

Food for Thought

Vegetarian & Vegan Society (VegSA) Inc.

Newsletter

Issue 2/13 – June 2013

PO Box 311 Kent Town SA 5071

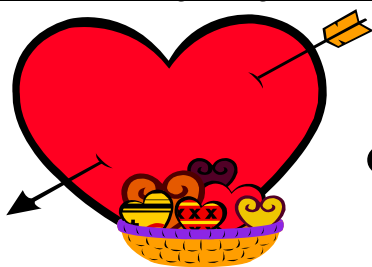
ABN: 62 231 957 201

website: www.vegsa.org.au

E-mail: info@vegsa.org.au or vegsofcsa@gmail.com

Phone 08 8260 2778

Fax 9390 2314



Vegetarians have one-third less risk of Heart Disease

This statement made headlines recently in many areas of the media. It confirmed what was suggested by even the earliest studies of people consuming a vegetarian diet. Unfortunately the report does not say whether the study included vegans nor differentiated between various diets. However removing meat from the diet was the one determining factor in these results.

A British study published January 30 once again shows the significant benefits of a meatless diet and that *vegetarians have a 32% lower risk of contracting heart disease*. The study was published in the *American Journal of Clinical Nutrition*.

Although probably not surprising news, due to lots of other research conducted on vegetarianism, this study was unique in that it was the largest ever conducted on this subject, consisting of 45,000 people over the course of 20 years. A third were vegetarians, and 20,000 of them had their blood pressure and cholesterol levels checked along with reporting their health history. Such a large amount of vegetarians in the study is rare, allowing a more precise comparison than earlier studies.

The researchers believe that vegetarians' lower cholesterol and blood pressure rates were the biggest contributing factor in their reduced risk of heart disease. They also had lower body mass indexes and fewer cases of diabetes.

The study tracked the number of participants who either died or were hospitalized due to heart disease. Over the course of 11 years, 1,250 subjects required medical attention for heart disease, and they were much more likely to be meat eaters than vegetarians. The term heart disease encompasses several medical conditions involving the build-up of fatty plaque in arteries, increasing the risk for a heart attack, stroke or heart failure.

"The findings reinforce the idea that diet is central to prevention of heart disease, and build on previous work looking at the influence of vegetarian diets," *the researchers stated in a press release.*

Heart disease is the number one killer in developed countries, causing one out of every four deaths in the United States. While many support vegetarianism for ethical reasons, the health benefits are also very positive. Even the government has gotten behind the meatless movement, with their new guidelines praising plant-based diets.

Read more: <http://www.care2.com/greenliving/vegetarians-have-one-third-less-risk-of-heart-disease.html#ixzz2NK7R2R7f>



VegSA News

♦ Results of the VegSA Annual General Meeting:

*Held May 5th the following were elected to the **VegSA Management Committee 2013-2014**:*

- **President:** Kay Lewis (Hectorville) • **Vice President** Karin Basse (Salisbury Downs)
- **Treasurer:** Anthony McAulay (Kangarilla) • **Secretary:** Anne Sanders (Montacute)
- **Committee:** Seema Jain (Magill), Joy Danielson (Morphett Vale), Paul Kruger (Bedford Pk) Beryl Dispain (Panorama), Don Dispain (Panorama), Su Stephens (Morphett Vale)

The following positions were confirmed:

- **Events and Southern Social Group Coordinator:** Su Stephens
- **Librarian:** Kay Lewis • **Public Officer and Newsletter Editor:** Anne Sanders
- **Northern Social Group Coordinator and Assistant Secretary:** Karin Basse
- **Website Updates:** Frazer Kirkman and Grace Love

As well as the usual AGM business, there was an interesting discussion on how members view VegSA - especially in view of the presence of other related organisations. Opinions included:

- There is room for all the groups and they should help each other.
- There is a need for a common calendar where each group can enter its events so members of all related groups can check what is on. The Adelaide Vegans' calendar is useful but not all groups enter their events.
- It was suggested that the Adelaide Vegans' calendar could be organised to come up automatically on VegSA web site.
- VegSA is a legally incorporated body so can take on official roles (e.g. was able to handle funds for World Vegan Day Adelaide recently). As the oldest group VegSA could have an overarching role.
- Other groups should be made aware of VegSA's Library, newsletter, magazine, telephone service, etc.
- VegSA accommodates vegetarians as well as vegans. At VegSA stalls people often ask how to be vegetarian, not all are ready to be vegan. It is an individual choice whether or how fast people move to being vegan.

