



Food for Thought

Vegetarian & Vegan Society (VegSA) Inc.

Newsletter

Issue 2/11 - June 2011

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Health from a Raw Food Diet

Following the AGM on May 8th VegSA member Anne shared her experiences on a raw vegan diet.

Anne had been prescribed insulin and drugs to travelling overseas with the necessary phials, needed to see if she could improve her health and no longer and experimentation she converted to a high raw diet. In the first week Anne lost 3 kg. This was a complete surprise while on diabetes medication she would find it difficult required less insulin and experienced far less pain. Within 4 weeks Anne was able to stop her insulin (98kg) but was alerted to the fact that she would continue as she was taking any diabetes drugs. After 4 months she had lost 22kg and her sugar levels were down to normal while still taking metformin. Besides the benefits of raw enzymes, which aid digestion, raw food is also more alkaline to the body. Anne concedes that we all have individual needs and should experiment with various whole foods to see what really suits us. She found that rice and cooked beans increased her blood sugar level, but not so with sprouted beans. One way to get plenty of nutrients from raw foods is to use a vitamiser to make green smoothies.

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Sampling some of Anne's smoothies at the AGM



Society News

Report: ANNUAL GENERAL MEETING May 8th 2011

The outgoing Committee apologises for calling the AGM on 2nd Sunday in May. We were so busy planning World on a Platter that we overlooked the obvious fact that this is Mother's Day. Nevertheless we achieved a quorum, sufficient to deal with some important business.

♦ FROM THE SECRETARY'S REPORT 2010 - 2011

According to the Constitution the Secretary does not have to give a report but as the President's roles have largely been shared out among the Committee and the Secretary is currently Spokesperson for the Society I feel I should do so.

This has been a reasonably smooth year, largely due to good teamwork from the Committee and other members and despite the fact that 2 of the Committee have moved house; 2 have lost close family members, 3 have been overseas; one has spent considerable time interstate and another has spent several weeks in hospital, plus, of course, other normal ups and downs. Cooperation with other groups and organisations has also helped.

Even so we have to take into account that there are changes happening for SA's vegetarian community and these impact on the Society. In its early days ('50s and '60s) the main functions of the Society were to provide a space where vegetarians could meet to share food and ideas, and to provide information on vegetarian lifestyle to the general public. Now there are other groups and more facilities. When I joined the Society in 1963 there was one vegetarian eatery - the Sanitarium cafe - open mainly business hours. Now we have 18 vegetarian (including one vegan) eating places around Adelaide, three of which are even open for lunch and dinner every day. Until quite recently the Society has had a function of some kind about every second month but now there are other active groups. Adelaide Vegans (which includes some VegSA members) meets every Friday evening plus a picnic once a month. Animal Liberation offers 6 vegan cooking demonstrations this year and VegSA has three sub groups, Northern, Southern and Vegewise, that generally each meet once a month. It's hard for VegSA to find a space to fit in general events for it's members!

There is also a range of ready prepared vegetarian food and similar food items available not only in supermarkets and health shops but also on-line at all hours. Whilst we must celebrate the fact that we might be working ourselves out of a job it is obvious we need to be adjusting if we are to continue as a viable Society.

That is the general picture. Now for a few specifics:

Considerable stress was endured by the Committee at the end of 2010 concerned we might not have a national magazine to distribute with the local newsletter.. For the Secretary (in the front line of communication) this was an especially anxious time. But it would seem that the change "**True Natural Health**" has had little affect on membership renewals. However, it would seem that this new magazine is not selling well in the shops* (possibly because it does not say VEGETARIAN on the front).

The "**World on a Platter**" event in March was of considerable success due mainly to a lot of effort from the Committee, other members and friends. The atmosphere was peaceful, entertainment good and the food memorable. Interestingly the people who have expressed most appreciation have been non-members and mainly not even vegetarian.

We held a successful stall at the **Vegan Festival** in November. Whilst it is good to be part of this event it means we are unable to have an end of the year/Christmas function (which is usually held about the same time). (Vegewise does hold an end of year event in December but not at a time convenient for everyone).

The **February picnic** was more successful this year with cooler weather, but does not attract the same numbers as previous picnics.

Our three **sub groups** continue to meet: 2 of them monthly and the other once or twice a quarter, with anything from 2 to 10 people attending. Whilst the Southern group always meets at great Nature at Christies Beach and Vegewise meets at different vegetarian or "mixed" eateries around the city, the Northern group has incorporated a number of activities including a talk from a member who is a Naturopath and visits to the new eateries "Carrot Heads" at Port Adelaide and "Ms Chowki" at Blair Athol.

