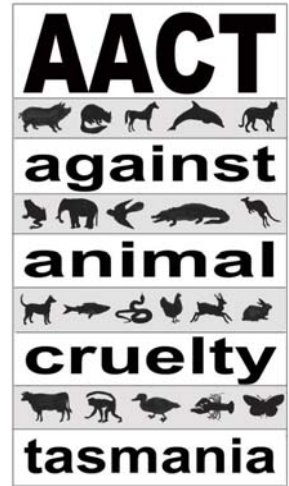


Against Animal Cruelty Tasmania (AACT)
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AACT NOW

quarterly news from Against Animal Cruelty Tasmania

February 2008

LIVE EXPORT

Jenn Beer

Court says: Export Company Breached Animal Welfare Act.

On Friday February 8th the Perth Magistrates Court found that live export company Emanuel Exports Pty Ltd and its two directors, Michael Stanton and Graham Daws, breached the West Australian Animal Welfare Act when Emanuel Exports transported 103,222 sheep aboard the MV Al Kuwait from Fremantle port to the Middle East in November 2003. During the voyage, over 2.66% of the sheep died of starvation and disease. The Court agreed that the animals were transported in a manner likely to cause harm and that Emanuel Exports and its directors had breached the Animal Welfare Act.

Despite the findings, the Court held that the Commonwealth export licensing regime overrode the West Australian laws and therefore Emanuel Exports and its directors were not guilty of any crime. This means that the West Australian Animal Welfare Act does not appear to apply to animals on live export ships.

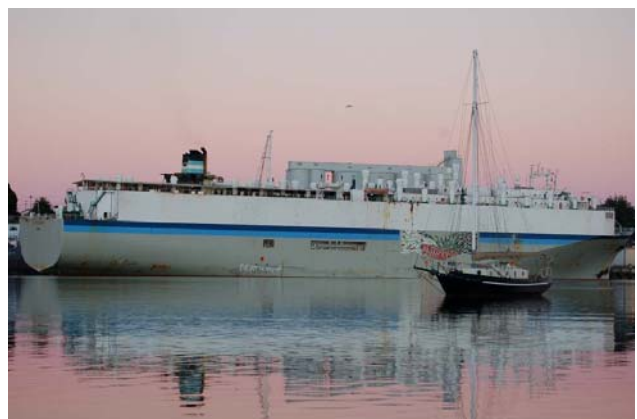
If the Commonwealth export licensing regime did not override the West Australian laws, Emanuel Exports and its directors would have been guilty of animal cruelty. The company could have been fined \$250,000; directors could have been imprisoned for up to 5 years.

The result of this decision means that there does not appear to be any laws governing the welfare of sheep once they reach the ship.

Senior counsel Tony Bannon for Emanuel Exports Pty Ltd admitted at the trial that this voyage was "routine".

Although the live export company was let off on a legal technicality, the live export industry is running scared. The live export industry knows it cannot operate in a lawless regime for much longer because the majority of the Australian public considers the practice of live animal exports to be cruel and unnecessary.

In many ways this is a positive outcome (The Court decided the FACTS in favour of the animals but decided the LAW in favour of the industry). There is now no question that live animal export is cruel. The only problem is that the animal welfare laws don't apply.



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

16 February, 2pm

Duck Rescuer's Training Session

Republic Bar, Elizabeth St, North Hobart
There will be a training session held for all people interested in assisting AACT with duck rescue on opening weekend and throughout the season. The training session is free and will feature Laurie Levy. For more information call 6224 6229 or e-mail AACT at: info@AACT.org.au

22 February, 4pm

AACT Raffle to be drawn

City Organics, 34 Criterion St, Hobart
Thank you to everyone who has bought and/ or sold raffle tickets for the AACT raffle (keep them coming!). For more information contact Jenn on 0408 970 359 or e-mail info@AACT.org.au

2 March, 1pm

Vegan Pot Luck Family BBQ

AACT will be holding a Vegan Pot Luck Family BBQ at St Georges Hall, 30 Cromwell St, Battery Point. This is a family event and children are most welcome. Child play facilities are available. For more information contact Jenn on 0408 970 359 or e-mail: info@AACT.org.au

8 March

Duck Season Commences

Details to be announced

22 March, 12 noon

International Meatout Day BBQ

Parliament Lawns
To celebrate International Meatout Day, AACT will be having a Vegan Pot Luck BBQ. We invite you to come and join us and to bring along something vegan to share with others. For more information, contact Jenn on 0408 970 359 or e-mail: info@AACT.org.au

LIVE EXPORT

(continued from page 1)

WHAT YOU CAN DO

As a matter of utmost priority we urge you to contact Tony Burke, Federal Minister for Agriculture, and tell him what you think about a live export licensing regime that is not governed by any animal welfare laws.

PO Box 6022
House of Representatives
Parliament House

Canberra ACT 2600 Tel: (02) 6277 7520
Fax: (02) 6273 4120

E-mail: Tony.Burke.MP@aph.gov.au

For further details on the MV Al Kuwait Voyage visit the Animals Australia Website: www.animalsaustralia.org or the People Against Cruelty in Animal Transport (PACAT) website: www.pacat.org



RAFFLE THANK YOU

A big thank you goes all to all those who very generously donated prizes for our very first AACT raffle:

- Bruny Island Charters: Eco Cruise
- Adventure Bay Holiday Village: 2 Nights Accomodation
- City Organics: Gift Voucher
- April Bromfield: Art work
- Jo Sculthorp: Art work

VEGAN CHOICE – TOOTHPASTE

Shane Dalgleish

Every Vegan strives to do as little harm as possible, but sometimes the options available are unclear. Today we decided to find a few readily available items and test them to see which one we liked the best.

