



Food for Thought

Vegetarian Society of South Australia Newsletter Issue 1/09 – March 2009

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g Meat Is Worse

Than Driving a Truck ...

for the Climate

Reducing our meat consumption may not be popular, but we need to view our love affair with burgers in the same frame as gas-guzzling SUVs - says Frances Cerra Whittelsey in *The Nation*, August 6, 2008.

Only three years ago there was such a surplus of corn in the Midwest that it became a joke. Someone pasted the image of a skier into a photo of a mountainous pile of the stuff, labelled it "Ski Iowa," and e-mailed it around the Internet to hand everyone a laugh -- except the farmers, of course. At the time, turning all that unwanted corn into ethanol to replace gasoline seemed like a great idea.

But that was then. Today, corn ethanol has become the bad-boy alternative to petroleum, criticized for driving up food prices, destroying rain forests and worsening climate change. For good measure, the criticism is usually levelled at bio-fuels in general, even though the other category of bio-fuel -- bio-diesel -- is not made from corn and has a much more beneficial climate-improving profile. For some environmentalists, the only acceptable green energy options are wind, solar and geothermal power. Former Vice President Al Gore recently challenged America to end our reliance on carbon-based fuels in ten years by shifting electricity production to those three ideal options. Along the way, he suggested assisting auto makers to build plug-in cars and phase out gasoline and diesel-powered vehicles.

However, even if this utopia can be achieved in a decade -- and I fervently hope that it can -- Americans are stuck with cars they wish they could plug in but can't. America and the world will need liquid fuels for a long time to come, and bio-fuels, including some corn ethanol made at the most efficient distilleries, offer a far better option than continued use of fossil fuels. Bio-fuel critics, including the Grocery Manufacturers of America, often frame the problem as a choice between feeding people and feeding SUVs; they blame rising food prices on diverting food crops to fuel production. The trade group has mounted a public relations campaign to try to roll back high Congressional mandates for increasing use of ethanol. While concern about rising food prices is certainly justified, for grocery manufacturers the argument is also self-serving.



Society News

We have a lot to cover in this issue – so let's get down to it!.....

Summer Picnic at Hazelwood Park: VegSA attempted to hold its Summer picnic as usual at Hazelwood Park in early February but many were put off by the heat. About a dozen people chose to ignore or were unaware of the hot weather postponement notice so we had a very convivial, if somewhat warm, get together! We decided to reschedule the event for 15th March. But an event to support Animals affected by Bush fires has since been organised for that date (plus the weather could still be unpredictable for a picnic) so our next event will be on Sunday April 5th and the Annual General Meeting on May 17th. (See page 8 for details.)

VegSA Annual General Meeting: to be held on **Sunday May 17th 11am**. Followed at **12md by a shared lunch** and at **1.15pm Guest Speaker:** Pam Marshall from The Self-Sufficiency Shoppe will present "Living in Harmony with the Planet"– Safe, environmentally friendly (and non-animal-based) alternatives to commercial products for green cleaning, skin care, personal care, chemical free living & more. Venue is the College Park Scout Hall (next to park) 95 Fourth Ave Joslin. Please bring vegan/vegetarian food to share, plates, cutlery, family, friends, chairs /rugs etc. Tea and Coffee available. It will be a very enjoyable day – please come along and give your support. (*Also see enclosed notice*).

<p>Vegan-friendly Events in South Australia are now on the Calendar at: www.veganfestival.info</p>

Society Name Change: Early in 2008 members of VegSA voted to change the name of the organisation to "Vegetarian and Vegan Society of South Australia". Unfortunately, when it was submitted for registration, we were told that the name was too close to "Vegan Society of South Australia" but could be allowed if the Vegan Society consented. Although supportive of a change, the Vegan Society's Committee, for strategic reasons, preferred the two names to be more distinctively separate and negotiated an alternative. It will therefore be proposed at the VegSA AGM in May that: "The Vegetarian Society of South Australia Inc change its name to **Vegetarian and Vegan Society (VegSA) Incorporated.**"

REASONS FOR INCLUDING "VEGAN" IN THE SOCIEY'S NAME

1. In the past we mainly viewed "veganism" as a subset of "vegetarianism". Now the term "vegan" is much more commonly used and is becoming better understood and seen as a separate option.
2. Many members, especially long-term members are vegan or are becoming closer to being totally vegan.
3. The standard definitions (*as per 'Natural Health and New Vegetarian' magazine*) suggest that a vegetarian is 'someone who has merely given up eating flesh (from mammals, fish, birds reptiles etc), whilst vegans embrace a total lifestyle free of animal exploitation'. This is too simplistic a separation. Many "vegetarians" also avoid, where possible, other animal derived products.
4. People often give up meat for ethical, sometimes health or environmental reasons, but as they learn more about the issues inherent in the animal husbandry industry, they usually become more reluctant to use other animal products and by-products, including dairy and eggs.
5. Some new arrivals in SA (and some locals too) who are vegan or aspiring vegans have been reluctant to join VegSA as they had thought we only catered for "vegetarians". (They must have assumed that we ALL eat eggs and/or dairy products.)
6. Many of the phone calls the Society receives are from people attempting a vegan diet (often

for health reasons), so we really need to be a vegan (as well as a vegetarian) society!

