



Food for Thought

Vegetarian & Vegan Society (VegSA) Inc.

Newsletter

Issue 4/17 - December 2017

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ANIMALS AUSTRALIA'S AGM AND ANIMAL ACTIVISTS FORUM

Melbourne October 14th and 15th 2017

Animals Australia's policy is to hold its Annual General Meeting each year in a different location around the country. It is held in conjunction with the Animals Activist Forum, attended by members of animal rights groups from all around Australia. This year the two events were held in the Melbourne Town Hall on the weekend of October 14th and 15th. VegSA is proud to be a member of Animals Australia and I was able to attend the AGM as our Society's representative. (At the back of my mind with the thought that it's a long time since it's been held in South Australia.) The AGM went ahead smoothly and quite quickly with some discussion on the changed management structure and change of name to Animals Australia Federation. Finally it came to deciding about next year's venue: Sydney or Adelaide? We scarcely had to put forward a case as every one seemed in favour of Adelaide. So next year we can expect a crowd of activists and, if Melbourne is anything to judge by, a fascinating time. When the Activists were informed the next day there was spontaneous applause and remarks like "Good I've never been to Adelaide".

At the same time the **Animals Activist Forum** continued - there were 38 addresses over the two days (five via Skype) so it was hard to decide which to attend. (See P 4-5 for a report on two of the outstanding speakers and current True Natural Health magazine - Kindred Organisations page - for two shorter reports.). The quality of presentations was very high with many focusing on effective activism. Interesting was that of Adelaide based psychologist Apoorva Madan, who is involved with Animal Rights SA. Speaking on "Activist Trauma", she emphasised the need to set boundaries and balance activism with work commitments, family time, personal interest, social interaction, exercise and health and commitment to intimate partners. She also emphasised the need to accept that, whilst there is much more to do, what we've done has reduced suffering and what we want will eventually happen. (Anne Sanders - President)

ADELAIDE'S VEGAN FESTIVAL

Victoria Square, OCTOBER 28th-29th. See report and photos P7.

We wish all our readers, members and friends the enjoyment of the festive season. Best wishes for the year the ahead and thank-you for your support in the past 12 months.



CHRISTMAS TREATS

VEGAN ADVENT CALENDAR A vegan chocolate for each day leading up to Christmas \$11.95. Now at Everything Vegan, 172 Goodwood Rd. Ph 8373 4639.

Coming soon to Everything Vegan in time for Christmas. Get in early, as they are likely to sell out.

- SUSIE'S SPOONS CHRISTMAS ROAST * \$60.
- HAZELNUT CRANBERRY ROAST about \$30.
- TOFURKEY 750g including stuffing and gravy \$25 - \$30
- CHRISTMAS TRUFFLES by Constant Cravings
- CANDY CANES

COLES MATURED CHRISTMAS PUDDING

700g = \$7 110g Price \$2.27 per 100G

Ingredients: Vine Fruits (38%) (Sultanas, Raisins, Currants), Sugar, Cider (9%) [Preservative (220)], Non Hydrogenated Vegetable Suet (Certified Sustainable Palm Oil, Rice Flour, Sunflower Oil), Breadcrumb [Wheat Flour (contains Iron, Niacin, Thiamin), Salt, Yeast], Wheat Flour (contains Iron, Niacin, Thiamin), Brandy (5%), Humectant (422), Port [Port, Preservative (220)], Candied Mixed Peel [Orange Peel, Glucose-fructose syrup, Lemon Peel, Sugar, Acidity Regulator (330), Preservative (220)], Treacle, Orange Juice from concentrate, Molasses, Mixed Spice, Salt, Orange Oil. Contains 1.5mL alcohol per 100g pudding.
Allergen: Contains CEREALS CONTAINING GLUTEN, May Contain TREE NUTS

COLES GLUTEN FREE CHRISTMAS PUDDING

400g = \$7 110g = \$2.50

Same ingredients as above except flours and breadcrumbs replaced with Gluten Free Flour (Rice Flour, Potato Starch, Maize Flour). Gluten Free Breadcrumb (Rice Flour, Gram Flour, Maize Starch).

SUPER EASY FRUIT CAKE

<u>Ingredients</u>	2 cups hot water
6 cups mixed dried fruit	1 tsp mixed spice
4 cups plain wholemeal or other flour	Half cup olive oil

Optional, but recommended, grated rind and juice of one orange or lemon.
Can also include ¼ cup sesame seed.

Method:

Add fruit, oil and spice to hot water. Stir in flour, grated peel and juice. Dough should be quite stiff. If too dry, add a small amount of water. If too moist add a little more flour.

