

Food for Thought

Vegetarian Society of South Australia

Newsletter

Issue 2/09 – June 2009

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VegSA Business:

Annual General Meeting 2009

The AGM on Sun May 17th, followed by lunch and talk by Pam Marshall (see report page 6) were well attended. During a very orderly meeting the members passed the proposition: “**that the Vegetarian Society of South Australia change its name to Vegetarian and Vegan Society (VegSA) Inc.**”. The purpose of this change is for VegSA to be more inclusive by including people who consider Vegan as separate rather than as a sub set of Vegetarianism (which traditionally is how it has been regarded). Plus to acknowledge that many members are either vegan or working at reducing all animal based products from their lives as far as possible. However, a number of members pointed out that including the word “vegan” could discourage people at the other end of the scale considering vegetarianism and a meat-less diet. The Society will bear this in mind and support and encourage anyone making an effort to reduce the use of animal based products in their life (whether it be for health, environmental or humanitarian reasons).

VEGSA MANAGEMENT COMMITTEE 2009-2010

At the AGM the following members were elected to the Committee

POSITION	PHONE NO.	E-MAIL
PRESIDENT: Anthony McAulay	0415 286 858	Jimih76@adam.com.au
VICE PRESIDENT: Ravi Subramanian	8357 6629	ozravis@yahoo.com.au
SECRETARY: Anne Sanders	8390 2314	vegsocsa@gmail.com
TREASURER: Anthony McAulay	0415 286 858	Jimih76@adam.com.au
COMMITTEE MEMBERS:		
Alice Shore (Minute Secretary)	8568 5181	Contact through VegSA
Karin Basse (Asst. Secretary)	8281 7694	glad2bveggie@gmail.com
Eilis O'Brien	8263 4882	
Su Stephens	8326 1062	vegstu2003@yahoo.com.au

We welcome Eilis O'Brien to the Committee and are fortunate that most of the other Committee members are able to continue their role. If you have issues or ideas that you would like to bring to the attention of the Committee please contact VegSA. Currently the Committee meets at the Conservation Council of SA, 157 Franklin St. Adelaide on 1st Sunday of month once a quarter (June, Sept, Dec, March) to work on

the magazine and newsletter mail-out (other meetings are held during the year when necessary). All VegSA members are invited to attend and to speak to the meeting (at the discretion of the Chairperson) plus take part in the discussion. We look forward to seeing members at these meetings. (Please contact VegSA beforehand so that the front door can be left unlocked).

Other Society Business:

♦ **Special General Meeting**

The decision to change the Society's name at the recent Annual General Meeting means that some minor changes to the Constitution will be necessary (e.g. including the word "vegan" where relevant). Enclosed are the suggested changes to the Constitution. A Special General Meeting is required in order to approve these changes. This will take place on Sunday July 12th before the meal at Vegetarian Delight (see 'Diary Dates' page 8). You are encouraged to attend the Special General Meeting to meet other members and give your support (even if you do not want to join us for lunch).

♦ **'Veg-Seniors' Group** (no official title yet!)

On May 13th seven members of our newly formed seniors group met for the first get-together at 'Bliss Organic Café'. It was a friendly gathering with many mutual topics of interest and sharing useful information. All thought it a great idea to continue the trend by meeting monthly. The next gathering will be at 'Tea House and Coffee for Others' on Tuesday June 16th (see Diary Dates for more information). Everyone is welcome – if interested in attending or in joining the Group please contact VegSA.

♦ **E-mail Addresses**

Does VegSA have your current e-mail address? We recently updated our e-mail contacts list, but a number of e-mails to members were returned. VegSA endeavors to send only e-mails relevant to the Society's business or information on pressing matters that we feel you might like to respond. Please let us know if you would prefer emails relevant only to VegSA business and we will make the necessary changes. If you have changed your email address recently please inform VegSA.

