



# Food for Thought

**Vegetarian & Vegan Society (VegSA) Inc.**

## Newsletter

**Issue 1/17 - March 2017**

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## Clear Eyes, Full Hearts: Women in Animal Advocacy

January 19, 2017 By Jen Bravo

This is a summary of an article from a Vegan Outreach newsletter sent to VegSA and used with permission. It mentions the lives of three pioneer women in the animal rights movement. The series will talk about a number of other women and might be quite an eye opener for many to learn of the strong connection between the agitation for women's and for animals' rights. To read the full article and the follow up episodes go to:

<http://veganoutreach.org/clear-eyes-full-hearts-women-animal-advocacy-part-1/>

*This post is the first in a series on the history of women in the animal protection movement, an intersectional history in which feminism and animal advocacy go hand in hand, along with other progressive social causes.*



Frances Power Cobbe (left) was a women's suffrage and anti-vivisection advocate who founded the National Anti-Vivisection Society (NAVS) in 1875 and the British Union for the Abolition of Vivisection (BUAV) in 1898 - two animal protection groups that are still around today (BUAV is now Cruelty Free International). Both organizations were firmly rooted in the early social justice movements of the 1800s, which included women's suffrage, property rights for women and opposition to vivisection. Her work led directly to the passage of the Cruelty to Animals Act of 1876, which was intended to regulate vivisection by requiring physiologists to obtain licenses and for the animals used to be anesthetized. Frances and the NAVS claimed the Act was weak, and, in fact, the number of vivisections rose following its enactment.

Anna Kingsford (centre) met Frances Cobbe in London in 1872 when Frances published an article on anti-vivisection in *The Lady's Own Paper* - a weekly magazine that covered social reform issues - which Anna owned and edited. Anna quickly became an anti-vivisection advocate, and decided to study medicine so that she could advocate for animals from a place of expertise. The study of medicine at this time relied heavily on experiments on animals, mostly dogs and mostly without anesthetic. Anna attended medical school in Paris, completing her degree in just six years, and doing so without experimenting on any animals. Her final thesis for medical school was a paper on the benefits of becoming a vegetarian, which was later published as a book titled *The Perfect Way in Diet* in 1881. She became an active speaker and advocate for a vegetarian diet and in opposition to all animal experimentation. Unfortunately, Anna developed a serious illness and died at the age of 41, before she could fully realize her life's work for animals.

The British-Swedish powerhouse Lizzy Lind af Hageby (right with friends) began her career as a writer and lecturer in opposition to child labor and prostitution, in support of women's liberation and, later in her life, in support of animal rights. She trained in medicine at the London School of Medicine for Women so she could become a better anti-vivisection advocate.

Throughout the 20th century, women continued to be at the forefront in animal advocacy - founding animal rights organizations, exploring the relationships between humans and non-human animals, and challenging the status quo that treats living, sentient beings as objects.



# VegSA News

## VegSA Summer Picnic

VegSA's summer picnic in Hazelwood Park was planned for the first Sunday in February as usual. However the forecast was for rain, (It did drizzle all day in some places.) so we rescheduled for the following Sunday. Hazelwood Park with its huge gum trees is a lovely place for a

picnic and the weather was perfect. It was good to meet up with "old" and new friends. We enjoyed the shared lunch and then discussed issues facing this and other like-minded organisations and also shared information about some currently available products.



## VegSA AGM 11am Business meeting 12.30 Shared lunch 2pm Guest Speakers

There are advantages in being an incorporated association. However it comes with some obligations, like the necessity to hold an AGM. AGMs have a reputation for being boring but at VegSA we have been able to have lively discussions, not only about the affairs of the society, but about the issues that drive us. Our business meeting is scheduled for 11 am (doors open at 10:30 am) and we'd appreciate having enough members for a quorum so we can start promptly, leaving plenty of time later for lunch and our speakers. See details of venue in Diary Dates P8.