♦ Paying Your Vegsa Membership Subscriptions:

Firstly, 'thank you' to the people who renew their membership promptly. The most cost effective way to pay your subs is by **internet transfer**, but it helps considerably if you send an email at the same time to VegSA confirming your payment and contact details. VegSA membership forms can be downloaded from the VegSA website and attached to your confirmation email so we have your up to date details on record. The easiest payments for the society to manage are **cheques** - as they verify the payees name and, hence, are easy to keep track of. The least cost effective for VegSA is **card payments** due to the fact that VegSA pays a processing fee to the banking system as well as a small fee for the payment. **Cash**, of course is OK, but make sure you get a receipt from VegSA as the duplicate copy is used for our records. It is also **particularly helpful if we are informed about changes to your email address**. Thanks to all who have renewed their membership and a special thanks to those who also add a donation.



VegSA President 2013 - Kay Lewis

Kay was voted our new President at the AGM in May. She has been vegetarian for many years since having serious bronchitis at the age of 21.

She recovered quickly and gained weight with the aid of a vegetarian diet recommended by a friend. Kay also became very interested in Animal Rights and in environmental and anti-smoking activism. Kay is interested in natural health and Animal Liberation. She is an amateur artist with a particular interest in watercolour. Kay is also our Librarian and would like to see more people, especially those new to vegetarianism, benefiting from the excellent material in our resource collection



Time to take Action!

ANIMAL TESTING - RIGHT ON OUR DOOR STEP: The new RAH's Research Centre

We are often not aware of animal testing in our own 'back yard' - but this is right in the heart of the City. It should be of concern to all in South Australia. This report (somewhat abbreviated) is from "the petition site" and forum at www.adelaidevegans.org .

"A new health and medical research institute is being built next to the new Royal Adelaide Hospital". One of its major focuses will be breeding animals for testing. Here are some points to note about testing on animals:

- Less than 2% of human illnesses (1.16%) manifest in animals. Over 98% of human illnesses never affect animals.
- 95% of drugs passed by animal tests are immediately discarded as useless or dangerous to humans.
- According to the former scientific executive of Huntingdon Life Sciences, animal tests and human results agree "5%-25% of the time."
- At least 50 drugs on the market caused cancer in lab animals. They were passed for sale because the results of the animal tests were considered not relevant.
- Vivisection Procter & Gamble used an artificial musk despite it failing animal tests (it caused tumours in mice). They said results were "of little relevance to humans."
- Up to 90% of animal test results are discarded as they're inapplicable to humans.
- Of equal concern as the blatant CRUELTY to animals and the many dangerous DISEASES contained in this building - right next to a hospital!

For more info read '**Other Reasons Animal Testing is Not Accurate**' on the Vegan Society's (UK) website: <http://www.veganlondon.co.uk> You can also download and/or print their fact sheet. If you do not have access to internet VegSA can print and mail it to you. Warning: this material is disturbing. In the interests of human as well as animal health: **WE MUST TAKE ACTION.** *If you do have the internet please sign and share the petition:* <http://www.thepetitionsite.com/396/486/336/stop-the-sahmri-testing-on-animals/>

CAMPAIGN TO DEMAND LABELLING OF GM INGREDIENTS 'March against Monsanto'

On Saturday May 25th, all around the world, local communities demonstrated against the power of Monsanto Corporation to impose genetically engineered substances on the public without the requirement to declare the GM components and the power Monsanto has to protect itself against legal redress. It seems that governments are either complicit in Monsanto's domination or powerless to stop it.

People world wide have seen the devastation of patented seeds (in Monsanto's programs you cannot save your seeds from previous crops but must rely on buying seeds from the company). Plus it's encouragement of increased use of chemicals. The devastation when pollen escapes with the potential to breed a further, even more chemical resistant, crop of weeds and a growing fears about health implications. Communities want to reclaim the right to control how GM materials are used in their environments and, at least, have credible testing of safety before they are used. It seems we are a long way yet from that happening.

