

Food for Thought

Vegetarian & Vegan Society (VegSA) Inc.

Newsletter

Issue 1/14 - March 2014

PO Box 311 Kent Town SA 5071

website: www.vegsa.org.au

e-mail: info@vegsa.org.au

Phone 08 8260 2778

Fax: 9390 2314



MARCH 2014 SA ELECTION-

Vote for Animal Welfare

Getting excited about the March 15 election?
Animal Welfare is a State responsibility of particular relevance.
So why not spare a thought (and your vote) for animals?

The Animal Justice Party

Colin Thomas. The party has a comprehensive policy to support and protect animals in all situations: farmed, in the wild, companion etc, etc See details on www.animaljusticeparty.org

The Greens have positive policies in most areas of animal welfare as well as social welfare. See www.greens.org.au

Labour seeks to phase out the importation, manufacture, sale and advertising of cosmetics or cosmetic ingredients tested on animals. It also aims to regulate live animal exports and supports the establishment of an 'Independent Office of Animal Welfare', but failed to follow through before the 2013 federal election. The Liberal-National Coalition has shelved it completely.

We must ask our politicians where they stand on issues such as: live exports, SA's GM Moratorium, battery hens, sow stalls and other factory farming, duck and quail shooting, mandatory use of CCTV and pre-stunning in abattoirs, legislated standards for free range egg labelling, puppy factories, establishing an Independent Office of Animal Welfare, any other issues pertinent to animal rights, relating to food (e.g. reforms for food labelling so that it provides clear information) and the environment.

Further information: Before the 2013 Federal election Animals Australia collated information on where the different parties stand on animals rights issues:

See: <http://www.animalsaustralia.org/features/where-do-parties-stand-animal-welfare.php>

Come Dine with VegSA!

VegSA and affiliated groups hold regular get-togethers at various eating venues. It's a great opportunity to meet like-minded people, chat and see what's on offer in terms of healthy vege food around Adelaide.

See *Diary Dates for venues and dates last page*



RUNNING RAW AROUND AUSTRALIA

(Continued from last issue)

On 21 November 2013 members of VegSA were privileged to meet Alan Murray and Janette Murray Wakelin who were in Adelaide prior to completing the last leg of a 'Run round Australia'. The 'Run' involved a **MARATHON EACH DAY** commencing in Melbourne on January 1 2013 and finishing back there on Dec 31. However did they do it - one might ask - the answer seems to be: **DETERMINATION** and a **RAW VEGAN DIET**.

Janette and Alan were already practised runners, vegetarians and animal lovers when, a few years ago Janette was diagnosed with an aggressive cancer. Her research into health alternatives led her to a raw vegan diet which not only assisted her recovery but also contributed to the energy and stamina she and her husband required for the numerous marathons they have run since.



Janette & Alan with VegSA member

During their mammoth run Alan and Janette took no drugs, painkillers or stimulants. They had some "super-foods" available - if required - but found them not necessary. Their raw food diet, based on Dr Douglass Graham 80-10-10 diet (low fat, low protein), consists mainly of fruit and raw vegetables with a few nuts and seeds.

The 365 day run was not always easy: bushfires, headwinds, 44°C temperatures in Canberra, 3 days heavy rain soaking their clothes, temperatures going

from four to forty degrees all in one day during their 27 days crossing the Nullarbor. However they suffered no injuries. For running they wore (and swear by) "Fivefinger" footwear. (See report page 5).

Alan and Janette's aim was to not just talk to people about alternative lifestyles but to demonstrate it 'in the flesh'. To them life requires many conscious decisions in order to implement change. Their philosophy is that we should be considering our actions in relation, not only to other people and our own health, but in respect of other animals and the whole of our environment. Their other aim was to inform people along the way of the benefits of a raw vegan diet and incidentally to raise funds for a number of charities - which are:

Australian Paralympic Committee: Alan and Janette's End-to-end NZ marathons in 2000 assisted NZ participants to attend the Sydney Paralympics.

