



Food for Thought

Vegetarian & Vegan Society (VegSA) Inc.

Newsletter

Issue 2/18 June 2018

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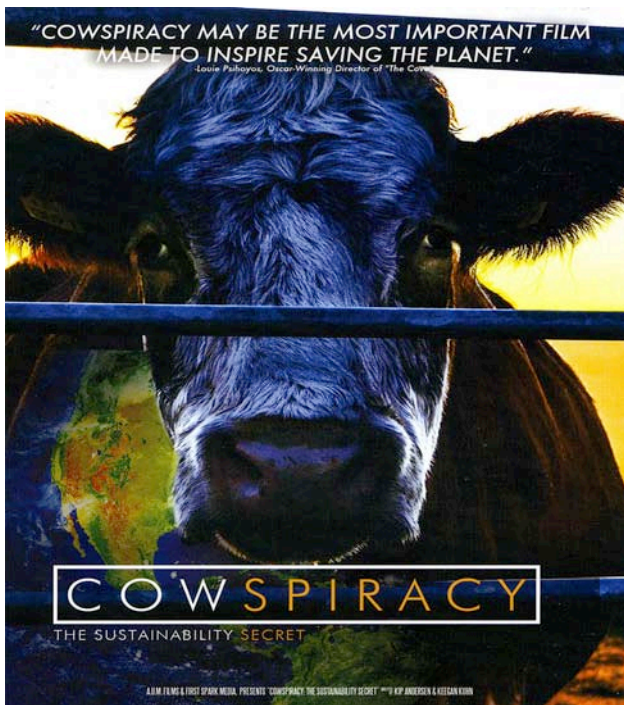
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COWSPIRACY



On Saturday April 28th VegSA held its AGM (see Report P3), followed by the 90min documentary COWSPIRACY. The film spells out in considerable detail the relationship between animal agriculture and environmental degradation. Using interviews and an abundance of facts and figures it follows the journey of Narrator and Co-director Kip Anderson as he interviews representatives of environmental groups and well known activists. As he learns more about the meat, dairy and fishing industries he also explores why this information is not promoted to the general public. The film dates from 2014 and the facts presented are relevant to that date. Sources are generally quoted although some ideas are the opinions or interpretations of the people interviewed. Here are **COWSPIRACY QUOTES**

The average person in California uses 1,500 gals water per day, about half due to meat and dairy's high water usage for intensive grain production.

About 5% of water used in the USA is for domestic consumption as against 55% for animal agriculture.

It takes about 660gals water to produce one hamburger, equivalent to the water for 2 months of showers.

In 2006 FAO reported that Animal husbandry was responsible for 18% of greenhouse gases compared to 13% from all transport,

In 2009 two advisers from the World Bank concluded that, in fact, Animal Agriculture contributed 51% of greenhouse gases.

In addition Animal Agriculture uses one third of all global freshwater, is responsible for 91% of the Amazon's rainforest destruction and is a leading cause of species loss, ocean dead zones and habitat destruction.

Rainforests are the planets lungs but we have been losing the equivalent of about one football fields of rainforest every second.

COWSPIRACY QUOTES (Continued from p.1)

Anderson visited and filmed a "sustainable farm" that has one cow (or one cow and a calf) to 10ac land. These are grass fed and free range animals. The question is: Could all animal agriculture operate this way in the USA? It would take 3.7 billion acres, i.e. the whole of the United States, some of Canada, all of Central America and into South America, but not just current grazing land. It would need to take in all cities, ancient forests, national parks and mountains ranges. It also takes about eight months longer to raise a grass fed animal, meaning more water, more feed and more greenhouse gases. The same applies to the dairy industry where there would not be enough land for free-range cows to supply milk to everyone at the present rate of population growth.

A dairy cow uses 140 to 150 lbs of feed and 30 to 40gals water per day.

Cow's milk is intended to grow a 65lb calf into a 600lb cow in as short a time as possible.

Even if we use no gas, oil or fuel ever again we will still exceed our maximum carbon equivalent of greenhouse gas emissions (560 megatons) by the year 2030 because of methane associated with animal agriculture.

By reducing methane emissions greenhouse gases could be reduced within decades as opposed to reducing CO₂, which would take a hundred years to take effect. (Dr Richard Oppenlander, author of "Comfortably unaware").