Bake in slow oven for 1 hour or until cooked.

Best to make a couple of days before needed and use up within about ten days.

FRUIT MINCE

Dried fruit (sultanas, currants, raisins), mixed spice, grated cooking apple and small amount of olive oil. Use proportions to suit individual taste. Store in fridge for about a week before use. Best used up within 4 weeks.

RECIPE: Personal Insect Repellent

So summer is here and with it the dreaded insect attack. If, like some of us, you react badly to insect bites you probably need a good spray or roll on repellent. Don Tolman suggests the following mix:

½ cup witch hazel with ½ cup water. 10 to 20 drops each of any (or all) of these essential oils:
citronella, eucalyptus, lavender, lemongrass, neem, tea tree.

Spray or rub onto bare skin where it will mask the body smells that attract insects.

www.dontolmaninternational.com

Food for Thought Acknowledgments: Editor: Anne Sanders, **Proof reading and Mail out:** Committee and members. **THANKS** to all those who have contributed.

GOODS ON THE MARKET

PRANA ON POWER PLANT PROTEIN

PRANA ON is an acronym for “plant-based, raw, alkaline, natural and organic nutrients”.

Billy Simmonds is a body builder and power lifter with world titles, who decided quite early that plant-based was the optimum diet for him. Realising there was no suitable product on the market to support his need for muscle growth and repair and, after careful nutrition research, he decided to develop his own. This first project has grown into a company registered in Victoria, employing sixty staff, manufacturing a range of health, fitness and weight loss products: “Prana On” and “Kaaya Health”, both of which are endorsed by the Vegan Society (UK).

Prana On comes in 6 Flavours and is available from the manufacturers: 1kg at \$ 69, 3kg at \$189 or a sample pack of 6 x 40g serves (Rich Chocolate, Coconut Milk, Vanilla Crème, Original, Himalayan Salted Caramel and New Bananas ‘N Cream) for \$29.00. Go to www.ecosuperfoods.com.au

Suggested serve is 20- 40g, but as Prana On is rich and sweetened with Stevia 20g or less is still tasty. Our taste test suggests that Vanilla Crème would be popular if you like things sweet.

Go Vita Stores have 400g packs for \$35. Members of Go Vita may be eligible for a discount. Membership of Go Vita is free, gives discounts on some products and sends out the regular “Go” magazine with informative health articles and special offers. Information about Billy Simmonds and the production of Prana On came from the latest Go Magazine.

Go Vita has stores at Victoria Square, Newton Village, Marion, Ingle Farm, Tea Tree Plaza, Semaphore, Fairview Green, Colonnades, Mt Barker, Munno Para, Tanumda and Mt Gambier.

VegSA recommends that nutrition come generally from whole natural ingredients but recognises that at times ready prepared products are useful. We welcome a well-researched vegan product.

ORGRAN VEGAN EASY EGG

250g (equal to 15 eggs per pack) cost \$5.30 at Everything Vegan, 172 Goodwood Rd.

A vegetable based, egg-free alternative that can be used to make **scrambled eggs, quiche, frittata, omelettes etc.** The recommended serve of 50 g made a medium sized omelette when mixed with 240mL of water and 2 ½ tablespoons of oil as per instructions. It does have an eggy taste, just very slightly salty. It has 8g of fibre and 7.5 g of protein per serve, is dairy free, egg free, gluten-free, GMO free, nut free, wheat free, yeast free, Kosher and vegan with no added MSG. Information on the packet is in nine languages demonstrating how far Victoria-based Orgran’s products have spread overseas. At www.orgran.com information is available in dozens of language!

BOODY BAMBOO CLOTHING: BABYWARE, SOCKS AND UNDIES FOR ADULTS

Bamboo is very fast growing, uses very little water and little or no fertiliser or pesticides. However, in the manufacturing process, there is usually considerable use of chemicals to reduce the fibre to a pulp, to be turned into a viscose yarn to be knitted or woven into fabrics. Some fabrics use the actual fibres from the bamboo but this is a much longer and more expensive process.

Although Boody products use the former process great care is taken to reduce the amount of water used (through recycling) and to ensure that there is no use of chemicals or GMOs and that fair trade and proper health and safety principles are adhered to. (Certified by a number of international organisations).

Due to the extra care in production Boody products are comparatively expensive. For instance **Ladies bikini briefs are \$12.95** at Go Vita. However they are reputed to be extremely comfortable, including for people with skin allergies, warm but lightweight and good at dispelling moisture and body odours.

Boody products are available at several Go Vita stores, some Foodland Stores, some Chemists, Lightfoot Eco Store, 257 St Vincent St Port Adelaide and Ecolateral, 411 Magill Rd St Morris.