However there is a growing scepticism about the safety of GM products and a desire by many to see them properly controlled. People are voting at the check-out asking for non-GM and to have GM components clearly labelled. At least one state in USA has passed a law requiring all GM ingredients to be declared on the label (although this is currently subject to legal appeal) and others are attempting to do so. The European Union has had a compulsory GMO labelling system since 2004: no GM components unless tested in EU as safe.



Whilst enacting laws to ensure GMO containing products are labelling may be difficult, some manufacturers of non-GMO containing products are responding to popular demand and labelling them as such and human ingenuity is coming up with other means so that we are aware of what is in the goods we buy. Here's an example:

The 'GS1 GOSCAN™' Application to Detect Ingredients:

Vegan Australia* is currently talking to GS1 Australia (the organisation that controls all product barcodes in Australia). Using their free **GoScan** smartphone app, you can scan a product and it will tell you if it is vegan (as well as a number of other dietary and allergy types). Vegan Australia will work with GS1 Australia to ensure the accuracy of the vegan information as well as increase the number of vegan products recognised.

Vegan Health spoke to thousands of Australians to answer a simple question: *What makes shopping for special diets challenging?* The response was *'It takes too long and it's confusing'*. GS1 GoScan™ quickly tells you if a food product suits your diet with a simple scan of a barcode. It is the only industry endorsed application with data provided directly from the manufacturer or brand owner – critical for reliability. Trusted information at your fingertips! website: <http://www.veganhealth.org>

*About Vegan Australia: By working at a national level Vegan Australia supports the vegan community, advocates for veganism using public campaigns and presents a strong voice for veganism to government, institutions, corporations and the media.
For more information: www.veganaustralia.org.au



Products on the Market

♦ **Everything Vegan** is a new vegan retail store, run by the same people as 'Vegan on Line' and 'Freedom Hill Sanctuary'. It has a wide range of animal free products.

OPEN: Mon-Fri 9am – 5pm Sat 11am-3pm Sun closed

270 Wright St Adelaide (northern side of street, close to West Terrace) Ph 8211 8898.

Also see websites: www.freedomhill.com.au and www.veganonline.com.au

♦ **Premium Choice:** Foodland or your local health shop stock a range of packaged nuts and dried fruits by “Premium Choice”. Premium Choice is a 25year+ South Australian company which sources its materials locally. Retail outlet at the factory: 342 South Rd, Croydon Pk, 5008 Ph 8245 8888 Open 9am -5pm Mon-Fri. Online store also available.

Note: *It has a no GM policy.* www.premiumchoice.com.au

♦ **Jel-it-in Gelling Powder:** Plant based gelatine substitute, completely animal free, can be used in sweet and savoury recipes. Sets quickly at room temperature and holds its shape out of the fridge. Must be dissolved in cold liquid - then heated to boiling point. Less effective in acidic liquids (i.e. fruit juices) so for best results use two sachets. Solid with fats so use low fat ingredients. *Ingredients:* Dried Glucose Syrup (from corn), Gelling Agents: Carrageenan, Locust Bean Gum; Stabilisers: Potassium Chloride, Calcium Acetate.

ALLERGENS: No listed allergens. Cost \$3.49 from Woolworths www.queen.com.au

♦ **Golden Days Dark Chocolate Sesame Snaps:** Handy 3 pack (40grams per pack), costs approx \$3.50 at supermarkets. *Ingredients:* Sesame seed (37%), chocolate (25%: cocoa mass, cocoa fat, emulsifier from soy), vanillin, glucose syrup, sugar. Varieties include plain (without chocolate) or with yogurt. Made in Poland. Imported by Manassen Foods Australia Pty Ltd, 8 Interchange Dr, Eastern Creek NSW 2766. www.goldendays.com.au

♦ **Footcare Foam Latex Comfort Insoles:** Universal size - cut to fit. Find those expensive vegan shoes do not fit as well as you would like? Try latex insoles? Cost: Under \$2 at Foodland. Made in Australia. (N.B: Some Foot-care products are made in China - the heel grips are made from leather).