TO CHANGE OR NOT TO CHANGE?

The 'Pro's & Con's' of VegSA name change

Reasons against changing	How these can be resolved
1. We have been known as the Vegetarian Society of SA since 1951.	For about 7 years we have also been known by our official short title and are <u>generally referred to as VegSA</u> by many (including members of associated groups). VegSA is already recognized in the Constitution as an alternative title.
2. It will mean changing: <ul style="list-style-type: none"> • letterheads, • web site • with the bank • with phone company, etc 	The letterhead is printed via computer and can be changed with very little effort. On the website the organisation is mainly referred to as VegSA (which can mean Vegetarian or Vegan). In any case the website needs constant and continuous updating.
3. VegSA (committee & helpers) have other more important work to devote its limited time.	The changes do not all need to be done immediately. A <u>time line</u> can be set.
4. Removing South Australia from the title will make it harder to find the Society on the internet.	For some time it will be necessary to include "formerly Vegetarian Society of South Australia" under the title.
5. It will require changes to the Constitution	Only a minor imposition, i.e. a definition of veganism will need to be included and in a few other places 'and/or vegan(ism)' added where applicable. A time frame can be set so that there is enough time to do this.
6. Including Vegan might discourage some people from joining – i.e. those wanting to give up flesh foods only.	Hopefully the Society name change will be accepted by all people wishing to embrace a cruelty free life style.
7. There are already several vegan support groups in SA.	They are mainly informal groups. Only one of them is incorporated (which in some circumstances can be very important). VegSA works as closely as possible with all groups advocating a cruelty free lifestyle or plant based diet.

An alternative title if the above is not approved would be "Vegetarian and Vegan Association" of South Australia, otherwise known as VegSA".

GM Food: Signatures required for 'Clear Labelling' Petition: We have recently received a newsletter from 'SAGFIN' (SA Genetic Information Network) together with a petition for strict testing and clear labelling of all genetically modified food. Despite good news, (i.e. GM bans recently extended in Tasmania and SA; plus rejection of GM by Chinese & Japanese businesses and some Australian food processors and retailers) there is still considerable concern. Research shows adverse effects on animals fed GM foods and dangerous weedkiller residues in food. *If you object to GM ingredients being introduced into our foods and/or wish to have them clearly labelled please organise some signatures and send to Greenpeace by April 29th. For regular updates become a member of SAGFIN (PO Box 7 Dernancourt 5075) for \$15 p.a. \$10 conc. Or see www.geneethics.org*



Vegetarians and Vegans in Hospital:

Vegetarians and vegans generally consider themselves healthier than the average population (research indicates that this is generally true). However accidents can happen to anyone. The best of us could find ourselves unexpectedly “enjoying” a stay in hospital. VegSA members and friends report very different experiences of hospital stays from the “very satisfied” to “very unhappy”. The difference with regard to food in hospitals seems to be mainly dictated by how we approach the situation. VegSA recently contacted dieticians at public hospitals in and around Adelaide to ascertain their policy with regard to catering for vegetarians and vegans. Whilst the policy is very consistent across the public hospital system, there can be a big difference between services for “vegetarians” and “vegans”.

All hospitals have “vegetarian” as a standard option for patients. The routine is each day the patient is given a menu sheet to indicate which meals they would like for the following day. The vegetarian option will naturally often include egg or dairy. However in the event of an accident you are likely to be admitted to the ward later in the day (after passing through casualty, assessment and/or preliminary treatment). Having arrived in the ward in the middle of the night it might be some 24 hours before you see a food order sheet. In this case the advice (from each of the hospitals) is that you *MAKE IT KNOWN TO THE NURSING STAFF that you are VEGETARIAN or VEGAN*. If you are offered a sandwich (which seems to be the most common if you arrive after meal time) ask for it to be ‘non meat’ and/or specify it not be egg or cheese. In some hospitals a vegan option is available, but in others, it may not. In such case you will have your requirements assessed by a dietician to ensure that your diet is suitable for your “particular condition”. It would seem that “vegan” is not yet automatically accepted as a healthy alternative but that “vegetarian” is now considered a nutritionally sound option.

