

Food for Thought

Vegetarian & Vegan Society (VegSA) Inc.

Newsletter

Issue 2/15 – June 2015

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The Ancient Hidden Properties of:

TURMERIC

For the past few years Vitamin D has been the flavour of the month. Even the medical profession is vigorously prescribing Vit. D as beneficial in counteracting a wide range of conditions and even recommending sunshine! But, move over Vit D there's a "new" popular product - especially in "alternative" circles: **TURMERIC**. Just looking at a couple of articles recently received it seems that turmeric is well worth thinking about.

What is turmeric? *"Turmeric is a yellow-pigmented curry spice that is often used in Indian cuisine. But also has a long history of medicinal use in traditional Chinese medicine (TCM) as well as Ayurvedic medicine"*.



Its benefits have since been well documented in the medical literature, and curcumin, one of the most studied and researched bioactive ingredients in turmeric, has been found to promote health and protect against a wide array of health conditions, including anti-inflammatory and antimicrobial activity, as well with anti-cancer properties that have been intensely studied. Researchers have found a number of different mechanisms of action for curcumin, and part of the answer as to why curcumin appears to be such potent medicine is because it can:

- Modulate about 700 of your genes^[1]
- Positively modulate more than 160 different physiological pathways
- Make your cells' membranes more orderly"

More info: <https://www.organicconsumers.org/news/turmeric%E2%80%94universal-cancer-treatment-and-much-more>

In one study looking at turmeric and Alzheimer's: *"We found that a modest addition of 1 g turmeric to a rather nutritionally-bland breakfast of white bread improved working memory over 6 hours in older people with pre-diabetes" but "that body fatness and insulin resistance modulated the effect that turmeric had on improving working memory, suggesting that the benefits of turmeric might be enhanced where these characteristics were less abnormal."*

More info: www.greenmedinfo.com/blog/turmeric-boosts-working-memory-one-small-dose



VegSA News

◆ **Conservation Council of SA – New Venue** On April 12th the AGM was held at the new Conservation SA environment hub - The Joinery. Although this new venue is still in its early stages of development it has obvious potential with spaces for large and small group meetings on the ground floor and offices above. There are also plans for a community garden, kitchen/café, bike repair workshop etc. Situated centrally, on the site of the old bus station (right next to the new bus station) and within a gentle cooee of the Central Market, this valuable development site has been leased to the Conservation Council of SA by the Adelaide City for the next 3 years. It has the advantage of being ground level with wheelchair access. VegSA hopes to use the new venue for its meetings and mail-out workshops.

◆ **Report: VegSA Annual General Meeting**

Committee Elections: We have a couple of new members on the Committee - Pam (website help) and Paul (help with member records). Thank-you to Dr Seem Jain for her participation on the Committee for the last 2 years. Happily all other members have remained on the Committee. Current VegSA committee is as follows:

President: Denise Ness (Collinswood), **Vice President:** Karin Basse (Salisbury Downs)

Secretary: Anne Sanders (Montacute) **Treasurer:** to be decided

Events Coordinator: Su Stephens (Morphett Vale)

Other Committee members: Kay Lewis (Hectorville), Ken Lawson (Burnside), Paul Martin (Mitchell Park), Pamela Robinson (Summertown), Joy Danielson (Morphett Vale).

AGM Guest Speaker: Talk and demonstration by Pam Marshall on “Ways to Replace Consumer Products with Safe Environmentally Friendly Alternatives” followed the business meeting. Pam explained the wide range of uses for simple everyday items e.g. vinegar (from disinfectant to ant deterrent) and bi-carbonate of soda (from teeth whitening to drain cleaner) and oatmeal as a soothing skin cleanser. Pam recommends using a bar of soap to make your own detergent alternative (see recipe page 3) When we purchase commercial products we can be exposed to as many as 100,000 chemicals (up from 2000 in the ‘70s!) of which many end up polluting land-fill, our water and the oceans. Pam is the creator and proprietor of The Self-Sufficiency Shoppe, plus runs workshops for various community centres, groups and local councils. She has produced a series of over 80 e-Booklets – covering do-it-yourself, recycling, environmental awareness, natural living, self-sufficiency, safe alternatives (to commercial products) and money saving ideas. See her website at <http://theshoppe.com.au/> and face book <https://www.facebook.com/pages/Pam-The.../217444008340690>.



