

Chickadee

Free!

**CRUELTY-FREE
COSMETICS**

RECIPES

**BATS: VILLAINS
OR VICTIMS?**

**GIRL POWER
FOR ANIMALS!**

IT IS POSSIBLE TO LIVE A BEAUTIFUL AND AMAZING LIFE WITHOUT CAUSING HARM TO THE LIVES OF OUR BEAUTIFUL AND AMAZING ANIMAL FRIENDS.

ANIMALS FEEL THE SAME EMOTIONS THAT WE DO AND LONG FOR THE SAME THINGS: BEING HAPPY, HAVING FUN, FEELING LOVED AND SECURE AND ENJOYING A LIFE OF FREEDOM. WE SHARE THE PLANET WITH OUR ANIMAL FRIENDS TOO AND IT'S TIME WE GAVE THEM A BETTER WORLD.

HERE'S TO YOUR BRIGHT FUTURE AND A BRIGHTER FUTURE FOR THE ANIMALS. WELCOME TO CHICKADEE.



Credits

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Cruelty-Free Cosmetics!



Too many cosmetic companies still test on animals to show their products are safe for humans. But why should innocent rabbits have to suffer eye damage or skin damage (or worse) just 'cause humans want to look hot? It's W.R.O.N.G.

Do your research on which companies are the good guys by going to choosecrueltyfree.org.au. Then support them by only ever buying cruelty-free. Don't be fooled by the big budget advertising of all the major companies who test on animals. **CRUEL IS NEVER COOL!**

SUPPORT THESE CRUELTY-FREE COMPANIES

Lush: www.lush.com or Queensland Stores: Queen St, Brisbane, Indooroopilly, Chermerside, Carindale, Pacific Fair. **Rockeresque:** www.rockeresque.com or at Tattooed Zombie, Petrie, Queensland. **Livinia Naturals:** www.livinia.com.au **Arbonne:** www.arbonne.com



(previous page)

Charlotte's makeup by Natasha Fox

Arbonne's Sheer finish tinted moisturiser SPF 15 (medium); Arbonne bronzer applied over face for a sun-kissed look; Arbonne eye shadow Smoke (on eyebrows); Lush mascara and lipstick; Rockeresque eyeshadows: Sparrow, Pudding Pop and Platinum Blonde; Rockeresque Black Gel eyeliner.



Heidi & Charlotte's Studio Styling

Styling, Hair and Makeup by Andrea King www.andreaking.com.au. Livinia Naturals' Neutral creme foundation and powder foundation, blush in Seashore and 3 pink eyeshadows in Camisole, Princess & Lovely. Non-animal makeup brushes by Furless. Lush mascara and lipstick.

Heidi is wearing 'Friends not test subjects' shirt from vegan fashion label, Vaute Couture: vautecouture.com





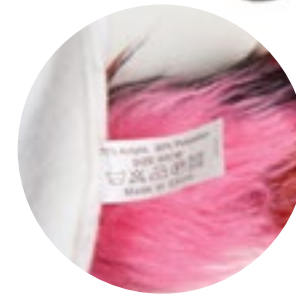
Stainless steel necklaces from: www.vgirlsvguys.net

Animal design jewellery supplied by VeganMoon Designs: www.facebook.com/veganmoondesigns



Show you care by what you wear!

Charlotte doesn't wear leather because she loves cows and she knows that's where leather comes from. Her boots are a non-leather alternative. Look for shoes made from microfiber, plastic and canvas. Same goes for belts and jackets. Ditch the leather! Cool synthetic shoes and bags are everywhere, so it's really easy to make kind choices once you think about it.



Make no mistake, these furs are fake!

There's no excuse these days for wearing dead animals with all the cool (and warm!) alternatives to fur available. If it's not an obvious fake like these hats, check the tag to make sure! Look for acrylic, polyester or cotton items to ensure you are making animal-friendly choices. Fur farms are very nasty places for animals and trapping animals in the wild for their fur is also extremely cruel.

Animal Friendly Fashion!



Charlotte is wearing an Animal Liberation QLD-designed singlet. Check out the online shop for heaps of other great designs: www.alq.org.au

HOW GIRL POWER IS MAKING A DIFFERENCE TO THE LIVES OF ANIMALS!

Hayley, Bec and Megan adore animals and all three are members of the Animal Liberation Queensland team. Here's how they each help animals in their own individual way.



HAYLEY



BEC



MEGAN

WHAT IS YOUR FAVOURITE ANIMAL AND WHY?

That's too hard! I love all animals but I would have to say pigs. They are so beautiful and so intelligent – in fact, they are ranked #4 in terms of animal intelligence. Pigs have a lot of personality too. They form close bonds with each other and other animals, including humans.

I love all animals but my favourite is sharks. Sharks have swum in the oceans for millions of years – they are as old as dinosaurs! – and they help to keep our oceans healthy. They are also endangered so I want to help protect them and teach people to respect them, rather than fear them.

I love all animals equally, as we are all Earthlings, but I do have a very soft spot for pigs. They are so loving, gentle and interesting. They are lovely to cuddle with and talk to and they have amazingly deep eyes, similar to those of humans.