I should mention that being relatively close to that part of the world I was able to represent VegSA at the **International Vegetarian Congress** in Jakarta in October. The company and the hospitality were great but, whilst it was interesting to hear how delegates from many countries were tackling things locally, I found that much of the general information at the Congress was already available through inter-net sources and from good articles in the (former) "Natural Health and Vegetarian Life" magazine. For many years the printed page was our main source of information - now VegSA receives much info via e-newsletters (e.g. from VegSource, Australian Vegetarian Society, International Vegetarian Union, Animals Australia and PETA).

Whilst the times they are a-changing on the vegetarian scene I feel there is still a place for a group like VegSA. VegSA continues to receive phone calls and e-mails from the general public and the media for info on various topics from "where to eat tonight" to "Help! My daughter/son has gone Vegan!" There are still people who need to know where to start.

Over the last eight years I have learnt a great deal, mainly about computers and the internet but I am really happy that new people are coming on and taking responsibility within the Society. I am very grateful to Karin who took over answering our phone calls whilst I was away, and is still doing so. Anthony emptied the post office box and dealt with mail and Linda has now undertaken to keep the members e-mail list up to date, which all helps to lighten the load for the secretary. I'd also like to thank Lorenzo Pizza who has been compiling our list of sympathetic practitioners and Don and Beryl Dispain who have helped with most of our mail outs, also every one who contributed to World on a Platter.

Anne Sanders, Secretary 2010-2011

*True Natural Health Magazine. After a slow start sales are picking up and shops have asked for larger numbers for next edition.

♦ **DISCUSSION** (*following other necessary business at AGM*)

"In the light of current events what is the way forward for this Society?"

Conclusion: Although we can expect fewer people at members' meetings due to activity of other groups, the Society is still contacted by the media and people seeking advice and information. It is needed especially for those starting out as vegetarians, needing info and moral support.

VegSA welcomes Linda Turner as its new President and thanks Anthony McAulay for his service in this role over the last five years. For full list of Committee members see page 4



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

Report: Annual General Meeting (cont'd)

♦ VegSA Committee for 2011 – 2012

President: Linda Turner
Vice President: To be confirmed
Secretary: Anne Sanders
Treasurer: Anthony McAulay
Committee members: Eilis O'Brien,
Joy Danielson, Su Stephens Karin
Basse

Co-ordinators:
Northern Group – Karin Basse
8281 7694
Southern Group: Sue Stephens 8326
1062
Vegewise: Joy Danielson 8326 0564
Events: Su Stephens 8326 1062

♦ MANY THANKS to the following people for help with “World on a Platter”:

Organically Grown - 85 St Bernards Rd Magill North ph 8364 1699 for help with salad and spelt flour

Indian Spice Centre 159 St Bernards Rd Rostrevor ph 8365 0266 for gift of Haks Mixture Snacks

Bliss Organic Cafe 7 Compton St Adelaide ph 82310205 for coffee and publicity

Healthy Food Wise - Di and Phil Cornelius diphilcorn@gmail.com

for cooking and showing extracts from “Our Diet”

Pam Marshall www.theshoppe.com.au for dips

Green Valley Health Foods, ykfong@lamyong.com.au 82529098 For veggie “hams”

The following for publicising the World on a Platter event:

Adelaide Vegans: www.adelaidevegans.org

Animal Liberation SA 19 Green St Brompton 2007 www.animalliberation.org.au

Antivivisection Union SA Box 18 Kent Town 5071, email: info@aac.org.au

Natural Health Society SA 7 Emily St Clapham ph 82777207

VegSA members and friends especially Don and Beryl Dispain, Ken Lawson and VegSA Committee for cooking, setting up and organising.

Health from a Raw Food Diet (from page 1)

Anne suggests that these should be 40% green leafy vegetables and 60% fruit. Typical ingredients Anne uses are dark berries, spinach, cos (or other dark) lettuce leaves, parsley and sometimes added goji berries, spirulina, avocado, unrefined coconut oil, cucumber, celery, soaked chia seeds (high in protein and good for thickening) or soaked nuts. (Almonds are great.) Anne prepared two recipes for us which we all enjoyed. See recipes on insert. Books Anne recommends are: Anne Clark's “In the Raw” www.bewell.com.au (QLD) and Jennifer Cornbleet's “Raw Food Made Easy for 1 or 2 people” www.learnrawfood.com There are many websites and books about health benefits of the raw food diet for nearly all health issues. Just Google 'raw food diet'.