Animal agriculture in the USA produces about 116,000lbs of excrement every second, which amounts to enough in a year to cover 10 major cities and two or three small countries. This is 130X more than the human waste there.

You can grow 37,000lbs of vegetables on one and a half acres of land but only produced 375 pounds of meat on that equivalent area.

15X more vegetable protein than animal protein can be produced on the same area of land.

On an omnivorous diet (taking into account resources used for meat, dairy and egg production) one person can use 1100 gals water, 45lbs grain, 30sq feet of forest clearance and 20lbs CO₂ per day.

In 2012 there were 7 billion people in the world but 70 billion farmed animals.

Concerned researchers agree that the primary cause of species loss worldwide is due to overgrazing and over fishing.

There have been 26 million acres of land cleared for palm oil production but 136 million acres cleared for animal agriculture.

The majority of antibiotics in USA are administered to healthy livestock. (Natural Resources Defence Council)

Without subsidies in the USA retail costs of dairy, eggs and meat would skyrocket.

In many parts of the world livestock cause land degradation, but wildlife often gets the blame, is scapegoated and attacked, shot, poisoned etc.

For every 1lb of targeted fish caught there can be 5lb of bi-catch including whales, dolphins, turtles and sharks.

28 million animals were removed from the oceans in 2013. (Sea Shepherd)

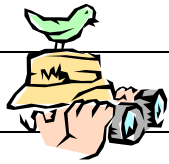
Three quarters of all fisheries are either fully or almost fully exploited and according to the UN three quarters are over exploited.

Animal rights and environmental activists are the number one domestic terrorism threat according to the FBI because (it seems) they directly threaten corporate profits.

In Brazil 1100 activists have been killed in the last 20years.

"All the nutrients we need are there in the plant kingdom." Dr Michael Klapper.

COWSPIRACY can be downloaded from the inter-net. See www.cowspiracy.com



VegSA News

VegSA's AGM was held on Saturday April 28th at The Joinery. As the demonstrations against Live Exports were taking place at the same time attendance was expectedly quite low but sufficient for a quorum and to get through the necessary business whilst allowing some rigorous discussion. Decisions made were:

- Membership fees will remain the same – see AGM notice or current membership form for details.
- The Committee has members' endorsement to look at the possibility of changing all renewal dates to fall at the same time instead of staggered through the year as at present. This would make membership administration and our mail-outs easier (and be in line with most other organisations). However it could take considerable effort, considering the several different subscription rates and the fact that they fall due at different quarters of the year depending on date of joining. It would also mean a change to the Constitution which can only be done at an AGM, SGM or through a postal ballot.

- election of Committee. Happily most of the Committee agreed to be re-nominated i.e.

PRESIDENT and newsletter coordinator – Anne Sanders

VICE PRESIDENT and website coordinator – Pamela Robinson

SECRETARY (Promoted from Minute and Membership Secretary) – Paul Martin

TREASURER – Anthony McAulay

EVENTS AND SOUTHERN SOCIAL GROUP COORDINATOR – Su Stephens

NORTHERN STAR SOCIAL GROUP COORDINATOR – Karin Basse

COMMITTEE – Joy Danielson, Denise Ness, Ken Lawson, J.A.L.L.Pocius

COMMITTEE MEETINGS are generally on the last Saturday of February, May, August, November following the quarterly mail-out workshop. We appreciate members' help at the workshop. Members are welcome to attend the Committee meeting and join in the discussion (but not vote as they are not elected by members).

VegSA FACEBOOK PAGE

Members at the AGM expressed appreciation of the material displayed on our Facebook page (thanks to events coordinator Su Stephens), which includes recipes and other mini videos. However, it has been difficult getting VegSA dates onto the page at the appropriate times. This is significant because information is taken from there by Vegan Australia, which posts dates for organisations around Australia on its website. **HELP!** Can somebody with a good working knowledge of Facebook help the Committee to be more efficient in this manner? Please let us know if you can. Contact details on p.1.

The VegSA Facebook page can be accessed by searching: Vegetarian and Vegan Society (VegSA) Inc. Vegan Australia website is: www.veganaustralia.org.au

NORTHERN STAR SOCIAL GROUP met in March at the Elizabeth home of VegSA member Yin Keng Neo. Following a tasty and healthy shared lunch we had an interesting demonstration by Piu, a representative for SALADMASTER. The benefits of using this high quality cookware, suited to minimum water and oil-less cooking, fit in well with the health ideas we encounter at VegSA. The talk was well presented and included endorsement from doctors like Dr Neil Bernard (of PCRM) in their treatment of serious conditions. We had several tasty vegan dishes including cake cooked in the frypan. Although very attractive this equipment is extremely expensive.