Our Panel

First of all, we needed to assemble a panel of the finest experts we could find. We needed a Vegan Police officer, and a couple of people who still had teeth, indicating they have experience with regular brushing. To fill these roles, Heather put on her policepersons hat, and Susan revealed her pearly whites.

Products Tested

- White Glo Extra Strength Whitening Toothpaste 150g (\$4.89 from Coles)
- Thursday Plantation Tea Tree Toothpaste 110g (\$3.95 from Chemist Warehouse)
- Riddells Creek Organic Toothpaste 150g (\$6.35 from Bio Distributors)
- Red Seal Natural Herbal & Mineral Toothpaste 110g (\$4.28 from Coles)



The testing begins...

Brushing your teeth several times in a row is an interesting experience as Susan and I found out. The flavours mix, it's hard to tell which feels cleaner and our Breath just kept smelling better, so these results are hardly scientific.

White Glo

Everyone agreed that White Glo is the most similar to "normal" toothpaste of our sample set. It has a simple minty taste and promotes itself as having all kinds of magic in the tube to whiten and strengthen. Having no real way of testing these claims, we'll just have to believe them. Even though it was sample 1 for me and sample 3 for Susan, it consistently rated very high on the snogability scale. A good basic toothpaste for people who like to be as normal as possible.

Riddells Creek Organic

This is Heathers favorite, but with a watery texture, I find it hard to get an even spread on the brush. This one did however, also top the snogability scale and is the only certified organic toothpaste tested. It also comes from an all Vegan company.

Thursday Plantation

This was by far Susan's favorite as she exclaimed "Ooooh!" in a very seductive voice as she took her first taste. I didn't like it quite as much, it had such a strong flavor which I found off putting, but then again I am a simple kinda guy. It topped the snogability scale with Heather describing it as smelling like a rainforest. Susan wanted to take this tube home with her. I think she'll be using this one from now on...

Red Seal Natural

Both Susan and I agreed that we didn't like the liquorice taste, but then I don't like liquorice. Some people do and they would love this toothpaste. It ranked lowest in snogability and probably lowest overall.

Vegan-ness

The ingredients listed on the packaging were carefully looked up in the A-Z of Animal Ingredients and declared vegan by our resident Vegan Police officer. We haven't actually contacted the manufacturers of these products to confirm, but we're pretty confident. If you have any doubts, please investigate this for yourself.

Cruelty Free

All tested items are either listed with Choose Cruelty Free, or have "no animal testing" printed on the packaging. Again, if you have any doubts, please confirm with the manufacturers. Visit: www.choosecrueltyfree.org.au

Excluded Products

We did not test Colgate branded products because although they have stopped animal testing of many of their products, it is believed that they still test oral care items. Some of their toothpastes do have all vegan ingredients.

Results

After extra points are awarded for CCF certification and Organic certification, as well as value for money, our final results are....

Product	Flav	Snog'ty	Cruelty Free	Org	Price/100g	Total
Red Seal Natural	6	7	Printed on packaging	No	\$3.89	44%
White Glo	7	8	Printed on packaging	No	\$3.26	60%
Thursday Plantation	8	9	CCF certified	No	\$3.59	70%
Riddells Creek Organic	7	9	CCF certified	Yes	\$4.23	76%

Remember that different people have different tastes and our intention is to give you a few readily available options for you to choose from, making life a little easier next time you shop for everyday items.

CAMPAIGN REPORTS

BATTERY HEN FARMS

Benedict Bartl

Alderman Bill Harvey will be moving a motion in an upcoming Hobart City Council Meeting that the Taste of Tasmania in future go caged egg free. AACT has been working closely with Alderman Harvey and the RSPCA and will be lobbying other HCC Alderman in the coming weeks to ensure that the motion is passed.

Also, thank you to everyone who returned their battery hen petition sheets. The petition continues to grow with more than 11,000 signatures collected so far. Copies of the petition can be accessed from the AACT website. Or alternatively, if you know of a shop or workplace counter that would be prepared to have it, please let us know.



DUCK SHOOTING

Chris Simcox

Well, what a busy time for the ban duck-shooting campaign! Surely no-one could fail to notice how much time this issue has spent in the media in the past two months. Stories have been running almost every week in the papers, on radio, and television since late last year. Nearly every day in January there was at least one letter in the Mercury, and several times the ducks have made the Hot Topic section. Hot indeed!

The excitement began on the 19th of December when the cancellation of the Victorian duck season was announced. The next day South Australia announced their ban. The reasons: drought and declining native waterbird numbers. This information comes packaged in a report from the annual aerial surveys of south-eastern Australia.

To dampen our enthusiasm momentarily Minister David Llewellyn made an announcement early in January that there would still be a season in Tasmania. Why be bothered with the science? Sure they do that in other States, where they listen carefully to the scientific experts. In Tasmania, it appears that you just ask the shooting reps on the Game Management Liaison Committee for their opinion: "A season this year? Yeah sure,

there's plenty of ducks around on our dams, so there's gotta be heaps out there."