Our speakers at 2 p.m. will be Heleen Roex-Haitjema and her husband Alphonse Roex, both of whom are medical doctors who have looked extensive into The scientifically proven benefits of a vegan diet, including how to do it properly. Alphonse and Heleen are a real asset to our community. Please feel free to come for the shared lunch at 12.30pm (bring a plate of vegan food) or to hear our speakers even, if you cannot make it to the business meeting. Also encourage interested friends and family who might benefit from this information. **ADMISSION IS FREE.**

Parking in the area on Saturday morning is not particularly easy. The Joinery is near the corner with Morphett Street and parking west of Morphett Street is free, though restricted, until 12 o'clock (one hour and two our parks). Hopefully for those coming for lunch at 12:30 or for the talk at 2pm it will be simple. For those coming for the business meeting at 11a.m. perhaps public transport would be a better option.

For those who have not yet seen the Conservations Council's Centre, ("The Joinery") this is a good opportunity to look at the facility. We look forward to seeing you there.

## Great Nature

At VegSA we were thrilled that Great Nature at Christies Beach reopened in January. The venue, having been vacant for nearly six months, had to be completely refurbished but is now looking attractive and more spacious. The new owner Jeannie Walker is an experienced caterer and animal activist. She has a new menu with very reasonably priced specials and some great cakes and smoothies. There is also a growing range of vegan groceries including Lamyong products (dry goods and freezer foods).

VegSA very much appreciates Jeanie taking on this enterprise to provide for the Vegan Community and wishes the project every success. Great Nature will be Open: Tues - Fri 11am - 6pm, Saturday 11am - 4pm

VegSA's Southern Group is very happy to return to this, its former "home", and will continue to meet at Great Nature on the second Saturday each month at around 12 o'clock. (See Diary Dates on page 8 for more details.)

## The Lord of the Fries

Yes "the Fries" have arrived in Adelaide! "Lord of the Fries" is a chain of vegetarian fast-food eateries well established in Melbourne with outlets now in Perth and Sydney. On Sunday 12th Feb VegSA members were invited to participate in a free sampling at the new venue 23A Hindley St. This was difficult as we had just moved the picnic to that day. However a few members and friends visited a few days later. They were impressed by the food, the reason no doubt that "the Fries" are so popular interstate. Opening hours and further contact details to come. VegSA or its Vegewise group plan to visit there in the near future, **SO STAY TUNED.**

**Planned events.** This quarter in addition to other events we hope to get away from the City: north to Gawler and south to Sellicks Hill. See Diary Dates P8



## Eateries Update

Great Nature 3/48 Beach Rd Christies Beach reopened in January. Ph 8186 5037 Open: Tues - Fri 11am - 6pm, Saturday 11am - 4pm. VegSA's Southern group will continue to meet there. See Diary Dates P8 for details. Right: Choosing Food at Great Nature

Alchemy Cafe 3/29 Adelaide Rd Gawler Vegetarian Breakfast & Brunch, ph 85235736

[www.facebook.com/alchemycafegawler/](http://www.facebook.com/alchemycafegawler/)

Email: [alchemycafe@adam.com.au](mailto:alchemycafe@adam.com.au) Mon - Fri 9:00 am - 3:00 pm, Sat. 9:00 am - 3:00 pm Sun 8:00 am - 12:00 pm. VegSA's Northern Star group hopes to visit soon. See Diary Dates P8.



Cherry Darling (vegan bakery) 5 Aroha Tce Forestville ph 0413 902 290 is now open nights Tues to Sat with dinner from 5pm Open: Mon 9:30am - 4:30pm, Tues - Sat 9:30am - 8:30pm, Sunday 10:30am - 2:30pm

Juice Lovers Juicery Vegan Juice bar, 34 Regent Arcade Rundle Mall Adelaide. Vegan/vegetarian. Cold pressed juices smoothies, hot food, soup, salad and raw cakes. ph 0479 010 539 [www.facebook.com/juiceloversadelaide](http://www.facebook.com/juiceloversadelaide) Mon-Fri 8:00am-4:00pm (Sat-Sun closed)

Dosa Plaza 51 Victoria Parade, Mawson Lakes, Adelaide, South Australia ph 8250 0333. All Vegetarian/vegan fast food franchise; Indian, International, Indo-Chinese, Western, Punjabi serving Indian dosas and other food idli, pizza, sandwiches, pasta, salad and dessert. Eat-in, take-away and delivery (within 5-7km) Hours :Wed - Mon 11am - 3pm and 5pm -10pm (closed Tues), Sat Sun 11am - 10pm

Lord of the Fries, a very successful group of vegetarian eateries in Melbourne has just opened at 23A Hindley St, Adelaide. See: [www.lordofthefries.com.au](http://www.lordofthefries.com.au) Opening hours and further contact details to come.