As well as the interesting talk it was good to meet up and chat with friends.

The group will meet again at Yin's in July. See Diary Dates p.8

PARSLEY PESTO DIP Thanks to Maxine Jones

Place into a food processor: 1 cup nuts or seeds, 1 cup parsley tightly packed (can include mint, basil or coriander), juice and zest of one lemon and one crushed clove garlic and pulse briefly. Drizzle in half a cup of olive oil, continuing to pulse. Add salt and pepper to taste. Serve with vege strips, crackers or pita bread or on hot pasta. Can be made by hand e.g. grind nuts/seed in coffee grinder or use almond or other nut meal. Quantities can be adjusted to taste. Less oil will work, needs only enough to make a smooth paste.

SO WHAT DO WE WEAR?

ECOLATERAL GIVES SOME ANSWERS ABOUT FIBRES AND FABRICS.

As an association of vegetarians and vegans VegSA members tend to know quite a bit about the sources of their food. However we do need to consider other products that we use, including the fabrics that we wear and use for furnishings etc. To avoid animal exploitation we would obviously want to not use silk, wool or leather. Alternative fabrics that often come to mind are: cotton, linen, hemp, bamboo and rayon/viscose, each with its own special qualities.

This is where it becomes complicated. Different fibres use different quantities of water and fertiliser to produce the basic materials and different amounts of water and power to process them as well as the cost to the environment in distributing them. To compare the water, fertiliser and power inputs in creating and distributing each of these materials as well as their biodegradability is a huge task. To try to get to the bottom of all this Food for Thought (FFT) spoke to Liddy Dolman at Ecolateral at St Morris (SA) to find out more. Ecolateral stocks clothing (as well as a large range of other environmentally friendly products). Here are Liddy's answers to our questions.

LIDDY: We decided to introduce sustainable fashion to Ecolateral in 2012 and very quickly realized that finding true sustainable fashion was difficult. It took us 8 months to find the fabrics and brands that we could trust to be as sustainable as possible. We focused our attention on researching cotton, linen, hemp and bamboo. Remember it is not just about the sustainability of the fabric but the social, ethical aspect of the growing and manufacturing components of the garments.

FFT: Can you comment on the comparative qualities of these materials in regard to their demands on the environment.

LIDDY: From my research the Hemp comes out on top when it comes to the sustainability of the fabric. Hemp requires little additional water, no pesticides or fertilizers in the growth of the plant and little chemical inclusion in the manufacturing of the fabric. Most working in Hemp use natural dyes in the manufacturing of the fabric. China and the Netherlands have the most efficient industrial hemp farms and the long-term experience in the making of the fabrics. There are now a number of young designers working with hemp which is fantastic to see.

We will only have cotton garments if they are certified organic so we can be assured that there is little water, pesticides and fertilizers used in the process. 22% of the world's pesticides are used on cotton farms which is unacceptable in our opinion.

We were thrilled to find a company, Bamboo Body working with Bamboo that has established a full Garment Life Cycle (on their website bamboobody.com.au) and is committed to the sustainable fashion industry. Linen is similar to hemp in a lot of ways however, we find that many people today are not happy with the constant ironing required with the garments.

FFT: Just for argument's sake, how would this compare with wool?

In my opinion it is difficult to find a fabric warmer than wool and there certainly are some farms in Australia who take the welfare of their sheep very seriously. Most of the time we feel that layering either hemp or bamboo will give you the comfort you need in the cooler months of the year here in Australia.

FFT: What are good substitutes for leather?

LIDDY: From a sustainability perspective we would only look at various thick fabrics as a substitute for leather as we would never advocate plastic 'leather look a like'.

FFT: Is there such a thing as an environmentally friendly synthetic fabric?

LIDDY: NO

FFT: Would the fact that some fabrics last longer make a difference to their overall demand on the environment?

Absolutely and that would definitely be the hemp fabric. It is a very strong fabric that lasts and lasts

.Lots of socks



FFT: Do you think that money costs makes a difference to saleability of suitable products?