So we fought bravely on. We have launched media release after media release. We have done battle in the press over drought, over declining duck numbers, over threat to long-term survival of species, over telling interstate shooters to stay away, over attempts to ban us from the wetlands. Public support on our side counts for little while there is a Minister intent on proceeding with a season.

The battle continues. We collected almost 700 signatures on letters to the Minister over a couple of weeks. These we folded into cute little origami ducks and personally delivered to his office. Of course the Minister refused to come out and accept them. We were prepared with a substitute Llewellyn who we showered with paper ducks. It was a great performance!

On February 16th is a Duck Rescue Training afternoon at the Republic Bar at 2pm. Laurie Levy will fly in to help train new recruits and a vet will give advice on treating injured ducks. We need you there so please email or ring to register for this event.

Please join us in the annual battle on the wetlands for the opening weekend. We need people for a range of tasks, not the least of which is entering the wetlands to scare away ducks from shooters. Email nativeducks@yahoo.com.au or phone 6224 6229 to register your interest and ask how you can help the campaign.

And keep the letters and emails coming in to Llewellyn.

Do it for the ducks,
Chris Simcox
Native Waterbird Campaign Coordinator

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

WILDLIFE EDUCATION PROJECT

Karen Bevis

In December 2007 AACT was awarded a grant by Voiceless for \$15,000 for a Wildlife Education Project, a joint project with the Tasmanian Conservation Trust (TCT). The funds will pay for the development of an education kit aimed at upper primary and secondary school students that will be distributed to every school in Tasmania in early 2009.

Attitudes to wildlife are quite poor in Tasmania, and the intention is that the kit will address this issue, particularly in the school setting. The kit aims to build respect for maligned species that are often regarded as pests; educate people about those particular species, their habits and needs; and provide information about the destructive and lethal practices that these species face, and how people can 'add their voice' to those seeking change.

The species targeted by this project are those that are routinely hunted or poisoned via permit or open season such as brushtail possums, Tasmanian pademelons, bennetts wallabies, short-tailed shearwaters, ducks and quails, and those that are offered no protection under law, such as the forest raven and two species of cormorant. A fact sheet will be developed on each of these species. A set of fact sheets will also be produced on the issues that threaten these species such as roadkill, 1080 poisoning, shooting/hunting, and primary industries.

Information on what people can do to stop the persecution will be a key part of the kit, as will information on how to live with wildlife harmoniously. The kit builds on an existing basic brochure put out by the TCT and AACT titled 'Tasmania: Waging War on Wildlife'

At this stage we are putting together a Reference Group of people with suitable knowledge and experience either in wildlife, or as teachers, to help inform the development of the resources. We will also be seeking people with expertise in the various species, or the issues that affect them, to review the information prior to publication. AACT members who are interested in assisting in any way can contact AACT and leave a message for the Project Coordinator, Karen Bevis.

PIG CAMPAIGN

Emma Haswell

Christmas is when our pig campaign goes to the streets and this year we were assisted by a piglet as we have been in past years. This year the lucky piglet was Celeste who did an outstanding job!

I purchased Celeste from Bridgewater saleyards a week before her first outing. She was wild and terrified of people and screamed hysterically as I put her in the car. Understandable if you had seen the way the piglets were being handled at the saleyards. They were being picked up by one back leg; some piglets were being picked up by their tails.

Within 2 hours of getting home Celeste was eating out of my hand and within 4 hours she was walking to the school bus on a lead. What a pig! It was obvious to me then that Celeste really was made for the position of pig ambassador. Celeste made 4 appearances in December, the first being a walk on Kingston dog beach at peak dog hour which she really enjoyed, the second a low key one on Parliament lawns just to meet people. The third was at Franklin Square where AACT organised a great vegan barbeque to promote cruelty free Christmas food and recipes. From this we had a story on Southern Cross News and Celeste made the front page of the Mercury with a great story. This was the second front page pig story for AACT as Willie also made front page at Salamanca last year for World Farm Animals Day.

The fourth was again on Parliament Lawns where AACT had a "12 days of Christmas" information stand showing the cruelty involved in getting animals to the plate for eating at Christmas. Celeste really enjoyed herself on this occasion and was the star attraction.

She will now live her days at Brightside along with the other 8 pigs and she will be involved in Brightside's school education programme as she really enjoys being with people.



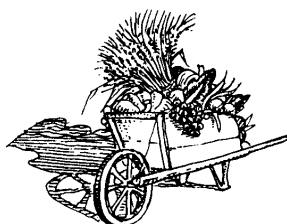
Thanks to Bio-Distributors for their financial support.

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PO Box 12 Sheffield TAS 7306

03 6491 1439

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Bio-Distributors

RECENT AACTIVITIES

ANNUAL GENERAL MEETING

Julie Williamson

AACT's Annual General Meeting was held on 9th December 2007 and our Management Committee for the coming year was elected. It is always a delight to have new Committee members and I would like to welcome Georgia Easton and Shane Dalglish into roles of Treasurer and Committee Member.

This AGM also saw two longstanding members and founders of AACT stepping down and taking a well-earned break from the Management Committee. Another longstanding member also recently stepped down and I'm sure I join all in thanking Yvette Watt, Karen Bohmer and Emma Haswell for all their hard work and commitment to animal advocacy causes and AACT over the years.