Also - see Products on the Market page 3 for more info.

◆ **Northern Star Group visited Food Wise Organic** (7 Jetty Road Largs Bay) on Sat May 9th. The weather was cold and showery and the sea grey and choppy so we missed our walk on the beach. However the six of us had a vegetarian snack and a nice chat. Not all food was vegetarian and the old issue arises: should we only patronise vegetarian establishments or should we go to omnivorous places and encourage them to include vegetarian and vegan items on their menus? In addition to having all-organic fruit and veg and light meals on sale Sandy, the proprietor, who is a nutritionist, also conducts classes on health related topics, some of which would interest the health minded vego.

For other VegSA events planned for this quarter see Diary Dates page 8



Products on the Market

As the weather cools down many of us will be looking for more comfort food or at least for more calories. We found some tasty and healthier snacks.

◆ **NATURALLY NOOD:** “Nothing Naughty” lunch box size wholefood bars: flavours include Cashew Crush, Cocoa and Orange Tango, Banana Bread. Approx \$2.50 / 35g in Coles health area. Made by Sanitarium: Locked Bag 7, Central Coast Mail Centre NSW 2252

Ph: 1800 673 392  www.sanitarium.com.au

◆ **GOLDEN DAYS “NUDE FOOD”:** Gluten free, 40g fruit and nut bars. “Coconut and Almond” contains dates, coconut, raw almonds, banana, raw macadamias and sunflower oil. At health shops and health area of supermarkets. All Golden Days products are gluten free including the old favourite SESAME SNAPS, which are vegan apart from the ones with yogurt drizzled on the top! Imported from Poland by: Manassen Foods Australia Pty Ltd PO

Box 88, Horsley Park NSW 2175  www.manassen.com.au ph (02) 9421 3100  1800 888

606 Email:  customerservice@manassen.com.au

◆ **MYLIFE BIOCHEESE:** *Coming to a supermarket near you!* Dairy free, made with coconut oil, easy to slice, shred and melt. 250g \$9.50. Available at Coles Stores or at Vegan on Line www.veganonline.com.au

◆ **IKEA's New Veggie Ball** IKEA announced they would begin serving their hotly anticipated veggie 'meatballs' in South Australia from Monday May 4th as an alternative to the traditional IKEA meatball. Made up of carrot, chickpeas, kale, bell peppers, other vegetables and seasonings, the veggie balls (gronsaksbullar) are a “cruelty-free, sustainable menu option which is in line with IKEA's dedication to sustainability, the environment, and good health”. **Where:** IKEA 397 Sir Donald Bradman Drive, Adelaide Airport SA 5950

Cost: \$7.95 for a serving size of 10 and \$2.95 for the kids' serving size of five.

<https://www.facebook.com/IKEA.Adelaide/timeline>

◆ **Vegan alternative to beeswax:** Carnauba wax is a non-animal based alternative to beeswax. Sourced from a tree native to the forests of Brazil it has similar properties to beeswax for making good quality wood polish and skin creams. It can be difficult to locate. However the Soap & Honey Shoppe at the Central market usually stocks it.



Recipe: Economical Soap Jelly Mix

(as demonstrated by Pam Marshall at the VegSA AGM).

Transform one bar of soap into 20 litres of liquid washing mixture – vegan, non-chemical, safe, not tested on animals (or humans) detergent alternative.

Method: Grate one bar of soap*. Put one half in one 10 litre bucket. Put the other half of grated soap in another 10 litres of water. Add ½ cup washing soda and 2 litres of boiling water to each bucket. Stir both buckets until mixture has dissolved. Top each bucket up to full with water. Leave to cool to form a thick jelly.

How to Use: Use in place of all commercial detergents – i.e. laundry detergent (use one cup of this mix per wash), shampoos, dish detergent, body & shower washes, pet shampoo, etc. It will save you heaps of money – plus it's very environmentally friendly.

