



Food for Thought

Vegetarian & Vegan Society (VegSA) Inc.

Newsletter

Issue 4/13 - December 2013

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Animal Welfare in the Media

'A Great Building' - 'The Advertiser' Saturday November 23 2013 gives triumph to the \$200 million newly built South Australian Health and Medical Research Institute (SAHMRI) on North Terrace near the new RAH site. "...home to 675 of the world's elite scientists a bold design meant to take researchers from their often dark, hidden-away labs to a different plane where they can be seen through glass - and inspire others to join the world of science....". No mention of the fact that it will also be a centre for testing on animals.

Help stop animal testing at the new SAHMRI facility - sign the petition today. So far 2,735 signatures have been sent to the Premier of SA and the SA minister for health and ageing.

MORE SIGNATURES ARE NEEDED (at least 50,000). Go to:

<http://www.thepetitionsite.com/396/486/336/stop-the-sahmri-testing-on-animals/#sign>

(For more information about animal testing see Food for Thought - June 2013)

(Submitted by Pam Marshall)

No Independent Inspector-General of Animal Welfare and Live Animal Exports to be appointed

Unfortunately the previous Government did not follow through on this commitment (made 31/7/13) before the election and the new Government has said it will not make this appointment.....*ABC radio report.*

Survey: Most important reasons for reducing meat & dairy intake

OXFAM Australia recently conducted a survey on its website asking readers what they thought was the most important reason for reducing their meat and dairy intake.

Interestingly the highest number_ - 28.3% - said **Animal Welfare** (e.g. mistreatment in factory farms). 23% said **Land** - livestock production accounts for 70% of all agricultural land around the world, this could be better used for food for humans. 23% said **Climate Change** - the livestock sector produces more greenhouse gases than transport - about 18 percent. 11.7% said **Water** - 500g of ground beef uses over 8,000 litres of water to produce. 14% said **Health** - adverse health consequences such as cardiovascular diseases and some cancers are associated with high meat diets. See the website if you wish to respond to or view the survey:

www.oxfam.org.au/grow/method/

Note: Ironically, whilst OXFAM is obviously aware of the negative effects of meat and dairy consumption it continues" to offer customers the opportunity to purchase a goat, duck, chicken or piglet as aid to a disadvantaged community or family



Continued page 3



VegSA News

♦ **Report: SPECIAL GENERAL MEETING** held Saturday Nov 23 at Enliven Holistic Health Café (467a Brighton Rd). Four proposals were put forward (as circulated to members). All were passed with one small amendment. The main purpose was to bring the mode of operating for the Committee up to date, principally to formally recognise that much committee communication these days takes place by electronic means (including phone) not just at formal Committee meetings. Adding these amendments to the Constitution will make it easier for the Committee to function. The formal business meeting was followed by lunch. The Committee would like to thank those members who attended and those who sent proxy forms also Scott and Evalyne at Enliven for their hospitality. (See review under 'Eateries')

♦ **The Year in Review.** 2013 has been a fairly quiet year. Unfortunately no major Vegan Day event /Vegan Festival was held this year due to the main organisers' other commitments. Hopefully, if there are enough enthusiasts, something equal to previous years' events will happen in 2014.

