



# Food for Thought

**Vegetarian Society of South  
Australia Newsletter  
Issue 4/08 – December 2008**

Box 311 Kent Town SA 5071  
email: [info@vegsa.org.au](mailto:info@vegsa.org.au)

Phone (08) 8260 2778 Fax 93902314  
website: [www.vegsa.org.au](http://www.vegsa.org.au)



*This memorable quote, by Jean Ziegler, former United Nations Special Rapporteur on the Right to Food, appears in a press statement (16/10/08) by the Swiss Vegetarian Union and others.*

On 7-8 October 2008, the European Commission, the European Parliament and the United Nations marked the anniversary of the Declaration of Human Rights which assures everyone's entitlement 'to a standard of living adequate for the health and well-being of himself and of his family, including food'.

Sixty years after signing that declaration of good will the Food and Agricultural Organization (FAO) is planning the celebration of 'World Food Day 2008' set to 'highlight the plight of 923 million undernourished people in the world'.

Why are almost one billion people still excluded from the most basic of Human Rights in the 21st century? Indeed, how can any society calling itself civilized accept that while worldwide every five seconds a child dies because she or he is hungry, around 1.5 billion cows and bulls and an astronomical number of other farm animals are being fed with a huge share of available crops? The non-stop misery caused by hunger calls urgently for fresh strategies, of which vegetarianism must be one!

In the interest of justice and humanity the present wasting of 7-16 kg of grain or soy beans, up to 15,500 litres of water, and 323 m<sup>2</sup> of grazing land that yields just one kilo of beef cannot be allowed to continue.

*And here's another recent quote supporting the cause of vegetarianism:*

**"The #1 human cause of climate change is not the gas we put in our cars; it's the meat we put on our tables".** Jeremy Rifkin, president of the Foundation on Economic Trends, keynote address on the devastating role factory farms are playing in the climate change. Harvard Law School, Mar 2007



# Society News

We have had a busy time in the build up to the Vegan Festival, but before that a very enjoyable **lunch at Bamboo Talk** at Mt Barker, followed by a walk around the nearby reclaimed **Laratinga Wetlands**. Sharon of Bamboo Talk opened specially on the day and put together a special menu. Despite a few organizational hassles those who attended reported a very enjoyable time. Thanks to Alice Shore who organized the event and to Margaret from Birds SA for the wetland tour.

The following week was the **Parade for the Animals** organised by George Karolyi President of Vegan Society of SA and his family. This year there were a few more walkers, including members of other related organisations and an adequate number of cars. The parade appeared to have some impact on people passing by or dining on Rundle Street. However it would be beneficial to see more individuals and other organisations get behind the Parade as it is a good start to the build up to Vegan Day.

The **2008 Adelaide Vegan festival** was quite an event with more stalls and more speakers and entertainers than last year. We all agreed that it was a good move to have the stalls outside, if for no other reason than that the stall holders got to hear the entertainers! Kas Ward the main organizer, backed up by husband Shane as general rouse-about, must have a particular talent for organizing events as all the details were covered. Thanks must also go to the many willing volunteers. These events were a great celebration & promotional opportunity for the Vegan/Vegetarian and Animal Rights groups. **(For photos from some of these events see insert)**

The Committee has, therefore, been quite busy. In addition we have been writing the newsletter, letters to the press, answering phone calls and e-mails, communicating with related groups, keeping accounts, minutes of meeting, etc. So now we are off for a well-earned holiday break!

Hope to see you all at the **FEBRUARY PICNIC** and perhaps at the January Vegan events. (See **DIARY DATES** page 8).

## Vegetarian Seniors Group

VEGSA is considering establishing a Vege-Seniors' Group.

**WHY?** 1. Senior members have much wisdom that should be preserved. 2. Older members often have issues (health, social, etc.) that they can find useful to share with others with similar needs and ideas. 3. Older people can often meet at different times from those who are working or studying full time eg midweek, daytime.