Following her success in dealing with diabetes Anne has run raw cooking classes in her home at Dernancourt and Community Centres. If you would like to enquire about a class or one of her talks contact her on 0418 813 563 or VegSA (see page one for details.)

BLISS ORGANIC CAFE – 2 years on - CONGRATULATIONS!

VegSA would like to congratulate members Shane and Kas Ward as they celebrate two years as proprietors of Bliss Cafe and for especially the progress they have made in that time. From an average of 5-10 meals per day Bliss now serves up to 130 orders. Another advance is the range of vegan products for sale as well as other activities. FFT editor recently interviewed Kas about present and future plans.....more in next issue.



In the Media

VEGETARIANISM IS BECOMING MORE POPULAR

♦ According to National Pharmacies “**Vital**” magazine (Winter 2010), “a University of Adelaide study of 2000 secondary school students found that 37% of girls and 12% of boys are vegetarian”

Note. VegSA has not yet managed to trace the study to see how it was conducted and specifically we do not know exactly how the researchers and the students defined “vegetarian”.

♦ **The New Vegetarians** By Karen Cicero, *Prevention*

Vegetarianism is steadily becoming more mainstream. Roughly 6 to 8 million Americans are vegetarians, according to the Vegetarian Resource Group - up from a half million to 2 million in 1994.

From a recent Care 2 e-newsletter. Read more:

<http://www.care2.com/greenliving/the-new-vegetarians.html#ixzz1LwGGbETX>

♦ **John Davis of the International Vegetarian Union reports:**

A few years ago we rarely had more than one international vegetarian event per year, and nearly all in Europe or North America – last year there were at least nine of them, on every continent of the world (except Antarctica!). The first ever international vegetarian event was way back in 1889 when the German societies invited vegetarians from other countries to a few days in Cologne. The International Vegetarian Union was founded in 1908 with the primary aim of bringing together vegetarians from as many countries as possible. By the 1970s the idea of regional events had begun to take off, but nearly all were still in Europe and North America. 2003 there was just one international vegetarian event in the whole year. By 2010 these vegetarian gatherings were being held all over the world. In 2010 IVU member organisations organised regional events in Indonesia, Switzerland, Paraguay, USA, Kenya, India, Dubai & China, as well as the 39th IVU World Vegetarian Congress in Indonesia - attended by people from almost every continent” *VegSource e-newsletter 5.5.11*



Products on the Market

♦ **VEGANPET TINNED FOOD** for cats or dogs. Nutritionally balanced; no preservatives; no added salt. Veganpet suggest supplementing with their dry food, both available at Bliss Organic Cafe, **Dry CAT food:** 1kg \$15, 10kg \$130 (saving \$20).

Dry DOG food: 1 kg \$15, 15kg \$150 (saving \$75). 390g tins (dog or cat) \$4.95

At Bliss Cafe 7 Compton St Adelaide ph 82310502 info: www.veganpet.com.au

♦ **MAGIC COOKERS.** To the AGM and World on a Platter we were able to bring piping hot food ready to serve using Magic Cookers. These cookers are insulated like a Thermos flask, but don't not just keep food hot, also cook WITHOUT POWER. Food is heated in the stainless steel insert, then placed in the cooker where it cooks in its own heat (like the old fashioned hay box). Cooking times: eg vegetable stew: heat for 5 -10 mins, leave in “cooker” for approx 1 hour to cook. Will stay hot for up to 8 hours.

Cost: 8L: \$ 90, 5 1/2L: \$59, 2 1/2L: \$45 (not cheap but saves on fuel!)

Contact members Karin Basse (82817694) or Linda Turner

♦ **VEGETARIAN EATERY BAMBOO TALK SEEKS NEW OWNER**

The proprietor of Bamboo Talk at Mount Barker wishes to sell her business but would particularly like it to remain vegetarian. If you know of any one who might be interested ask them to contact Bamboo Talk: ph 8391 6381, 10/69 Gawler St Mt Barker

NEW EATERY: Ms Chowki Fast Food Indian Restaurant.