AGM's are a time for reflection on all we have achieved in the past 12 months and AACT certainly has much to be thankful for.

Significant support has been received from benefactors giving AACT the amazing opportunity to administer the Animal Justice Fund as well as employ an Executive Officer. Heartfelt thanks go to these benefactors for their incredible contribution to the animal advocacy cause.

As with most not-for-profit organisations, AACT relies greatly on our dedicated team of volunteers. This growing group contributes many hours to AACT, helping out with everything from fulfilling Committee duties to the pursuit of campaigns, from website development and maintenance to newsletter production, and from office administration to attending public awareness and fundraising stalls. Each and every volunteer is an important and integral part of the organisation and your contributions are all greatly appreciated.

Our member support is also greatly appreciated and we always welcome your emails, letters and phone calls.

The coming year brings many challenges with a full calendar of AACTivities and AACTions. With your ongoing support we look forward to meeting these challenges together.

For the animals,
Julie & the Committee

AACTIION HIGHLIGHTS

Jenn Beer

AACT has had a busy time since the last newsletter was sent out. World Farm Animal Day took place on October the 6th, 2007. The event was very well attended and attracted a lot of public and media attention. AACT was joined by animals from Brightside Farm Sanctuary.

On November 10th 2007 AACT took part in the National Day of Action Against Live Export. AACT arranged 30 large cut-out sheep on Parliament lawns and demonstrated how sheep are handled in the Middle East by trussing up an AACT member dressed in a sheep suit (thank you Mrs Bohmer) and throwing them into a car boot. We also managed to collect over 200 signatures on Animals Australia petitions.

AACT took part in the Walk Against Warming on November 11th 2007. Over 2000 people attended the walk, which was organized by Sustainable Living Tasmania.



encouraging and supporting cruelty free living

An AACT Fur Protest was held in Launceston outside of the Silver Fox Boutique on November 24th, 2007. The protest was held as part of the Global Day of Action Against the Fur Industry. Protesters held up banners showing skinned animals and handed out information leaflets to the public.

Celeste the piglet joined AACT for a cruelty-free BBQ on December 15th, 2007. Our volunteer chefs cooked up an array of vegan sausages and burgers for hungry passers-by. The event was a great success and a big thank you goes out to Brightside's Celeste.

Our final event for the year last year was 'The Twelve Days of Christmas: A Lifetime of Suffering' display stall on December 22nd. The stall was aimed at raising people's awareness of the lives of intensively farmed animals. AACT volunteers handed out information and encouraged people to make compassionate choices when shopping for Christmas. We were once again joined by Celeste the piglet, who did a fantastic job of wooing the crowds.

In January 2008, AACT started selling tickets for its first RAFFLE. For information about the raffle please visit our website: www.AACT.org.au or call Jenn on 0408 970 359.

A Northern AACT Members Meeting was held on January 27th in Launceston. Thank you to everyone who participated in the meeting and a very big, big thank you to AACT member Mary Clemons for allowing us to hold the meeting at her house (and raid her fruit trees!!).

On February 3rd, AACT held a 'Dog's Day Out and Vegan BBQ' at Kingston Beach. We enjoyed a variety of very delicious vegan food followed by some kite flying. Although it was a bit chilly, a good time was had by both dogs and people.

On February 7, AACT members hand delivered over 600 signed letters to David Llewellyn, asking him to ban duck shooting in Tasmania. Although a number of attempts were made to meet with the minister, he failed to respond. We were forced to make do with dumping the letters over a David Llewellyn lookalike (thanks Shane).

A big thank you goes out to everyone who has assisted and attended AACT events in the past. We look forward to seeing more AACT members and supporters at future events.

CYGNET FOLK FESTIVAL 2008

Kathleen McLaren

On the weekend of January 12th and 13th AACT had its annual information stall at the Cygnet Folk Festival.

Our main focus was the campaign against Duck Shooting. The Minister for Primary Industries and Water, Mr David Llewellyn had recently announced that the Duck Shooting season was to go ahead as usual in spite of evidence that the drought had reduced the birds' population. Also, in spite of evidence that for every ten ducks shot and killed outright, another six to ten ducks are wounded and die a slow, painful death. Animal advocates have always maintained that killing and maiming of native waterfowl is a cruel and unnecessary 'recreation'. Information on the topic was available and petitions and letters to the Minister were signed by hundreds of Festival attendees.

Information was also available on other areas of mass cruelty to animals such as the live animal export trade, factory farmed animals including pigs and battery hens plus the less known problems with the dairy industry.

Leaflets detailing the enormous negative effects of the livestock industry on the planet were available. We had an array of recipes and nutritional information on vegetarian and vegan diets for people interested in changing to a diet that is much healthier for the planet, the animals and us.

We received donations and sold a number of items including t-shirts, badges, books and ceramics that gave the AACT coffers a helpful boost.

Thanks to Tasha (and family), Chris, Karen, Melegueta, Ro and Georgia for donating their time and energy in order to help raise people's awareness of the many instances of abuse and exploitation of fellow animals.