**WHO FOR?** 1. Retirees 2. Others over 55 3. Any one else interested in issues relating to older vegetarians and vegans would not need to be members of VegSA.

**WHEN?** Usually at times when other related groups do not meet eg. mid-week or daytime which would not clash with other veg events. Possibly 3-4 times per year but not so often enough as to be a nuisance. Individual members might like to meet socially to suit themselves.

**WHERE?** Central location, as easily accessed as possible by public transport or at group members' homes (if offered).

**WHAT?** The program will be organised by the group. The above are only suggestions. (Visits to vegos in aged care has been suggested). All events would usually be notified through the VegSA newsletter.

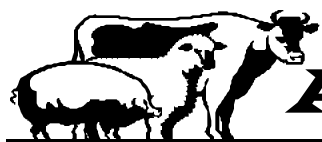
*If interested in being involved or if you would like to know more please contact VegSA or send us your details on the enclosed (Membership) form.*

## Acknowledgements

**Editor:** Anne Sanders **Layout/Editorial:** Pam Marshall **Mail-out:** Committee

**Disclaimer:** *Opinions expressed in Food for Thought are those of the authors and not necessarily those of the Vegetarian Society of SA.*

**Many Thanks to Chris Pyne (MP) office for photocopying**



# Animal Rights

## ♦ Towards an end to Animal Experimentation

*from the Anti vivisection Union SA Newsletter Spring 2008*

In October a symposium was held in Sydney to broadly address the issues surrounding the use of alternatives to animals in research.

### **The two questions challenging participants were:**

1. How to get over the impediments to using alternatives to animals in scientific and medical research?
2. What practical strategies can be used to promote alternatives to using animals in scientific and medical research?

**Discussion points included:** The lack of national consistency in the law.

The weaknesses in Animal Ethics Committees.

The fact that alternatives are given such a low prominence in the Code.

The Code of Practice being out of touch with community expectations.

Strategies for increasing the use of non-animal models in research.

Recently AAHR ([www.aahr.org.au](http://www.aahr.org.au)) distributed a link to a 9 minute video in which Dr Andre Menache outlines the basic arguments against vivisection:

<http://video.google.com/videosearch?qgood+science+versus+bad+science&emb0&aq=f#>

## ♦ Physicians Committee for Responsible Medicine

*This week, the US group, Physicians Committee for Responsible Medicine announced: "Just seven days after PCRM launched its public effort to end the use of live dogs from a local animal shelter for Advanced Trauma Life Support (ATLS) training at Idaho State University (ISU), the school announced it would end the practice!" Surely public pressure can do the same here for the poor dear dogs suffering in Queensland through the councils identified in AAHR's campaign. Read about it at this link and please help with a letter.*

<http://www.aahr.org.au/campaignsldogpoundsQLD.html>

If you would like a printed version of this info contact Anti-Vivisection Union.

**Editor's note:** SA ended the practice of sending "pound animals" to laboratories many years ago largely due to the efforts of the Anti Vivisection Union.

## ♦ Hypocrisy? You Decide.

*Contributed by member Peter O'Dwyer*

Most animal lovers spend a small fortune on their pets and companion animals, and they must be admired and applauded for their consideration and care of these defenseless animals which rely entirely on us for their life and wellbeing. But, and there is a very big BUT, most of these same people, unless they are vegetarians, think nothing of the following scenario:

The animal lover (?) goes outside in their backyard where they have a few chooks and a pet lamb. The lamb runs up to be patted, but the animal lover (?) grabs it, and while the lamb looks at him/her, pulls out a large knife and cuts its throat. Blood spurts out everywhere and the lamb falls to the ground and dies, with a 'Why did you do this to me?' look in it's eyes. You then skin it, clean it, cut it up, then take the bloody pieces inside and cook it for your Sunday roast lamb. Or if you are a real carnivore, eat it raw!