At ADRA's Op-shop (Seventh Day Adventist) in Parafield they serve vegetarian snacks. ADRA Café ph 8182 5003 Shop 2 Lawrence Hargrave Way Parafield. Open Mon - Thurs 9am - 5pm, Fri 9am - 4pm

### PICK UP AND HOME DELIVERY

In addition to the growing number of vegetarian and vegan eating places (plus improved menus in main-stream establishments) there is now a growing movement of pick-up and/or home delivery enterprises. Here are a few that are new.

◆ Shane V McCann, a long term vegan and animal activist has a pick up point in the metro area for her home style cooking. She writes, "My first round of weekly menus will go out on Monday 27th February, new menus out each Monday, orders to be in by Friday for delivery or pick up the following week. I anticipate all meals to be between \$12 - \$15." Contact via PM on the Vegan Envy page or email [veganratlady@gmail.com](mailto:veganratlady@gmail.com).

◆ At The Tiffin Box Khati Dave produces fresh home cooked food from locally sourced ingredients: curries accompanied with home made chapati and rice. All dishes are vegetarian but can be prepared vegan. While ordering there is a drop down box to choose vegan or vegetarian. Orders needed by 6pm on Friday to receive on Sunday, delivering to all metro areas like Salisbury in the north, Sterling in the east, all of the west and Seaford Heights and McLaren Vale in the South. All orders over \$50 receive free delivery. [hello@thetiffinbox.com.au](mailto:hello@thetiffinbox.com.au) [www.thetiffinbox.com.au](http://www.thetiffinbox.com.au)

◆ Studio Voodoo Shelly Ave Port Willunga is a home-based vegan business, which does take away food every Friday. Orders needed by midnight Wednesday for pick up Friday 3.30 - 8.30pm. Extensive menu and reasonable prices. Ph 0449 844 278

◆ The Little Secret Garden Pick up and delivery to Hills and suburbs. Mainly vegan, some vegetarian dishes, based at Little Hampton. ph 0449 519 222, also caters for groups, parties etc

◆ Eat Aliano Pizzeria (formerly Let's Do Pizza) Finchley Plaza 2/92-94 St Bernard's Rd Magill ph 8331 1668. Let's Do Pizza changed hands and name recently, but continues to offer vegan, vegetarian and gluten free pizzas and vegan Liv-a-little Gelato. Vegan Pizza 9inch \$14.90, 15inch \$23.90. Open Sun, Tues - Thurs 5pm - 9pm (Mondays closed), Fri - Sat 5pm - 9.30pm. Delivery within 5km \$6 (min order \$20) 6pm - 8.30pm.

# Cooking Classes and Courses

◆ **COOKING UP A STORM** - VegSA Member Nat Playford of Cooking up a Storm runs hands on classes with WEA: "Gluten Free, Dairy Free Vegetarian" on Sat 25th March, "Autumn Gourmet Vegetarian" on Sun April 2nd, "Naturally Sweet" on 14th May and "Winter Gourmet Vegetarian" on 3rd June, all 1-5pm at Nazareth College. Book through WEA [www.wea-sa.com.au](http://www.wea-sa.com.au) ph (08) 8223 1979 or contact Natalie on (08) 8386 1672 or 0403 555 011. Natalie also continues to run private, individually designed classes – very reasonably priced. Also see: [www.cookingupastorm.com.au](http://www.cookingupastorm.com.au)

◆ **FOOD FOR LIFE NUTRITION AND COOKING CLASSES** - 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 promoting the health, environmental and ethical advantages of a plant based diet. Cost: \$125 for five 2hr weekly classes: Five Mondays in May at Fullarton Park Community Centre, 411 Fullarton Rd Fullarton. For info/bookings contact: Heleen: [hsroex@mac.com](mailto:hsroex@mac.com) or 0432 994 909