HOW DID YOU FIRST GET INVOLVED IN HELPING ANIMALS?

I volunteered with the Save a Dog Scheme in Victoria. This organisation helped rescue and rehome dogs that would otherwise be put down. We also educated the public about overbreeding which often leads to the unnecessary destruction of dogs and cats.

I began volunteering with a cat rescue organisation in Sydney that helped rehome unwanted cats and kittens. I then went on to volunteer with RSPCA Queensland and assisted with their kitten adoption program.

I stopped eating animals when I was 15 because I knew it wasn't right. I got in contact with Animal Liberation QLD. I learned more about the ways animals are used in food, fashion and science and then I started signing petitions.

HOW HAVE YOU MADE A DIFFERENCE SO FAR?

I've helped to rescue and rehome hundreds of dogs that would have otherwise been put to sleep. With my work for ALQ I hope I make a difference every day: by raising awareness of the plight of animals; by helping to create a more compassionate world; and by promoting a cruelty-free lifestyle.

I really value talking to people about issues affecting animals. I think that education is a really important part of animal advocacy. I feel I have raised public awareness about factory farming and the plight of sharks. I have also enabled many unwanted cats and kittens to find loving homes through my work with cat rescue and the RSPCA.

I have not eaten animals in years so I believe this has had a positive impact. By eating vegan meals and living a cruelty-free lifestyle, I can show others by example how easy it is. I also help out at an animal sanctuary where animals that have previously been abused or neglected now live happily and are free to do as they please, like you or me.

WHAT DO YOU HOPE TO ACHIEVE FOR ANIMALS IN YOUR LIFE?

I would like to see an end to factory farming, live export and areas where animals are used for entertainment such as greyhound racing, horse racing, rodeos and circuses. Most of all, I hope to live a life that is kind and compassionate and help other people understand that if you make informed choices, you can live a happy and healthy life without harming animals.

I wish to raise public awareness about the plight of animals on factory farms. I want to see an end to factory farming, live animal export, hunting for sport and the use of animals in entertainment and product testing. I would also like to contribute to the creation of more marine protected areas, an end to shark fishing, a ban on shark finning and the sale of shark fins.

The ultimate outcome would be if all humans stopped eating animals. If this wasn't to be the case, I would hope to have all factory farming completely erased.

BEST PIECE OF ADVICE TO HELP MAKE A DIFFERENCE TO ANIMALS' LIVES?

Understand how powerful your personal choices are. There are many little things you can do every day that can make a huge difference. Learn all you can so you can make more compassionate choices about what you eat, what you wear and the products you use.

Don't ever feel like you can't live your life according to your ethics. If you are passionate about animal welfare and rights issues, talk about it at school and with your friends and family. There are many animal advocacy groups that you can volunteer with, learn from and meet people who have the same interests and passions.

Don't eat them! I believe that is the single most important action one can do to make a difference. Also, be the change you want to see in the world. Make the changes to your diet and lifestyle and allow others to see you as an example. This can be a powerful tool in changing people's views about non-human animals.

WHAT'S ONE THING THAT EVERYONE CAN DO TO HELP ANIMALS?

Talk to your friends and family and help educate them on how they can help animals by making more informed choices everyday.

Be kind to animals! You can create a kinder world for animals by making decisions that don't support cruelty and you can influence others to do this too!

Don't eat them! More people going vegan will dramatically reduce the number of animals killed for food.

WHAT'S THE BEST THING ABOUT BEING AN ANIMAL ADVOCATE?

It's a great feeling knowing that you are living your life in a way that is not harming animals and that you are making a real difference to the lives of animals every day.

Working with, and feeling inspired by, people who are also determined to make a difference.

You feel good within yourself as you know you are doing the right thing for the animals. Standing up for those who do not have a voice is very rewarding. You also make lots of friends!

GIRL POWER FOR THE ANIMALS: THE NEXT GENERATION!

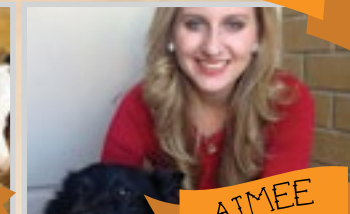
Zoe, Rylea and Aimee are young, passionate animal advocates. Zoe enters (and wins!) major public speaking competitions so she can speak out about animal issues. Rylea sings in a band and raises money for animals at her gigs. Aimee is studying law at university and wants to work in the emerging area of animal law. Find out how these girls are determined to make a better world for animals.



ZOE



RYLEA



AIMEE

WHAT IS YOUR FAVOURITE ANIMAL AND WHY?

I love all animals. Why? Because each and every one deserves our affection and care whether they are as small as a kitten or as large as an elephant. Everyone deserves love and kindness.

Bears are my favourite animal because they're big, furry and rad!

Dogs! But more specifically, my gorgeous pet border collie, Babe, who I have had since I was 7. We have grown up together and although Babe is getting older now, she still plays like a puppy and offers endless cuddles!