No, fortunately the above rarely happens, but if you are not a vegetarian, this is exactly what happens when you have roast lamb or any other kind of flesh food as part of your diet and Sunday dinner. While you would not and could not carry out the dirty, bloody killing, you are quite happy to pay someone else - the hit man - to do it

for you. As long as you don't see the violence and suffering, it doesn't register, so is this an extremely hypocritical attitude? Yes, it is, but the meat-eater simply puts it out of their mind and ignores the moral and cruelty issue which is always present. No cruelty is ever justified, and if a child was present at the slaughter of any animal, they would be horrified, disgusted and traumatised for the rest of their life.

***If the abattoirs had glass walls, everyone would be vegetarian.***

### ◆ You don't have to be cruel to be kind.

When you make a financial Contribution either by donation or bequest to a health charity, are you unknowingly supporting animal experimentation? Be aware of how **YOUR** charity dollars are spent. Visit [www.humanecharities.org.au](http://www.humanecharities.org.au) to discover which charities do not support animal-based research or contact Humane Charities at: P0 Box 7018, Noble Park East, Vic 3174

### ◆ With Compassion & Soul

Long-time supporter of Anti-vivisection Union SA, Bev Luff has recently launched a new web site that "...raises money and collects donated veterinary and medical supplies here in Australia, then distributes these donations to selected animal shelters in developing countries who have sterilization, vaccination & education programs in place". A great initiative to support. See:

<http://www.withcompassion.com.au/> or contact VegSA.



## Book Review The Melbourne Veg Food Guide

*Edited by Lisa Dempster and published by Aduki Independent Press.*

Recently we were offered a review copy of The Melbourne Veg Food Guide. As we were about to leave for a week in "Australia's most vegan-friendly city" (Melbourne) we naturally agreed. This little book, small enough to fit easily into the hand bag or back pocket turned out to be invaluable when dining out or buying a veg snack. It was also of great interest to our Melbourne hosts.

The book reviews over 80 venues for "Food", "Service", "Ambience" and "Value for \$" - giving each a score out of 20. It is arranged in areas: CBD, four suburban areas and regional - making it easy to find what's needed (helped also by the index). It also lists current prices, opening hours and a brief comment on each venue.

It really was a helpful little book, though some might need glasses to read the small print. We appreciated its usefulness. I would suggest that a fold out map or even a simplified map showing suburbs would be very helpful for visitors who are not familiar with the area.

*Reviewed by Anne ('Food for Thought' editor)*

RRP \$14.95, 112 pp. For more information and to purchase a copy go to the Aduki website: [www.aduki.net.au/books-current.html](http://www.aduki.net.au/books-current.html)

**Footnote:** *One particular venue we especially appreciated was 'LENTIL AS ANYTHING' at the Convent, Abbotsford. Open 7 days, 9am - 9.30pm. The striking thing about 'Lentil as Anything' is that customers pay what they consider the value of the meal or 'donate' \$'s as they wish. This means anyone can eat no matter what their income. 'Lentil' has 5 venues with others planned. It is largely run by volunteers and provides training and employment to over 100 staff mainly from migrant and refugee backgrounds supported by a range of other programs.*



# Products on the Market

## Vegan Products

*The recent Vegan Festival provided an opportunity for vegan companies to promote their products to the public. Below is a list of vegan product suppliers. Companies marked \* gave generously to raffle prizes for the Festival. Contact individual companies for more details or visit their website or your local health shop or supermarket.*

◆ **ORGRAN NATURAL FOODS\***: 48-53 Aster Ave Carrum Downs Vic 3201  
Website: [www.orgran.com](http://www.orgran.com)

◆ **LEEDA NUTRITION\***: PO Box 714 Mudgeeraba Qld 4213 ph 1800 353 896  
Website: [www.ledanutrition.com](http://www.ledanutrition.com)

◆ **SWEET WILLIAM\***: Unit 26, 30-32 Perry St Matraville NSW 2036  
Ph: 1300 656 223 Website: [www.sweetwilliam.com.au](http://www.sweetwilliam.com.au)