* Any bar of soap suits this recipe – check ingredients and choose a non-animal (no tallow), non-palm oil (unless it's from sustainable forests) soap. Coles sells a sustainable soap or check health-food stores. Recipe from 'The Shoppe Newsletter No. 56. 'More recipes at: www.theshoppe.com.au

VegSA Member Profile:

Ashley Campbell & Seli Hoo Household



Ashley with solar cooker

Editor Anne Sanders visited Ashley to learn about the interesting Communal Household of which he is a part.

The name Seli Hoo means “Working together” (from a Melanesian expression commonly used during the Venuatu Struggle for independence.). The Shared Household at Forestville was set up in 1978 on the principle of sharing, reducing the ecological footprint and moving away from the norm of the nuclear family. The location was carefully chosen as being near to schools, public transport (railway station) and the members to be car-free.

CBD, all of which enables

From the outside Seli Hoo looks like an average suburban dwelling, but that is deceptive.

The gravel drive-way has been turned into a vegetable and herb garden and the garage into a workshop. In the interests of SELF SUFFICIENCY AND HIGH RELIANCE ON NATURAL RESOURCES there is a solar cooker, which slowly cooks meals in the summer but can also raise dough for bread in the winter. A 2kw solar system, combined with solar hot water, means the household puts three to four times more power into the grid than it uses. Two worm farms use kitchen waste and provide fertiliser. Water from the washing machine and hand basin flush toilets. Grey water from the kitchen provides food scraps to one of the worm farms and water to the fruit trees. Even the fox door to the hen house uses a solar battery, which opens a tap, which fills a juice bottle sufficiently to provide enough weight to open the door each morning. Much of this technology is home grown. Not all household members are tradespeople but they have learnt because they “like fixing things”. Of course there are rain-water tanks and a great collection of bikes.



Driveway turned into veg. garden



Bicycle store shed

Currently there are about six adults occupying the residence, although there have been a number of people there over the years, some staying for a few days, several for a number of years, including families with small children. The key to the success of the group seems to have been sharing and simple organisational systems. Ashley says, “We have lots of rosters for sharing: shopping, cleaning, cooking, gardening, but some of us really enjoy gardening so we do it any way!” There is a shared meal* every

evening, not just for sharing food, but ideas and the work-load. In addition there is a communications book and a system of labels for people to mark tasks that they have not completed. In the workshop equipment is labelled so everyone, including new comers and temporary stayers, know what’s where. To the uninitiated this level of organisation might seem daunting, but it leads to smooth running for the group and contributes to a calm atmosphere with the emphasis again on sharing and a shared purpose.

You might think that with such a closely-knit group members might be cut off from the general community. However that is not so. There are “People coming and going a lot.” Members are “out a fair bit, active in various groups, work, visiting relatives, but then we have friends and relatives who come here too.” Ashley himself is active with the Clarence Park Community Centre and its Food Co-op (that some of the household members were active in setting up). He is also a member of the Food Supply sub-committee of Sustainable Communities and teaches Gardening Skills.

* The household is vegetarian with several members vegan.

If you are interested in gardening, alternative technology and self-help solutions try to come along to the Vegewise event visiting Seli Hoo on Wednesday July 15th – see Diary Dates page 8 for further details.

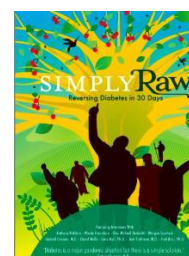


Water tank with hand-wash facility



VegSA Resources

◆ **SIMPLY RAW** (DVD) Reversing Diabetes In 30 Days. Chronicles 6 Americans with diabetes who switch to a diet consisting entirely of vegan, organic, live raw foods... The Results Are Amazing! Available at Vegan on Line www.veganonline.com.au; Amazon.com or similar outlets.



◆ **CLINT OBER'S “EARTHING”** describes the benefits to be gained from linking to the earth’s energy. **GOING BAREFOOT:** Stories of Health and Happiness by reconnecting to the Earth.