♦ **Thanks for Your Donations**

VegSA is grateful to members who add that little extra when paying their subscriptions. This not only helps us keep our fees at a minimum but contributes to the running of the Society with a little left over to contribute to any deserving and needy animal organizations. We particularly appreciated a donation from member Olive Butler made on behalf of her granddaughter on the occasion of her wedding. We thank Olive and wish Gemma and Daniel a long and happy life together.

♦ **Is Your Medical Practitioner 'Vege-friendly'?**

VegSA is putting together a list of General Practitioners and other medical practitioners who are vegetarian or sympathetic to vegetarians/vegans. Currently the list is very short but we would like to add GP's (in particular) in as many areas as possible. Please send your suggestions to VegSA.

There is a website for locating 'alternative' practitioners in your area which may be of interest to members: www.atms.com.au or phone 02 9809 6800 or PO Box 1072 Meadowbank, NSW, 2114

"The Doctor of the future will give no medicine, but will interest his patients in the care off the human frame, in diet and in the cause and prevention of disease."

Thomas Edison

With Deepest Sympathy

It is with great sadness that we report the recent sudden death of member Carol Sclare. VegSA (and especially members who enjoyed a recent visit to her and her husband's home at Kapunda) extend our condolences to Geoff and family.



In the Media

♦ Study of Vegan Diets on Buddhist Nuns in Vietnam

Study Title: Veganism, bone mineral density, and body composition: a study in Buddhist nuns.

Authors: Ho-Pham LT, Nguyen PL, Le TT, Doan TA, Tran NT, Le TA, Nguyen TV Pham Ngoc of Thach University of Medicine, Ho Chi Minh, Vietnam.

Statement: *'Whether a lifelong vegetarian diet has a negative effect on bone health is a contentious issue. We undertook this study to examine the association between lifelong vegetarian diet and bone mineral density and body composition in a group of postmenopausal women'.*

Method: One hundred and five Mahayana Buddhist nuns and 105 omnivorous women (average age = 62, range = 50-85) were randomly sampled from monasteries in Ho Chi Minh City and invited to participate in the study. By religious rule, the nuns do not eat meat or seafood (i.e. are vegans). Bone mineral density (BMD) at the lumbar spine (LS), femoral neck (FN), and whole body (WB) was measured by DXA (Hologic QDR 4500). Lean mass, fat mass, and percent fat mass were also obtained from the DXA whole body scan. Dietary calcium and protein intakes were estimated from a validated food frequency questionnaire.

Results: There was no significant difference between vegans and omnivores either before or after adjusting for age. The prevalence of osteoporosis (T scores ≤ -2.5) at the femoral neck in vegans and omnivores was 17.1% and 14.3% ($P = 0.57$), respectively. The median intake of dietary calcium was lower in vegans compared to omnivores (330 \pm 205 vs. 682 \pm 417 mg/day, $P < 0.001$); however, there was no significant correlation between dietary calcium and Bone Mineral Density (BMD). Further analysis suggested that whole body BMD, but not lumbar spine or femoral neck BMD, was positively correlated with the ratio of animal protein to vegetable protein.

Conclusion: These results suggest that, although vegans have much lower intakes of dietary calcium and protein than omnivores, veganism does not have adverse effect on bone mineral density and does not alter body composition. *(From VIVA, UK newsletter)*

*From information sent by Dr Michael Greger to 'Osteoporosis International' April 7 2009.
For more detail see the website : <http://www.drgreger.org>*

Editor's comment: *The definition of Vegan is somewhat contentious as the extract does not state whether either group drank milk. This needs checking.*

♦ First Bull Fighting Ban in Spain?

After a 100-year long campaign to have bull fighting banned in Spain Catalonia might be the first region to ban the multi-million dollar bull fighting business. Several municipalities support the ban and there is a high percentage of support from the general population. Whilst there is considerable opposition from vested interests, bull fighting is not considered by many as a "good look" for Spain.