◆ **KING INTERNATIONAL** for 'KINGLAND' Soy Cheeses, tofu, etc. 606 Boundary Rd. Archerfield Qld 4108 Ph 07 3277 7899 Website: [www.kingintel.com.au](http://www.kingintel.com.au)  
SA Distributor: BRONHILL Ph 8188 0330 e-mail: [sales@bronhill.com](mailto:sales@bronhill.com)

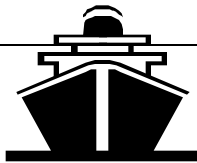
## Vegetarian products

*All products from LAMYONG & SANITARIUM are vegetarian, many are also vegan.*

◆ **SANITARIUM**: Australia Health & Nutrition Ass. 1 Sanitarium Dr. Berkley Vale 2261 ph 1800 673 392 (Also has a nutritionist available to give phone advice)

◆ **LAMYONG VEGETARIAN HEALTH FOODS**: 12/574 Woodville Rd Guildford NSW 2161. Ph 02 9632 1147 e-mail: [sales@lamyong.com.au](mailto:sales@lamyong.com.au) [www.lamyong.com.au](http://www.lamyong.com.au)  
**SA distributor**: GREENVALLEY VEGETARIAN HEALTH FOODS: 5 Elford St. Elizabeth 5112 Ph 08 8252 9098 e-mail: [ykfong@lamyong.com](mailto:ykfong@lamyong.com)

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**WARNING:** *Always read the label when purchasing products you think are vegan/vegetarian. Karin (VegSA member) has just discovered that **Masterfoods Barbecue Smokey Seasoning** and **Pizza Topper** both contain **NATURAL CHICKEN EXTRACT**. So too does **McKenzie's Lemon pepper seasoning**. Many thanks to Karin for info.*



## **'Sea Shepherd' is VEGAN!**

*(e-mail from Natalie Penn on behalf of Sea Shepherd)  
[nataliepenn@optusnet.com.au](mailto:nataliepenn@optusnet.com.au)*

Are you aware that the Sea Shepherd Environmental society run their ship's galleys 100% VEGAN! Sea Shepherd are currently in Australia preparing to embark on their next mission to patrol the Southern waters to protect Whales and other sea life in danger of being hunted in the continued illegal culling actions of whaling nations. Sea Shepherd's boat - The MV Steve Irwin is manned by volunteers and their kitchen is 100% vegan. The work that Sea Shepherd does is invaluable as they undertake to protect the ocean and its inhabitants for us all. Whilst Governments create legislation and then fail to police their policies it has fallen to individuals to bridge the gap and put themselves on the front line. Please follow this link to the Sea Shepherd website and their wish list for vegan food. <http://www.seashepherd.org/australia/brisbane-and-gold-coast.html#wishlist>

*Note: VegSA will recommend the above companies' products to the Sea Shepherd*



## IN THE MEDIA

### ◆ Beans Means Healthy Bowels!

Next time while shopping at the supermarket pick up a can of baked beans - they could be the key to reducing your bowel cancer risk. A new study at Flinders Uni has confirmed foods high in resistant starch, such as baked beans, rice and pasta, can improve bowel health and reduce the risk of bowel cancer, the most frequently occurring cancer in Australia today.

Most foods are digested in the small intestine but resistant starch resists digestion in the small intestine and reaches the bowel. In the bowel it is fermented by bacteria which produce short chain fatty acids. The fatty acids provide a source of energy for colon cells and are proven to be an effective anti cancer agent.

Professor of Gastroenterology at Flinders Medical Centre and Flinders University **Graeme Young** and Research Fellow **Dr Richard Le Leu** recently conducted the study using a product high in resistant starch called Hi-Maize - a food ingredient made from specially bred Australian corn. The study showed a 30 percent increase in the death of potentially cancerous cells in the colon when the diet included more than 20 percent Hi-Maize.