HOW DID YOU FIRST GET INVOLVED IN HELPING ANIMALS?

I have loved animals my whole life and when I was little, I found out that not everyone was as kind and fair to animals as they should be, and I wanted to change that. So I started fundraising at school, holding cupcake stalls and talking about animal welfare at the school's weekly assemblies.

I started wanting to help animals when I was a kid, even if it was just helping an insect while it was struggling to do something. Animals have always been a big part of my heart and their quality of life has always been something very important to me.

I have always loved animals, however, it was not until I was a teenager that I started to learn about their widespread mistreatment. As I continued to learn more about the issues, I started to become involved in organisations like Animal Liberation QLD to help give a voice to animals and advocate for change.

HOW HAVE YOU MADE A DIFFERENCE SO FAR?

By raising money and awareness in my primary school and now in my high school, I have given everyone who has heard me an opportunity to look into animal welfare and keep spreading the message. Although my acts are small, they have made a big difference by informing lots of people about animal cruelty.

I've volunteered with a number of animal welfare organisations over the years. I've raised money for foundations and taken care of sick koalas, dingoes and kangaroos. But the thing that makes me the most happy is that I've saved hundreds of animals' lives so far, just by not eating meat, eggs or dairy!

I am currently a part of a fantastic organisation called the Barristers Animal Welfare Panel (BAWP), which organises for lawyers and barristers to go to court on behalf of animals. BAWP also advocates for better laws to protect animals. This legal work not only saves animals, but also challenges those who take advantage of animals' vulnerability.

WHAT DO YOU HOPE TO ACHIEVE FOR ANIMALS IN YOUR LIFE?

I hope to make everyone aware how serious this issue really is. I want to give all animals the rights they deserve. They all deserve to live a life without fear, pain and misery.

I'm currently at Uni studying Environmental Science and majoring in Animal Ecology, so I can help rehabilitate animals that have been in the Asian entertainment industry.

I am committed to using my legal career to achieve better legal protection for animals.

BEST PIECE OF ADVICE TO HELP MAKE A DIFFERENCE TO ANIMALS' LIVES?

Look after your pets to the best of your ability. Don't buy animals from pet shops. De-sex your animals and give them lots of love and attention. Become vegetarian like I am. Raise money at your school. Lastly, get yourself informed. Find out what is really going on in the world so that you know what you are fighting for.

Treat all animals how you would treat your cat or dog (hopefully that is nice!). Remember they have a heart and a brain just like you and me. Don't go to zoos or circuses because those animals aren't happy. But most importantly, research how your lifestyle choices affect animals and the planet!

If you want to make a difference to animals' lives, start today, with what you have. Whether it is playing with your pets more, talking to others about what you have learned in this mag or getting some friends together to ask your school canteen to ensure they use free range eggs, it all makes a big difference.

WHAT'S ONE THING THAT EVERYONE CAN DO TO HELP ANIMALS?

The one thing everyone can do to help is become vegetarian.

Treat all animals as our equals. This includes not eating them, not using them for entertainment, not wearing their skin and not testing products on them.

I think the best way anyone can help is to speak out against cruelty and be a voice for animals.

WHAT'S THE BEST THING ABOUT BEING AN ANIMAL ADVOCATE?

Knowing the difference you are making. I see the horrible things that happen to beautiful animals. So when I raise money or raise awareness or campaign, I know I am actually saving a life. I know that at least one more person will cross eggs off their shopping list or go and adopt an animal from a pound or shelter instead of a pet store. That makes me happy.

I like trying to help animals. Even when I've had a tough day being yelled at by people who don't like what I have to say, the adorable look on my dog's face when I get home justifies everything I've tried to achieve in that day. The best thing about being an animal advocate is getting to hang out with cool animals all the time and improve their quality of life.

I think the best thing about being an animal advocate is knowing that advocates are improving the lives of billions of animals as well as raising the standards for animal protection in the future. I have also made great friends with other inspiring animal advocates along the way, which is a bonus!

**RESCUED
FROM THE
FARM...**

**NOW THEY'RE
SAFE FROM
HARM!**



This little piggy went to a farm sanctuary

Did you know that pigs are incredibly smart? And incredibly clean? They only roll in mud to stay cool or to protect their fair skin from sunburn.

They're total babes when you get to know them, but unfortunately nearly all Australian pigs raised for meat are hidden away in disgusting factory farms. Here they never see the sun, let alone roll in the mud. Inside barren sheds these pigs have to spend all their lives standing on bare concrete floors in really cramped conditions. Sow stalls are so narrow the pigs can't even turn around. If dogs were kept this way, the owners would be breaking the law. And guess what? Pigs are known to be smarter than dogs! Imagine being as smart as a four-year-old child and being stuck like that for years. You'd go crazy, and sometimes this happens to the pigs too! It's just not fair.

Because of the cruelty that is forced upon our piggy friends, many kind people are now totally refusing to eat bacon or ham or pork sausages (which are actually really bad for your health anyway!)