Injured Birds

If you find sick or injured birds, adults or nestlings, including sparrows and starlings, please call **Irene** on **6265-8988**

RAISING VEGAN TIN LIDS: NUTRITION

Karen Bevis

People often express concern about the adequacy of the vegan diet for growing children. Dairy consumption is so ingrained in modern culture that people have come to believe (and are encouraged to believe by the Dairy Industry) that dairy is necessary for strong bone formation. In fact there is nothing necessary or natural about consuming dairy products. Humans are the only species to consume the milk of another species and it is not something that we evolved to do. Eggs and honey are the other items that we can easily do without, and I'm sure the birds and bees would thank us!

I am the mother of two healthy beautiful and energetic young children, aged 6½ and nearly 4. They have both been vegan from conception. I personally know of nearly 20 vegan children in Tasmania, Victoria and NSW. They come in a wide variety of builds, are all healthy and going strong!

To provide adequate nutrition, any diet must be balanced and a vegan diet is no exception. It would be unhealthy, but still vegan, to live on a diet of just bananas, for example. Information on balancing a vegan diet should be taken from the New Four Food Groups, which can be found on the website of the Physicians Committee for Responsible Medicine (PCRM) www.pcrm.org.au. This advises on what an appropriate mix of cereals and grains, vegetables and fruits, beans and legumes should be. Advice on vegan nutrition for children and adolescents can also be found on the website of the American Dietetics Association (ADA) (www.eatright.org and search for vegan children). The ADA are satisfied that appropriately planned vegan diets meet the normal growth and development needs from infancy to adolescents – so why shouldn't we be?

Both the Australian Breastfeeding Association (ABA), and the World Health Organisation, say that breast milk should be the only source of nutrients until infants are at least 6 months of age, and breast milk should constitute some part of the diet until the child is 2 years old. If the mother is eating an adequate diet, the breast milk will be rich in all the nutrients required. Of course there are rare occasions where a mother is not able to breastfeed and the choice must be made between dairy and soy formulas, both of which can cause allergies in certain individuals, however cows milk formula has strong links to childhood diabetes

(refer The China Study by T Colin Campbell). Fortunately inability to breastfeed is much rarer than the more than 50% of Australian mothers who give up breastfeeding before their child is 6 months old would have us believe. Much of the issue here is to do with lack of support in the wider community, and inadequate knowledge of where to go for advice, and the fact that so many generations have relied on formulas now that the wise women of the "tribe" just don't exist to pass on their words of wisdom. I strongly recommend the ABA for any assistance with breastfeeding issues.

For older children, there are a number of guides available online by Googling "vegan children", I would highly recommend the PCRM fact sheet titled "Vegetarian Diets – Advantages for Children". Vitamin B12 is the main thing you have to look out for, as it is not available in the usual vegan diet. B12 is found in soil bacteria, as well as meat and dairy products, and as our vegetables are scrubbed clean these days, we need to get it from other sources. The ADA recommends 5 to 10 µg daily for an adult. This can be obtained by vitamin supplement, the Blackmores brand B12 is vegan. I suggest crushing a portion of a tablet up in juice or in breakfast cereal. The other way of getting B12 is by using fortified products. Both Vitasoy Calci-Plus, and Soy Life fresh milks are fortified with B12, as are Sanitarium products such as their refrigerated sausages, Not Burgers etc., and Marmite. Aim for 1.5-2.5 µg B12 in fortified foods, in at least 2 serves for a child (source www.veganhealth.org).

There is a lot of hype about fish oil these days for providing essential fatty acids. It is not necessary for vegans to compromise their ethics to provide the tools for adequate brain development in their children. Flax seed oil is a wonderful source of Omega 3, and includes Omega 6 and 9 as well. We pour some on our breakfast cereal each morning (you do get used to it, and my children ask for it). We now also purchase a table spread, made by Melrose, that is made from canola and flaxseed oils – use it just like a margarine for breads and baking – how easy is that?

Vegan diets can easily provide enough calcium. Get some ideas from the websites I have suggested. Being a vegan child doesn't mean you have to miss out either. You can replace almost anything with a vegan alternative Soy ice creams and cheeses are available, and vegan baking really is simple (ask AACT for a fact sheet on using your favourite non-vegan recipe to create scrumptious vegan treats).

So what does a typical vegan daily menu look like for my children?

Breakfast: home-made muesli (almonds, dates, rolled oats, rice straws, flax oil and fortified soy milk) and diluted fruit juice

Morning tea: fruit

Lunch: home-made bread with either Kingland soy cream cheese & Marmite; hummus & tomato; avocado; or peanut butter

Afternoon tea: soy smoothie; biscuit or crackers with spread; or more fruit

Dinner: bean nachos with corn chips; red lentil and veggie dahl with rice; Sanitarum sausages with wedges or mash and vegies; and baked beans are always a favourite.

Importantly, don't stress over getting it just right, measuring this and that for every meal. There is no need, everything in moderation and a wide variety of foods, and your child will grow healthily and happily.

Increasingly research is showing that a vegan diet is protective against many of the so called 'western diseases'. Also we are realising that what is good for our bodies, is also good for non-human animals, and great for the planet!

CARROT, SULTANA AND WALNUT MUFFINS

Georgia Easton

These muffins are delicious. I have adapted this recipe from *Vegan with a Vengeance*. My family and even my non-vegan friends LOVE these muffins and I am now in the habit of baking two batches at a time because they disappear like hot cakes.

These muffins would be perfect for your child's school lunchbox.