◆ **"LIVING WELL"** is a free correspondence course run by Sanitarium (associated with Seventh Day Adventist Church). It "equips you with practical ways to improve your quality of life through better health. With insight from the latest lifestyle medicine research, learn how to combat cancer, heart disease, diabetes, depression, anxiety, insomnia, obesity and a range of other health conditions through a holistic approach to Living." Ph 1300 300 389 or email [applications@discoverycourse.com](mailto:applications@discoverycourse.com)

THE SEVENTH DAY ADVENTIST CHURCH, true to its aims, offers a healthy vegetarian meal (with vegan options) at Brahma Lodge, Morphett Vale and Melrose Park. The meals are offered free, although donations are accepted. Members of VegSA's Northern Star group often attend the meal at Brahma Lodge. If you are in or visiting the northern area you might like to do so too. Thurs 6.30pm Adventist Church McIntosh Cres, Brahma Lodge ([www.facebook.com/TheShepherdLodge](http://www.facebook.com/TheShepherdLodge)). Also at their ADRA's Op-shop in Parafield they serve vegetarian snacks. ADRA Café Shop 2 Lawrence Hargrave Way Parafield ph 8182 5003 Mon – Thurs 9am – 5pm, Fri 9am to 4pm  
ADRA SA office: 31 Prospect Rd Prospect ph 8269 2177 [www.adra.org.au/](http://www.adra.org.au/)

## Learn the Art of Ayurvedic: Cooking Pure Vegetarian & Vegan Delicacies Food from a Timeless Culture

'Ayurveda' in Sanskrit language, technically, means the *Science of Life*. A 6000+ year old system of natural healing that teaches you how to live in harmony with the laws of nature. Considered one of the oldest sciences of cooking, it is the basis, not only for the evolution of Indian cuisine, but has hugely influenced that of the world.

- Discover your body type
- Learn the ABCs of Ayurvedic Cooking
- Understand the chemistry of spices
- Learn to cook a minimum of 20 dishes
- Recipes and post class email support

Immerse yourself in a world of seasons, spices & special cooking techniques with an introduction to Ayurvedic theory including food combining, spice selections, clarified butter & cooking oils.

3 hours x 8 Saturdays 11am to 2pm \$400 for 8 Sessions or \$70 per session. Fee includes course material, recipes, ingredients, and you get to eat the food. *Conducted by Chef Ravi Subraman*

at Elizabeth House 112, Elizabeth Road, Christie Downs, SA 5164 Please register your interest for the next course  
Email: [idylopoint@gmail.com](mailto:idylopoint@gmail.com) Tel: (08) 7481 8169 Mob: 0401 310 996

### STAY TUNED

*Therapeutic Massage by Ruby.*

Monday to Thursday and Saturday between 7am and 7pm

\$40 per hour. Cash or barter. Please contact Ruby:

0432 242 379



# Products on the Market

## SHOPPING AT FOODLAND/IGA

Independent Grocers of Australia (IGA) is a chain of supermarkets. IGA is owned by Metcash, an Australian company distributing and marketing groceries, fresh produce, alcoholic beverages, hardware, etc. (includes Thirsty Camel, Mitre 10 and True Value Hardware). Individual IGA stores are independently owned. In South Australia, IGA supermarkets are generally branded as Foodland rather than IGA. ([https://en.wikipedia.org/wiki/IGA\\_\(Australian\\_supermarket\\_group\)](https://en.wikipedia.org/wiki/IGA_(Australian_supermarket_group))).

At VegSA we had heard that some of the larger Foodland stores were having good supplies of vegan friendly products. We asked our friends at Adelaide Vegans about their experiences and they recommended Foodland/IGA stores at: Frewville (IGA), Fulham, Golden Grove, Happy Valley, Henley Beach, Magill, Mitcham, North Adelaide, Norwood, Pasadena, Port Adelaide, Torrensville and Romeo's organic store opposite the Foodland in North Adelaide. Their comments included:

At Fulham "there is a dedicated fridge with Tofurky and Cheatin' products, also the usual Bio Cheese and Fry products in the freezer section."

Frewville IGA's organic fresh produce section is "surprisingly affordable compared to other organic fruit and veggie stores."

Golden Grove Foodland "is good, plus they will order in stuff for me."