CONCLUSION: Be assertive. State clearly what it is you prefer to eat or not eat. Nursing staff on the ward are your first port of call. Talk to them to ensure you are served food acceptable to you. For further information contact VegSA or the specific hospital. If you are to be admitted to hospital before-hand (such as in the case of voluntary treatment/surgery) you will have the opportunity to state your requirements in advance. However you may still have to work with the dietician to ensure that you receive a diet acceptable to you and in accordance with your treatment. *We would love to hear your “In Hospital” story (good, bad or humorous). Send to VegSA either by mail, e-mail or fax. (See page 1 for address).*

Vegetarians/Vegans Beware!: OXFAM using public donations to buy

livestock: OXFAM is soliciting funds to pay for donations of animals (pigs, goats, donkeys, etc.) to families in developing countries. OXFAM’s catalogue shows animals prettied up e.g. with items of human clothing. See their website: www.oxfam.org.au. VegSA has written to OXFAM to ask what is their policy regarding the animal’s treatment? No answer received yet. Oxfam also funds seed banks, clean water projects and vet care, education projects etc.

A Word of Advice: Before donating funds first ask how your money will be spent. See www.humancharities.org.au for a list of charities in Australia that do not support animal based research. To date only 36 charities are listed (with only a handful well known in SA: Fred Hollows Foundation, Variety Australia, Phoenix Society, Grow SA, Hippocrates Foundation, Epilepsy Association of SA and NT, Medical Advances without Animals). Again, mind where you put your money!

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



Eating Meat is Worse than Driving a Truck (from page 1)



Food manufacturers make their profits not on raw vegetables or commodities like cooking oil but on processed foods, and they want to direct public anger about food price inflation away from themselves. Packaging, processing, advertising, transportation and profits account for most of the price of processed foods, and the surging price of oil figures heavily in that mix. The cost of corn, even as the major ingredient in a food like corn flakes, accounts for a tiny fraction of the final price.

But it's false to frame the bio-fuel debate as a choice between people or SUVs. While there are daily references in the media to the diversion of corn to fuel-making, there's hardly ever a mention of the fact that feeding our livestock uses 50 percent to 60 percent of the American corn crop. Here are the [calculations](#) used by the US Agriculture Department's Economic Research Service for how much corn animals must be fed to produce a pound of meat for retail sale: seven pounds of corn equals one pound of beef; six-and-a-half pounds of corn equals one pound of pork; two and six-tenths pounds of corn equals one pound of chicken. (Meat industry estimates are lower but generally refer to the amount of corn necessary to make the live animal gain a pound, not the amount necessary to get a pound of food in the meat case.) Corn is a dietary staple in parts of the world like Mexico, but not in the United States, where the answer to "What's for dinner?" is supposed to be "beef." Talk about feeding SUVs or people is deceptive, since it masks the intermediate step of feeding animals a whole lot of corn to get one steak dinner.

Even more hidden from public view is the role of animal feeding in global warming. The shocking fact is that production of beef, pork and poultry is a bigger part of the climate problem than the cars and trucks we drive, indeed of the whole transportation sector. In our fantasies -- and ads -- we see contented cows eating grass, but the fact is all but a lucky few spend much of their lives in dismal feedlots where grass does not grow, getting fat on corn and other unspeakable by-products. Internationally, two-thirds of the earth's available agricultural land is used to raise animals and their feed crops, primarily corn and soybeans, and the trend is accelerating as people in Latin America and Asia increasingly demand an Americanized diet rich in meat. The need to grow more animal feed and more animals has been devastating rainforests and areas like Brazil's Cerrado region, the world's most biologically diverse savannah, long before the demand for bio-fuels began escalating.

It's What We Eat: Vegetarians have long understood this issue, but asking the American public to eat less meat is still radical and politically untouchable. The meat industry is a giant source of greenhouse gases - carbon dioxide being only one (but not the most dangerous). Cattle feedlots and factory buildings crammed with pigs and chickens produce large amounts of animal waste that emit methane. On an equivalent basis to carbon dioxide, methane is twenty-three times more potent as a greenhouse gas. When added to the production of fertilizer and other aspects of animal farming (including land use changes, transport, etc.) livestock farming is responsible for nearly one-fifth of human-induced greenhouse gas emissions, more than the transportation sector, according to a 2006 report by the Food and Agriculture Organization of the United Nations. None of which excuses knocking down trees in a rain forest to grow fuel crops or burning dirty coal to make a supposedly cleaner, bio-fuel substitute. People around the world for whom corn and other grains are a food staple -- not an ingredient or animal feed -- need help to avoid starvation, regardless of the reason, be it bio-fuel production, drought, flood or war. Someone like Al Gore needs to have the courage to stand up and exhort Americans to eat less meat so that others do not go hungry.