½ cup soaked sultanas
1 ½ cups SR flour (I used ¾ cups Wholemeal and ¾ cups White but you could experiment)
½ tsp bi-carb soda
½ tsp ground cinnamon
¼ tsp ground nutmeg
¼ cup sugar
½ tsp salt
1 cup rice, soy, oat, or almond milk
¼ cup oil
1 tsp vanilla extract
2 cups grated carrot
¼ cup chopped walnuts (optional)

1. Preheat oven to 200 °C. Spray muffin tin with cooking spray or wipe with oil or

vegan margarine. Soak sultanas in a bowl of hot water.

2. In a large bowl sift together flour, bi-carb soda, cinnamon, nutmeg, sugar and salt.
3. Create a well in the middle and add milk, oil and vanilla – mix with a wooden spoon until just combined.
4. Drain sultanas; fold into the mixture with the grated carrots and walnuts.
5. Fill the muffin cups three quarters full. Bake in oven for 18-22 minutes – until a toothpick inserted into one comes out clean.
6. Let cool on a wire rack.

COMPETITION

To win a free copy of Frank Bingham's book, be the first person to send in a review of a film or book that you have recently read that is related to animal rights, vegan diet and / or lifestyle. Send your entries via e-mail to: info@AACT.org.au or post them in to us: PO Box 1045, Sandy Bay, Tas 7006

DO YOU KNOW OF A RESTAURANT/CAFÉ THAT HAS VEGAN SELECTIONS ON THE MENU?

Why not share it with other AACT members. Email or write us a letter telling us about your favourite eatery and the vegan menu items you can purchase. We will publish any responses in future newsletters and on the website.



Discovered an injured or orphaned native animal?

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

AUSTRALIA'S KANGAROO SHAME

Lin Ashton

From the time Captain James Cook first used the name "kangaroo" our relationship with these unique and gentle animals has evolved to what it is today. The kangaroo is an iconic part of Australian culture, and its use as a logo is instantly recognized as being 'Australian' here and overseas.

Unfortunately, we can now claim to have the largest wildlife slaughter of these animals – on land of any nation. So, from peaceful grazing with their young, the Australian bush has become a "killing field" for kangaroos and wallabies each dusk to early morning. This occurs because as they are a free commodity, they are viewed as "a sustainable resource available for commercial use". Their commercial use varies from meat for human consumption, pet food and leather for sports shoes and tourist items. Kangaroos are now being blatantly exploited.

Over the past ten years, 30 million kangaroos were killed and about 300,000 joeys were also slaughtered. Aborigines have always eaten kangaroo meat, but in 1959 Australia first exported kangaroo meat to Europe with Russia being the biggest buyer. It was in 1993-1994 that kangaroo meat was first sold for human consumption in Australia. In order to encourage the public to purchase this meat, it was called "Marsu". Over 70% is now exported around the world and eaten in restaurants.

There has been a strong campaign from environmentalists, who claim it is "green" to eat Marsu as kangaroos don't degenerate soil. However, the industry like that of the livestock industry is driven by profits, with little regard for the animals involved – animal welfare isn't an issue so it seems. Kangaroos and wallabies are protected wildlife, but the government sets quotas as to how many can be sold for meat or skins both here and overseas. The quota for 2002 was 6.9 million with 60-70% made into pet food. Each year, 2.0 million animals are "harvested" but for every animal used for human consumption, it appears two more kangaroos have also died.

A new draft code for the humane shooting of kangaroos is now open for public consultation until the 6th March of this year. This new code has been put in place by the Department of Environment and Heritage. Well over three years ago, AACT in conjunction the TCT (Tasmanian Conservation Trust) submitted a discussion paper on a review of the code of practice for the humane shooting of kangaroos. Both groups stated that "neither AACT nor the TCT support in any way, commercial or recreational killing of kangaroos and other macro pods, and indeed both groups preference is for the end to commercial and recreational killing of these animals".

Four years ago, a report from the RSPCA condemned the Government's code for not preventing cruelty during the commercial "harvesting" and recreational shooting of kangaroos. It was then that a ministerial working group was set up. The RSPCA put forward recommendations including:

- A complete ban on recreational and commercial shooting;
- Female kangaroos should not be shot, when they have large pouch young;
- Shooting of all females should be avoided;
- Phasing out of 'damage mitigation' which allows farmers to shoot kangaroos on their own land;
- Only head shots;
- Phasing out of non-commercial licensing systems;
- Each state should be independently assessed as to the humaneness used in their industry;
- all non-commercial license holders should take part of the game meat licensing course, that covers humane killing;
- Research should be undertaken into the most humane methods for killing pouch young;
- Kangaroos should only be killed by commercial shooters;
- Accuracy tests for night shooting;

- No shot guns should be used; and
- All neck shots should be excluded from the code.

Tasmania is the only state in Australia that allows shotguns to be used.

The RSPCA also stated that “any reference to the use of shotguns on any macro pod should be removed from the code of practice’. It should be made clear in the code that “the only acceptable method of humanely shooting macro pods is a shot to the head using a centre fire rifle with the appropriate calibre ammunition”.

The new code suggests that the use of shotguns is the best way to shoot “at foot” joeys at close range. Joeys have always been considered “a problem” for the industry. Shooters are now encouraged to shoot “at foot” joeys if they are able to tell which dead female kangaroo was the joeys’ mother.