LIDDY: YES, we are a very price sensitive society. An example is the brands we discovered called Rant and Bestowed who work in Organic Cotton and Bamboo and manufacture in Australia. The garments would not sell at the RRP and had to go out on sale before we could move them.

FFT: Can you suggest a few products available from Ecolateral that you would like to recommend to our readers.

LIDDY: Ecolateral has investigated over 40 brands over the years and have found only 6 we are happy to work with for various reasons. We currently have hemp, bamboo, organic cotton and linen fashion items from brands we trust. More and more of our products across the categories like Fashion, Body Care, Cleaning and Laundry etc. are Vegan. If you would like to speak to us in regard to your fashion needs please pop into the store for a visit and we will assist as much as possible.

FFT: Can you suggest any resources, including Internet, for those who want to look at this topic more closely?

www.threadharvest.com.au/ www.ecowarriorprincess.net/
www.sustainablefashion.com.au/ www.bamboobody.com.au

VegSA would like to thank Liddy for all this information. Ecolateral stocks a range of environmentally friendly products: kitchenwares, cleaners, soaps, toys, books, bags, kitchen staples etc.

ECOLATERAL Earth Friendly Living products AND services. 411 Magill Rd St Morris SA 5068
ph 8333 3478 0417195 065 Email:liddy@ecolateralshop.com.au www.ecolateralshop.com.au

WHAT YOU NEED TO KNOW BEFORE EATING TVP!

TVP = textured vegetable protein.

When she felt very uncomfortable after eating foods containing TVP VegSA Committee member Joy Danielson decided to find out more about TVP. The following information is derived from an article "Why not to eat TVP" which she found on the website: www.evolveingwellness.com

Eating TVP you're eating a substance made of foreign molecules that have been industrially chemically altered. Soya beans are routinely processed with hexane (a petroleum chemical) in order to convert them into TVP. Hexane is a by-product of gasoline refining. Soybean processors use it as a solvent - a cheap and efficient way of extracting oil from soybeans. Unless soy is organic, it is derived from GMOs, which causes numerous problems from immune suppression to infertility. You are also supporting companies like Monsanto who are responsible for seed destruction. GMO seeds cannot reseed and the farmers have to repeatedly go back to Monsanto to buy exceptionally expensive seed. This can put farmers deep into debt which has caused many Indian farmers to commit suicide.

TVP has no nutrition and is devoid of enzymes. Live enzymes, which are normally found in raw food, give us our healthy bodies. A lot of TVP is flavoured with monosodium glutamate to which many people are allergic.

Unfortunately garments made in Australia are often double the price of garments made in a well managed, ethical manufacturing environment in China and overall, the public is not prepared to pay for the "Australian made" label.

Environmentally friendly clothing





Products on the Market

Woolworth's Gluten free biscuit range "suitable for vegetarians and vegans". Contain: Tapioca Starch, Chickpea Flour, Ricebran Oil (no palm oil). Usually in the Health Food area.

Double Choc Biscuits 160g, **Crème Choc Biscuits** 120g, **Choc Chip Biscuits** 160g and **Mint Crème Biscuits** each cost \$3.50

Scotch Finger Biscuits 160g and **Gingernut Biscuit** each cost \$2.70

Gourmet Cheese by Studio Voodoo. Main ingredients: cashews, coconut cream, tofu, yeast flakes. Several varieties. Each 150g cost \$10.95 from The Simple Market (See below).

Monica's Mixes - Gluten Free Cake And Muffin Mix Free from gluten, grain, egg, nuts, dairy, GM and soy. 400g cost \$14.95 at Ecolateral. (See P 4/5) Easy to use. Ingredients mainly organic. Made in Australia. For their other "free from" products and recipes see: www.glutenfreefoodco.com

Naturally Good Moist Chocolate Mudcake Mix. Nut, wheat, gluten, dairy and egg free, made in a "free from" environment. 450g cost \$5.95 at Woolworths. Tasty, easy to make, rather sweet (add other flour?). Approved and endorsed by the Australian Coeliac Society. For more information and products see: www.naturallygoodproducts.com.au ph 03 9460 8050 FAX 03 9460 4069

THE SIMPLE MARKET



Is a plant-based health food store opened a few months ago by Fabian and Melanie Muller and assistant Ruby, selling all vegan products (except a few with bees wax, being phased out) at **44 Henley Beach Road, Mile End**, just west of the underpass, near bus stop 2 ph 7080 1047 email: hello@thesimplemarket.com.au
OPEN : Mon, Wed, Thurs, Fri 10am-5:30pm Sat 10am-4pm Sun 11am- 4p

Striving to have products that are locally grown, certified organic, and produced in ethical ways with as little packaging as possible, they have:

- Fresh organic fruits and organic vegetables, grocery products, chilled health foods and drinks.
- Bulk foods including nuts, seeds, grains, legumes, flours, oils, vinegars, teas, herbs and spices.
- Vitamins, herbal supplements, essential oils, fluoride free toothpastes and mouth washes.