Products on the Market

- ◆ **Godzilla Pizzas** (with vegan cheese). Open Tuesday to Saturday 4.30pm to approx. 10pm 3/542 Brighton Road, Brighton. Phone: 8377 3533
e-mail: godzilla@virginbroadband.com.au For full menu see www.truelocal.com.au
- ◆ **Cheery Bears – gluten free, organic, vegan lollies.** Made in Germany, Imported by 'Organic By Nature', 43 Taunton Dr. Cheltenham Vic. 3192. Ph 03 9584 9944
Website: www.OrganicByNature.com.au 'Organic By Nature' products (not all are vegan) available from the following stores: **Wild Thyme**, Melbourne Street, North Adelaide - in particular the Cheery Bears. **Romeo's Organic Wholefoods**, North Adelaide Village. **Foodland** Norwood - 161 The Parade. **It's Organic**, Shop1/160 Hampstead Rd, Broadview
- ◆ **Brauer Homeopathic pillules and tablets (non-lactose)** Many homeopathic preparations are in a lactose base. Brauer now uses sucrose for pillules and glucose for tablets. (NB some homeopathic preparations are not vegetarian but most are herb based.) Brauer Natural Medicine Pty Ltd, 1 Para Rd Tanunda 5352
Phone 1300 308 640 website: www.brauer.com.au
- ◆ **Lush Cosmetics:** Shop 35 Myer Centre Adelaide (and in other Australian States)
Ph 8231 9649 website: www.lush.com.au Made in UK with centres worldwide. Products are mostly vegan - except beeswax in a few. LUSH supports fair trade projects, is phasing out palm-oil, supports Steve Irwin foundation, etc. Many products are in solid form. No preservatives but there are parabens in some of the creams. Prices seem quite high but products would last well. The shop is delightful and welcoming, well worth a visit (if the City is your scene).
- ◆ **Redwood super-melting nacho-style 'Cheezly' and 'Soyatoo!'**
Organic Topping Cream. New! Available in Health shops or contact SA and NT agent: Avo Trading Pty Ltd, 22 Dundee Avenue, Holden Hill 5098
Phone 08 8261 2991 or e-mail Grant Minervina: grant@avotrading.com.au
FAX - 08 8266 2722 Importer's website: info@veganperfection.com.au



Vegan/Vegetarian Caterers

- ◆ **Raw Life** A delicious selection of healthy raw food for all occasions. Cakes, ice-cream, crackers, tabouli, homus, falafel, nut and dry fruit fudge, etc. Gluten free!
All raw ingredients! All vegan! Contact: Paulina: 0413 969 333 email: rawlifeoz@gmail.com



RESIST
foods

- ◆ **Resist Foods:** Specialising in Vegan, Gluten Free, Allergy free & Organic foods, sweets, savoury, salads... the menu options are endless! Caters for many occasions (including specialty cakes) and can also organise wholesale by request. Delivery available depending on size of order.
Website: resistfoods@hotmail.com Mobile: 0421 027 949
RESIST – SWEETS all vegan with organic flours (wholemeal & gluten free available)



IN THE MEDIA

◆ Vegetarians save 20% at the checkout!

'The Advertiser' 23/9/08 reports that a study by Sanitarium has revealed vegetarians save 20% when shopping and have gas emissions six times lower than carnivores – making vegetarianism cheaper, healthier and better for the environment.

- ◆ **Saving Water:** The winner of the Stockholm Water Prize, John Anthony Allan, 71, of King's College London, was awarded the 2008 water prize for his concept of "virtual water" which measures the amount of water used in industrial and food production. He commented: *"Non-vegetarians consume five cubic meters (176 cubic feet) of water per day; your bath is a tiny puddle compared to that. It is the water for food that is the big problem... Be rational and eat less meat."*

The Advertiser 3/9/08

HEALTH

Vegetarian v carnivore

VEGETARIANS save 20 per cent at the checkout and have greenhouse gas emissions six times lower than carnivores. Research comparing diets heavy, light and free of meat has found that vegetarianism is cheaper, healthier and easier on the environment.

But dietitians urge caution with the study, produced by the manufacturer Sanitarium, owned by the Seventh-Day Adventist Church. "Many very unhealthy things, like doughnuts, could be part of such a diet," said Dr Manny Noakes, co-author of the CSIRO Total Wellbeing Diet.