A factory-farmed animal has the worst kind of life. Factory farms only continue to make money because people buy their products. Hopefully more switched-on younger people will make the connection that their ham sandwich comes from pigs just as gorgeous and smart as these ones.

Few pigs are as fortunate as these three. They live at Farm Animal Rescue north of Brisbane and will never be turned into bacon or ham. Farm sanctuaries are places where rescued farm animals can be safe forever. People who run farm sanctuaries believe that animals should be free to grow old just like people. They like children to visit their sanctuaries so they can see for themselves that their darling pigs all have different personalities, just like humans.



IF YOU WOULD LOVE TO RUB A PIG'S BELLY. PAT A WOOLLY SHEEP OR KID AROUND WITH A GOAT. THERE IS AN AMAZING PLACE JUST 45 MINUTES NORTH OF BRISBANE WHERE YOU CAN DO ALL THIS AND MORE. BUT IT'S NOT A FARM. IT'S A BEAUTIFUL SANCTUARY CALLED FARM ANIMAL RESCUE. A SAFE, HAPPY PLACE FOR RESCUED FARM ANIMALS.

THESE LUCKY RESCUED ANIMALS WILL STAY AT THE SANCTUARY FOR THE REST OF THEIR LIVES. MOST FARM ANIMALS ONLY LIVE SHORT LIVES. SO HIGH FIVES ALL AROUND FOR THE AWESOME PEOPLE AT FARM ANIMAL RESCUE FOR HELPING SOME LIVE LONG ENOUGH TO BECOME SENIOR CITIZENS!

NOW IT'S TIME TO MEET SOME OF THE ANIMAL CREW...



LILLY

Did you know that scientists have discovered that sheep are much smarter than people once thought? Lilly is a beautiful and affectionate creature who couldn't walk when she first came to the sanctuary. She was nursed back to health and reunited with her mum and sister when they also came to the sanctuary. She is now a big girl :)



LUCY

Little Lucy was left behind when her wild goat herd was rounded up and sent to the slaughterhouse. A kind lady took pity on the starving baby and brought her to the sanctuary.



MARSHALL

Marshall is a rescued broiler. Broilers are bred to be meat chickens and if this little guy hadn't been rescued from the broiler shed, he would have been turned into chicken nuggets at just six weeks of age. But now that he has been given a chance to live, one of his favourite things to do is dust bathe!



MARY

Isn't Mary adorable? This big-eyed beauty is a dairy cow. Every year, all dairy farm cows have a baby and each year these newborn calves are immediately taken away from their mothers so humans can drink their milk instead. Having their calves removed makes dairy cows incredibly sad.



HEATHER

Heather was a very unhappy factory-farmed pig, but now she loves her freedom and has plenty of stimulation to keep her intelligent mind busy. She is very playful and gives great kisses.



CAROL, HAYLEY, LINZI AND LINDA

These hens used to live in cages with other egg-laying hens. Like all 'battery' or caged hens, they were very stressed from being so crowded and squashed up. They were each only allowed a living space the size of an A4 piece of paper. Since being freed from their cages, these ladies can now feel the sun on their feathers, the ground beneath their feet and they have plenty of room to explore and peck for worms. They are getting the chance to do all the things that make chickens feel happy.



JUSTIN AND JOSHUA



ALL THE LUCKY ANIMALS AT FARM ANIMAL RESCUE DESERVE THEIR FREEDOM AND THEIR CHANCE TO LIVE LONG, GOOD LIVES. BUT DON'T THE MILLIONS OF FARM ANIMALS AROUND AUSTRALIA WHO ARE OFTEN HIDDEN AWAY DESERVE THIS TOO? IT'S UP TO CARING PEOPLE JUST LIKE YOU TO SPEAK UP FOR ALL FARM ANIMALS SO THAT THEY TOO CAN ENJOY THE LIFE THEY DESERVE.

LIKE TO VISIT FARM ANIMAL RESCUE? GO TO:
WWW.FARMANIMALRESCUE.ORG.AU

THE CROWD MIGHT BE ENTERTAINED BUT NOT EVERYONE IS HAVING FUN ...

Being a bucking horse at a rodeo gives me a sore back sometimes..



Other horses live in nice grassy paddocks. I spend half my life in horse trailers travelling from one rodeo to the next.

I only perform stupid tricks because he makes me. It's all very confusing and I'm scared of him.



I never get to hunt. I never have any adventures. In fact, I never get to do anything that makes me feel happy and really alive.

I hate how rodeos have such loud music. I just want to get away from all these people and have some peace.

Being a circus animal is so boring. I'm in my cage all the time when I'm not performing and I spend so much time travelling from place to place.

My trainer gave me drugs one time so I'd run faster. I felt weird and sick afterwards.



Why do they pull my flank strap so tightly just before they ride me? It's annoying and sometimes it hurts! I always start bucking to show them I'm upset but they don't seem to care.

During the rodeo today they put me in the ring all by myself. I was scared so I started running really fast, but they suddenly roped me around my neck. Ouch! Then my legs were tied together! Why would anyone want to hurt me? I hate people.

Where's my mum? I want to be with her. I'm only a little calf.

