outside, so animals have no protection from extremes of temperature. Disease is widespread and injured animals remain untreated, contributing to constant pain, suffering and distress. Animals may live on these farms for periods up to three years.

How can buying any amount of fur, no matter how small, be justified when so much suffering of millions of animals has taken place?

Don't EVER buy any fur items.

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AACT Fundraiser

AACT is planning to hold its next raffle fund raiser over the next few months. As we have already covered all our operational costs this year, every dollar that we raise will go directly into our campaign activities. To make the raffle a success, we require as many members as possible to help sell tickets. We do however, understand that some people are not able to do this. If this is the case please let us know so that we do not bother you with a raffle book.

SHEARWATERS

Julie Williamson

With short-tailed shearwaters migrating back to Australia in the coming weeks, AACT is still awaiting the outcome of issues highlighted during the open seasons in March/April this year.

Changes to the three point 'How to kill a muttonbird chick' written instructions issued to recreational permit holders have been touted by the Wildlife Management Branch of the Department of Primary Industries & Water (DPIW) following representation by AACT earlier this year. Unfortunately the Minister for Primary Industries & Water, David Llewellyn, indicated that he did not share our concerns for the high risk of cruelty being inflicted on chicks with the current system in his response to joint correspondence from AACT, RSPCA Tasmania and Wildlife Tasmania. We therefore await the release of the 'new' instructions to see any changes that have been incorporated.

We are also awaiting the outcome of a breach of the Wildlife Regulations filmed by two members at Strahan at the opening of the recreational season this year. A member of the public was filmed using a barbed/hooked implement to remove shearwater chicks from their burrows. The footage was presented to the Wildlife Management Branch and investigated by Wildlife Officers and AACT members were advised that the man had been interviewed and admitted to the breach. That we so easily found this person breaching the shearwater regulations illustrates the concerns we hold for the Minister allowing open seasons on these birds. While Departmental representatives argue that they consider a written instruction to be a sufficient safeguard to ensure the humane killing of chicks, the same instruction also states that it is an offence to

remove chicks from their burrows with a hooked or barbed instrument, yet this practice was so easily found to be evident.



ZOO DOO UPDATE

Jenn Beer

Since our inception, Against Animal Cruelty Tasmania (AACT) has been concerned about the operation of a number of wildlife parks in Tasmania. Our concerns include not only the condition of animals and the way in which they are being housed and handled, but also the way in which the Government oversees the management of licensing and compliance with captive management plans. Our concerns were exacerbated in July 2007 when AACT was informed that a wildlife park at Richmond, Zoo Doo, had lodged an Import Application with the Department of Primary Industries and Water (DPIW) Wildlife Management Branch to seek approval for the importation of two female Bengal Tigers.

Since then, AACT has received a number of complaints from members of the public who were concerned about the treatment of animals and also the lack of supervision throughout at this Park. In response to these complaints AACT members visited Zoo Doo in March, and documented their own concerns. These issues were presented to the Wildlife Management Branch during a meeting along with photographs illustrating some of AACT's concerns. AACT members returned to Zoo Doo in July and noted that there had been little to no changes since the report had been submitted to DPIW.

AACT continue to be concerned at the largely unsupervised animal exhibits, which we believe do little to educate the public in the welfare of animals. In fact we believe the experience counteracts the messages animal advocacy groups strive to deliver to the community. AACT will continue to monitor these concerns and any action taken by the responsible authorities. AACT has also enlisted the help of a local representative from the 1800 Animal Cruelty Hotline.

ADVERTISERS

Promote your business to over 100 readers on this page! Our reasonable advertising rates are as follows:

¼ page - \$25 ½ page - \$50 full page - \$100

Please contact AACT for further details

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AACT says Thank You

- *Bio-Distributors* – Ric and Jo for their invaluable sponsorship
- The following Salamanca Markets Stalls for having a permanent AACT collection tin:
 - *100% Fresh Squeezed Juice*
 - *City Organics*
 - *Country Larder*
 - *More than Skin Deep*

State
CINEMA

For sponsoring AACT's Ban Sow Stalls advertisements.

- *Jamie McArthur* – prints AACT banners at a discounted price

- Abandonment
- Other observable health problems / untreated injuries
- Any details on the person(s) you believe may be responsible for the situation
- Details of any witnesses who you believe may help with the situation
- Any other information you think will help an inspector investigate the complaint

For more information about the 1800 Animal Cruelty Hotline, please visit: <http://www.animal-lib.org.au/campaigns/1800-freecall.htm>



1800 Animal Cruelty Hotline now Available in Tasmania

Animal Liberation NSW has introduced an anonymous free-call number for people who witness animal cruelty in rural areas, including Tasmania.

If you witness instances of animal cruelty / neglect and wish to remain anonymous, by calling **1800 751 770** you can help to end unnecessary suffering for our voiceless friends.

It is important to report any instances of cruelty / neglect as soon as you see them - this helps to ensure that suffering does not continue unnoticed, and can be treated sooner.

When calling, you should provide the following information

:

- When you noticed the problem (date and time)
- The type of animal(s) and a description
- An idea of how many animals are affected
- The animal's location (be as specific as you can - landmarks are useful in rural areas)
- What the problem is eg:
 - Details of poor living conditions
 - Malnutrition

QUARTERLY QUOTE

Service to all living beings may be said to be the object of human life.

Mahatma Gandhi

AACT T-shirts for sale



Fitted women's t-shirt sizes 8-14
Men's loose fit - sizes small, medium and large

ALL \$25.00

Available from AACT office,
Liverpool St.

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VEGAN RECIPE

LENTIL STEW (LENTIL SHEPHERD'S PIE)

Georgia Chapman

This is a warming recipe that can be adapted according to the root vegetables in your kitchen. The dish has become a favourite among all my family members and we often use it as a base for a Shepherd's pie.

1 tbsp oil
1 large onion – diced
2 cloves garlic – crushed
2 large carrots – diced
1 medium potato – diced
300g root vegetables (turnips, parsnips, Swedes) – diced
1 celery stalk – sliced
½ red capsicum – diced
3 broccoli stems – sliced
½ cup cabbage leaves – sliced thinly
1 ½ cups brown lentils – soaked
7 cups vegetable stock
2 tbsp tomato paste
1 tsp basil
1 tsp oregano
3 tbsp Gravox
1 cup fresh or frozen green peas

Heat oil in a large saucepan and sauté onion and garlic until soft.
Add diced vegetables, lentils and vegetable stock.
Cook on medium heat until vegetables and lentils are soft.
Add herbs, tomato paste and Gravox powder.
Cook for 30 minutes.
Serve on toast, rice or pasta or can be used as a base for a lentil shepherd's pie.

Brightside Farm Sanctuary

Rescuing farm animals and running a farm sanctuary takes time, co-ordination and finances. Brightside is self-funded and relies on the generosity of people with both donations and time to allow us to continue our work for animals. This year has been particularly difficult with the huge increase in grain and hay prices due to the drought.

With your support we can continue to help needy animals, and educate and campaign to improve the lives of farm animals.

Please consider supporting us through a donation of time or money, or through our sponsoring programme. Visit us at www.brightside.org.au or phone us on 0408-658-356.