*Both pamphlets donated by member David Law. For information about setting up **Earthing systems** or performing **Earthing treatments** at very reasonable rates contact David on 0481 098 789*

◆ THE IMMUNISATION ISSUE

As vaccines (“immunisations”/“inoculations”) are tested on animals and often contain animal ingredients, they are bound to be of concern to many vegetarians and vegans, as is the proposal by the Federal government to put pressure on parents to adhere to the schedule of immunisations recommended for children from birth. The theory being propounded is of “herd immunity” i.e. that if the greatest number of people in a group are “immunised” from the relevant disease, this will protect those who, for whatever reason, cannot be vaccinated. However vaccination does not give lifelong immunity and recent outbreaks of infectious diseases have been traced to people who have been treated with vaccines. Whilst it can be argued that the spacing of different injections has been carefully devised, this assumes that “one size fits all”. This takes away from the person who knows the child best, the parent, the role of making an informed decision.

VegSA holds a neutral position on this debate. We have been approached by proponents of both sides. However we understand that our members will have differing points of view. The answer may not be about who has the soundest science but whether we should be forced to accept medical procedures without our informed consent. Will we continue to make our own decisions about our own (and our children’s) health?

For those who feel concerned there is information available at:
Australian Government Directory ph1800 671 811
www.directory.gov.au/directory?ea5_lf99_120.&subject,
Australian Vaccination-skeptics Network [visa Inc on avn.org.au](http://visa.org.au)
V.I.S.A. (Vaccination Information Serving Australia) on 08 83365236 visa@adelaide.on.net
www.whatisvaccination.com



In the Media

◆ New Zealand bans the use of animals in cosmetics testing.

New Zealand has just become the latest country to ban the use of animals in cosmetics testing. Following heavy campaigning by animal advocates and the Green Party to end the practice, the government voted to amend the Animal Welfare Act to make it illegal for companies to test finished products or their ingredients on animals in the country. While no known testing is currently taking place in New Zealand, the new measure will ensure it never does. The New Zealand-based animal advocacy organization S.A.F.E. highlighted a poll that found 89 percent of adult New Zealanders do not support using animals to test cosmetics, especially in light of the fact that there are already so many safe products and ingredients available to choose from and work with. *Unfortunately the ban doesn't affect imported cosmetics that have been tested on animals, which make up a majority of products currently on store shelves, but animal advocates say they will focus their attention on those next.*

Already a number of countries have taken progressive steps to stop the unnecessary suffering of animals used in tests for personal care and household products, including India, Israel, Brazil's São Paulo, the European Union and China, which recently removed a huge barrier when it officially announced it would end its mandatory requirement for animal testing. Now efforts are also now underway in Australia, Canada, Brazil, Korea and Taiwan. While the U.S. is still lagging behind on the issue, last year legislation was introduced that would make it illegal to conduct or commission animal testing for cosmetics after a one year phase in, which would be followed by a ban on the interstate sale of products and ingredients that were made using animal testing after three years.

Read more: <http://www.care2.com/causes/victory-new-zealand-bans-animal-testing-for-cosmetics.html#ixzz3WFKvBNU6>

◆ #BeCrueltyFree South Korea Campaign Welcomes Cosmetics Bill Requiring Mandatory Use of Alternatives.....

But Loopholes Must Be Closed. The Korean bill (March 11) marks an initial milestone towards ending animal testing of cosmetics in the country. But Unlike the EU ban, the Korean bill only bans animal testing where accepted non-animal alternatives are available.

The **#BeCrueltyFree campaign** is the largest campaign in the world for a global end to cosmetics animal testing, and has been working towards a ban in South Korea for more than two years. #BeCrueltyFree India was instrumental in achieving India's ban on cosmetics animal testing and the import of newly animal-tested cosmetics from abroad, and globally #BeCrueltyFree is working on bans in eight other major markets, including Australia.

Australians can pledge to #BeCrueltyFree by clicking: www.becrueltyfree.org.au, and voicing their support for a national ban on animal testing for cosmetics and the sale of cosmetics animal-tested abroad.

