

A huge thank you to our sponsors who made this festival possible!

Happy & Healthy Foods

Innovative vegan & vegetarian foods, including the fantastic Chreese range.
www.veganfood.com.au

Avant Card

A progressive, dynamic advertising medium.
www.avantcard.com.au

Poncho Army

Graphic Design & Multimedia studio creating print media, film recording & editing, production of sound clips, graffiti/stencil works & much more.
www.myspace.com/ponchoarmy

Australian Ethical Investment

Ensuring your investments are managed in an environmentally and socially responsible way.
www.austethical.com.au

Springfields Aromatherapy

Premium quality aromatherapy, body care and essential oils.
www.springfieldsaroma.com

Cruelty Free Shop

A huge range of cruelty free, vegan products delivered to your door.
www.crueltyfreeshop.com.au

DesignVoodoo

Graphic & Internet Design (made the Festival site).
www.designvoodoo.com

Australian Vegetarian Society

Spreading the principles and benefits of vegetarianism.
www.veg-soc.org

Inika

100% pure & natural mineral cosmetics.
www.inika.com.au

Vegan Voice

If you want to stay informed about veganism, animal rights, nutrition and environmental issues, this is the magazine for you.
www.veganic.net

Green Gourmet

Newtown restaurant nourishing the body and mind with delicious 100% vegan food.
www.greengourmet.com.au

No Sweat

100% sweatshop free & union made footwear & clothing.
www.nosweatstuff.com.au

MyUtopia

Pure creations for body & soul, 100% natural, vegan skin & haircare products.
www.myutopia.com.au

Please support their businesses!



Animal Liberation NSW

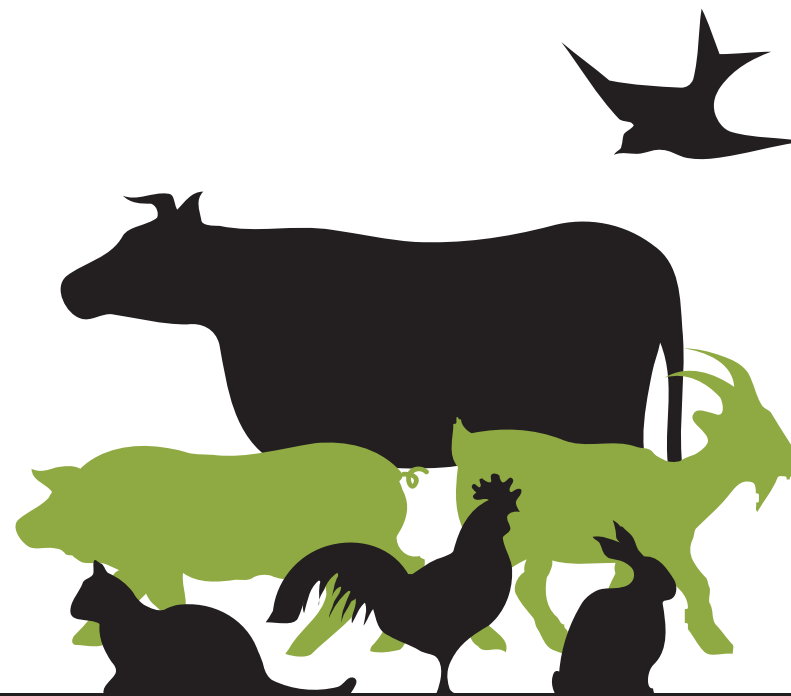
Animal Liberation is an animal rights charity founded in 1976 by Christine Townend, based on the philosophies of Professor Peter Singer, as set out in his worldwide best-selling book Animal Liberation.

We believe that all animals (yes humans are animals too) have a right to live how they would normally choose without other species intervention. Just like slaves, women and other minorities in society have been able to challenge views on how they should be treated and what their rights should be, Animal Liberation wants to challenge society on its views of all non-human animals. The way we do this is through educational campaigns, public events (such as the Cruelty Free Living Festival) and using the media to get our message across.

