



veganfest
T A S M A N I A

Talks Program

Short & Sharp – 20 min talks to inspire and inform

Session	Time	Title	Speaker
10am-1pm	10.30am	Riding Raw Across America	Carson McQuarrie
	11.00am	Vegan Nutrition – Pure and Simple	Karen Bevis
	11.30am	Weight Loss on a Vegan Diet	Dan Winter
	12.00pm	Old Man, New Vegan – a personal journey	Tim Gamage
1pm-4pm	1.30pm	20 Kilos Down and Counting: all you can eat weight loss – a personal story	Joanne Gamage
	2.00pm	Big Ears Farm Sanctuary – about us and what we do – with inspiring rescues stories	Brett Steele, Big Ears Farm Sanctuary
	2.30pm	How to Marinate Tofu	Anne Carlton Mutch, Home Harvest
	3.00pm	Fueling for Sport with a Plant-Based Diet	Carson McQuarrie

Session 1			
Carson McQuarrie,	Riding Raw Across America	Riding Raw Across America is a story from Carson's days of riding coast to coast across America from Oregon to New York City in 20 days on a whole food raw vegan diet. It will include photos, videos, and short stories from his adventures. Caron is a Fitness Coach and Ultra-Endurance Cycling Coach	10.30am
Karen Bevis	Vegan Nutrition – Pure and Simple	Thinking of going vegan but don't know where to start? Perhaps you have tried it before but it didn't quite work for you? Find out how to make the switch in a healthy way, what nutrients you need to ensure you are getting, and how to get the balance right so you feel great! Karen has been vegan for over 25 years, has raised two vegan children and has a Graduate Diploma in Human Nutrition.	11.00am
Dan Winter	Weight Loss on a Vegan Diet	Dan Winter is a Training Coach who specialised in back pain and training to prevent injury. He also helps clients with weight loss and toning. Dan will give you the low down on proteins, healthy fats, complex carbs and fibre and how eating a healthy vegan diet can help you lose weight, tone up, and feel fantastic.	11.30am
Tim Gamage	Old Man, New Vegan – a personal journey	Tim Gamage suffered significant health issues 5 years ago. He changed his diet, and saw his health dramatically improve. Not only did many of his recent symptoms reverse, but also medical issues he had had all his life.	12.00pm

Session Two			
Jo Gamage	20 kilos down and counting : all you can eat weight loss – a personal story.	Jo Gamage became vegan 5 years ago. She lost 10 kilos and kept it off. Six months ago she switched to an even more healthy vegan diet and has lost a further 10 kilos and counting, eating till full.	1.30pm
Brett Steele,	Big Ears Animal Sanctuary – About us and what we do	Brett Steele is co-founder of the Big Ears Animal Sanctuary. A former police Officer of 23 years he will talk about the sanctuary, providing some inspiring stories of rescues both on the small and large scale.	2.00pm
Anne Carlton Mutch,	How to Marinate Tofu	Anne Carlton Mutch is the owner of Home Harvest, a meal delivery service. Anne will show you how to marinate tofu to use in place of feta cheese. The tofu will then be used for two salads: Greek Salad and Israeli Cous Cous Salad. Yum!	2.30pm
Carson McQuarrie,	Fueling for Sport with a Plant-Based Diet	Carson McQuarrie is a Fitness Coach and Ultra-Endurance Cycling Coach. Fueling for Sport with a Plant-Based Diet will include a scientific approach to the essentials of how to optimally meet the macronutrient needs with the inclusion of example meals for each sport type strength, endurance, and mixed sports.	3.00pm