Animals Australia needs no introduction to our readers: www.animalsaustralia.org

Kids Under Cover prevents youth homelessness by building homes and providing scholarships and mentors for at risk young people. Contact: www.kuc.org.au ph 1800 801 633

The Gawler Foundation* provides classes, retreats and resources particularly for those affected by cancer. Its centre is in Yarra Valley about 1 hour's drive from Melbourne.

THANKS to Nicole Butterfield for organising and Bliss Organic Cafe for hosting the reception on November 21 and to Alan and Janette for being there.

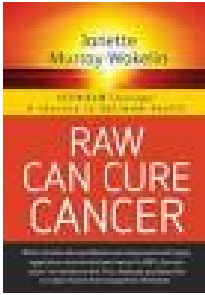
***CANCER CARE CENTRE SA** offers support programs in Adelaide similar to that given by the Gawler Foundation (much of it based on Ian Gawler's work). Contact: Cancer Care Centre 76 Edmund Ave Unley. Phone 8272 2411 www.cancercare.org.au.

N.B. VegSA does not suggest that those affected by cancer (or any other health issue) should ignore the advice of their medical advisers but that they should also look at alternatives and, like Janette Murray Wakelin, make a decision on the best course of action based upon collected information.

'RUNNING OUT OF TIME' - a book and documentary based on RunRAW2013 will be released August 2014 during the 'Running Out of Time' 2014 USA & Australia Tour.



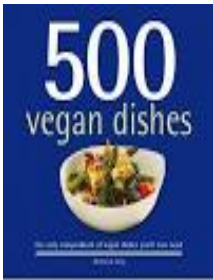
Book Reviews



Raw Can Cure Cancer

by Janette Murray-Wakelin. (Brolga Publishing Pty Ltd, Melbourne 2013)
\$35.00 at Bliss Organic Cafe 7 Compton St Adelaide or www.rawcancure.com

Although written in the 'third person' - "Raw Can Cure Cancer" is substantially the story of Janette's struggle with an invasive breast cancer and the medical profession as she strove to find a path that would best aid her recovery. In 2001 Janette was diagnosed with only 6 months to live with a possible further 6 months if she undertook conventional treatment. Although feeling quite devastated at first, she quickly realised that, in order to be able to think clearly about her options, she must first control her own FEAR. Supported by her family she undertook extensive research into the causes of cancer, effectiveness and side effects of conventional treatments and alternatives. Although she did consent to having the tumour removed she refused radiation and chemotherapy and sought naturopathic ways to support her body to heal itself. In addition to chelation and other therapies to remove toxins from her body Janette turned to a completely raw diet. After her recovery the couple established a healing centre where they could help others to take control of their own health and after 10 years Janette was persuaded to write "Raw Can Cure Cancer" describing her "fight against cancer". She also outlines in detail the theory behind the therapies she used to support her body's recovery.



500 Vegan Dishes

"The only Compendium of vegan dishes you will ever need"

by Deborah Gray (Pub. New Holland Publishers (2011)
288 pages including copious illustrations \$19.95 from Everything Vegan 270 Wright St, Adelaide

Starting with an introduction to vegan ingredients and ending with an index, this is a very practical book, suitable for people new to vegan cooking or those who like to experiment with food. It draws on popular recipes from a range of countries, in most cases giving basic recipes followed by a number of variations. Including such every day items as gravy, sauces, cheeses and even pastry. Although written for the UK market, measurements are also given in grams and litres. This is very much a 'COOK' book; even most salads have some cooked ingredients! With a convenient compact size print it is consequently on the small size. (Hint: enlarge recipes and put in plastic sheet for kitchen use.) Attractive and reasonably priced, it would make a useful gift.

Coming soon!

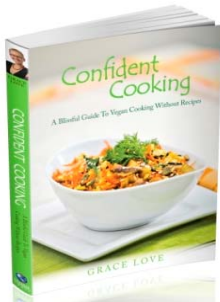
CONFIDENT COOKING

Blissful Guide to Vegan Cooking Without Recipes.

Grace Love of Bliss Organic Cafe has created a cook book where you do not have to stick to recipes and still have some of the Bliss experience.

To pre-order go to <http://www.pozible.com/project/178330>

Grace is planning to run classes on this theme after production in the middle of the year.