Deutsche Welle Radio (via ABC News Radio) Sat May 23rd 2009



VegSA 'Food for Thought' 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

In the Media (cont'd)

◆ The Deadly Punch of Red Meat (‘The Advertiser’ 23/3/09)

Newspaper articles such as the one opposite are now commonplace in the media. The US National Institute of Diet and Health undertook an extensive study of half a million people over 10 years. It found that high consumption of red and processed meat increased the risk of death from diseases such as cancer. With reports such as these purporting the health benefits of deleting or reducing red meat from dietary intake, along with the environmental and animal welfare issues, it's becoming more difficult to justify the eating of meat as part of a 'normal' diet.

◆ From Viva (UK) Newsletter

Last November, Viva! persuaded the 'cash and carry' chain 'Booker' to cease selling so-called 'exotic meats'. This now means that no major UK retailer currently sells kangaroo meat. It is just as well. Kangaroos are under attack in Australia more than ever before. Since 2001, the kangaroo population has plummeted by over 50 per cent due to drought and over-hunting. The Australian government's answer is to open up new killing fields in New South Wales. Viva! is determined to stamp out the 'exotic meats' trade in Britain to help protect these beautiful animals. You can get involved and find out more at www.savethekangaroo.com

Editor's note: *Many thanks to people that signed the petition against the proposed massacre of kangaroos at the Majura military base in Australia. Here's more good news: It has been postponed until June whilst a review is undertaken. However, the problem is not yet resolved, kangaroos are still under threat. If you haven't already, please sign the petition.*

◆ Vegetarianism and the

Environment : *VegSA from member Ravi Subramanian has presented an excellent article on the above topic. The article is much too long for the newsletter but here are a few interesting excerpts:*

"Vegetarians have been around for a very long time" [but] "Today in Britain just 2% of the population is vegetarian."

"In 2008, Brazil announced that in the 12 months to July it had lost 12,000 sq km of the Amazon rainforest, mainly to cattle ranchers and soy producers supplying European markets with animal feed."

The deadly punch of red meat

TORY SHEPHERD
HEALTH REPORTER

EATERS of red meat die sooner and barbecued meat packs an extra-deadly punch, a major study shows.

The U.S. National Institutes of Diet and Health study of half a million people over 10 years found the high consumption of red and processed meat increased the risk of death from causes including cancer.

Men with a high red-meat intake were more likely to die suddenly, such as from a heart attack.

Study authors, which include Dr Rashmi Sinha from the National Cancer Institute Nutritional Epidemiology Branch, say more than one in 10 deaths could be prevented by cutting red meat consumption. Cooking at high temperatures, such as barbecuing, increased the level of carcinogens.

On the bright side, however, they found people who ate plenty of white meat, such as poultry and fish, lived longer.

Adelaide-based CSIRO senior research scientist Dr David Topping said those with a high consumption of red and processed meat also had a low consumption of fibre, which could contribute to cancer.

Cancer Council Australia chief executive officer Professor Ian Olver said the study provided more evidence of the link between high levels of meat consumption and cancer deaths, but added that more research on the precise cause and effect was needed.

"(The) other factor predis-

“The average intake of meat in Australia is far in excess of the intake recommended.

— GRIFFITH UNIVERSITY NUTRITION
SPECIALIST DR SHAWN SOMERSET

posing to cancer is the fat content of the meat,” he said.

“The message for consumers is to eat a diet with a balance of all the food groups, and foods such as red meat in moderation.”

Griffith University's senior lecturer and nutrition specialist Dr Shawn Somerset believes people should eat less meat on the whole.

“The average intake of meat in Australia is far in excess of the intake recommended by the International Agency for Cancer Research,” he said.

“The current official Australian Dietary Guidelines recommend: ‘Include lean meat, fish, poultry and/or alternatives’, which is out of step with advice to reduce meat intake.”

Meat and Livestock Australia said meat contributed essential minerals to the diet and could help prevent chronic disease when eaten as part of a healthy diet.

In an emailed statement, it said the red meat eaters in the study also tended to be smokers, overweight, less active and consume higher-fat diets, with a lower intake of fruit, vegetables and fibre.