A former NSW parliamentarian (Richard Jones) describes the new code as “sanctioning the most grotesque cruelty”. Pouch joeys also suffer an inhumane death. The accepted means of killing these small animals is by violently swinging their tiny bodies against a hard surface. This is usually carried out against a tree or vehicle. They may also be decapitated. However joeys no matter what their size are also left abandoned to fend for themselves in the harsh Australian bush. They die from exposure, dehydration, starvation or attacks from larger animals.

It is estimated in 2000 that 100,000 kangaroos weren’t fatally shot in the head, so it was estimated 1% of adult kangaroos died a slow and painful death, from inaccurate shots.

The shooting of all kangaroos or wallabies is always carried out in remote areas in the dark, which means practices which are carried out are impossible to police.

Major animal rights groups within Australia have investigated the industry over the past two years and their findings were disturbing. “Chillers’ taken off ships unfit for meat to go over seas are used to store the carcasses

of kangaroos after the night’s kill. These refrigeration units are old, and because there is no water where they are set up in isolated, hot areas – they are usually filthy. The temperature should be at seven degrees Celsius within these units, but this is rarely the case. Frequently carcasses are contaminated and there is a high incidence of E. coli bacterium. It was also found that many carcasses were only just the minimum weight for human consumption. Because large male kangaroos are scarce female kangaroos are being targeted.

Like factory farming the kangaroo industry would prefer the public to be kept ignorant of methods used within their industry.

The Australian public has been angered by the so called “scientific” whaling carried out by the Japanese, but can we really disassociate what is happening to kangaroos here?

In the past three years Canada has killed one million harp seal pups. Australia and Canada are the only two countries in the world who kill their wildlife young. Australia should know better and stop this immoral cruel slaughter of our wildlife.

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.

BRIGHTSIDE FARM SANCTUARY

Emma Haswell

Brightside Farm Sanctuary has been a hive of activity over the last 2 months with a huge rescue and re-homing project. Teaming up with wonderful horse handler and good friend Camille Velnaar the two of us were able to remove, treat and re-home 22 unhandled and severely neglected thoroughbreds from Garden Island Creek. These horses have been starved for some 20 years, had huge worm and lice infestations and some were with/ in foal.

None of the horses had been previously handled so it was a matter of bringing the herd in to the falling down yards, catching them one by one, halter breaking and float training them which was Camille's job thankfully and then floating them to Brightside where they were then fed, wormed, de-loused and gelded if needed and given tetanus shots. They were then re-homed to a number of wonderful people prepared to take on these sadly neglected and gentle horses.



On a 12 hour day we could manage 4 horses so it was a huge project and poor Camille suffered many bruises and a crack on the head. Never once did her enthusiasm drop off.

I am proud to say all 22 horses are now placed in vetted homes and 3 of them have stayed on to spend their lives at Brightside. Most of the horses have been re-visited and are putting on weight fast now they have been relieved of the lice and worms and are on good food.

I would like to thank the following people for their kind and generous donations towards the re-homing project. Thank you firstly to Malcolm

Caufield, Heather Cambridge and Mrs Cambridge; also to members Angela Strk and family, Julie Williamson and Brett and Jacquie Steele for their donations which made this project possible. Thanks also to Julie for taking time off work to stay with Eliza while she was sick so I could collect horses!

Thank you to Debbie Vince, Carol Duncan and Barbara De Cambria for donations of hay, Margie for the Lucerne chaff and Ragan Allison for the amazing food basket (now I know where to get gourmet home made biscuits and slices). Thank you all also for your kind words of encouragement - they mean a lot.

During this period Brightside has also had 3 visiting groups of children almost - 100 children in total - along with about 15 carers. I was a little worried about this as the sanctuary is not yet ready for visitors but all went well and the children loved meeting the animals.

We also had a team from Conservation Volunteers for two days that went extremely well. Ragwort was removed and enormous amounts of manure were dealt with.

Also, thanks to Linda Smith from The Mercury we had a great one and a half page feature in the paper on Brightside the week before Christmas. As the article really highlighted the pigs, it was amazing timing. I had never met Linda before and was amazed at how she wrote the article, she really understood what Brightside is about and from the article I have had an incredible number of emails through the website.

The other great news is that Vivo building design in Hobart has done drawings for a toilet building (thanks Michael) and Dogs Breakfast Trading Company has agreed to kindly sponsor the building of it so hopefully it will be completed by Easter. Dogs Breakfast have also kindly paid for our new projector which is fantastic.

Also soon to arrive is the new Brightside pig from New Zealand, created by the makers of The Lord of the Rings character designers. She is a large model sow in a sow stall crate all made to scale and she looks incredibly real. She will accompany me along side the real pigs when we do school talks. She cost \$1500 so if anyone is interested in making a donation towards her cost it would be very much appreciated. This can be done by either ringing me on 0408658356 or through the website at www.brightside.org.au

SPLENDID CERAMICS DONATED TO AACT

We would like to thank AACT member Leicester Cooper for his generous donation of ceramics. The cups, mugs and bowls from his *Birds of A Different Feather* series are cream coloured with delicate sketches of various native Tasmanian birds. We are delighted to have these unique items on our AACT stall for sale. They are usually sold just through Handmark Gallery in Salamanca Place. These ceramics plus other merchandise is available to buy from any of AACT's information stalls.