VegSA's 'Food for Thought Acknowledgments:

Editor: Anne Sanders, **Assistant Editor and Lay-out:** Pam Marshall. **Mail out:** Committee and members. **THANKS** to 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.



In the Media

◆ Don't palm us off campaign

On 14 November 2013 Zoos Victoria joined together with zoos from around the world to urge the palm oil industry to adopt a sustainable model that safeguards biodiversity, calling on more nations to commit to 100% Certified Sustainable Palm Oil (CSPO). The zoos issued a joint statement at the conclusion of the 11th Sustainable Palm Oil meeting held in Medan, North Sumatra. Importantly, the meeting was attended by representatives of plantations and palm oil businesses including investors and manufacturers. Zoos Victoria has developed an online **ZOOPERMARKET** to inform consumers about the choices they make. Over 10,000 people have used the online Zoopermarket to e-mail manufacturers to ask them to only source CSPO. To have your say, visit www.zoo.org.au/zoopermarket

◆ Live exports in SA Parliament

On January 17 2014 Greens' Animal Welfare spokesperson Tammy Franks called for the South Australian government to take action to stop live export being loaded from Port Adelaide. 78% of the 4179 sheep that died appallingly deaths from heat stress aboard a live export shipment from Australia to the Middle East [recently] were loaded in Port Adelaide. "If the livestock exporter LSS are claiming that the sheep that died were loaded in accordance with the Australian Standards for the Export of Livestock (ASEL) and met the requirements in relation to stocking density on board, then it is clear these standards themselves need to be re-examined and changed. "The chances of further cruel heat stress deaths must be minimised and the only way to guarantee that is to end live export." *On a federal level the Greens' Lee Rhiannon will be reintroducing her live export bill in the Senate* <http://bit.ly/1fzv4Bm>

◆ A Challenge to Sam Kekovich

Australian author Kathy Divine and Australian actor Martin Dingle-Wall are presenting Dan Schulz, a contributor to the number one best-selling book **Plant-powered Men** has volunteered to lay down a challenge to Sam Kekovich: "*Arm wrestle me on national television – vegan vs lamb eater*". There is a national television show interested in broadcasting the battle – we just need Sam to take the courage to agree.

Plant-powered Men - a book by Australian author Kathy Divine went to number one in men's health on Amazon Australia and has been listed as a 'hot new release' on Amazon's website. **Plant-powered Men** is a collection of interviews from 38 vegan men from around the world. In the interviews they detail the many health and other benefits a plant-powered (vegan) diet has brought them. Inquiries: Kathy Divine Ph: 0430 966 222
email: kathy@kathydivine.com See: www.vegansarecool.com www.kathydivine.com

◆ Meat-free Week: 24-30 March

Aimed at raising money for **Voiceless, Bowel Cancer Australia** and **Australian Conservation Council** - all acknowledging the value of removing, or at least cutting down on, meat consumption. Be a sponsor. Show your friends the info on the website. Perhaps persuade them to be meat free for a week. See: info@meatfreeweek.com

HELP WANTED: Student research project – live exports

VegSA is quite frequently approached by students for help with study assignments. SACE students in SA are required to undertake individual research projects and we've seen some excellent work from Year 11-12 students. We currently have a request from a country student for answers to a questionnaire for her project on LIVE EXPORTS - looking at the subject from several angles. Your input will be appreciated. If you would like to participate please e-mail or phone VegSA and we will send you the questionnaire. **THANKS IN ANTICIPATION!**



Products on the Market

◆ **Fivefingers Sports Shoes**

. **Vibram Fivefinger shoes** (as worn by the Running Raw team - see page 2) are designed to give the benefits of standing, walking or running in bare feet. The separate 5-toes design improves balance, posture and strength, reducing injury and enhancing performance. Completely vegan
At **Gym And Fitness** 1 Hughes St Unley, **The Running Company** 3/278a Unley Rd Hyde Park,
Scout Outdoor Centre 192 Rundle Street Adelaide, **Joggers World** 123 Pirie Street Adelaide See:
www.barefootinc.com.au