490 Main North Road, Blair Athol (close to Jepps Cross). Phone 83498506

Ms Cowki serves only vegetarian food, mostly vegan (some sweets and hot drinks include milk), and onion and garlic free if requested. Food is a mixture of North and South Indian plus other dishes but as Ms Chowki is only a few months old the menu is still developing. The place is new, simple and clean looking with a “pukka Indian” feel. Open 7 days, 7am to late



VegSA Diary Dates

- ◆ **VegSA Dates** - Members and friends are invited to join us on
Saturday 27th August at **Govinda's** 25 Le Hunte St Kilburn. 5.30pm Cost: \$8.50 for all you can eat. Pay on arrival, but please make bookings by Tuesday August 22nd to Su 8326 1062 email: vegsu2003@yahoo.com.au or to VegSA
- ◆ **Vegewise Group** *Meets 3rd Tuesday each month - 12 noon (unless otherwise stated). Bookings contact: Joy 8326 0564 or 0428 832 605.*
June 21 - Meesu 449 Pultney Street Adelaide
July 26 - Organic Market Druid Avenue Stirling
August 16 - Monsoon Indian Restaurant 135 Melbourne Street North Adelaide
- ◆ **VegSA Northern Social group** *Info and bookings: Karin 82817694 or 0414 213 967 or email VegSA*
Sat July 2nd 11am - 2pm - Meet at entrance to **Market, Black Top Rd, One Tree Hill** to be followed by meal at "mystery" Venue
Sat July 30th 12noon - Lunch at Ms Chowki 490 Main North Road (west side, opp. bus stop 24). Mainly Indian with other options. Book by Thursday July 28th.
- ◆ **VegSA Southern Monthly Social Get together** *2nd Saturday of the month from 12 noon. Great Nature 3/48 Beach Rd, Christies Beach. No Booking but check details with Su: 8326 1062 email: vegsu2003@yahoo.com.au*

Other Groups:

◆ **ADELAIDE VEGANS:** brings vegans together for networking and social gatherings. Dinner every Friday evening at various veg*n restaurants in the Adelaide CBD plus monthly picnics. **Bookings essential** for dinners to enable the venues to reserve a table. For info or to book see **EVENTS** page on the Website: www.adelaidevegans.org or contact John: jbrasted@internode.on.net ph 0428 225 712 or Shane: swardshane@yahoo.com ph 0410 481 290. For picnic info Contact Carmen 043879684

◆ **HEALTHY FOOD WISE COOKING DEMONSTRATIONS** 12.45pm Sundays; 20/3, 17/4, 19/6, 21/8, 16/10, 20/11. Glandore Community Centre (Opal Room), 25 Naldara St Glandore. **All vegan.** Cost \$10/ \$5. Organised by Di Cornelius for Animal Liberation SA. Info or bookings Di: 8296 3803, diphilcorn@gmail.com

◆ **UNI VEGAN SOCIETY: A SOCIAL CLUB FOR YOUNG VEGANS/VEGTARIANS.** Lunches, dinners, pubcrawls, cooking classes etc. open to vegans/vegetarians under 30 and/or those currently studying at university. Details at www.univegans.com email: univegans@gmail.com

◆ **NATURAL HEALTH SOCIETY (SA)** 1st Tuesday each month 7.30pm:
Meeting & lecture at Unley Citizens Centre, 18 Arthur Street Unley. Members \$2 Visitors \$4/\$3. Info: Secretary 8277 7207. July 5th Sunset Lorenz from Breastlogic: "Radiation and Painfree Breast Scanning for all Ages". Aug 2nd Barry Freeman (Neuro Kinetics Skeletal Therapist) "Skeletal Alignment without Manipulation" Sept 6th Devashaon Temple: "Renewable Conscious Biology and Sound Therapy"

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

RAW HEALTH

Recipes from ANNE POMEROY'S talk at the VegSA AGM May 8th 2011

Green Smoothie

Equipment: blender 3 cups

2 ripe bananas
Small handful dark green leaves eg spinach, cos, kale
2 cups water

Roughly chop ingredients and blend on high speed until thoroughly mixed.

Variations: any fruit and greens to your liking but ensure ratio 60% fruit, 40% greens. Check out The Green Smoothie Challenge at <http://www.greensmoothiechallenge.com>.

Zucchini and Parsley Hummus

Equipment: food processor 1-2 serves

1 medium zucchini, chopped (about 1 ½ cups)
Small handful parsley, chopped
2 tablespoons raw tahina
2 tablespoons fresh lemon juice
1 clove garlic, crushed
¼ teaspoon ground cumin
¼ teaspoon salt (organic celtic sea salt)
Little water if required

Place all ingredients in a food processor and process until smooth. Stop occasionally to scrape down the sides of the bowl with a rubber spatula.

Zucchini Hummus will keep in the fridge for five days if stored in a sealed container.

Cashew Nut Cream

Equipment: blender or food processor 1 cup

1 cup cashews, soaked for a couple of hours
¾ cup water

Blend cashews with 1/2 cup water to make a paste. Add remaining water to the consistency of cream.

Delicious served chilled as a topping for desserts.