Further info: Hannah Stuart - Be Cruelty-Free Australia Campaign Coordinator. Ph: 1800 HUMANE Mob: 0407 193 526 E: hannahstuart@humanereseach.org.au Follow: @BeCrueltyFreeOz #BeCrueltyFree

MEDIA RELEASE: 12th March 2015

◆ Nuts May Extend Your Lifespan by approx. 2 Years!

Michael Greger M.D. May 14th, 2015

We've known that increased nut consumption has been associated with a reduced risk of major chronic diseases, such as heart disease and diabetes. But do those who eat nuts actually live longer lives? Clinical trials have shown nuts help lower cholesterol and oxidation, and improve our arterial function and blood sugar levels. Does all this translate into greater longevity?

Researchers at Harvard examined the association between nut consumption and subsequent mortality of over 100,000 people followed for decades. In that time, tens of thousands died, but those that ate nuts every day lived significantly longer. Daily nut consumers had fewer deaths from cancer, heart disease, and respiratory disease, even after



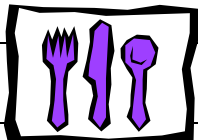
controlling other lifestyle factors. Nut consumers lived significantly longer whether they were older or younger, fat or skinny, whether they exercised more, smoked, drank, or ate other foods that may affect mortality. It appears that the incorporation of nuts (around one to two small handfuls a day) would be advisable to ensure various health benefits without the risk of body weight gain. You can find more on nuts and heart disease at:
<http://nutritionfacts.org/2015/05/14/nuts-may-extend-your-lifespan-by-about-2-years/>

On-Line Questionnaire for Vegetarians

What influences specific dietary patterns, especially for vegetarians?

Claire Jarrett, a psychology honours student at the University of Adelaide, is preparing a thesis on what influences specific dietary patterns particularly in Vegetarians. She is recruiting vegetarians to fill out a short (approx.30 minute) online questionnaire.

See: https://www.surveymonkey.com/r/CJ_Honours (Sorry, on line only!)



Eateries Update

◆ CHERRY DARLINGS (Cruelty free, Vegan) BAKEHOUSE

5a Aroha Tce Forresterville (opposite tram stop 4, parking at rear or in local streets) All vegan, reasonably priced: pies, savouries, soups, cakes. "Only vegan bakery in Adelaide", Makes cakes to order but needs 48 hours notice. Open Tues to Sun. 9.30am - 4.30pm. www.cherrydarlingsbakery.com.au mob 0473 025756, (VegSA's Vegewise group plans to visit Cherry Darling on July 15. See Diary Dates Page 8)

◆ HOPES AND BEANS CAFE

190 Payneham Rd, Evandale (next to stop 9 for all 170 Bus routes). Open Wed – Friday 8 am-3pm, Sat – Sun 8am-2pm. specialising in ethically grown and processed coffee beans, pies and cakes from Cherry Darlings plus soups etc. All vegetarian, mostly vegan. Hopes and Beans also provides training for people with disabilities. Further info email: hopesandbeans@gmail.com

◆ BOM DIA BOWLS ACAI BAR

12B Moseley St, Glenelg 0411 462 996. Hours vary seasonally but are currently: Mon-Fri 9:30am - 8:00pm Sat - Sun 9:00am -8:30pm. Serves bowls of healthy and, we hear, delicious stuff. It seems everything is vegan except some honey, which can be omitted. Unfortunately, no one at VegSA "central" has been able to visit yet so if you are in the Glenelg area and able to go there please let us know about your experience. (VegSA contact details page 1)

◆ **GREAT NATURE** (3/48 Beach Rd Christies Beach) has been run by John and Sarah and their daughter for several years and they have become good friends of VegSA's Southern Group. VegSA members were very saddened to hear of Sarah's death recently and would like to express its condolences to John and his family. Understandably there have been some disruptions to open hours recently. However John and his daughter are continuing the business and hours are back to normal. Mon - Fri 10am-6pm, Sat 10am-5pm. VegSA's Southern Group meets at Great Nature on the 2nd Saturday of ever month from 12noon to approx 1.30pm. For details of Southern Group see Diary Dates page 8

Closed: - Pure Green Vegan Restaurant, Hutt St. Adelaide. Sadly closed "permanently".

