

ENTERTAINMENT

□ Speaker ▶ Performance ○ Interview

10 AM FESTIVAL OPENING

- 10:10 ▶ Gail Browning & Mary McLean - Musicians
- 10:30 —○ Mark Berriman - President, Australian Vegetarian Society
- 10:40 —○ Tracey Freinberger - General Manager, Tri Nature
- 11:00 □ "The Emotional Lives of Animals" - Jeffrey Masson, Author
- 11:30 —○ Nick Savaidis - Etiko Fair Trade
- 11:40 —○ Leigh-Chantelle Koch - Viva la Vegan
- 12 PM ▶ Steve Kilbey - The Church
- 12:30 □ "Thoughts of a Vegan Wandering Minstral" - Steve Kilbey, The Church
- 1:00 ▶ Ecopella - Environmental A-capella Group
- 1:30 —○ James Thier - Australian Ethical Investment
- 1:40 ▶ Cabaret Arabia - Belly Dancing Troupe
- 2:00 □ "The Face on your Plate" - Jeffrey Masson, Author
- 2:30 ▶ Leigh-Chantelle & Ben Gill - Musicians
- 3:00 —○ Helen Rosser - Australian Association for Humane Research
- 3:10 □ "By Helping Animals we Help the World" - Christine Townend, Co-founder, Animal Liberation
- 3:30 ▶ Ash Wanders - Musician

FILM SCREENINGS

- 10:30 AM The Hidden Beauty of Life Underwater
- 11:00 Beyond the Cage
- 11:35 The Emotional World of Farm Animals
- 12:30 PM The Hidden Beauty of Life Underwater
- 1:00 Beyond the Cage
- 1:30 The Emotional World of Farm Animals
- 2:45 The Emotional World of Farm Animals
- 3:45 Beyond the Cage

The Hidden Beauty of Life Underwater (25 minutes)

Produced by Mark Johnson from Yoga in Daily Life, this moving film explores the beauty of the animals who live in an underwater environment and the impact that we are having upon them.

Beyond the Cage - Is Animal Experimentation Necessary? (15 minutes)

Introduced by Suzie Wilks, this short film introduces the ethical and scientific arguments against the use of animals in research and forms an ideal basis for discussion on this highly controversial issue.

The Emotional World of Farm Animals (50 minutes)

Suitable for all ages - No graphic footage
Jeffrey Masson, author of *The Pig Who Sang to the Moon*, leads viewers through the personal journey he underwent while writing this book. His journey takes him to animal sanctuaries around the US where you'll meet the animals and their caregivers who share stories of rescue, escape and their daily lives.

10:30AM Dispelling The Myths About Veganism

John Waddell - Author of "But you kill ants", OAM, Marathon champion

John will draw on his 30 years without animal products to dispel common objections to veganism such as: Meat is necessary for protein & strength, milk is essential for strong bones, animals don't feel pain, animals are killed humanely & many more.

11:00 Vegan Health and Nutrition

Mark Berriman - President Australian Vegetarian Society

A plant based diet is without doubt the healthiest solution for people. Mark will discuss the health benefits of a vegan diet and how to ensure you do not miss out on any essential vitamins & minerals.

11:30 Greens Can Save Your Life

Sergei Boutenko - US Author of three best selling books on raw and living foods

Green leafy vegetables contain an abundance of vitamins and minerals vital to human health but they are largely neglected. Sergei will present new, revolutionary information about health and wellbeing. Come along to learn about delicious ways to eat raw food and to add a health boost to your diet.

12:30PM Animal as Machines

David Horton - Prolific vegan Author

This workshop's central focus will be a quote from Will Tuttle; "Our ability to heal and evolve is tied to our food choices. Achieving peace is possible only when we first extend respect and kindness to those who are at our mercy and cannot retaliate against us". The discussion will deal with how animals are turned into machines and how farmer and consumer become desensitised to the animal as an individual.

1:00 My Place in the Pecking Order

Bede Carmody - Founder of "A Poultry Place" animal sanctuary

In 1999 Bede left his comfortable and safe inner-city life to live hands-on with rescued and unwanted animals in country NSW. He will discuss the joys and drawbacks of such a lifestyle while offering practical ways for even the most urbane dweller to get their hands dirty and assist in caring for the voiceless.

1:30 Raw "Cooking" Demonstration - Cacao Super-food Snacks

Julie Mitsios - Owner of Conscious Choice Catering

Learn how to make these delicious, nutritious and easy to prepare snacks that are great for snacks or lunch, at work or school. A synergistically balanced fusion of raw exotic ancient super-foods & specialty ingredients from around the world!

2:00 Your Savings & Superannuation have a Great Impact on Your Ecological & Social Footprint

James Thier - Executive Director, Australian Ethical Investment

What is ethically & socially responsible investing? How does it link to issues such as climate change, water shortages & animal cruelty? James will address these questions and explode the myth that socially responsible investment means compromising returns. He will also provide an overview of Australian Ethical & its investment processes.

2:30 Cooking Demonstration - Home made Seitan

Suzy Spoon - Celebrity Chef from vegan cooking show "Cooking Cleverly with Beverley" & "Iron Deficient Chef"

Suzy will demonstrate how to make quick and easy gluten based seitan from scratch and will then show you how to use it in a tasty dish.

3:00 Getting Active with Animal Liberation

Angie Stephenson - Campaign Manager, Animal Liberation NSW

Angie will talk about the many ways you can become involved in with Animal Liberation's animal rights campaigns. Whether you have 5 minutes or 5 hours to spare, every one of us can make a difference for animals. If you've always wanted to get involved in animal rights this is your opportunity to find out how.

3:30 What Is Really In Your Cleaning Products?

Brian McLean - Bio-Chemist, Tri Nature

Common household cleaning products can have a huge negative impact on our waterways, flora and fauna - and the users themselves. Brian will talk about how to avoid causing harm and show how the Tri-Nature range replaces environmentally harmful chemicals with safe ingredients from natural, renewable resources without loss of economy or efficiency.

WORKSHOPS