Ask the experimenters why they experiment on animals and their answer is: 'Because animals are like us.' Ask the experimenters why it is morally okay to experiment on animals, and the answer is: 'Because the animals are not like us.'
Animal experimentation rests on a logical contradiction. Prof. Charles R. Magel

AUSTRALIAN ASSOCIATION OF YOGA IN DAILY LIFE

The Australian Association of YOGA IN DAILY LIFE is a non-profit humanitarian organisation in Consultative Status with the Economic and Social Council of the United Nations. The Association's activities are aimed to serve humankind by fostering health, world peace, humanitarian aid, human rights, protection of the environment and all creatures, tolerance, respect and freedom among religions, cultures and nations. **This in includes advocacy of a vegetarian diet.**

New term starting April 14th

Price: \$10/\$8 con. (1.5 hrs)

Tuesdays 7.45.- 9pm Beginners, 6.15 - 7.30pm General

Colonel Light Gardens - The Sanctuary Uniting Church Hall 560 Goodwood Rd.

Mondays 5.30pm Beginners, Wednesday 5.30 pm General Urrbrae - Lirra Lirra Café, Waite Rd.
phone: 8357 7177. Email: adelaide@yogaindailylife.org.au www.yogaindailylife.org.au

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Cancer Care Centre runs vegetarian cooking and juicing classes, meditation etc for people affected by cancer. It deserves our support.



-VegSA- Diary Dates & Directory

Sunday April 5th - VegSA visits Kapunda

Shared lunch, Mines tour and/or Heritage walk. Meet 12 noon at corner of Main/Hill Streets (near Library). Bring vegan/vegetarian food to share and walking shoes. No need to book.

Further information: VegSA or our hosts Mr & Mrs Sclares on 8566 3068 / 0404073571

Sunday May 17th - VegSA Annual General Meeting

11am: **Annual General Meeting.** 12.00: **Shared Lunch** 1.15pm: **Guest Speaker:** Pam Marshall from The Self-Sufficiency Shoppe - "Living in Harmony with the Planet" – Safe, environmentally friendly (and non-animal-based) alternatives to commercial products for green cleaning, skin care, personal care, chemical free living & more. College Park Scout Hall (next to park) 95 Fourth Ave Joslin. Bring vegan/vegetarian food to share, plates, cutlery, family, friends, chairs /rugs etc. Tea and Coffee available. (see enclosed notice).

Sunday March 8th - Compassionate Cooking Demo

by Di Cornelius at Animal Liberation, 19 Green St, Brompton. 1pm Taste great vegan food, recipes provided. For information or to book phone 8296 3803 or email diphilcorn@gmail.com

Sunday March 15th - 'Wild Folk for Wild Life'

2.30 pm to approx. 10pm. SA Folk Centre 1 George St Thebarton. \$10 entry.

Great line-up of folk, blue-grass, dance etc – plus raffles etc. Contact Bronwyn Ph 08 82422634 Mob 043791567 bronnyl@internode.on.net All proceeds to Wildlife Victoria

Sat April 18th - Fruit'n'Veg Parade

12 noon. Victoria Square. Includes parade, entertainment, competitions etc.

Stalls available. Contact Kas Ward on 0407 061 657 email: kas@fruitnvegparade.net
Website: www.fruitnvegparade.net

VegSA Southern Monthly Social Get together

2nd Sat per month from 12 noon. Great Nature 3/48 Beach Rd, Christies Beach. No booking necessary but check details with Su on 8326 1062 email: info@vegsa.org.au

Raw Life! Picnic

1st Sunday each month 2pm-5pm in or near Adelaide. Please contact Paulina at rawlifeoz@gmail.com for info. No RSVP necessary. BYO raw food/concoction to share

Adelaide Vegans Get-together: www.adelaidevegans.org

Alternate Fridays at different Adelaide Eateries. See new website for upcoming venues and bookings (essential for numbers) or contact Lara: lara_and_benno@internode.on.net 8121 7069/0413 477 402 Shane: swardshane@yahoo.com 0410 481 290, Steve: steve-lancaster@live.com 0435 119 182 Wade: wade.shiell@student.adelaide.edu.au 0422 507 864

Natural Health Society (SA)

1st Tuesday each month 7.30pm: Meeting & lecture at Unley Citizens Centre, 18 Arthur Street Unley. Further information: Secretary 8277 7207 website www.naturalhealthsa.com.au

April 7th Roslyn Mcleod: "Alexander Technique": talk & demo. **May 5th** Harley Johnstone and Freelea: "Experience of eating raw" Dianne Teagle: "Feeding my pets on a raw food diet".

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