◆ **With Compassion and Soul**

For palm oil free, all vegan products. 100% profits go to helping causes for animals, women, children and a special interest in protecting orangutans. Products are 'Choose Cruelty Free' accredited (i.e. no animal testing involved in products or ingredients). Available at : The Singing Cricket Food Coop, Main Rd Willunga or Everything Vegan 270 Wright St Adelaide ph 82118988 or on-line at the following sites: www.veganonline.com www.funkychocolat.webs.com
www.ethicalearthproducts.com.au www.compassion.com.au (email: compassion@iinet.net.au)
www.saveorangutans.org.au

◆ **Discount Offer: The Personal Vegan Shop**

Aaron Scheibner (you might remember him from the front cover and interview in the Winter issue of the - now superseded - Natural Health and Vegetarian Life magazine.) runs an online vegan store that sells cruelty-free, palm oil free, eco friendly and healthy bathroom and bedroom products. Aaron is offering VegSA members 10% discount on purchases over \$20. If interested email or phone VegSA and we will give you the discount code. Aaron is a film maker and his Personal Vegan Shop helps fund film projects that benefit animals, the environment and humans. (His recent short film 'Orange Refugee' is about the orangutans and the palm oil trade). See <http://thepersonalvegan.com.au>

◆ **Premium Choice Organic Range**

PriorityHealth - a 25 year old SA company - packages nuts, seeds, dried fruit, etc. They have recently introduced a NASAA certified organic range. Available at Foodland supermarkets and at its own factory door store: 342 South Rd Croydon Park SA 5008 ph 8245 8888 www.premiumchoice.com

◆ **Green Room Print – Solar Printing**

Printak Printers at 107 Sturt St Adelaide has installed a solar system generating up to 70 kw of energy per day providing all the energy required for its normal printing operations in its 'Green Room'. Ph 8231 2352 or visit: info@printak.com.au www.printak.com

◆ **Sweet William - no added sugar chocolate**

Vegan, sweetened with maltitol and stevia. 50g packs for \$2.56 at Coles. Enquiries Ph 1300 656 223
Address: 26/3032 Perry St Matraville NSW 2036 www.sweetwilliam.com.au

◆ **Methylcobalamin (B12) versus Cyanocobalamin**

Many of us, on good advice, take a Vit B12 supplements to counter any possible deficiencies in an animal free diet (or for specific health problems). A VegSA member has suggested, as recommended by her naturopath, that methylcobalamin is a better form of B12 than the more common cyanocobalamin. Methylcobalamin is available through the internet or by mail order (see below) and as a practitioner item, but generally not available over the counter. Here are some comments on its benefits.

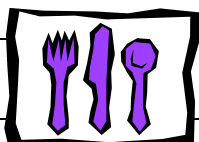
"Methylcobalamin is the most potent form of Vitamin B12 found in nature. We need methylcobalamin for the healthy development and sustenance of our circulatory, immune and nervous systems. With increased availability of methylcobalamin, medical research has shown that methylcobalamin has important benefits not seen with cyanocobalamin. It acts to reverse nerve damage and promote nerve cell regeneration". <http://www.mend.net/>

"Methylcobalamin B12, as opposed to the other more well-known and less expensive forms of vitamin B12, has actually been studied surprisingly well as a detoxification aid, and it has been shown to be effective in decreasing and even reversing symptoms associated with neurologic disorders that may be linked to glutamates, such as Alzheimer's Disease and Amyotrophic Lateral Sclerosis (ALS) and Autism".

http://www.naturalnews.com/029309_methylcobalamin_brain.html#ixzz2tdSqO8ga

Methylcobalamin 1000 mcg or 500mcg X 100 vegan tablets \$10.62. Postage: capped at \$4.95. Available in Australia from BIOVIA www.biovea.com/au Phone orders:1800 772 017 Mail order: 9 Crofts Ave Suite V8, Hurstville, NSW 2220

Methylcobalamin 1mg approx 60 vegan lozenges approx \$30. Mail to: Life Extension Pacific Ltd PO Box 2246 Caulfield Junction Vic 3161, e-mail: forlongerlife@connect.com.fj www.Lef.org



Eateries Update

New Eatery: Sukh Sagar - street food indian vegetarian restaurant

Sukh Sagar moved recently to Prospect after originally operating at the Brickworks Market. Eight VegSA members met there for lunch recently and found the staff friendly and very helpful. It had a relaxed and authentic feel. Prices are reasonable – especially the lunch special at \$9.90. It seems that Sukh Sagar caters mainly to the Indian community and on the whole we found the food on the spicy side. However there are also a few milder “Indo-Chinese” dishes which a couple of us really enjoyed. If you enjoy Indian food we recommend Sukh Sagar. If going as a couple or a group it would probably be a good idea to order a dish each and share. There's a reasonable choice of vegan entrees and main.