My owner breeds heaps of greyhounds. But where are all the older ones? When I'm too old and slow to win races will he still look after me?

I've seen other greyhounds get really hurt during races, then I never see them again. What happens to them?

Many animals used to 'entertain' humans aren't exactly having fun themselves, are they?

If you and your family and friends want to help, here are some hints:

- ✗ Don't 'roll up' to animal circuses
- ✗ 'Buck' the trend of going to rodeos to watch events like calf roping and bucking horses
- ✗ Don't attend, or bet on, greyhound races
- ✗ Don't have fun at any animal's expense by attending entertainment events that exploit animals.

BATS: VILLAINS OR VICTIMS?

Some people hate bats. In fact, some people REALLY hate bats! Here at *Chickadee* we don't believe that any animal should be hated, especially our adorable flying foxes. Just look at the gorgeous babies! They are just like little puppies with wings!

So why do flying foxes get bad media most of the time? Do they deserve it? Here's our special report on the reasons why different groups of people hate these very misunderstood native animals.

FEAR = HATE THE FEAR OF DISEASE

Sometimes people hate things they're really scared of. For example, you might hate exams because you're scared of stuffing up and getting a really bad report card.

The main reason many people hate bats is their fear of disease. But is there any real need to be afraid? The answer is a loud and clear NO! There is absolutely no need to be scared of diseases spread by bats if you remember this simple message: **DON'T TOUCH BATS!**

Could it be any easier? If you don't handle bats, you simply cannot catch Australian Bat Lyssavirus, a very rare disease spread by bites or scratches. Even if a sick bat was to somehow accidentally scratch or bite you, you will not die if you see a doctor soon afterwards.

The other disease associated with bats is the Hendra virus. Scientists think infected bats pass the disease to horses, which can then in turn pass the virus on to people. The good news is that there's now a Hendra virus vaccine for horses, and humans can't catch the disease directly from bats.

No need to hate bats so far!

FEAR = HATE THE FEAR OF VAMPIRES

Where there's scary tales of vampires, you'll usually find bats in the story, so some people think they must be dangerous. But vampire movies are just made-up horror stories and no bats in Australia feed on blood. Our flying foxes eat fruit. Hmm... Beware the terrifying fruit eater? Scary, NOT!



ANGER = HATE ANGER ABOUT MONEY

Some farmers hate flying foxes because they eat their fruit crops. This, of course, means the farmers have less fruit to sell. But there is a solution that saves the crops and doesn't hurt the bats: cover the fruit with good quality netting so the bats can't get to it. It's expensive to net large amounts of fruit but it's so much kinder than shooting flying foxes whose only crime is being hungry. Perhaps the government can help our fruit farmers by contributing to the cost of their netting. There must be other kind solutions too.

FRUSTRATION = HATE

FRUSTRATION ABOUT NOISY OR SMELLY COLONIES

The population of Australia keeps growing. More and more land is being taken up for housing, schools and industries. Flying foxes have lost much of the habitat they've had for millions of



years, so now their colonies are forced to live much closer to people than in the past. This is hardly the bats' fault, is it? And they were here first!

So why do we blame the flying foxes for being too noisy or too smelly when we have created the problem? People often think the bats would be better 'somewhere else' and councils sometimes try to force a colony to relocate. Dispersals really stress the bats and guess what? They are much noisier when they're upset!

Wouldn't it be better to learn to be more tolerant and accept that bats need somewhere to live and raise their families, just like we do? Homeowners living near colonies should use Hailguard netting for their backyard fruit trees so bats can't get tangled up in cheaper netting. They might also want to get double-glazed windows to lower the noise; and if they can't get used to the smell they can close their windows and put the aircon on. Yes, it's a little bit inconvenient but hey, surely we can learn to share the planet with our native animals, instead of thinking that only humans are important.

Ok, now you know some facts. Flying foxes shouldn't be hated, should they? And did you know there's also one mega important reason to RESPECT them?

Flying foxes are really important to the environment. They disperse seeds and pollinate our hardwood forests. Consider this fact: no flying foxes = no healthy forests = no koalas.

But even if they didn't help the environment, flying foxes would still be precious. They are gentle, highly intelligent and amazing animals. Watching them fly out at dusk or just hanging upside down during the day is heaps of fun!

The bats really need you to stand up to all the bat-hating, ignorant people out there. REMEMBER: BATS ARE COOL. THERE'S NEVER ANY GOOD REASON TO BE MEAN OR CRUEL.

KIND FOOD TASTES LIKE HEAVEN IN YOUR MOUTH!



VEGETARIAN: SOMEONE WHO DOESN'T EAT MEAT BUT EATS ANIMAL PRODUCTS SUCH AS DAIRY PRODUCTS AND EGGS.

VEGAN: SOMEONE WHO DOESN'T EAT ANY FOOD OF ANIMAL ORIGIN

Wow! Vegetarian and vegan food now has the big tick of approval from Australia's most respected health organisation, the National Health and Medical Research Council. It has announced that a well-planned vegan diet is safe and healthy for all age groups.

