

social and environmental inequality, and unfairness, including of climate change. He worked for several years as a county doctor in Tasmania. He has recently been appointed as an Associate Professor at the National Centre for Epidemiology and Population Health, at the Australian National University.

Humans evolved to eat a combination of plant and animal foods, and this lack of specialization has contributed to our domination of the global ecosystem. However, humans are not quite as smart as some would like to think. Children at a party require guidance to avoid “too much of a good thing”. Excessive sweets are not the only dietary harm humans are capable of. Too much meat can contribute to cancer, obesity and heart disease. Environmental harm from the consumption of excessive animal products will also harm health via climate change. Finally, unconscious meat eating adds to the burden of suffering of our fellow creatures; this cannot be good for our health.

Sharing a sustainable environment by preventing cruelty to animals
Dr John Kaye, Greens Member of NSW Parliament

Dr. John Kaye was elected as a Greens member of the NSW Upper House in March 2007. He is a vocal supporter of public education and a campaigner for clean energy solutions to global warming. In recent months, John has concentrated on defeating the lemma government's push to privatise the electricity industry. Before being elected to parliament, John taught and researched electrical engineering at the University of NSW.

Food production should be constrained by three key objectives concurrently:

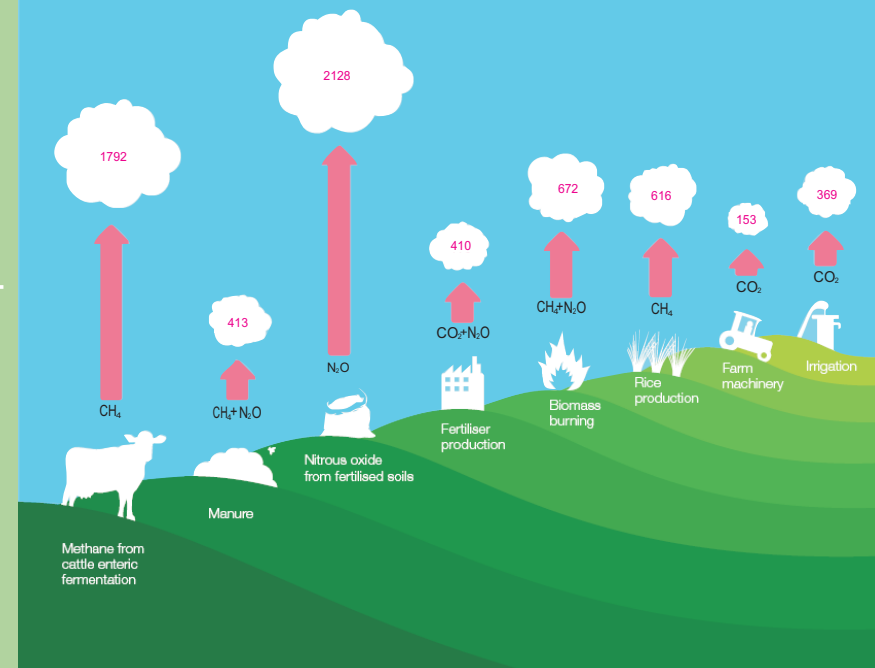
- 1) Producing sufficient quantity and quality of nutritious food to feed the world's population, and in particular addressing the urgent needs of millions of people currently inadequately nourished or starving,
- 2) Minimising the impact on the environment caused by agriculture, and
- 3) Preventing the cruel and inhumane treatment of animals.

Satisfying each of these objectives would require a transformation from intensive animal farming to more efficient cropping.

Improvements in efficiency of land use would increase food production to address malnutrition while generally lessening the need for more agricultural land at the expense of the environment. Done well, high efficiency cropping can produce less methane than the equivalent protein production by livestock which is a significant contributor to climate change. It could also eradicate the need for factory farms and massively reduce cruelty to animals such as occurs in sow stalls and battery cages.