The Advertiser 23/3/09

"In September 2008, Dr Rajendra Pachauri, chair of the UN Intergovernmental Panel on Climate Change (IPCC), a vegetarian himself, called on people to "Give up meat for one day [a week] initially, and decrease it from there." This week the Belgian city of Ghent met his demands by declaring Thursday a meat-free day. Restaurants, canteens and schools will now opt to make vegetarianism the default for one day a week and promote meat-free meals on other days as well."

From The Hindu India's National Newspaper 16/5/09



Products on the Market

♦ To buy, or not to buy, South Australian

There's generally a lot of talk about protecting the environment and, in some cases, the contribution a vegetarian lifestyle can make toward assisting in this respect. Buying local food and produce lessens the impact on the environment because less mileage transporting food to the consumer means less pollution and saves energy. In South Australia we are particularly blessed that we produce top quality fruit, vegetables and grains of sufficient quantity for our needs all year round. Not only is South Australia self sufficient in food but it also exports to other states and overseas. However, if we take a look on the supermarket shelves it's quite surprising how much food is NOT South Australian.

Recently FOODLAND, in conjunction with 'SA Great', ran a campaign to promote SA products. In relation to that campaign at the recent Fruit and Veg Parade the winning ticket was drawn for a new car. Customers entered the competition by purchasing a minimum of two SA products between 20th April and 24th May. However the problem lies with the fact that finding SA made products can be quite difficult. I recently searched diligently at a local Foodland store and came up with only one packet of mixed nuts (delicious - BUT all grown locally?) and a bottle of the iconic **Bickfords** lime cordial*. Admittedly there is much in the supermarket that would not be on my shopping list. Nevertheless, the message is clear: There is still much of what we buy that is contributing to environmental pollution through long distance transportation.

So what to do? Here's some tips:

- **Buy local** as much as possible. (It also protects jobs!)
- Visit the **Adelaide Show-grounds Farmers Market** every Sunday 9am – 1pm
Leader Street, off Goodwood Road.
- Buy from your local greengrocer or, better still, local organic store – e.g.
Wilson's Organics: 57 Gouger Street, Adelaide ph 8231 5014
Organically grown: 85 St Bernards Rd., Magill Nth, ph 83641699
Central Organic: Stall 72 Central Market ph 8211 7728
- **Check out AUSBUY** (for a list of Australian owned companies). AUSBUY is a not-for-profit organization representing majority-owned Australian businesses.
www.ausbuy.com.au Ph 02 99546144, e-mail office@ausbuy.com.au

NB: Not all AUSBUY member companies are vegetarian or "healthy" (but the list does include Sanitarium).

I later found jams and sauces from **Berenberg, Mt Barker Road, Hahndorf. Ph 8388 7272 www.berenberg.com.au and pasta (including organic) from **L'Abruzzese**, 30 Barnett Ave, Glynde 5070 Ph 8336 3006 e-mail: labruzzo@chariot.net.au*

♦ Other products (unfortunately not from SA)

Fisher Creek Rock Dust: At the very successful Fruit and Veg Parade (held recently) **SA Composters** were represented. Although many of their products contained animal ingredients they were offering for sale **Fisher Creek Rock Dust** (vegan) - 7.5 kg bags for \$16.50 or 20 kg bags for \$35. For more information: www.fcrd.com.au or contact SA Composters on 8387 4221

Orange Power Air Freshener (*recommended by member Karin Basse and in use at Bliss Café*). Costs \$7 for 2 (125mL) or approximately \$4 each at supermarkets. Although it does not state so on this particular container - Orange Power assures us that all their products are not tested on animals – this is however stated on labels of their other products. Orange Power also makes a range of “environmentally friendly” cleaners. Ph 1800 061 801
www.orangepower.com.au Box 1033 Cleveland Qld. 4163

♦ VegSA Member Contributions:

Palm Oil: Member Margaret Bungay reminds us that many “vegan” products contain palm oil - much of it coming from plantations cleared from rain forest which is destroying the orangutan habitat. Does any one know of products using palm oil not sourced from these plantations?