♦ **Makro Wholefood Market:** Woolworth's wholefood range, includes some vegetarian or vegan products e.g. vegan sausages: Tomato, onion & basil sausages – 8 pack, 320g. Vegan vegetable and chickpea sausages - 8 pack, 320g. Made in Australia and packed for Woolworths, 1 Woolworths Way, Bella Vista www.woolworth.com.au

♦ **Weleda Plant Gel Toothpaste:** Developed from the anthroposophical ideas of Rudolph Steiner. Cost: about \$9.50 in health shops. Made in Germany - for Australian retail suppliers see: <http://www.weleda.com.au/www/914/1001127/displayarticle/1005016.html>

♦ **Orgran Itsy Bitsy Bears:** Teddy-bear shaped mini biscuits with choc bits.. Vegan kosher, gluten and soy free. 175gram packets. Cost: about \$4 at health shops and health section at supermarkets. Variations: chocolate or vanilla. Orgran, 47-53 Aster Ave Carrum Downs Vic 3201 www.orgran.com

♦ **Goodman Fielder's retail branded foods do not contain genetically modified material:** Statement: *"We believe that most consumers prefer foods that are not produced from genetically engineered substances and therefore our retail branded consumer products do not contain genetically modified material. It is also the company's preference to use, wherever possible, raw materials that are non-GM. However the company recognises that, because of changes in the agri-sector, it is becoming more difficult to unequivocally guarantee that all raw materials are GM free."* (March 2010)

Who is paying the real price for cheaper meat?

Voiceless* in collaboration with EyeLevel (a new initiative aimed at promoting thought leadership), has brought together a roster of leading Australians to answer key questions about the ethical, environmental and health costs of cheap meat with an introduction from former High Court, Judge **the Hon Michael Kirby AC CMG**.

The panel also comprises: Former Treasury Secretary **Dr Ken Henry AC**, Leader of the Opposition in the NSW Legislative Council, **the Hon Luke Foley MLC**, Author and academic **Dr Deidre Wicks**, international animal lawyer **Antoine Goetschel**, Director of Feather and Bone **Laura Dalrymple**

The Eyelevel format gives panelists the opportunity to speak on a number of thought-provoking topics, compiling their responses into an interactive video platform, which is now available to watch on:

<http://eyelevel.com.au/voiceless/topics/how-much-is-cheap-meat-really-costing-us/>

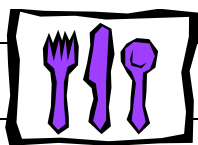
**Voiceless is a NSW based charity which helps to fund animal rights initiatives and works especially to grow animal law to expand legal protections for animals.*

QUOTES

"I refute the claims of the biotechnology companies that their engineered crops yield more, that they require less pesticide applications, that they have no impact on the environment and of course that they are safe to eat." Thierry Vrain, former pro-GMO scientist

"Nine out of ten drugs 'proven' successful in animal tests fail in human trials."

US Drug Administration (from New Internationalist July/August 2011 page 34)



Eateries Update

♦ **The House of Donkey:** 188 Sturt St, Adelaide Ph 0402 924 132
(Change of opening times) Now **Thurs – Sun 10am– 5pm** The House of Donkey is in an old semi detached house near to Whitmore Sq. and the décor and furniture is designed to suit i.e. very relaxed and informal. Eating spaces, spread through the ground floor lead to the mini garden at the back. Food is vegetarian, but much can be made vegan. Prices are reasonable. email: thehouseofdonkey@yahoo.com
Facebook: <http://www.facebook.com/pages/The-House-of-Donkey/276337162467225>

♦ **Wilsons Organics:** Moved to 131 Pirie St Adelaide to work in conjunction with Earth's Kitchen, a café where the food is "local, organic, sustainable, ethical and fresh". Unfortunately whilst the café offers "vegetarian, vegan and gluten-free meals and sugar-free desserts", the menu also includes "ethically raised, organic meat". Wilson's is open **Mon-Thurs 8.30am – 6.30pm, Fri. to 9pm, Sat 8am-2pm. Café from 6.30am** Facebook: <https://www.facebook.com/WilsonsOrganicsAdelaide>

♦ **Studio VooDoo:** Artisan Foods. 37 Shelly Ave, Port Willunga 5173. Ph 0449 844 278. Local, fresh, seasonal produce, specialising in healthy food, focussing on vegetarian and vegan meals, finger foods, desserts and more. All dietary requirements welcome.
Foodie Friday! - Prepares your week-end meals to order to be picked up on Fridays. They text you a few creations early each week, for pick up on Friday afternoons. To join simply text your name to 044 9844 278 and then text or call your order by Thursday 5pm
Catering service available (minimum notice: 48 hours). email: studiovoodoo@inet.net.au
Facebook: <https://www.facebook.com/pages/Studio-Voodoo/256760291014910?ref=ts&fref=ts>
(Recommended by Bev Luff of With Compassion and Soul).