See www.boody.com.au for further stockists and mail order.

DR MARTENS AIRWAIR VEGAN SHOES AT DANGERFIELD 1/242 Rundle St Adelaide. Ph. 8232 7766 (2 doors from Vego and Loving it). 3 hole shoe \$229, 8 hole boot \$259. Clearly marked “suitable for vegans”. See: www.dangerfield.com and www.drmartens.com

NEWS FROM THE ANIMAL ACTIVISTS FORUM (continued from P1)

SEN. LEE RHIANNON: PROTECTING KANGAROOS FROM BATHURST TO CALIFORNIA

Lea Rhiannon is a New South Wales representative in the Federal Senate and Federal Greens' Spokesperson For Animal Welfare. She has been active in animal rights issues for many years including during her time in New South Wales Parliament.

Senator Rhiannon, in her address to the Animal Activist forum, suggested that there has been a negative attitude toward kangaroos amongst the general public, with no concept of coexistence, since the early days of settlement and that this needs to change.

The notion that kangaroos are a pest in plague proportions is fostered by an industry that thrives on kangaroos for skins, pet food and to feed humans. Although in a very few hands, it is in a position to convince and influence politicians. Statistics to support this plague idea are hard to find. Data disappears from Government web sites and Senator Rhiannon has had to look elsewhere to find statistics.

In a good year kangaroo numbers can increase by around 10% but can drop dramatically in years of drought, fire or flood. Kangaroos can congregate near to roads and waterways so appearing to be on the increase, whilst at the same time the landscape can remain virtually empty. In Victoria, for example there is an estimate of less than one kangaroo per square kilometre. In light of this, shooting was stopped although licenses can still be obtained.

Rules to reduce suffering have proved useless. In addition to adult 'roos there are 85,000 joeys killed or orphaned and left to die. Australia has the dubious reputation of being the continent with the most species lost in the last 100 years.

SO WHAT CAN BE DONE? Firstly a change in attitudes: politicians follow movements and politicians make legislation. As with other products the pull factor is significant. In California, when there was a proposal to end a ban on Kangaroo imports, lobbying by animal activist groups, ecologists and others kept the ban in place. Also Senator Rhiannon thinks that some Green parties overseas (especially in Europe) would support a ban on the import of kangaroo products.

Hopefully the new film *Kangaroo** will help to see the Australian public better informed.

There are also other management alternatives to killing. The idea that kangaroos cannot be relocated is not being born out by experience. 200 were removed from around the Bathurst 100 racetrack, effectively with apparently no ill effect for the kangaroos.

***KANGAROO:** A film that "reveals the truth surrounding Australia's love hate relationship with its beloved icon" is due for release early in 2018. Senator Rhiannon hopes all MPs will get to see it.

LUCENT is Chris Delforce's 2014 film showing Australian piggeries from the inside. The DVD is possibly still available from Animals Australia and Vegan on Line

AUSSIE FARMS REPOSITORY is a huge collection of videos, photos, documents and campaigning materials originally involving ducks, pigs, chickens, turkeys and rabbits. Established in 2014 the ever-growing library of materials began to prove beyond a doubt that, contrary to the myth that animal abuse doesn't happen in Australia, it is not only commonplace, but inherent in industries that exploit or use animals for profit. Availability of this material aims to circumvent the secrecy that surrounds these industries. Here, not only can any individual or organisation find the most recent and relevant material, but also add any evidence they have (subject to screening to ensure that it is not malicious, deceptive or irrelevant). See the collection at www.aussiefarms.org.au

DOMINION is Chris Delforce's new feature length film exploring six primary facets of human interaction with animals: Pets, Wildlife, Scientific Research, Entertainment, Clothing and Food. Drawing heavily from the Aussie Farms Repository the film will question the morality and validity of our dominion over animal.

DOMINION will premiere on **29th March 2018 at Astor Cinema 1 Chapel St, St Kilda, Victoria.**

CHRIS DELFORCE: DISMANTLING SECRECY IN THE FACE OF AG-GAG: TOOLS, RESOURCES AND LESSONS LEARNT.

Chris is the website developer and filmmaker at the Aussie Farms network of websites. His projects seek to force transparency on Australian animal agriculture, allowing consumers to see for themselves what it means to buy or use animal products.

Chris attempts to circumvent ag-gag laws, which have been put into place to prevent members of the public penetrating the premises of businesses, so ensuring that the truth about the means of production is not open to the public.