This is good news for everyone out there who wants to show respect and kindness to all animals, not just pets like cats and dogs.

Making kind food choices is one of the most compassionate things you can do to help animals, and there's never been a better time to eat kind and live kind.

Vegan websites and blogs are everywhere and many vegan recipes are insanely good. If you make the choice to go vegan, you won't be alone as the number of vegans is rapidly growing all around the world.

One very important point - when you decide it's the right time for you to adopt an animal-friendly diet, do your research thoroughly. Ensure you know how to get maximum nutrition through a balanced, plant-based diet. Then watch out! You will feel healthy and SO good in the knowledge that no animal has had to suffer just because of your tastebuds. Kind people know that kind food tastes better than food produced through suffering!

Speaking of tastebuds, here are some yummy vegan recipes you might like to try soon.

The kind pavlova

Here is an amazing dessert you will love. The pavlova, everybody's Aussie favourite, has been given a twist. Not only is this pavlova recipe low fat, it's vegan as well, so it's a totally guilt-free experience!

Makes 10 small meringues

Ingredients

90g Orgran No Egg™
½ tsp pectin
250ml cold water
5ml vanilla
125g pure icing sugar (about ¾ cup)
1 Tbsp soft brown sugar
Your favourite fruits to decorate

Method

1. Preheat conventional oven to 130° C or 250° F (slightly lower for fan forced ovens).
2. Blend Orgran No Egg™ and pectin together thoroughly in a small bowl.
3. Place mixture in mixing bowl with water and mix on high speed for 5 mins.
4. One tablespoon at a time, add vanilla, pure icing sugar and brown sugar and continue mixing on high speed for a further 5 mins. The foam will increase in volume.
5. Immediately spoon or pipe mixture into desired shape onto a baking tray lined with baking paper.
6. Bake for 2 hours.
7. After 2 hours, turn the oven off and leave the meringues in the oven until the oven has cooled down completely. Do not open the oven door at any time until meringues are cool.
8. Decorate with passionfruit or strawberries or any fruit you love. If not serving immediately, store meringues in an airtight container.

Look for Orgran No Egg™ (egg replacement powder) in supermarkets

Pectin, a powder used to make jam, is found in supermarkets and health food stores

Want to make a double batch? Bake one tray at a time if you are using a conventional oven

This recipe is based on a recipe found on the Orgran website and can be found in its original form at: Orgran 2010, 'No egg™ meringue', Recipes, accessed 31 August 2013 www.organ.com/recipes-search/251

Vegan spaghetti bolognese

This delish 'spag bol' uses vegan mince instead of meat mince. It's healthier, kinder to animals and just as quick and easy! What's not to love!

Serves 4

Ingredients

1 Tbsp of olive oil
1 medium onion, finely chopped
4 cloves of garlic
1 tin of crushed tomatoes
1 cup of vegan mince*
1 tin of tomato puree
1 tsp of dried basil
1 tsp of salt
Pepper to taste

If available, grated vegan cheese* for topping
300g of your favourite pasta

Method

1. Heat oil in frypan and add onion. Stir until onion is a softer, more transparent white, then add garlic.
2. Stir for one more minute then add the tin of crushed tomatoes.
3. Stir until bubbling then add the vegan mince.
4. Stir in the tomato puree and cook while stirring for 5 mins.
5. Add the basil, salt and pepper and stir.
6. Cook pasta as per packet instructions.
7. Serve into individual bowls or plates and top with vegan cheese if available.

Types of vegan mince:

Sanitarium casserole mince conveniently comes in a can and is widely available in the health food section of supermarkets.