Port Adelaide Foodland "has a large fridge area with at least 4 or 5 vegan cheese brands, numerous faux meat brands, several shelves of dry foods, at least 6 different brands of non-dairy ice creams, 3 full freezers of vego/vegan mix of goods, plus vegan dips and other small goods."

Thanks to Pamela, Mike, Carla, Michael, Mel, Kirsty, Luna, Sue, Katrina and Jasmine for this info.

## Products

- "Who Gives a Crap" Toilet rolls: recycled paper, no chlorine, inks, dyes or scents, 400 sheets of 3ply. 50% of profits go to Water Aid ([www.wateraid.org](http://www.wateraid.org)) bringing access to safe water, sanitation and hygiene to communities in some of the poorest countries in the world. \$1.29 per roll at Foodland Rostrevor. Can also ordered on line at <https://au.whogivesacrap.org/cart> Cartons of 48 rolls for \$48 (p/p free).
- Planet Ark's SAFE toilet paper: 100% recycled paper, no dyes, fragrances or inks: 6 pack cost \$7.11 at Foodland, Rostrevor. 12 pack \$12.44 Planet Ark Level 3, 15-17 Young St, Sydney, NSW 2000 02 8484 7200. Recycling information: [RecyclingNearYou.com.au](http://RecyclingNearYou.com.au) or 1300 733 712
- King Land Soy Cream Cheese: ingredients: certified organic soy beans, non-hydrogenated vegetable oil, sea salt, veg gums, natural and nature identical flavours 250g \$4.45 at Foodland, Norwood. Contact: King International 606 Boundary Rd Archerfield Qld 4108 ph 07 3277 7899
- Amy's Gluten Free Mexican Bean and Rice Burrito Certified Organic – vegetable and rice flour in a gluten-free wrap \$4.85 at Foodland Norwood. By contrast same product with wheat burrito costs \$4.20 and with cheese \$5.20. Made in USA in a kitchen that does not use meat, fish, egg or peanuts. Australian Contact: Amy's Kitchen Inc. 9 Wiley St., Sunshine North, Vic 3020 ph 1800 613 043.
- Amilia (Zaini) Gocce di cioccolato finissimo fondante i.e. Choc Chips. Ingredients: sugar, cocoa, cocoa butter, soy lecithin (emulsifier), flavour. VERY CHOCOLATEY 250g \$4.80 from Foodland, Rostrevor. Imported by Global Foods 58 Diagonal Rd, Pooraka 5095 ph 1300 710 824 or 8162 9900

## EASTER TREATS! – Only about 45 sleeps to Easter Sunday (April 16th) !

- Everything Vegan will have some chocolate treats. No details yet so contact Everything Vegan. Mon-Fri 9am – 5pm, Sat – Sun 10am - 3pm. 172 Goodwood Rd Goodwood ph 8211 8988 website: [veganonline.com.au](http://veganonline.com.au)
- And look out for hot cross buns in health shops e.g. Organic spelt or rye, fruit etc, pack of six \$7.50 at Organically Grown, 85 St Bernards Rd Magill.

## Science of Spirituality

A vegetarian meditation organisation. Free open talk on Jyoti Meditation (Meditation on the inner light). Practical instructions will be given at each session. Meetings weekly at Rose Park. For times and dates please contact Keith Edwards.

Ph. 8261 6362 or 0401 092 255. Email: [adelaide@sos.org](mailto:adelaide@sos.org)

## AQUAFABA – Egg Replacer

Aquafaba, as its name suggests, is the liquid from (cooked) beans. Cooks have been searching for some time for the perfect egg replacer\* to satisfy those with egg allergies and, of course, to avoid the serious mistreatment of hens. For aquafaba you can either use the excess liquid when you cook beans or the liquid from tinned beans. It seems that low-sodium white beans and chickpeas (garbanzo beans) are the legume of choice, but almost any bean will do according to what you want to cook. (You probably wouldn't use dark coloured beans to make meringues.) Its mix of starches, proteins and other soluble plant solids absorbed from the seeds during the cooking process gives aquafaba a wide range of emulsifying, foaming, binding, gelatinizing and thickening properties. This liquid can be used to replace egg whites in many sweet and savory recipes. Approximately 1 tablespoonful is equal to one egg. Surplus liquid can be frozen and stored as "ice cubes".

