

Sunday, 7<sup>th</sup> February 2010

## Sustaining Kindness

A most welcome visitor to Saturday's inaugural Macedon Ranges Sustainability Festival was a perky little porcine named Hamish. Hailing from just a stone's throw away at Edgar's Mission Farm Sanctuary in Willowmavin, Hamish and his human companions made sure one and all considered kindness as part of their ecological footprint.

"With growing concern about the environmental message we leave behind it is most timely that we also think about our kindness footprint as well" said Hamish's guardian and sanctuary founder, Pam Ahern. "With the knowledge that we are fast using our planet's resources at an unsustainable rate many people are reducing car usage, using energy efficient appliances and taking shorter showers while few are looking to their plate as a source of environmental problems"

Being kind to animals, Hamish and his intrepid crew told, has enormous benefits for not only the animals involved. Just one kilogram of beef uses up 50,000 litres of water compared to just 2,500 for a kilogram of white rice. While over 30% of Australia's green house gas emissions can be blamed on animal based agriculture. Singled out for being particularly unkind to animals and the environment was the factory like farming of chickens and pigs which sees huge numbers of these otherwise free roaming animals severely confined to such a degree that just about all of their natural behaviours are prevented.

"The only reason animals live, or rather exist like this, is because people buy the products of their suffering. So next time people think about reducing their carbon footprint, we ask that they think about increasing their kindness one too" concluded Pam.

Photos attached for media use: large file photos available upon request

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Useful websites: [www.edgarsmission.org.au](http://www.edgarsmission.org.au)

*"If we could live happy and healthy lives without harming others...  
why wouldn't we?"*