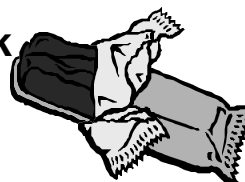
Death of genetically damaged cells occurs through an automatic biological function called apoptosis. Without apoptosis, the genetically damaged cells could multiply and develop into colorectal cancer. A diet high in resistant starch increases the apoptotic response and may reduce the risk of developing bowel cancer. A 10 percent Hi Maize diet supplemented with probiotics has also been found to increase apoptotic response. Probiotics are a food ingredient commonly found in yoghurt and fermented milk drinks that deliver external friendly bacteria to the gut.

Professor Young and Dr Le Leu now plan to test the resistant starch and combined starch probiotic diet for their effect on colonic tumour development.

*From "The Investigator" (Newsletter of Flinders Medical Centre Foundation) Summer '04.*

### ◆ Chocolate to Reduce Heart Disease Risk

We all like to think chocolate is doing us some good, but now the research has backed up our hopeful thoughts. Eating dark chocolate daily for two weeks may lessen the risk of heart disease. However there is a catch: It must be dark chocolate and only eat a couple of chunks daily - not the whole block! Unfortunately it is not a case of 'more is better'! Two pieces a day is sufficient to reduce high blood pressure and the risk of diabetes - both are major risk factors for heart attacks and strokes. The results, published in the August issue of *Journal of Nutrition*, reported that dark chocolate triggered significant falls in blood pressure whereas white chocolate had no effect whatsoever. It is believed the 'flavonols' in cocoa work by increasing production of nitric oxide which helps relax artery walls and aides blood flow.



*From "Go" (magazine issue 12) published by Go Vita Health Stores  
website: [www.govita.com.au](http://www.govita.com.au)*

*Go Vita health shops have a good range of organic dark chocolates for purchase.*

## ◆Simple Solution For Nuclear Problems

*from D.E. Trainer, Dept. of Education, University of NSW*



I would like to announce an extremely important research breakthrough my studies have recently led me to. One which would completely solve all the problems of nuclear energy. The answer is the clothes lines. If Americans were to change to using clothes lines the entire range of problems to do with nuclear energy would be eliminated. In the United States clothes driers consume about 14 per cent of electricity, and nuclear reactors produce about 14 per cent of electricity. So if they just changed from using electric clothes driers to old fashioned (solar powered) clothes lines they would have no need for nuclear energy. See how much bother we would save ourselves if we lived more simply. *Ted Trainer, Kensington (NSW)*

## ◆More Important than the U.S. Presidential Election?

At the same time of voting for the U.S. presidency, voters in California will be deciding on 'Proposition 2' which requires that by 2015 battery cages be eliminated and farm animals be able to stand up, lie down, turn around and fully extend their limbs. Many pro-veg organisations are involved – for more info go to:

<http://www.nytimes.com/2008/10/26/magazine/26animal-t.html?ref=magazine&pagewanted=print>