For more information on aquafaba see:

[www.vegansociety.com/whats-new/blog/13-amazing-things-you-can-do-aquafaba](http://www.vegansociety.com/whats-new/blog/13-amazing-things-you-can-do-aquafaba)

For a range of RECIPES see: <http://www.aquafaba.com>



### Sweet Sunday French Crepes - Pancake using aquafaba

Slightly adapted from *The Vegan Way* by Jackie Day and taken from Vegan

Outreach\* [www.veganoutreach.com](http://www.veganoutreach.com)

Yields 4-6 small crepes.

#### Ingredients

- 1 cup unbleached all-purpose flour
- 2 teaspoons sugar
- 1 ⅛ cups almond milk
- ¼ cup fresh orange juice
- ¼ teaspoon sea salt
- Melted vegan chocolate chips and powdered sugar, for topping (optional)
- 1 tablespoon aquafaba
- 1 teaspoon pure vanilla extract
- Oil or vegan butter, for the pan
- Warm jam or fresh berries, for the filling

#### Directions

Prepare a warm plate to place crepes on as they are cooked.

- 1 In a large nonreactive bowl, mix together the flour, sugar, almond milk, orange juice, sea salt, aquafaba and vanilla. Remove as many lumps as possible.
- 2 Let the batter sit for at least 15 minutes so that the liquid permeates into any remaining lumps of flour. Once the batter has "rested" give it another mix.
- 3 In a 12" nonstick or heavy based pan heat about a teaspoon of oil or vegan butter until it has just begun to smoke. Then reduce heat.
- 4 Gently add about ⅓ to ½ cup of the batter to the center of the pan. Tilt, and rotate the pan to create a thin, even circle of batter. Leave about an inch around the crepe so you'll be able to get a spatula underneath.
- 5 Once the crepe has a number of bubbles, begins to look less liquid and is lightly golden on the edges, gently move around the crepe with a spatula. Once loose enough around the entire circle, gently flip it over to the opposite side. (Or you can toss it in the traditional way.) The second side will likely only need about a minute or less to cook.
- 6 Gently lift the crepe out of the pan and place on the heated plate.
- 7 Continue making crepes in the same manner until you use up the batter.
- 8 To serve, spread warm jam on the crepes and then roll up. Or fill each crepe with fresh berries, and fold. Drizzle the crepes with melted vegan chocolate chips and/or dust with the powdered sugar if desired.

Vegan Outreach is an American grassroots animal advocacy group working to promote veganism through the widespread distribution of printed informational booklets. Focus: "Working to end cruelty to animals". Vegan Outreach works across the world, distributing pamphlets in places where people gather, particularly on University Campuses. They are always happy to receive help when working in SA (usually at start of academic year). VegSA receives their regular newsletter. See Website: [www.veganoutreach.org](http://www.veganoutreach.org)

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

## New Australian film: 'RAW - The Documentary'

People who read True Natural Health magazine (included as an option with VegSA membership) will probably already have heard of Allan Murray and Janette Murray Wakelin, athletes and healthy-living activists.. In 2013, Janette and Alan, both in their sixties, set out to run 366 marathons (each 43 km) on consecutive days over the course of a year, fuelled solely by raw fruit and vegetables. Jeanette's recovery a few years before from a "terminal" cancer, aided by a plant based diet, helps to reinforce their reliance on a vegan diet and lifestyle.

The new documentary, RAW, follows their triumphant journey, as they overcome obstacles and break world records. It is a feel-good personal story conveying a positive message of what can be achieved through living a kind, compassionate and environmentally aware conscious lifestyle. It is already showing in Melbourne and starts soon in Sydney. No doubt it will get to Adelaide soon too.