- **Animal Liberation SA's "Walk with the Animals"** - perhaps the most outstanding event for the year - held in April. VegSA held an info stall at the event.
- **VegSA Garage sale** raised \$210 and helped recycle a lot of unused stuff!
- **Information Service:** VegSA continues to respond with information for members of the public, media and government departments and has had several requests this year from students needing help for assignments.
- **Finances:** As with many similar community groups, membership numbers (especially people receiving the magazine with their subscriptions) has dropped slightly. But we are still a little ahead on last year.
- **Contributions:** The committee voted to put aside \$200 (mainly from fund raising) in readiness to respond to requests for aid, especially emergencies. So far this year we have donated \$50 to Animals Australia, \$50 to help wildlife affected by bush fires in NSW and \$75 to IFAW for animals affected by the typhoon in Philippines.
- **Regular get-to-gethers:** VegSA groups have continued to organise regular events. In October the **Northern Group** visited the Farmers Market at Parafield (Corner Kings Rd/Main Nth Rd). A bustling event with many (mainly food) stalls. Growers bring produce from local farms and gardens. In addition to a range of cooked and baked goods there was a great choice of fresh fruit and vegetables, notably one or two stalls with organic produce. Following the market the group enjoyed a reasonably priced vegetarian lunch at the Salisbury North Football club. **Vegewise** events have recently been "on hold" due to the coordinator's other commitments. Pam runs regular workshops for her business (www.theshoppe.com.au) and sometimes finds it difficult to fit Vegewise dates into her busy schedule. If anyone is interested in helping Pam organise events please contact her on 8374 2531. **Southern Group** continues to meet



Northern Group - Parafield Gardens Market



Regulars at Great Nature

on second Saturday each month at **Great Nature** 3/48 Beach Rd Christies Beach. Sarah, John and their daughter have been running Great Nature since Dec 2000. Their aim is to introduce friends and customers to vegetarianism by providing tasty food for which no animal has had to die. In addition to very reasonably priced eat-in and take-away vegetables dishes there is a range of grocery items all of them vegan "to cater for every one" (except that there is honey in some of the teas, "as bees did not have to die"). They believe that vegetarianism is becoming more popular as customers also introduce their friends. Southern Group welcomes visitors. (For contact info & more upcoming events see DIARY DATES last page)

◆ **Help Urgently Needed.** Currently the secretary is responsible for all record keeping including memberships, minutes of meetings and correspondence, handles the banking and also is responsible for the newsletter, including mail-out. Due to increased family commitments she is no longer able to commit several days per week to these jobs. To make her role manageable we urgently need a member (or members) to help with some of these tasks. Currently what is most needed is help with membership records. This would entail receiving details of memberships renewals and new memberships and keeping these records up to date. Currently this is on an Excel file. Mailing labels are printed from these records for the mail out once per quarter. A 'Membership Secretary' - for example - could do this or send the data to the Secretary for processing. For any one with basic knowledge of Excel this work would be easy. For any one without experience of Excel, but basic typing skills, it is knowledge that could be quite easily acquired. This is an opportunity to help the Society and the work it does and perhaps gain useful experience. If able to help call the secretary on 8390 2314 or email vegsocsa@gmail.com

'RED VEG' Website for veg'n blood donors - www.redveg.com.au

'Red Veg' is an online resource for Vegetarians and Vegans who donate blood (and people considering giving blood). The website includes a tally, state by state, of Red Veg members donating blood. Its purpose is to promote and highlight the healthy and ethical lifestyle of vegetarians and vegans. You can give blood if you are: aged between 16-70 years, weigh more than 45kg, healthy and not suffering from a cold, flu or other illness at the time of donation or in the previous 7 days. (Note: There can be some time restrictions if you have recently travelled abroad.) 1 whole blood donation saves up to 3 lives! If you give blood, you can sign up for RED VEG at www.redveg.com.au



Animal Welfare in the Media (continued from page 1)

◆ **Woolworths to phase out caged eggs:**

Lyn White of Animals Australia tells us that Supermarket giant Woolworths has announced a complete phase out of cage eggs over the next five years. Animals Australia's Make it Possible campaign has already reached millions of Australians with the truth about cage eggs and factory farming. Woolworths says that rising consumer concern for animals is the primary motivator behind today's landmark announcement. (4 October 2013)

◆ **Global Farmed Fish Production Now Tops Beef Production:**

This year, for the first time ever, people will eat more fish raised on farms than caught in the wild. Farm-raised fish are being fed antibiotics, synthetic pigments, and pesticides, along with highly toxic compounds like copper sulfate. Not only do we ingest these drugs and chemicals when consuming the fish - these toxins also build up in sea-floor sediments and pollute our oceans and the native fish in the area. With industrial fish farming, many of the same problems of factory farms are now being taken to the seas — on a massive scale. (5 September 2013) *Ocean Robbins* <ocean@foodrevolution.org>

ACKNOWLEDGEMENTS:

Editor: Anne Sanders, **Assistant Editor and Lay-out:** Pam Marshall. **Mail out:** Committee and members. **THANKS** to VegSA members who have contributed information. Responsibility for all editorial comment is taken by A. Sanders, Institute Road, Montacute, SA 5134. Printed on 100% recycled paper by Tammy Franks MLC, Parliament House, North Tce, Adelaide SA 5000.