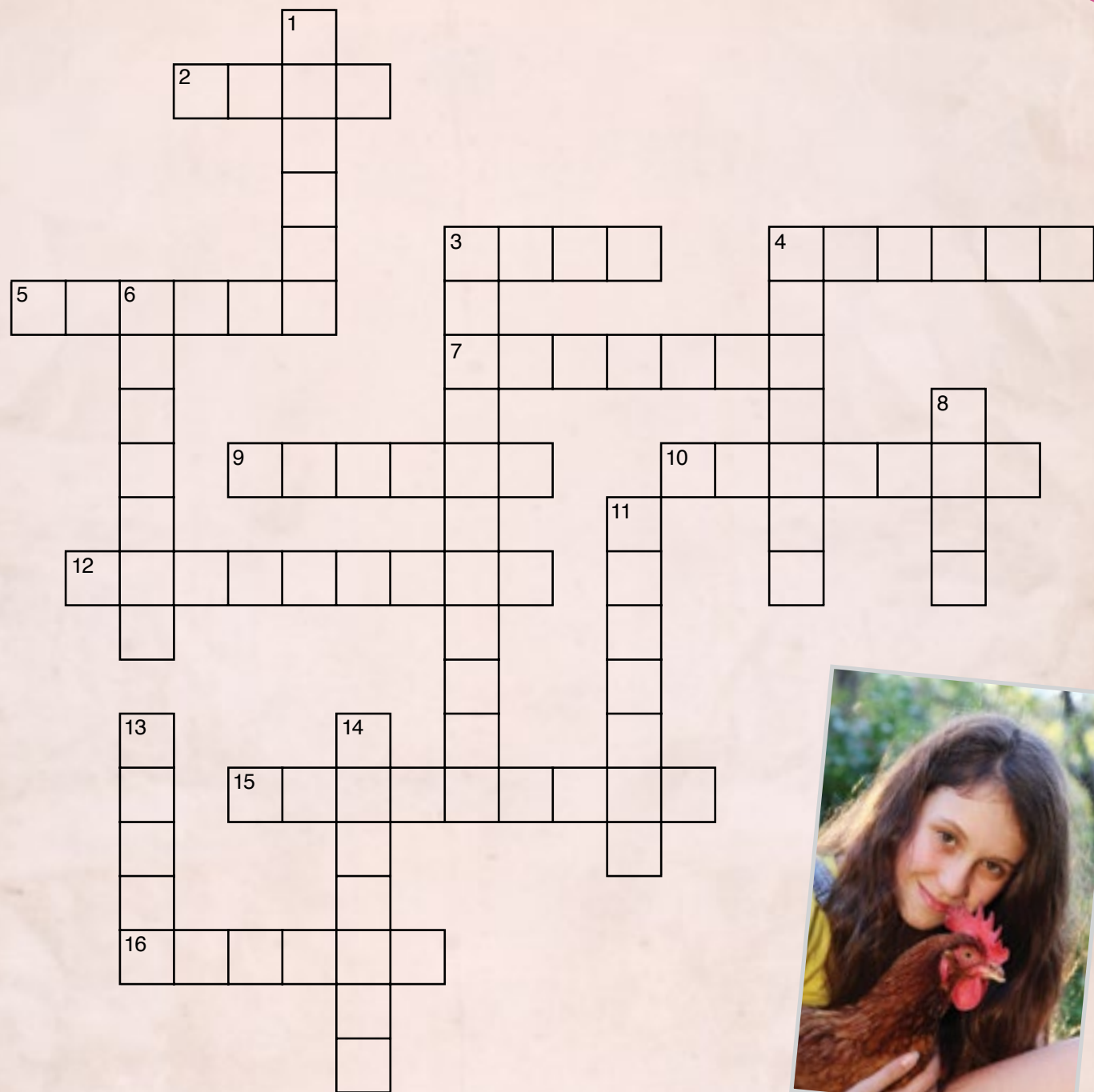
Textured or texturised vegetable protein (TVP) is a defatted soy flour product. It is often used as a meat substitute. It is quick to cook, with a protein content equal to that of meat. TVP has to be soaked in water before further cooking.

Types of vegan cheese:

Tofutti, Vegusto and Nozarella are three brands of 'mock dairy' cheeses. Some of these may be available at your local supermarket, but if not, you can find them in online vegan stores. Like to cook? Mouthwatering Vegan by Miriam Sorell (2013) contains recipes to show you how to make your own vegan cheeses.



Chickadee Crossword



Down

1. Aimee hopes that becoming a will help her to assist animals.
3. Pollinating trees and dispersing seeds make flying foxes very important for the
4. All animals deserve this.
6. Most bacon and ham comes from pigs kept in farms.
8. Pigs are as smart as a year-old child.
11. Mud protects a pig's skin from
13. The term given to a person who doesn't eat or use any animal products.
14. Factory-farmed animals are kept their entire lives.

Across

2. Rylea's favourite animal.
3. Vegan pavlovas don't use any
4. One of the saddest events at a rodeo is calf
5. Humans have no right to cause animals to
7. Flying foxes are often the innocent of people's intolerance.
9. Name of virus that humans can't catch directly from flying foxes.
10. Circuses deprive wild animals of this.
12. Dog that is often injured in races or put to sleep for being too slow.
15. A place of safety.
16. Sow stalls are so the mother pig cannot even turn around.

GREAT ADVICE FROM OUR PANEL

WHAT STRESSES YOU OUT? TOO MUCH HOMEWORK? YOUR ANNOYING BROTHER? YOUR DAD'S EMBARRASSING JOKES? WE HEAR YOU. IF WE'RE BEING REALLY HONEST, BECOMING AN ANIMAL ADVOCATE CAN THROW SOME CHALLENGES YOUR WAY TOO. THE GOOD NEWS IS THAT THE GIRLS WHO'VE ALREADY BEEN ON THIS JOURNEY FOR A WHILE NOW HAVE HEAPS OF GOOD ADVICE TO HELP YOU OVER THE INITIAL HURDLES.

SO, HERE ARE A FEW ISSUES COMMONLY FACING YOUNG ANIMAL ADVOCATES, AND HAYLEY AND RYLEA'S STRATEGIES FOR HOW TO DEAL WITH THEM.



QUESTION: I'M 13 AND I REALLY WANT TO STOP EATING MEAT BUT MY MUM SAYS I'M TOO YOUNG TO MAKE THAT DECISION. SHE ALSO SAYS SHE'S TOO BUSY TO COOK EXTRA MEALS FOR ME. WHAT SHOULD I DO?