Review based on information from [Vegan Australia](http://www.veganaustralia.org.au), which lists vegan events in Australia (including VegSA's) in its regular emails: [info@veganaustralia.org.au](mailto:info@veganaustralia.org.au) <http://www.veganaustralia.org.au>

## From the media

### TECH TRENDS THAT ARE CHANGING THE WORLD FOR ANIMALS – FOR THE BETTER

*By Jen Bravo Feb 9th, 2017 for Vegan Outreach (based in USA)*

Imagine a world in which factory farming no longer exists, and we can feed the world high-quality protein with minimal inputs of energy, water, fertilizer and no antibiotics! Over the past few years, innovators have been leveraging tissue engineering, synthetic biology, bioengineering and materials science to grow or replicate factory farmed products - such as meat and dairy - in a laboratory setting. The Impossible Burger, Hungry Planet's Range-Free™ burger, and Beyond Meat's Beyond Burger\* are just the beginning! Over the past few years, innovators have been leveraging tissue engineering, synthetic biology, bioengineering, and materials science to grow or replicate factory farmed products - such as meat and dairy - in a laboratory setting. There are a number of start-ups, ranging from Memphis Meats, a San Francisco-based company growing meat from animal cells, to SuperMeat, which is focusing on a cultured chicken product and Perfect Day Foods, which produces cow's milk using yeast. The good news is that as these technologies improve and demand increases, costs will come down, making these animal-free choices the frugal and environmentally-sustainable choice as well.

\*Unlike some of the other products mentioned, Beyondburger is actually based on pea protein.

*The question is: would you still want to eat them if they are grown from animal tissues? Nevertheless, these tissue-grown products are capable of reducing a great deal of animal suffering and would certainly reduce environment problems. Ed*

## MEAT AND CARBS: WHAT NOT TO ADD TO WHITE RICE, POTATOES, OR PASTA

Written by: Michael Greger M.D. FACLM on February 2nd, 2017 [www.nutritionfacts.org](http://www.nutritionfacts.org)

Rice currently feeds almost half the human population, making it the single most important staple food in the world, but a meta-analysis of seven cohort studies following 350,000 people for up to 20 years found that higher consumption of white rice was associated with a significantly increased risk of type 2 diabetes, especially in Asian populations. They estimated each serving per day of white rice was associated with an 11% increase in risk of diabetes. This could explain why China has almost the same diabetes rates as we [in USA] do. The upsurge in diabetes has been most dramatic, and it's mostly just happened over the last decade. If the modern diabetes epidemic in China and Japan has been linked to white rice consumption, how can we reconcile that with low diabetes rates just a few decades ago when they ate even more rice?

Eating whole fruit is associated with lower risk of diabetes, whereas eating fruit processed into juice may not just be neutral, but actually increases diabetes risk. In the same way, eating whole grains, like whole wheat bread or brown rice is associated with lower risk of diabetes, whereas eating white rice, a processed grain, may not just be neutral, but actually increase diabetes risk. So what happened to their diets in the last 20 years or so? Oil consumption went up 20%, pork consumption went up 40%, and rice consumption dropped about 30%. One possibility is that animal protein is making the rice worse. If you feed people mashed white potatoes, a high glycemic food like white rice, you can see the level of insulin the pancreas has to pump out to keep the blood sugars in check. But what if you added some tuna fish? Tuna doesn't have any carbs, sugar, or starch so it shouldn't make a difference. Or maybe it would even lower the mashed potato spike by lowering the glycemic load of the whole meal? Instead you get twice the insulin spike. This also happens with white flour spaghetti, versus white flour spaghetti with meat. The addition of animal protein makes the pancreas work twice as hard. As diabetes rates were skyrocketing, rice consumption was going down, so maybe it's the animal products and junk food that are the problem.

What should we be eating to best decrease our risk of diabetes? See: these topics on [www.nutritionfacts.org](http://www.nutritionfacts.org)

- Plant-Based Diets and Diabetes
- Lifestyle Medicine Is the Standard of Care for Prediabetes
- Diabetics Should Take Their Pulses
- How to Prevent Prediabetes from Turning into Diabetes
- How to Prevent Prediabetes in Children
- What Causes Insulin Resistance?
- The Spillover Effect Links Obesity to Diabetes
- Lipotoxicity: How Saturated Fat Raises Blood Sugar

And check out the summary video: [How Not to Die from Diabetes.](#)