Products on the Market

◆ **CLEAN WATER KITS.** Apologies for not including full contact details for Clean Water Kits in the last issue. Inadvertently the wrong version of the advert was used.

Contact details are: www.cleanwaterkits.com.au info@cleanwaterkits.com.au

Phone 61 2978 72241 or 0411 241 582

Clean Water Kits use a state of the art filter system to remove bacteria, parasites and chemicals from any fresh water. Travel kits costs approx \$108 + postage. Larger systems for home and commercial use. Each sale also helps provide clean water for projects overseas.

Editor's note: I recently took a portable Clean Water Kit to Nepal. It is quite small and light, consisting of a strong food grade plastic bag containing the filter attached to a hose which carries the filtered water to your container. Each night I filtered enough for 2 people for the next day, but could have done more. Whilst the cost of the kit is quite considerable it saved buying bottled water and saved on land fill. Neither of us got sick even though in some places the water was awful - even for the locals. I would recommend this for camping and overseas travel. Suitable for singles and up to a small family.

◆ **AUSTRALIAN EATWELL Burgers (Coles).** Available in several flavours, some organic, "suitable for vegans", no GMOs. \$5.20 for 500gr **Australian Eatwell** ph 1300 780 232 Recommended by member Sam Gee. Also available **Coles Mini Christmas Pudding** 110g \$2.50 "suitable for vegetarians and vegans"

Handy Shopping Hint: When buying peanut paste from a supermarket - always read the ingredients as some contain added sugar, salt, emulsifiers

VegSA RESOURCE COLLECTION

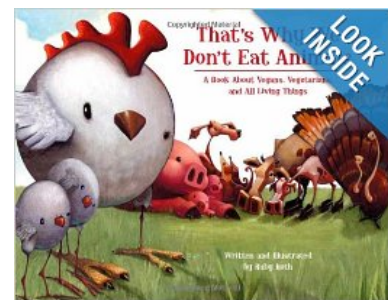
In 1952 when VegSA (then the Vegetarian Society of South Australia) was founded one of its key aims was to establish a resource library of relevant books. A Librarian was considered one of the key roles in the Society. As a result VegSA still has a considerable collection of books old and new including some classics, also DVDs. *We have recently updated the list (included with this newsletter).* Members can borrow books and DVDs by contacting our Librarian Kay Lewis (ph 83369078, mob 0432242379). Kay lives at Hectorville but arrangements can be made to collect items for loan at VegSA events or through other Committee members i.e. within the Metropolitan area. Loans to members in rural areas would require special arrangements

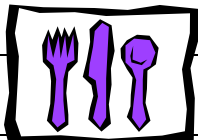
New in the Resource Collection:

THAT'S WHY WE DON'T EAT ANIMALS - A Book About Vegans, Vegetarians And All Living Things.

Text and Illustrations Ruby Roth, Pub. North Atlantic Books, Berkeley, California, 2009. Cost \$25 from Everything Vegan, 270 Wright St Adelaide.

Through somewhat zaney illustrations and a clear, easy to read text Ruby Roth explains the rationale behind an animal free diet. She describes the lives of animals (including those which are farmed) as they live in a more natural state and compares these with the deprivation of animals in factory farms. She goes on to explain the affects of farming and fishing on the environment and that we can make healthier choices. In 48 pages (most of them with minimal text) she touches on a range of ethical issues (without labouring the point) concluding that, "We may think we are separate but we are all woven into the same web of life. We must consider how the foods we eat affect the planet". Despite the seriousness there is nothing gory about the story or the illustrations. **That's Why We Don't Eat Animals** is told in language that a child could use in explaining a veg'n point of view to others. Suitable for primary age readers or to be read to children from around six years of age.