## VegSA Annual Summer Picnic

*It's on again – the annual Society picnic!*

Sunday Feb. 1<sup>st</sup> from 12 noon

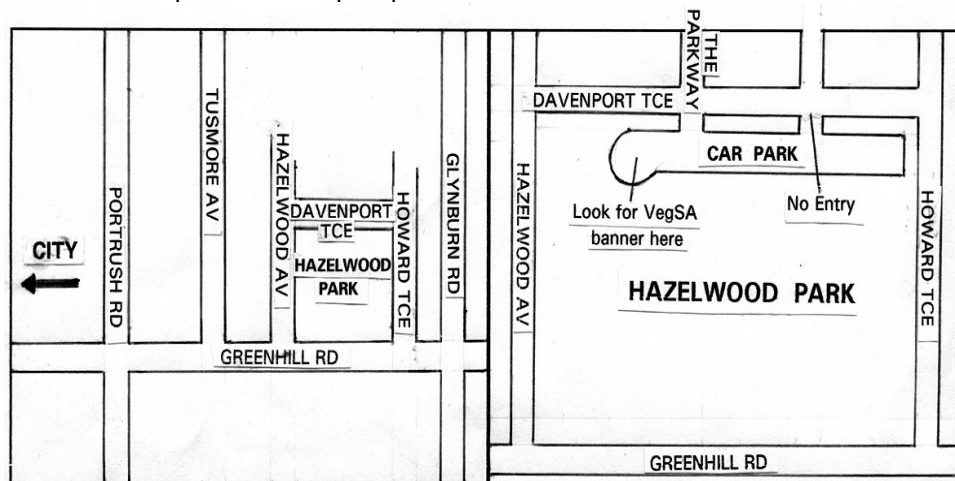
**Bring:** Vegetarian/vegan food to share, drink, plates, cutlery, chairs, rugs, cushions. Family and friends welcome!

1.15pm (approx.) **Guest Speaker:** Pam Marshall from The Self-Sufficiency Shoppe.

“Living in Harmony with the Planet”– Safe, environmentally friendly (and non-animal-based) alternatives to commercial products for green cleaning, skin care, personal care, chemical free living & more.

**Where:** Hazelwood Park Greenhill Rd, Hazelwood Park (see map below)

**Special Note:** Hot weather policy - If temperature forecast for the day is above 36 °C picnic will be postponed. Contact: Anne 8390 2314





## **-VegSA- DIARY DATES**

### **VegSA Annual Summer Picnic**

Sunday 1st February 2008 from 12 noon

Hazelwood Park Greenhill Rd, Hazelwood Park

**(see map and further information page 7).**

Bring: Vegetarian/vegan food to share, plates cutlery, chairs, rugs, cushions, friends and family. Everyone welcome

For more information call Anne on 8390 2314

### **VegSA Southern Monthly Social Get together**

**2nd Sat. from 12 noon, Great Nature 3/48 Beach Rd Christies Bch.**

Dec 13th, Jan 10th, August 9th, Sept 13th

No booking needed but check details with Su on 8326 1062 [info@vegasa.org.au](mailto:info@vegasa.org.au)

### **Adelaide Vegans Get-together**

**1st and 3rd Fridays each month at different Adelaide Eateries**

Bookings essential Please contact John at [jbrasted@internode.on.net](mailto:jbrasted@internode.on.net)

Or join Adelaide Vegans yahoo group via <http://adelaidevegans.org>



### **Raw Life Picnic**

**1st Sunday each month 2pm-5pm in or near Adelaide.**

Please contact Paulina at [vegan.pea@gmail.com](mailto:vegan.pea@gmail.com) for more info.

No RSVP needed, just come! BYO raw food/concoction to share.

### **Natural Health Society (SA)**

**1st Tuesday each month 7.30pm meeting and lecture**

Unley Citizens Centre 18 Arthur Street Unley

info: Secretary, 8277 7207 website [www.naturalhealthsa.com.au](http://www.naturalhealthsa.com.au)

Tues Feb 3rd: Dr Andrew Harms, Dental Specialist

**'THE DARKSIDE OF FLUORIDATION: WHY I CHANGED MY MIND'**

Tues March 3rd: Isa Barone of Coeliac Society: **'WHEAT INTOLERANCES'**

**NOTE: VEGAN-FRIENDLY EVENTS IN SOUTH AUSTRALIA ARE NOW ON THE  
CALENDAR at [www.veganfestival.info](http://www.veganfestival.info)**



**VegSA Committee would like to wish all  
members a Happy (vegetarian/vegan)  
Christmas and prosperous New Year for 2009!**

VegSA PO Box 311 Kent Town SA 5071 phone 08 8260 2778

[info@vegasa.org.au](mailto:info@vegasa.org.au) [www.vegasa.org.au](http://www.vegasa.org.au)