# VegSA Diary Dates

## Upcoming VegSA Events:

- ◆ **Saturday April 22<sup>nd</sup> 11am VegSA AGM.** 12.30pm **Shared lunch.** 2pm **Speaker** Alphonse and Heleen Roex (Medical Doctors) on the **Scientific Evidence For The Benefits Of A Vegan Diet.** The Joinery 111 Franklin St Adelaide. See enclosed flier for more information or contact Anne: 83902314 or [vegsocsa@gmail.com](mailto:vegsocsa@gmail.com).
- ◆ **Sunday April 30<sup>th</sup>** from 11am **Nan Hai Pu Tuo Buddhist Temple** 27 Cactus Canyon Rd, Sellicks Hill. Meet at 11.30 am: Walk around the grounds; see the giant Buddha; listen to the chanting; ocean views. 12 md Lunch: buffet style (by Donation). For further info call Su: 0433 553 779 or email: [vegsu2003@yahoo.com.au](mailto:vegsu2003@yahoo.com.au)
- ◆ **Vegewise Group** (*Usually meets second or third Wed 12md - Bookings by Monday before event please*)  
**March 15<sup>th</sup>** Veggo Sizzle 358 King William St Adelaide Contact Anne: 83902314 [vegsocsa@gmail.com](mailto:vegsocsa@gmail.com)  
April 19<sup>th</sup> Due to the unavailability of a Coordinator Vegewise will be in recession. However if you would  
**May 17<sup>th</sup>** like to suggest a venue or arrange a get-together please let VegSA know – contact below.
- ◆ **Northern Star Vegetarian Group:** Sat March 18<sup>th</sup> 12md Alchemy Café 3/29 Adelaide Road Gawler (Close to Gawler Train Station). Contact Karin: Ph 82833012 0466 972 112 [glad2bveggie@gmail.com](mailto:glad2bveggie@gmail.com)
- ◆ **Southern VegSA** Group monthly social get together: 2nd Saturday of the month from 12 md at Great Nature 3/48 Beach Rd, Christies Beach. Check in case of changes with Su 0433 553 779 or email: [vegsu2003@yahoo.com.au](mailto:vegsu2003@yahoo.com.au)
- ◆ **VegSA Mail out workshop.** Usually at the Joinery 111 Franklin St Adelaide, last Sat. in February, May, August and November. Help always appreciated. Meet fellow members and share ideas. Contact Anne on 83902314 or [vegsocsa@gmail.com](mailto:vegsocsa@gmail.com) if able to help.

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## Other Upcoming and Regular Events:

- ◆ **Animal Liberation SA:** 1st Sunday monthly 1pm - General Meeting The Joinery, 111 Franklin Street, Adelaide (old Bus station). email: [animal.lib.sa@gmail.com](mailto:animal.lib.sa@gmail.com) ph 0498 622 497  
[www.animalliberation.org.au](http://www.animalliberation.org.au) PO Box 327 Mitcham Shopping Centre SA 5062.

### **Upcoming Demonstrations.** Thanks to Animal Liberation for this information.

March 1st **Candlelight Vigil for Taiji Dolphins** 6.30pm Brighton Jetty. Bring candles or petals.

March 5th **Clean Up Australia Day.** Elder Park 11am - 1pm.

(Followed by Animal Lib meeting at the coffee shop in Elder Park).

March 11th **March to close all Slaughterhouses'**. (Organised by Animal Rights SA) Hindmarsh Square 11am - everyone to wear red. [facebook.com/AnimalRightsSouthAustralia](https://www.facebook.com/AnimalRightsSouthAustralia)

April 9th **Greyhound Racing Protest** (details yet to be confirmed)

April Saturday 15th & Monday 17th. **OAKBANK.** Protest against jumps racing

- ◆ **Adelaide Vegans:** Brings vegans together for networking and social gatherings. Dinner Friday evening at various vegetarian restaurants. (Occasionally 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](http://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 is not yet vegetarian or vegan but who would like to adopt that 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: Corin: [coco39@internode.on.net](mailto:coco39@internode.on.net)

- ◆ **Natural Health Society (SA)** Holds regular meeting with guest speakers (approximately six times per year) on 1st Tuesday of the month at 7.30pm at Unley Community Centre, 18 Arthur Street Unley. Cost \$4 /\$3 conc. members \$2. Meetings this year will be in March, May, August, October and December.  
**March 7<sup>th</sup>** Guest Speaker: Neville Bonney of Tantanoola: "Knowing, Growing, Eating Eatable Wild Native Plants for Southern Australia"