- Organic beauty products, bulk shampoos, conditioners, soaps, and home cleaning products.
 - Bulk pet foods and pet care products and Eco Homewares.
- They host events in their cellar, which sadly, unlike the shop, is not so disability friendly. Household Membership, which gives you eligibility for discounts, is between \$50 and \$25 yearly depending on how much you feel you can afford.

Food for Thought Acknowledgments: Editor: Anne Sanders, **Proof reading and Mail out:** Committee and members. **THANKS** to all those who have contributed.

Cooking Classes and Courses

Natalie Playford of **Cooking up a Storm** runs classes for WEA: WEA classes this quarter:
WINTER GOURMET VEGETARIAN Sat June 2nd 1-5pm GLUTEN FREE, DAIRY FREE Sun. June 17th 1-5pm
QUICK AND TASTY VEGETARIAN (vegan). Sat, 25th Aug, SPRING GOURMET VEGETARIAN Sun 23rd Sept.
All 1pm-5pm Bookings and enquiries: www.wea-sa.com.au ph. 8223 1979.
Natalie also offers private, individually tailored classes. Contact her on ph 8386 1672 / 0403 555 011.

YOGA CLASS AND MEDITATION GROUP

Gentle yoga class suitable for beginners 5.30-6.30pm cost \$7. Meditation 7pm (free)
Tuesdays in June and from Sept 11th to Dec 11th. Anglican Church hall, 5 St Ann's Place
Parkside. Contact Mahima: 0466 984 686 adelaide@anandamarga.org

FOOD FOR LIFE NUTRITION EDUCATION + COOKING DEMONSTRATIONS

5 week course every Thursday 7-9 pm Aug 16th to Sept 13th
Heleen Roex-Haitjema, a medical doctor who is certified as a Food for Life Instructor by the Physicians Committee
for Responsible Medicine (pcrm.org) in USA, will be running a series of classes demonstrating
the scientifically proven powerful health effects of plant based nutrition.
Cost: \$145 for **five 2hr weekly classes** at Fullarton Park Community Centre, 411 Fullarton Rd Fullarton.
Information: Heleen: heleen@drroex.com or 0432 994 909 **Booking:** www.trybooking.com/VWYN



Eateries Update

SALEM CAFE (2/647 Marion Rd Ascot Park). Our Vegewise group had lunch at Salem Cafe on 5th May.

Salem is a cosy little venue with very friendly staff. In addition to all vegan main dishes Salem also has vegan cakes and a range of hot and cold drinks including smoothies and local beers. When our Vegewise group visited, each all ordered something different, each from the mains menu, everything being freshly cooked, a good sized serving and quite reasonably priced. Some of us also had a drink or a sweet. We all enjoyed the food and found Salem, in spite of its small size, a very comfortable space in which to chat and share our news and ideas. Besides eat-in Salem does takeaway, also delivers by UBEREATS.

Salem is on the east side of Marion Road, north of Dawes Road and very close to bus stop number 17. There is some parking behind and plenty of spaces on local side streets.



SALEM CAFÉ IS OPEN Thursday 9 am - 8 pm and Friday, Saturday and Sunday 9 am - 4 pm.
Phone: 0403 518 360. website: www.salem.cafe

GREAT NATURE: Sadly we have heard that, due to a power outage and loss of stock, Great Nature at Christies Beach is closed until further notice. Meanwhile our Southern Social Group will meet elsewhere. See Diary Dates P8.