♦ **Red Lime Shack:** On 18th May VegSA's Northern Group visited Red Lime Shack at Port Adelaide. Situated at 158 St Vincent St. it occupies a largish open "shop" space. In keeping with the age of the building (due for demolition, redevelopment or what?) the furnishings are rustic and décor mainly large, bright paintings of sailing vessels. We even had live music with our lunch. Food is all vegan, "healthy" and with some innovative but tasty flavours. A good place to meet and chat. Open **Mon - Fri: 8:00 am - 2:00 pm Sat - Sun: 9:00 am - 3:00 pm** Ph 7226 6867



Eat Less, Live Longer!

- Since the 1930s scientists have been aware that animals on a restricted diet lived longer. People in the 1930s depression when resources were scarce also lived longer. On Radio National's Life Matters (22/4/13) science reporter Michael Mosley, described his experiment with various "fasting" diets. He'd self-tested a four-day fast (very difficult), alternate day fasting (difficult) and then the 2/5 diet, i.e. restricting calories two days a week and eating "normally" on five days. He found the 2:5 diet easier, lost weight and reduced his bad cholesterol and blood sugar to normal. Although the diet still needs more study others also have found it useful.

Moseley's book: **The Fast Diet: Lose Weight, Stay Health and Live Longer**, Atria Books US\$24 or on line from Book Depositors for \$11.60



- An article in TIME magazine (sent to us by member Paul Kruger) on studies of centenarians from different parts of the world also suggests that diet is a key factor in longevity. Although 20-30% seems to be genetically determined, a more significant factor is lifestyle: being active, remaining connected to community and eating in moderation.



Cooking Classes

◆ **Homefresh:** (as seen at Animal Lib's 'Walk with the Animals')

Conducts cooking classes, specialising in vegetarian, vegan and raw foods. The classes, conducted by vegan nutritionist and chef Mel Hayes, are hands on. Cost: \$57 (includes ingredients).

Homefresh aims to introduce healthy eating to the general public and hopes to extend into school. It also offers classes for children on Saturdays and in school holidays - \$14 per child (not sure if they are vegetarian/vegan).

Adult classes: Thursday 7pm, 1 Norwood Mall, 166 The Parade, Norwood Telephone: 0466 158 453 to book. For more information and online bookings see: www.homefreshexperience.com.au

◆ **Cooking Up A Storm:**

Natalie Playford offers private and party-style vegetarian cooking classes at your home at a time to suit you. Visit www.cookingupastorm.com.au or phone Natalie on 8386 1672 or 0403 555 011 to discuss and book your class.

Natalie also conducts classes for WEA. Next WEA class: Sat. June 29th 1pm (4 hours) "Practical Fabulous Vegetarian" Cost \$89 (includes all ingredients). To book go to: www.wea-sa.com.au or phone WEA 8223 1272

◆ **Bliss Organic Café:**

7 Compton St Adelaide is planning to restart its cooking classes but would like to know what people want: hands-on or demo-type class, entree, main, dessert, raw etc, preferred evening or Sunday, cost range etc. If interested email: eat@blissorganiccafe.com or Ph 8231 0205. Also see www.blissorganiccafe.com.au

VEGSA'S SELL, SWAP AND GIVE AWAY

At the VegSA AGM it was suggested that, in the interests of the environment and to help boost VegSA funds, a section could be included in the newsletter for members to trade goods. The exact guidelines will need to be discussed by the Committee - currently a donation to VegSA for the service is optional.