GOOD FOR
YOUR
HEALTH AND
GOOD FOR
THE
ENVIRONMENT



Observe
Meat-free Day
2 October 2008

ADDRESSING GLOBAL WARMING

CONFERENCE PROGRAM

Parramatta Town Hall
182 Church Street, Parramatta NSW

Organised by:
Hindu Council of Australia

Supported by ARRCC (Australian Religious Response to Climate Change) and the Australian Vegetarian Society and a number of other organisations and prominent individuals.

For further information, contact:
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Program Outline

- 5:30 pm Registration and Refreshments
- 6:30 pm Welcome by Aboriginal Elder
- 6:40 pm Welcome by Dr. A. Balasubramaniam,
Chairman, Hindu Council of Australia
- 7:00 pm **Moral issues of climate change and consumption of meat, a Hindu perspective.**
Pravarajika Ajayaprana (Rev. Mataji),
President of Sri Ramakrishna Sarada Vedanta Society of NSW
- 7:30 pm **Ecological and economic advantages of a vegetarian diet.**
Mr Mark Berriman,
Director of the Australian Vegetarian Society
- 8:00 pm **Health benefits of consuming less meat in our diet.**
Dr Colin Butler
Associate Professor, ANU, National Centre for Epidemiology and
Population Health,
- 8:30 pm **Sharing a sustainable environment by preventing cruelty to animals.**
Dr John Kaye
Greens Member of NSW Parliament
- 9:00 pm **Vote of Thanks**
Mr Vijai Singhal
Secretary, Hindu Council of Australia

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SYNOPSIS OF TALKS AND THE KEY SPEAKERS

Moral issues of climate change and consumption of meat, a Hindu perspective
Pravarajika Ajayaprana (Rev. Mataji), President of Sri Ramakrishna Sarada Vedanta Society of NSW.

Rev. Pravarajika Ajayaprana Mataji, is the President of Sri Ramakrishna Sarada Vedanta Society of NSW. She is a senior nun of Sri Sarada Math, the women's wing of the Ramakrishna Order, formed in 1954 in India,

Rev. Mataji came to Sydney in 1982 to start the first Centre of Sri Sarada Math outside India. She conducts talks, classes, meditation days, retreats and special functions. On invitation Rev. Mataji has been going on lecture tours to the other major cities of Australia and occasionally to Malaysia, Singapore and Sri Lanka. Rev. Mataji regularly participates in and organizes interfaith gatherings and meetings. She is one of the founding members of "WIN," Women's Interfaith Network.

October 2nd is Mahatma Gandhi's birthday. It is but fitting that an attempt towards minimizing the consumption of meat on a social, national or global level be made on this day. We all know that he was a strict vegetarian and a great champion of vegetarianism. Although Hinduism does not prohibit people from consuming non-vegetarian food for their sustenance when needed. Cruel and useless exploitation of animals merely for the gratification of human appetite is what Hindu morality stands against.

Ecological and economic advantages of a vegetarian diet
Mark Berriman, President, the Australian Vegetarian Society

Mark Berriman is the President of The Australian Vegetarian Society (NSW). He is also co-editor of Natural Health and Vegetarian Life magazine. He has been a vegetarian for 27 years.

Global interest in addressing climate change is at an all-time high. However, while there has been a great deal of media interest in heavy industry and transport - most recently with bio-fuels - as the source of the problem, scant attention has been paid to the effects of animal agriculture which contributes substantially to the problem of greenhouse gas emissions, water and food shortages. This talk will examine the findings of some recent research which shows how reducing our meat intake is an effective means of dealing with these major issues.

Health benefits of consuming less meat in our diet
Dr Colin Butler, Associate Professor, National Centre for Epidemiology and Population Health, Australian National University.

Dr Colin Butler is a graduate in medicine from the University of Newcastle. In 1989 he co-founded an organization to try to improve health in "developing" countries, called Benevolent Organisation for Development, Health and Insight (BODHI) (www.bodhi.net.au). To date, he has published about 50 scientific papers and chapters, and has also written many shorter articles and given many media interviews. Most of his academic work has concerned the health consequences of