Charity No. CFN11637 ACN 002 228 328 ABN 66 002 228 328

www.animal-lib.org.au

www.crueltyfreefestival.org.au



2006 FESTIVAL PROGRAM

100% VEGAN

CRUELTY FREE LIVING FESTIVAL

Proudly presented by

Animal Liberation NSW

and supported by



ENTERTAINMENT

am

- 10:00- Festival Opening by MC Danielle Archer
- 10:15- Performance by musician David Montgomery
- 10:45- Makeovers on stage by Inika Natural Mineral Cosmetics
- 11:30- Live band - Junk Circuit

pm

- 12:25- Australian Orang-utan Project interview
- 12:45- Belly Dancing performance
- 1:05 - Performance by musician Leigh-Chantelle from Viva la Vegan
- 1:45- Free the Bears interview
- 2:00- Performance by musicians Gail Browning and Brigitte Ember
- 2:20- Live band -The Belizaires, Cajun and Bluegrass duo
- 3:10- Musician Danny Pavlovic performs his Jean Michael Jarre tribute "Equigen"

FILM SCREENINGS

am

- 10:30- Peaceable Kingdom

pm

- 12:00- The Witness
- 1:30- Peaceable Kingdom
- 3:00- The Witness

Peaceable Kingdom (60 minutes)

Peaceable Kingdom is a thoughtful and balanced documentary which provides a truthful look at the plight of animals on today's factory farms. It also profiles the inspirational people and animals who live in a unique farm animal sanctuary and who strive to change public attitudes with their amazing work. Peaceable Kingdom is at times confronting but is ultimately uplifting and inspiring.

The Witness (45 minutes)

How does a construction contractor from a tough Brooklyn neighbourhood become an impassioned animal advocate? In the award-winning documentary The Witness, Eddie Lama explains how he feared and avoided animals for most of his life, until the love of a kitten opened his heart, inspiring him to rescue abandoned animals and bring his message of compassion to the streets of New York. With humour and sincerity, Eddie tells the story of his remarkable change in consciousness.

"The Witness is one man's truth that cries out for mass exposure... may be the most important and persuasive film about animals ever made." - Howard Rosenberg, Los Angeles Times

WORKSHOPS

am

10:30- Vegetarian & Vegan Nutrition

Mark Berriman, President of the Australian Vegetarian Society & Co-Editor of New Vegetarian & Natural Health Magazine

How does one get adequate nutrition from a vegan diet? - Easy! Come and learn how.

11:15- Cooking Demonstration - Sensational Salads

Versatile Vegan Cooking with Anna Mumford

Combining a passion for cooking and her commitment to animal rights Anna has developed a range of exciting dishes. Learn how to make creative, delicious and nutritious salads, includes tastings and recipes.

pm

12:00- Armchair Activism

David Horton, Author

David will tell you about non confrontational ways you can protest against animal cruelty from the comfort of your home.

12:45- Political and Spiritual - A Life of Non Violence

Katie Spiers, Director of Samadhi Yoga

A talk on the yogic principle of ahimsa (non violence). Ahimsa is not a theoretical or academic teaching, it's a teaching of everyday life and it's very practical. Katie will discuss the links between ahimsa, the practice of yoga and compassionate living.

1:30- Cooking Demonstration - Decadent Desserts

Versatile Vegan Cooking with Anna Mumford

Combining a passion for cooking and her commitment to animal rights Anna has developed a range of exciting dishes. Learn how to make a luxurious Chocolate Whip topped with tofu cream, includes tastings and recipes.

2:15- Ethical Investment

Duncan Paterson, CEO of the Centre for Australian Ethical Research (CAER)

How can you be sure your investments or superannuation funds are not being used to fund animal and environmental abuse? Duncan will cover issues such as: What is ethical investment, which companies are ethical? To what extent is animal welfare considered in the investment industry? and the various ways in which our money can have negative and positive implications for non-human animals.

3:00- The Connection Between Spirituality and Veganism

Eve Adam, Naturopath and practitioner of The Quan Yin Method

All the great spiritual Masters of the past and present advocate a compassionate, cruelty free diet. A lecture via DVD by the Supreme Master Ching Hai will be shown discussing this topic. Also included in the presentation is information on the Quan Yin Method of meditation.