Chris has managed to "invade" piggeries and hatcheries to observe and film what goes on there. His film "Lucent" (2014), using footage from piggeries around Australia shows the reality involved in producing pig meat for human consumption: confinement in small stalls so sows can scarcely move, operations on piglets without anaesthetics, the use gas chambers etc.

Within chicken hatcheries Chris has also been able to penetrate into areas barred from even regular staff and observe what is normally not seen i.e. the maceration of male chicks.

Chris is determined and has the skills to get the footage he is after. However this kind of activism comes at a price. Entering premises in this way is considered illegal and in Aug 2017 Chris and fellow activist Dorottya Kiss were charged with several offences under the NSW Surveillance Devices Act (i.e. "ag-gag" laws), specifically **the use of an optical recording device without consent and publishing material obtained from surveillance devices**, which could have led to a 5 years jail term.



Chris and Dorottya after the court hearing

The hearing was set to take place over three days, but early on the very first day the defence lawyer was able to show that the NSW Police had not handled procedures correctly and so all charges were dropped.

He was also able to claim a total of \$56,000 in costs. Perhaps this was a chance lost to air a few of the relevant issues, including the very unequal animal welfare laws as they apply to domestic animals compared to farmed animals. As Chris said, "if we didn't win on points, we would have won on one of the other flaws in the case against us. Unfortunately we weren't able to set a precedent against and ag-gag (the Constitution argument would have been raised at the very end) but the lessons we've learned from this whole thing will be incredibly valuable for all animal activists going forward."

Chris concluded his talk to the Forum outlining some of the things he would have done differently. He would have taken more precautions to cover himself. However we can be truly grateful for the risks he took and for the information he has obtained. He thoroughly deserved the standing ovation from the animal activists present.

EATERIES UPDATE

POLLEN 185 remains open

We are happy to report that Pollen 185, contrary to the reports that we had received previously, has stayed open and has now longer trading hours. When our Vegewise group visited last year we were very happy with the multicultural range of dishes. The group hopes to visit again early next year. See Diary dates P8.

4/185 King William Road, Hyde Park ph: 8271 0528

Tues-Wed 9am-3pm Thurs-Sat 9am-3pm and 6pm-9pm Sun 9am-2pm

NATURAL LIVING - HOMEWARES & WHOLEFOODS CAFE

15 Battunga Road, Meadows Wed-Sun 10am-5pm closed Sunday and Monday

One of our Committee members was delighted to find this little vegan place recently.

We'll hope to arrange a visit there in the cooler weather.

LET THEM EAT – CENTRAL MARKET

We hear that Let Them Eat in the Central Market Arcade has moved but is not far away from before.

Open roughly market days and hours. Also at several other locations. For details see:

www.let-them-eat.com.au or www.vegasa.org.au

THE LOST DELI

Plant-based café at Norwood

The Lost Deli is a small vegan café occupying the erstwhile “General Store” at 38 Charles Street Norwood, about half way between The Parade and Kensington Road. It is probably best approached by bicycle or on foot as, although there is ample two hour free parking in the streets around, this is usually occupied.

Since opening there about seven months ago proprietor Marko has managed to establish a considerable reputation. When our Vegewise group visited in September the queue at lunchtime stretched right out of the door. There is seating for about 12 people inside and about the same number outside on the veranda.

However it seems that much of the custom is for takeaway

There is a range of tasty main courses, all freshly made, cakes, juices and some great smoothies all, where possible, organic. Hint: to find the “soup of the day” look on the small board below the main menu.

The Deli feels friendly and relaxed. Marco and his team are obviously very enthusiastic about what they are doing. It is great to see this vegan place so close to the city and to see the general store being so well used.

The Lost Deli is open from Thursday to Monday

from 9 am to 5pm. Phone 8123 4687 and find it on Face book.



MALABAR HOUSE

Malabar House at 539 Greenhill Road, Hazelwood Park, like Chennai Palace at Walkerville, specialises in South Indian cuisine and, like Chennai Palace, has an all-vegetarian (mainly vegan) smorgasbord every Sunday. Among specialities are dosa, a crispy fried pancake, served plain or stuffed with spicy vegetables and idli, steamed dumplings made from rice and lentil flour, generally quite bland but served with tasty chutneys. There is also a range of vegetable, bean and lentil dishes of varying spiciness. The venue, formerly Fasta Pasta is light and airy, a good place to meet with a group or share a meal with a friend.

Vegetarian buffet is 11.30am-2.30pm each Sunday. Cost for all-you-can-eat is \$16.90pp (not including drinks). Booking is recommended ph: 8332 3760 www.facebook.com/malabarhouseburnside
At other times non-veg food is also served, but there is a good-sized vegetarian selection.