SUKH SAGAR 4/85 Prospect Rd Prospect (in Foodland Mall) ph 7120 2030

www.sukhsagar.com.au Open daily 11am – 10pm. After 8:30pm park and enter from rear. (Uses milk in some dishes, but no egg).

Eatery Updates:

- ◆ **CLOSED: KATTA Indian cafe** (Fullarton Rd Highgate) - proprietor has moved to Sydney.
- ◆ **EARTH'S KITCHEN:** 131 Pirie St Adelaide is now open on Saturdays 9.30am – 2.30pm. The menu on Saturdays is all vegetarian with good vegan options. *VegSA plans to visit soon: see Diary Dates page 8*
- ◆ **THE ANNEX:** 3 Waterloo St Glenelg is experimenting with including fish in a few dishes. If this does not prove popular they will revert to being fully vegetarian - in which case we'll be very happy to put them back on our VegSA Eateries List!
VegSA is still planning to visit for lunch on March 22 (most of the menu is vegetarian).

Recipe: FRUIT MINCE

Mix together: 1 cup sultanas. 1 cup currants, 1 teaspoon mixed spice, 2 tablespoons olive oil, 1 large cooking apple grated. (Vary proportions to suit individual taste). Refrigerate.
Prepare 1 – 2 weeks before using but can be kept in fridge for up to one month.

Preparation time: 15 minutes, including cleaning up

Cooking Classes

◆ 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.

She also conducts classes for WEA at Nazareth College, Flinders Pk

"Practical Fabulous Vegetarian" Sunday, 16th March 1-5pm

"Quick and Tasty Vegetarian" Sunday, 18th May, 1-5pm

\$92ea including all ingredients Booking: www.wea-sa.com.au or phone 8223 1272

◆ Bliss Central - Classes and Workshops

The owners of Bliss Organic Cafe have taken over the lease of the area above (previously Centre Om). A full range of classes are available soon – see *enclosed flier*. Contact instructors for bookings or information. See www.blisscentral.com.au Phone: 0470 643 593



Community Market

Clarence Park Community Centre 74 East Avenue, Black Forest

Monthly (first Saturday) - 10.30 am to 12.30pm

Dates: March 1 April 5, May 3, June 7, July 5, Aug 2, Sep 6, Oct 4, Nov 1, Dec 6

Second-hand goods & clothing, homemade & home-grown produce, craft items, plants, massage, food, hair-dressing and more..

Community Café: offering organic coffee, tea, homemade food (cakes, slices, muffins, quiches, and more) – with a smile! (all vegan/vegetarian)

Food Co-operative: Wholesome, nutritious food at low prices. Nuts, dried fruit, seeds, pulses, beverages, flour, grains, pasta, honey, free range eggs, oils, and more.

Most foods locally & organically grown. Bring your own jars & bags for discount.

Fresh food Co-op: Pre-ordered fresh, organic fruit and vegetables

Urban Orchard: Home grown fruit and vegetable exchange

Everyone Welcome! Come along and enjoy a morning of 'alternative retail therapy'

For info contact Pam 8374 2531 or sislets.coordinator@gmail.com

Practical Sustainability in the Home

Ways to replace consumer products with simple, safe household alternatives to benefit both you and the planet
Safer - less household chemicals - Saves money - it's cheaper!
Better for the environment - less chemical residue, less containers, reduces use of Earth's resources - Builds self-reliance