Eateries Update

- ◆ **THE MAC FACTORY** 190b Hutt St Adelaide (above Post Office) ph 8223 3887
Specialises in hand made gluten, artificial flavour and preservative free **MACAROONS**.
Open Fri 8am – 6pm, Sat and Sun 8am - 3pm Orders, including for weddings, can be phoned/emailed at other times.
In addition The Mac Factory is open for breakfast Saturday and Sunday 8am -1pm.
Uses only free range eggs plus has several vegan offerings. Dishes cost around \$15. Bookings are recommended. Also see: www.macfactory.com.au

- ◆ **ENLIVEN HOLISTIC HEALTH CAFÉ** 467A Brighton Rd South Brighton ph 0449 516 298
VegSA members had lunch at Enliven recently. Food is organic and mainly locally sourced with a good choice of juices, smoothies, Fair Trade coffees and teas, wraps and burgers, plus soups and sweets. Located in a corner of the shopping centre (next to Save the Children Fund shop) just south of Jetty Rd. Brighton. Car parking available in front of Cafe,

- ◆ **MR INDIA** 218-220 Old South Rd, Old Reynella Ph: (08) 8387 9999 (has good veg'n options).
See website/menu for more info. www.mrindia.com
"Three of us enjoyed a meal here - all vegan. The menu clearly shows vegan, vegetarian and gluten free options. We shared entrees: onion bhaji and potato wedges. Mains: naan, Pumpkin, Chickpea & Spinach Salan, Aloo Chole Masala (chickpeas & potato) & Subzi Kadhai (vegetables/spices). I would highly recommend Mr India for lunch/dinner. They also do takeaway".
Su Stephens (VegSA events Coordinator)

- ◆ **SUKH SAGAR STREET FOOD INDIAN VEGETARIAN RESTAURANT** 4/85 Prospect Rd Prospect (in Foodland Mall). Open daily 11am – 10pm (Park and enter from rear after 8:30pm) ph 7120 2030 www.sukhsagar.com.au Reasonable prices. Uses milk in some dishes, but no egg.
Thank you to Ewan Pettigrew for info about Sukh Sagar. (VegSA is visiting on Jan 18 - see Diary Dates next page).

- ◆ **VEGIE VILLAGE** 255 Waymouth St Adelaide ph 8212 3323. New hours: Mon–Sat 11am – 3pm, Friday to 9pm (*Vegewise will visit Vegie Village on February 19th - see next page*)

Upcoming Events:

- ◆ **Wakefield Press Christmas Book Fair:** Don Pyatt Hall, Norwood Town Hall (entrance from George Street). Fri. 13 Dec. 9.00 am – late Sat 14th 9.00 am – 5.00 pm, Sun 15 10.00 am – 5.00 pm: - book launches, author talks, publishing advice, kids' corner, great prizes etc.
South Australia's Wakefield Press at 1 The Parade West, Kent Town (just round the corner from KT Post Office) publishes many attractive books inc. vegan, vegetarian, environmental. When in the area call in and look at their specials tables: Open business hours (Mon – Fri)

- ◆ **Vegan Book Signing:** Sat. 21st Dec 1pm-3pm: *"Vegans Are Cool"* and *"Plant-powered Men"*.
Author Kathy Divine will be at Everything Vegan (270 Wright St Adelaide), She will also be available to answer your questions about the books and veganism in general. Books will be available to purchase for \$15.65. For more info about the books: www.VegansAreCool.com and www.KathyDivine.com

- ◆ **Animal Liberation SA:** Campaigns on animal rights including rallies against Live Exports and Jumps Horse Racing. Campaigns/members meeting usually first Sunday each month at 19 Green St, Brompton. See website for more info: www.animalliberation.org.au
email: animal.lib.sa@gmail.com Ph: (08) 8340 8878