VegSA Diary Dates

Upcoming VegSA Events:

- ◆ **Saturday Dec 2nd 12.30pm** Lunch at The Greenroom 2 High St Willunga. (Possibly visit the Farmers Market in the morning.) Contact Su vegsu2003@yahoo.com.au or 0433 553 779
- ◆ **Vegewise Christmas Lunch - Sunday Dec 17th 12 noon.** All members and friends are again invited to John & Pauline Holzer's at 2136A Gorge Rd, Cudlee Creek (*Phone from Cudlee Creek for directions if necessary 8389 2341 or 0419 035 227*). Please bring **vegan food and drink to share**. When booking please indicate what you intend to bring so we can plan a range of dishes. Phone *Pam 8374 2531* or email vegsocsa@gmail.com by December 12th:
- ◆ **Annual VegSA Picnic - Sunday February 4th from 12 noon.** Hazelwood Park. Bring friends and family including *furry ones* and join us to celebrate the start of the year. *Bring vegetarian/vegan food to share, drinks, cutlery, plates, seats, family, and also any information or objects of interest.* Animal Liberation SA hopes to bring some of its gear to show. Enter from Davenport Terrace and look for VegSA sign. For info. contact VegSA – details below. For public transport info contact Adelaide Metro ph: 8210 2000.
N.B. if forecast is 36°C or above event will be cancelled or postponed.
- ◆ **Vegewise Group** (*Usually meets second or third week each month 12.30pm at a vegetarian or veg friendly location. Bookings generally needed by Sunday or Monday before event*)
Tues Feb 13th 12.30pm – Lunch at Pollen 185, 4/185 King William Rd, Hyde Park. Book by Sunday 11th with Joy 8326 0564.
- ◆ **Northern Star Vegetarian Group:** Meets occasionally according to demand. Contact Karin (See below)
Friday January 19 5.30pm Dinner at Virsa Delight 276 Main North Road Prospect. Book with Karin by Tuesday 16th. Email: glad2bveggie@gmail.com ph: 0466 972 112.
- ◆ **Southern VegSA Group** monthly social get together: 2nd Saturday of the month from 12md at **Great Nature** 3/48 Beach Rd, Christies Beach. Check in case of changes with Su vegsu2003@yahoo.com.au
- ◆ **VegSA Mail out workshop.** Help always appreciated. Meet fellow members and share ideas. Next workshop Sunday February 25th at the Joinery 111 Franklin St Adelaide, followed at 1pm by VegSA Committee meeting, which members are welcome to attend as observers. Contact Anne on 8390 2314 or vegsocsa@gmail.com if able to help with mail out. **Thanks to all those who have helped this year.**

October 2018 coming to Adelaide

Animals Australia AGM and national Animal Activists Forum

Other Upcoming and Regular Events:

- ◆ **Natalie Playford of Cooking up a Storm runs classes for WEA:** Bookings and enquiries www.wea-sa.com.au ph (08) 8223 1979. Natalie also offers private classes. Contact her on 8386 1672 / 0403 555 011.
- ◆ **Animal Liberation SA (ALSA):** Members' meeting 1st Sunday each monthly 1pm at The Joinery, 111 Franklin Street, City (old Bus station). If you think you would like to join ALSA or know more about its work for animals email animal.lib.sa@gmail.com or phone 0401 870 957. Also see www.animalliberation.org.au
- ◆ **Adelaide Vegans:** Brings vegans together for networking and social gatherings. Dinner Friday evening at various vegetarian restaurants. (Occasionally at weekends or at other places with good vegan options.). Bookings essential to enable the venue to reserve a table. For details and booking see 'EVENTS' page at: www.adelaidevegans.org or ph. Ken 0415 382 121
- ◆ **Meetup - Adelaide Social Vegetarians:** a social group for vegetarians and vegans of all ages including anyone who would like to adopt that kind of lifestyle. Meets regularly for dinner or lunch at cafes & restaurants that cater for vegetarians and vegans. To join visit: <http://www.meetup.com/Adelaide-Social-Vegetarians> or for more info: Corin: coco39@internode.on.net
- ◆ **Natural Health Society (SA)** Holds regular meeting with guest speakers on 1st Tuesday of even months at 7.30pm at Unley Community Centre, 18 Arthur Street Unley. Cost (except Dec) \$4 /\$3 conc. members \$2.
December 5th Christmas meeting. Doors open at 6.15pm and the presentation will commence at 7.00pm: **Erin Blott Registered Nurse and Midwife "doTerra essential oils"**. Entry is via a Christmas plate of goodies for a shared supper after the presentation.