- **Workshops** - Green Cleaning; Natural Skin-Care; Hair & Body Products, Backyard Self-Sufficiency, etc - see website for list of upcoming workshops.
- **'Workshop at Home' downloads** - Learn Sustainability at home!
- **e-Book publications** - 90 titles available for download on sustainability-related topics.
- **Speaker Available** - 'Practical Sustainability in the Home' for community groups, work environments, clubs, associations, friends and family.
- **Free Newsletter** Add your name to The Shoppe emailing list at www.theshoppe.com.au

For more information: www.theshoppe.com.au

Pam Marshall - The Self-Sufficiency Shoppe, P.O. Box 390, Park Home 5043

email: pam@theshoppe.com.au or phone 8374 2531



VegSA Diary Dates

Upcoming VegSA Events:

- ◆ **Annual VegSA Picnic - from 12 noon Sunday March 16** (Postponed from February due to hot weather) New venue: **Whitmore Square, Adelaide** (Look for VegSA sign). Bring food (vegetarian/vegan) to share, drinks, cutlery, plates, something to sit on, children, friends and furry ones. Free event but *voluntary* collection to help VegSA's aid fund.
- ◆ **Lunch at The Annex - Saturday March 22 12.30pm.** 3 Waterloo St, Glenelg *Bookings to Su by Wed 19 March ph 8326 1062 or email: vegsu2003@yahoo.com.au*
- ◆ **VegSA AGM - Bliss Organic Cafe Sunday May 4 - 7 Compton St Adelaide, 11am:** Meeting. 12.30: Shared lunch 1.15 (approx) DVD viewing of "**About Water**". *See enclosed Flier for more details.*
- ◆ **Lunch at Earth's Kitchen - Saturday May 24 12.30pm** 131 Pirie St Adelaide *Bookings to Su by Wed 30 April ph 8326 1062 or email: vegsu2003@yahoo.com.au*
- ◆ **Vegewise lunch - April 16 12md Joy Discovery 13-15 Bent St Adelaide** Bookings Anne 8390 2314 *Bookings essential by Monday pm. No bookings - event will be cancelled.*
- ◆ **Northern Vegetarian Group: Sat April 5.** Shared lunch and discussion at 5 Enford Street, Elizabeth *Bookings to Karin 8260 2778 or 0466 973 236 or vegsoca@gmail.com by Thursday 3 April.*
- ◆ **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 in case of changes with Jill: 8386 1943 or Su 8326 1062
- ◆ **VegSA Mail-out:** Usually first week-end in the months of March, June, Sept and Dec. We are always grateful for help to fold newsletters and prepare and fill the envelopes. This is also an opportunity for socialising and sharing. If you think you would like to help please email vegsoca@gmail.com or phone Secretary on 8390 2314.

Other Upcoming Events:

- ◆ **Meat free Week 24-30 March:** being supported by some well known names and raising money for **Voiceless, Bowel Cancer Australia, and Australian Conservation Council** (for the animals, our health and the environment). The website spells out reasons for living meat free (and opposing factory farming). There are some excellent recipes. See: www.meatfreeweek.com
- ◆ **Adelaide Vegans:** *Brings vegans together for networking and social gatherings.* Dinner Friday evening at various vegetarian restaurants. 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. Also.....
- ◆ **Raw Picnic** last Sunday (most months) ph Morgaine 0435 519 477 or Ken 8431 6862
- ◆ **Animal Liberation SA:** Campaigns on animal rights including rallies against Live Exports and Jumps Horse Racing. Campaigns/members meeting usually first Sunday each month at 19 Green St, Brompton. See website for more info: www.animalliberation.org.au email: animal.lib.sa@gmail.com Ph: (08) 8340 8878
- ◆ **Natural Health Society (SA)** Meeting and lecture 7.30pm 1st Tuesday each month (except Jan). Unley Citizens Centre, 18 Arthur Street Unley. Admission \$4 (visitors). **March 4:** AGM and Speaker - GMO Myths and Truths **April 1:** Paul Kern ND - Optimising digestion and balancing body PH. **May 6:** Angela Cecere and Angela Bogdanov - Benefits of Salt Therapy including salt products.

VegSA - P.O. Box 311 Kent Town 5071 ph 8260 2778 mob : 0466 973 236. e-mail: vegsoca@gmail.com