- ◆ **Natural Health Society (SA)** Meeting and lecture 7.30pm 1st Tuesday each month (except Jan).
Unley Citizens Centre, 18 Arthur Street Unley. **Feb:** Speaker - Tony Gagliardi (Naturopath and Herbalist). **March:** AGM and Speaker



VegSA Diary Dates

Upcoming VegSA Events:

- ◆ **Vegewise Christmas Lunch - Sunday December 8** 12.30 pm at John & John Pauline's home, 2136A Gorge Rd Cudlee Creek. Please bring veg./vegan food to share – BBQ available for use – also Christmas Cake (vegan). Bookings essential - phone Pam 8374 2531 or email pam@theshoppe.com.au (*Phone from Cudlee Creek on arrival for directions, if necessary: 8389 2341 or 0419 035 227*). **Open to all members and friends.**
- ◆ **Annual VegSA Picnic - Sunday February 2 from 12 noon.** Hazelwood Park (Greenhill Road). Celebrate the end of the holiday. Reunite with friends and colleagues. Enter from Davenport Tce (back of park). Look for VegSA banner. Bring vegetarian/vegan food to share, drinks, cutlery, plates, something to sit on, children, friends and furry ones. Free event but voluntary collection to help VegSA's aid fund. Note: *if forecast is for 36°C or above event will be cancelled.*
- ◆ **Lunch at the Green Room - Saturday February 22 12.30pm.** 2 High St Willunga. Bookings to Su by Wed 19 Feb. ph 83261062 or email vegsu2003@yahoo.com.au
- ◆ **Lunch at The Annex - Saturday March 22 12.30pm.** 3 Waterloo St Glenelg Bookings to Su by Wed 19 March ph 8326 1062 or email: vegsu2003@yahoo.com.au
- ◆ **Vegewise** (*Meets third Wed monthly at vegetarian venue or one with good veg'n options. Bookings essential by Monday pm. No bookings - event will be cancelled.*)
Vegewise Christmas Lunch - Sunday December 8 (see listing above)
February 19 12md Veggie Village 255 Waymouth St Adelaide. Bookings Anne 8390 2314
- ◆ **Northern Vegetarian Group:** Saturday Jan 18 1pm inviting friends and members to eat at **Sukh Sagar new Indian Vegetarian Restaurant** 4/85 Prospect Rd Prospect (in Foodland Mall) - see Eateries review page 5. *Bookings to Karin 8260 2778 or 0466 973 236 or vegsocsa@gmail.com by Thursday Jan. 16.*
- ◆ **Southern VegSA Group monthly social get together: 2nd Saturday of the month from 12 noon.** Great Nature 3/48 Beach Rd, Christies Beach. No Booking but check in case of changes with Jill: 8386 1943 or Su 8326 1062
- ◆ **VegSA MAIL OUT:** usually 1st week end in the months of March, June, Sept and Dec. We are always grateful for help to fold newsletters and prepare and fill the envelopes. This is also an opportunity for socialising and sharing. If you think you would like to help please email vegsocsa@gmail.com or phone Secretary on 8390 2314.

Other Activities

- ◆ **Adelaide Vegans:** *Brings vegans together for networking and social gatherings.* Dinner Friday evening at various vegetarian restaurants. Bookings essential to enable the venue to reserve a table. For details and booking see 'EVENTS' page at: www.adelaidevegans.org or contact. Shane: swardshane@yahoo.com ph 0410 481 290. Also.....
Raw Picnic last Sunday (most months) ph Morgaine 0435 519 477 or Ken 84316862
- ◆ **Adelaide Vegans Christmas Picnic** Sun Dec 15. From 12 noon Botanic Park, opposite Friends Gate. Bring raw or cooked vegan food to share, friends and furry ones. See www.adelaidevegans.org/events or contact Ken on 8431 6862 or email: kenlawson999@gmail.com
(More Upcoming Events previous page)

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