So to start the process off here are a few items for sale:



- **TO GIVE AWAY:** Large bag of styrofoam beads sufficient for small bean bag. Arrange to collect possibly at a VegSA function. Ph 8390 2314 or email VegSA.
- **FOR SALE:** Heavy duty all cotton futon, queen size. In good condition. Cost \$700 will sell for \$400. In 2 sections. Can sell separately for \$150 and \$250. Ph 8390 2314 or contact VegSA. NB is very heavy.
- **SELL OR GIVE AWAY:** Pair of lady's slip on shoes. Size 9. All synthetic. Brand: "Exist", Worn, but in very good condition. Contact VegSA

WANTED: South Australian Health Resort

Does any one know of a good health resort in South Australia or nearby in Victorian?
Please phone or e-mail VegSA if you can suggest or recommend any.

Natural Health Society (SA)

Meets 7.30pm 1st Tuesday each month (except Jan).

Meeting & lecture at Unley Citizens Centre, 18 Arthur Street Unley.

July 2: **Dr Krisna Kumar: Ayurveda - Ancient Tradition for Modern Times**

Aug 6: **Dr Maureen Roberts: Wholistic and Natural Approaches to Crisis Resolution**

Sept 3: **Dr Reza Samvat (Chiropracter): Secrets of Sleep and the extreme dangers of poor sleep patterns.** Further information: Secretary 8277 7207.

website www.naturalhealthsa.com.au.




VegSA Diary Dates

Upcoming VegSA Events:

- ♦ **Dinner at Vegetarian Delight** - Saturday 29th June at 7pm. 462A Port Rd Hindmarsh
- ♦ **Lunch at The House of Donkey** - Saturday 27th July at 12:30pm. 188 Sturt St Adelaide
- ♦ **Dinner at Mitran Da Dhaba** on Saturday 24th August 7pm. 287 Anzac Highway Plympton

Please book by *Wednesday before event* to allow time to inform venues. For booking or information contact Su: 8326 1062 email: vegsu2003@yahoo.com.au or VegSA (see below).



Special Event: Midwinter Solstice Celebration at Eden Sanctuary
Sunday June 22nd from 12noon. 4 Manson Ave Eden Hills.
Bring vegan food to share and/or cook on bonfire.
Stay for the evening: meditation, yoga, shared dinner etc
N.B. No alcohol or smoking please. Free event - but donations towards upkeep of sanctuary appreciated. For info ph Frazer 0413 700 718 or see
<https://www.facebook.com/EdenSanctuaryAdelaide>

- ♦ **Vegewise Group:** 3rd *Wednesday each month (unless otherwise stated)* - 12 noon.
Bookings essential phone Pam 8374 2531 or email pam@theshoppe.com.au. (No bookings - event will be cancelled)
June 12 - Abyssinian Restaurant: 126 Henley Beach Road, Torrensville (Ethiopian food with vegetarian options)
July 17 - Joy Discovery: 13-15 Bent Street, Adelaide
August 21 - Clay & Coal Indian Restaurant: 482 Goodwood Rd Cumberland Park
- ♦ **Northern Vegetarian Group:** **Saturday June 15th 12 noon.** Shared lunch at 5 Enford St Elizabeth – and discuss future events. *Contact Karin 8260 2778 or 0466 972 112*
- ♦ **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 details with Su: Also **The Fleurieu Pantry** - Friday 21st June for dinner at 7 pm. Book with Su:8326 1062 email: vegsu2003@yahoo.com.au

Other Activities

- ♦ **Eden Sanctuary** holds compassion meditations, relaxations, positive thinking and many other well being sessions..Check <https://www.facebook.com/EdenSanctuaryAdelaide> or call Frazer 0413 700 718
- ♦ **Adelaide Vegans:** *Brings vegans together for networking and social gatherings.* **Dinner every Friday evening** at various vegetarian restaurants in the Adelaide CBD. 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.
Raw Picnic last Sunday (most months) ph Morgaine 0435 519 477.
- ♦ **ANIMAL LIBERATION SA** campaigns against factory farming and for animal rights. Holds campaigns/members meeting usually 1st Sunday each month at 19 Green St, Brompton 5007, See website for more info: www.animalliberation.org.au animal.lib.sa@gmail.com
Ph: (08) 8340 8878

VegSA Box 311 Kent Town 5071 ph 8260 2778 e-mail: vegsoca@gmail.com