MONTEZUMAS 2 Partridge St, Glenelg ph 83500111 and 134 Melbourne St North Adelaide ph 8239 4909 have introduces an **ALL VEGAN SECTION** to their menu. Vegan main dishes are slightly (about \$1) more expensive than the equivalent meat dishes. Presumably they are using vegan cheeses and/or mock meats. By contrast the vegetarian dishes on the main menu are always the cheapest ones. You could always say "No Cheese please". Details on website: www.montezumas



VegSA Diary Dates

Upcoming VegSA Events:

- ◆ **Saturday Aug 4th 12.30pm Natural Living Homewares' vegan café, 13 Battunga Rd Meadows.** To be confirmed. Check with Anne 83902314, vegsocsa@gmail.com or Su 0433 553 779, vegso2003@yahoo.com.au
- ◆ **Vegewise Group** (*Usually meets third week each month - with some exceptions - at a vegetarian or veg friendly location. Bookings generally needed 2 or 3 days before event.*)
Wednesday July 18th 12.30pm Dear Daisy 66 Leah St, Forestville. Book by Mon 16th with Joy 8326 0564.
- ◆ **Northern Star Vegetarian Group:** Meets occasionally according to demand. Contact Karin (See below)
Saturday July 21st 12.30pm Shared lunch and cooking demo at Yin and Neo's 5 Enford St Elizabeth. Bring vegetarian-vegan food to share. Contact Karin ph: 8283 3012 Email: glad2bveggie@gmail.com
- ◆ **Southern VegSA Group.** monthly social get together: 2nd Saturday of the month. As, sadly **Great Nature** at Christies Beach is closed due to a power failure and loss of stock, the group will explore other vegetarian places and ones with good veg options. Check in case of changes with Su 0433 552 779
vegso2003@yahoo.com.au
June 9th 12.30pm **The Green Room** 2 High St Willunga
July 14th 9.30am Breakfast/Brunch **Agatha's** 1 Gawler St Port Noarlunga has a vegan breakfast menu.
August 11th 12.30pm **The Fleurieu Pantry** 20 Gawler St Port Noarlunga
- ◆ **VegSA Mail out workshop.** Help always appreciated. Meet fellow members and share ideas. Next workshop: Saturday August 25th at the Joinery 111 Franklin St Adelaide, followed at 1pm by VegSA Committee meeting, which members are welcome to attend as observers. Contact Anne vegsocsa@gmail.com or ph.8390 2314 if able to help.

Other Upcoming and Regular Events:

- ◆ **Friday 22nd June 6pm - Sunday, 24th June 2:30pm Ananda Marga Adelaide's Meditation Retreat** with visiting yogic nun Didi A.Devanistha at 1 Everard St, Largs Bay. Fees \$300, cons \$270 for activities, vegetarian meals & accommodation. Single rooms, yoga classes, deep relaxation, meditation, beach walks, cooking workshop etc. ph Mahima on 8337 3882 or 0466 984 686 email: mahimalight@gmail.com or adelaide@anandamarga.org See: adelaide@anandamarga.org
- ◆ **Sat Aug 25th 5pm-8pm Light Sq Adelaide The "Official" Animal Rights March** Hosted by Animal Activists Australia, Adelaide Animal Save, Animal Rights South Australia. For details see www.facebook.com/events/1087735381428410/
- ◆ **Saturday October 27th and Sunday October 28th, The Vegan Festival** again this year is in Victoria Square, Adelaide. See www.vegnfestival.info and Facebook for updates. Vegan Festival will be holding an event on:
Friday 29 June 6 pm: Vegan Winter Warmers - Vegan Cooking Demonstration. Adelaide Central Market, featuring vegan food by BOB BOWLS Catering CO. & Purevitalu
- ◆ **Animal Liberation SA (ALSA):** Members' meeting is generally 1st Sunday each month. If you think you would like to join ALSA or know more about its work for animals email: animal.lib.sa@gmail.com or phone 0401 870 957. Also see www.animalliberation.org.au
- ◆ **Adelaide Vegans:** Brings vegans together for networking and social gatherings. Dinner Friday evening at various vegetarian restaurants. (Occasionally also at weekends or at other 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 - Adelaide Social Vegetarians:** a social group for vegetarians and vegans of all ages including anyone who would like to adopt that kind of lifestyle. Meets regularly for dinner or lunch at cafes & restaurants that cater for vegetarians and vegans. To join visit: <http://www.meetup.com/Adelaide-Social-Vegetarians> or for more info contact Corin: coco39@internode.on.net

For more events in SA and around Australia see Vegan Australia's website:
www.veganaustralia.org.au/events