Rylea: I understand your situation completely. My mum was the same way when I first decided to go vegan. I suggest sitting her down and explaining to her that being vegan doesn't mean being unhealthy. It's really the opposite. Show her recipes of yummy vegan food you want to cook and explain to her the ethical reasons why you've decided to make the change. If she still doesn't like the idea, suggest that you trial it for a while. Tell her you'll be happy to get your iron levels checked regularly. If none of that works, make her watch Gary Yourofsky's 'Best speech you will ever hear' on YouTube followed by videos of piglets having baths!

Hayley: You need to show your mum that you can be just as happy and healthy being vegan as you are now. Try explaining that you are really concerned about how animals are raised in such unhealthy, horrifying conditions and how animal protein production adds so significantly to global warming. Explain how you can get all the nutrition you need from vegan food sources. Show your mum all the online resources such as veganeasy.org that can help those starting out on a Vegan lifestyle with healthy, easy-to-prepare meals. Offer to help her do the shopping and cooking so you can show your mum how easy it is to prepare nutritious and easy vegan meals.

QUESTION: I'VE LEARNED HEAPS IN THE LAST YEAR ABOUT HOW FARM ANIMALS SUFFER. IT REALLY MAKES ME ANGRY AND UPSET THAT NOT EVERYONE SEEMS TO CARE AS MUCH AS I DO. WHAT SHOULD I DO? KEEP TRYING TO CONVINCING EVERYONE I KNOW HOW BAD IT IS. OR LEAVE THEM ALONE IF THEY DON'T SEEM INTERESTED?

Rylea: When I was in high school I used to get really angry all the time at people for eating animal products. So I understand it's super frustrating. Everyone has been taught to be disconnected to what they eat. I eventually worked out that if you sit back and wait for people to ask you questions and you calmly explain everything, they'll be more inclined to listen. I'm sure everyone hates it when somebody else tries to shove their opinions down our throats (even if there is some logic to what they are saying) so this probably isn't the best way to change people's minds. Try to be a bit patient and don't worry about being called 'extremist' for your views either; most of us just want equality for the animals.

Hayley: It's hard not to get angry sometimes when you know how the animals suffer and it appears that your friends don't care, but it's often because they don't actually know what happens to the animals. You need to have the knowledge and patience to explain yourself carefully to your friends. If your friends don't agree with you, that's ok, but you have given them something

to think about. Try sharing some information on how animals suffer in order to become our food. You could ask if they would be interested in watching an informative DVD such as *Forks over Knives*.

The best thing you can do is stay calm and give people real answers to their questions or try to share some of your knowledge about how animals suffer in order to produce food. You can always show them Animal Liberation Qld brochures or suggest that they have a look at the website themselves. One great way to get everyone used to your views is to share some vegan treats with them—cupcakes or cookies will impress your friends and help to show them that you don't have to eat animals to enjoy yummy foods.

Remember that being vegan means that you are making a huge difference to the lives of animals every day. You are also making a statement to those around you just by being a compassionate and caring person who makes conscientious choices.

QUESTION: A GIRL AT SCHOOL OFFERED ME A PIECE OF HER BIRTHDAY CAKE BUT IT HAD CREAM ON TOP. WHEN I TOLD HER I DON'T EAT DAIRY, SHE TOLD ME THAT MY DIET WAS BORING AND THAT SHE FELT SORRY FOR ME. I DIDN'T REACT BECAUSE IT WAS HER BIRTHDAY, BUT I DIDN'T LIKE WHAT SHE SAID EITHER. WHAT SHOULD I HAVE SAID BACK?

Rylea: I bet you a 100 dollaridoos that she's never tried chocolate fudge cake made on almond milk. I suggest the next time you see her at lunch, look her deep in the eyes and just go to town on a piece of vegan chocolate cake, while whispering the low, low calorie content.

Hayley: Most people who go vegan are at times faced with doubt from others, including family and friends, but if it's what you really believe in, then stick to it and don't let others' lack of knowledge or negativity upset you. Sometimes people make comments because they don't understand your choices or they might feel protective or defensive of their own choices.

If you have a chance to have a chat with the birthday girl later on, you can explain the reasons why you are vegan and that your diet is anything but boring! Perhaps when it's your birthday or one of your friend's birthdays bring a vegan birthday cake to school so everyone can see just how yummy it is. Whatever you do, don't preach to people. We have all done this to our friends and family, but it doesn't work. The best thing you can do is be proud and confident about being vegan and lead by example. If someone shows an interest, give them the facts, share information and explain the reasons why you are vegan. If you can convince one non-vegan to even think about become vegan, you will have made a huge difference. Getting people thinking about it is the key; that's how big changes happen. Plant small seeds in people's minds and watch them grow!

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TOGETHER WE CAN CONTINUE OUR VITAL WORK TO HELP THE LIVES OF ANIMALS. HELP US BE A VOICE FOR THE VOICELESS AND PROTECT THE LIVES OF ANIMALS THAT CAN'T SPEAK FOR THEMSELVES.

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