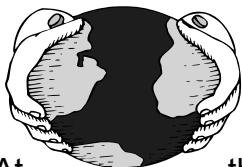
Soaps and other products not on “not tested on animals” (NTOA) list.

Member Anthony McAulay recently read the “tested / not tested on Animals” lists on PETA’s USA website and was disturbed to find that many of the well known brands of soaps, personal care products, etc (available in supermarkets and pharmacies in Australia) - though apparently containing no animal ingredients - were not on the NTOA list. The only brand commonly available in Australia that was on PETA’s NTOA list was Thursday Plantation (TP). VegSA has contacted TP and been told that it does not test its products on animals. However TP has recently been removed from the Australian Preferred Products, i.e ‘not tested on animals list’ - perhaps because its head lice gel has recently been tested independently on head lice!

As a rule of thumb, to be sure of NTOA status of products check out the

PREFERRED PRODUCTS LIST www.choosecrueltyfree.org.au

Phone 03 93281377 Box 12005 A’Beckett St Melbourne 3000

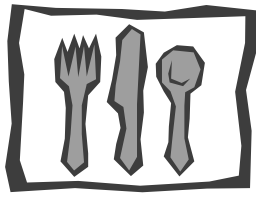


Living in Harmony with the Planet

At the recent Annual General Meeting our guest speaker and VegSA member Pam Marshall from The Self-Sufficiency Shoppe gave a very interesting talk and demonstration on ‘alternatives to commercial products’. She passed around product examples and demonstrated how to make simple alternatives at home. She covered such things as uses for: vinegar, bicarb soda, oatmeal, herbs, eucalyptus oil, rice-flour, pure soap, etc. She explained the importance of living a lifestyle that has 1. Less impact on the planet 2. Uses less chemicals 3. Saves money 4. Respects all other living beings (including using non-animal-based products). Through her Shoppe she offers a range of over 100 publications, products, Living in Harmony with the Planet Workshops and a bi-monthly Shoppe Newsletter. Her next workshop “Personal Care Products” deals with safe chemical free alternatives for hair care, hair dyes, deodorants, foot care and teeth at the Clarence Park Community Centre on June 12th – 1.30 to 3.30pm. If you missed Pam’s talk but would like more information or be placed on the emailing list to receive the newsletter and workshop information go to: www.theshoppe.com.au or email: theshoppe@chariot.net.au or phone 8374 2531

EXPERIENCED HOUSE-SITTER

Vegetarian, animal lover, a non-smoker, available to care for pets, homes, gardens.
10 June to 5 August 2009. visit www.katehawtin.com



Vegan/Vegetarian Caterers, Eateries & Cooking Classes

♦ **BLISS ORGANIC CAFÉ:** 7 Compton St, Adelaide has just been taken over by Kas and Shane Ward (organizers of last 2 Vegan Festivals). Some changes have been made including reduced prices, a "one stop vegan shop" and movie nights are planned. **Grand opening will be in June. Stay tuned for date.**

♦ **SARAH'S SISTERS:** 117 Semaphore Road, Semaphore is now open 7 Days from 12 noon to 3pm - except Saturday and Sunday: 9.30am to 12 noon. In the evening Sarah's is open Wednesday to Saturday: 5.30pm to late. Ph 8449 5817

Please note: SARAH'S CAFÉ @whereinn in the City is now closed

♦ **VEGETARIAN GARDEN:** Temporarily closed – maybe reopening soon under new management.

NB: VegSA will update the Eateries list on the website www.vegsa.org.au as soon as possible.

♦ **RAW CATERING:** birthdays, weddings, engagements, raw chocolates, etc
Ph. Paulina: 0413 969 333 rawlifeoz@gmail.com

♦ **ADDIS ABABA ETHIOPIAN CAFE:** 462a Port Road Hindmarsh is offering a monthly Vegetarian/Vegan Banquet. The next event is scheduled for June 24th – 6pm. \$25.00 pp. BYO drinks. Cash only.

The first event was fully booked so we hope this enterprise will continue successfully. Ethiopian food is delicious, mildly spiced vegetable or bean dishes eaten with traditional sponge flat bread (jira). Bookings 8241 5185 or 0402 7200 32 asap.