VegSA's 'Food for Thought' Acknowledgments:

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.



VegSA Diary Dates

Upcoming VegSA Events:

- ◆ **Dinner at Zen House Vegetarian Fusion** Saturday 25 July 5.30pm 462A Port Road Hindmarsh. Choose from banquet (9 courses) at \$28 p/p or go a la carte. See enclosed flier/booking form. Bookings essential to VegSA (see details below) by Tuesday July 21st
- ◆ **Vegewise Group** (*Meets 3rd Wed 12md - Bookings by Monday before event*)
June 17 – Joy Discovery - 13-15 Bent St Adelaide bookings essential to VegSA – see contact details below.
July 15 – Lunch at Cherry Darling Bakehouse - 5a Aroha Tce Forestville (see report page 7). 12md – Lunch then 2pm - Visit to Seli Hoo Communal Household (see page 4). For info and bookings contact Anne 8390 2314 or e-mail vegsocsa@gmail.com
August 19 – Hopes and Beans Café - 190 Payneham Rd, Evandale. (Bookings: Monday before event - Pam 8374 2531 email: theshoppe@tpg.com.au)
- ◆ **Northern Star Vegetarian Group**: Meets 2 or 3 times each quarter. For Info and bookings contact Karin Ph 8260 2778 or 0466 972 112. email: glad2bveggie@gmail.com
Saturday June 27 - Shared lunch at Yin Keng Fong's 5 Enford St Elizabeth. Friendly chat over lunch and discuss plans for future events. *Lamyong products for sale (optional)*
- ◆ **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 necessary but check in case of changes with Jill: 83861943 or Su vegsu2003@yahoo.com.au*

Other Upcoming and Regular Events:

- ◆ **The SA Environmental Defenders Office (EDO)** is threatened with closure. If this happens the environment movement in SA will lose a resource that has been the backbone of many vital campaigns. The EDO is holding a fundraising event on **6th June, 5:30pm - 9pm 'Woman in Gold'** Capri Cinema, 141 Goodwood Rd, Goodwood, CONTACT: Iris Iwanicki · edosa@edo.org.au or 0438 535 058 or Book online: <http://www.edosa.org.au/filmnight> - Ticket price of \$25 includes nibbles & a glass of Temple Bruer wine. Discounts for groups of 10. Prize for best 1930's dress! Raffle & Silent Auction
- ◆ **Adelaide Vegans:** *Brings vegans together for networking and social gatherings.* Dinner Friday evening at various vegetarian restaurants. (Occasionally at weekends or at places with good vegan options.). Bookings essential to enable the venue to reserve a table. For details and booking see 'EVENTS' page at: www.adelaidevegans.org or ph. Ken 0415 382 121
- ◆ **Meetup Group - Adelaide Social Vegetarians:** a social group for vegetarians and vegans of all ages to meet like-minded people, make new friends and enjoy great company. Coordinator Corin writes, *"We meet regularly for dinner or lunch at various cafes & restaurants (city and suburbs) that cater for vegetarians and vegans. We are an inclusive and supportive group and welcome anyone" including anyone "who is not yet vegetarian or vegan but who would like to adopt that lifestyle."* To join visit: <http://www.meetup.com/Adelaide-Social-Vegetarians> or for any one who is not familiar with Meet-up and who would like more info. contact Corin: coco39@internode.on.net
- ◆ **Natural Health Society (SA)** Meeting and lecture 7.30pm 1st Tuesday monthly (except Jan). Unley Citizens Centre, 18 Arthur Street Unley. Regular Guest Speakers. Cost \$3 members/\$2 concession/\$4 visitors. **Speakers: June 2:** Juergen Schmidt: The Effects of proliferating wireless technology on all life. **July 7:** Andrew Wilkinson (Naturopath): Optimising your Immune system for the long term. **Aug 4:** Ron Ehrat: "Sunshine". **Sept 1** Devashaon Temple: Fermented Foods
- ◆ **Organic and Sustainable Market** (SA's first certified organic market). 9am – 1pm every Saturday. Plant One, Fifth St Bowdon. www.organicsustainablemarket.com.au

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