QUARTERLY QUOTE

Near this spot are deposited the remains of one who possessed beauty without vanity, strength without insolence, courage without ferocity, and all the virtues of man without his vices.

Lord Byron
(epitaph for his dog, Boatswain)

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*



For sponsoring AACT's Ban Sow Stalls advertisements.

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

BOOK REVIEW

A PROMISE TO CATBURY - FRANK BINGHAM

Jenn Beer

After hearing some of Frank Bingham's personal accounts of the terrible things he has seen as an RSPCA inspector, I have often wondered how it is that he manages to get out of bed each morning and face the cruelty that he sees almost every day. Frank has been an RSPCA Inspector for over 17 years. He is a remarkable man; tough, kind and witty. He has a strong sense of justice, and after reading his book, I think that that is what keeps him going.

A Promise to Catbury gives an insight into the darker world of an RSPCA Inspector. The book covers a little of the history of the Tasmanian branch of the RSPCA and how it was that Frank, through default, came to be the manager of the Devonport RSPCA shelter and RSPCA Inspector.

AACT Currently has copies of Frank's book available for \$20 plus postage. To order a book, please call the office: 6224 6229 or e-mail us: info@AACT.org.au

COMMITTEE MEMBER INFORMATION

Co-ordinator: Julie Williamson
Deputy Co-ordinator: Kathleen McLaren
Secretary: Angela Ayling
Treasurer: Georgia Easton
Membership Secretary: Lin Ashton
General Committee Member: Shane Dalglish
General Committee Member: Ben Bartl
General Committee Member: Maria Merry

OWNER OF TWO BEAGLES

Lin Ashton

This is the first of a new part of the newsletter, where we get to hear about members animals. This is a short account of Ollie & Harry.

Ollie and Harry are beagles number 3 and 4, who have become part of our family. The first dog we got when Scott and I were married was a beagle, and we have been hooked ever since! From Spot, Bertie Ollie and Harry, we haven't been without one or two of these placid, affectionate and happy little hounds.

Bertie was with us for twelve years, so he well and truly staked his claim in the household. When Bertie died, Ollie was then only a three year old youngster and was very depressed; choosing to spend all day in the kennel where they both used to sleep. After a call to Liz, the woman who gave us Bertie and Ollie, we were off to her home to meet a 5 month old beagle pup who was to become Harry – our fourth beagle. I only lasted a week after Bertie died, constantly putting his food down with Ollie's. Ollie needed a new friend; we had to cheer him up...and me!!

So I rang Liz to see if we could just 'come and have a look' at her 5 month old beagle. Within two hours she was on her way home with us to meet Ollie. Ollie is five, Harry turned three this month. They are never apart, constantly playing around the house and sitting together. Ollie is the sensible one, he often has an embarrassed look on his face while he watches Harry ripping up the watering system, or stealing socks from the clothes basket. Beagles have gentle "cow" eyes, another aspect that drew me to them – knowing that my life long wish to own a Jersey calf would never come true! Beagles were the next best thing!

Harry is a slight dog, similar in build to an American beagle. She has beautiful 'soft' eyes which are surrounded by black fur, which makes her look as though her mascara has run. The first few years we had Harry she was timid and wary of new people, however, she now watches Ollie's moves and follows his action to feel more confident when meeting people. They are walked on 7 Mile Beach or Lauderdale Beach daily – working as synchronized "metal detectors; heads down and noses covered in sand, intent on their objective of finding every scent possible.

Both dogs leads are kept hanging near the front door, but if Harry feels we are taking too long to take her and Ollie for their walk, she jumps up and drags both leads to put in front of me...So from then on the pressure is on!

Ollie only ever barks we he knows its food time, or while in the car on the way to the beach, when he can't contain his excitement!

We have lots of bird life where we live, so I put out wild bird seed for them to eat when they drop by. One particular magpie is very friendly, to the point where he lands by your feet to be hand fed. However if the beagles are near by they run the birds out of the garden, and sit watching that they don't land in their garden again.

They both sleep inside, so we have grown use to the constant snoring and wriggling during the night. However the sight of their happy gentle faces every morning is a sight I will never tire of....I now know why Snoopy was a beagle.



VEGAN DOG

Jenn Beer

Vegan dog is a new section aimed at providing yummy, healthy recipes for our companion dogs (and sometimes cats!). The following recipe is suitable for all most dogs and makes an interesting alternative to regular dog biscuits. My cats also like this recipe!

Vegan Dog Bites

3 Cups minced parsley or mashed vegetables
1/4 Cup shredded carrots
1/4 Cup nutritional yeast
2 Tablespoons olive oil
2 3/4 Cups whole wheat flour
2 Tablespoons bran
2 Tablespoons baking powder
1/2 Cup water

- 1- Preheat oven at 350 degrees.
- 2- In a large bowl, combine parsley / mashed veggies, carrots, yeast and oil.
- 3- Stir in dry ingredients.
- 4- Gradually add water to form a firm dough.
- 5- Knead until smooth.
- 6- Roll out onto a smooth surface and cut using a biscuit cutter. (For cats, roll into small balls about the size of a 5 cent piece)
- 7- Bake at 180 degrees for 30 minutes. Keep an eye on them as sometimes they cook a little faster.



AACT MEMBERSHIP APPLICATION
/RENEWAL FORM

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Please note that the membership period runs from 1 July.

- I would like to make a donation of \$.....
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