♦ **COMPASSIONATE COOKING DEMOS** at Animal Liberation, 19 Green St, Brompton. From 1 to 4pm. Cost per person: \$10 or \$5 concession.
June 21st "Vegan Baking." **August 23rd** "Ideas for Father's Day."
Oct 4th* "Appetisers & Finger Food." **Dec 6th** "Vegan Xmas Menu."
Taste great vegan food. Recipes provided. For information or bookings phone Di Cornelius 8296 3803 or email diphilcorn@gmail.com

-The Directory-


(Vegetarian orientated organizations)

Yoga Classes Yoga in Daily Life

Holds yoga classes at - Colonel Light Gardens Uniting Church 560 Goodwood Rd
- University of Adelaide Waite Campus Lirra Lirra Cafe (Gate 3) Waite Road, Urrbrae

Cost \$12/\$10 per class. Bookings/enquiries : Ph: 08 8338337
E-mail; adelaide@yogaindailylife.org. www.yogaindailylife.org.au

Ananda Marga Adelaide Centre

80 Regency Rd Prospect, Ph 8269 7034 holds classes on Mondays at
University of Adelaide Union Building 5-6pm *Prospect Library 8.30-9.30am*
 adaniitiish@yahoo.com.au www.yogaindailylife.org.

VegSA Diary Dates

Lunch at 'TEA HOUSE AND COFFEE FOR OTHERS'

Tues. June 16th at 12 noon

'Vege Seniors/ Over 50s?/ Mature Veges' group *(name yet to be decided)*
255 Waymouth St. Adelaide. Set lunch menu or a la carte
For bookings or to join the group contact VegSA

Banquet-style Lunch at VEGETARIAN DELIGHT

Sunday July 12

11.50am VegSA Special General Meeting

12.30pm Banquet Style Lunch - \$20/head (includes soup, main & sweet)

Vegetarian Delight. 462a Port Road, Hindmarsh

Bookings essential by Mon. July 6th to VegSA (with or without payment)

Dinner at GOVINDA'S – All You Can Eat Vegetarian Buffet

Saturday August 15th at 6pm

25 LeHunt St, Kilburn. \$8/head. Vegan available.

Bookings essential to VegSA by Friday Aug 8th (pay at venue)

VegSA Southern Monthly Social Get together

2nd Saturday of the month from 12 noon. Great Nature 3/48 Beach Rd, Christies Beach.

No booking necessary but check details with Jill 8386 1943 or Su on 8326 1062

e-mail: vegstu2003@yahoo.com.au

VegSA Northern Social Group – occasional get togethers

Contact Karin on 82817694 email: glad2bveggie@gmail.com

Adelaide Vegans Get-together: www.adelaidevegans.org

Alternate Fridays at different Adelaide Eateries. See new website for upcoming venues

and bookings (essential for numbers) contact: Shane: swardshane@yahoo.com

Ph 0410 481 290 Steve: steve-lancaster@live.com Ph 0435 119 182

Wade: wade.shiell@student.adelaide.edu.au Ph 0422 507 84

John: jbrasted@internode.on.net Ph 8522 5712

Don't Forget!

National Vegetarian Week: Monday September 28th to Sunday October 4th

Parade for the Animals: Friday October 2nd 1pm from Hindmarsh Square

Natural Health Society (SA)

1st Tuesday each month 7.30pm: Meeting & lecture at Unley Citizens Centre

18 Arthur Street Unley. Further information: Secretary 8277 7207 website
www.naturalhealthsa.com.au. **July 7th:** Beverley Searle - Mental Health in relation to
Nutrition, life events etc **Aug 4th:** Robert March (Naturopath) - Live Food Diet according to
Dr Christopher Gione-Cursio **Sept 1st:** Kimberley Clark (Naturopath): "Diabetes"

VegSA - Box 311 Kent Town SA 5071 phone 08 8260 2778 info@vegsa.org.au www.vegsa.org