



Food for Thought

Vegetarian & Vegan Society (VegSA) Inc.

Newsletter

Issue 3/10 – September 2010

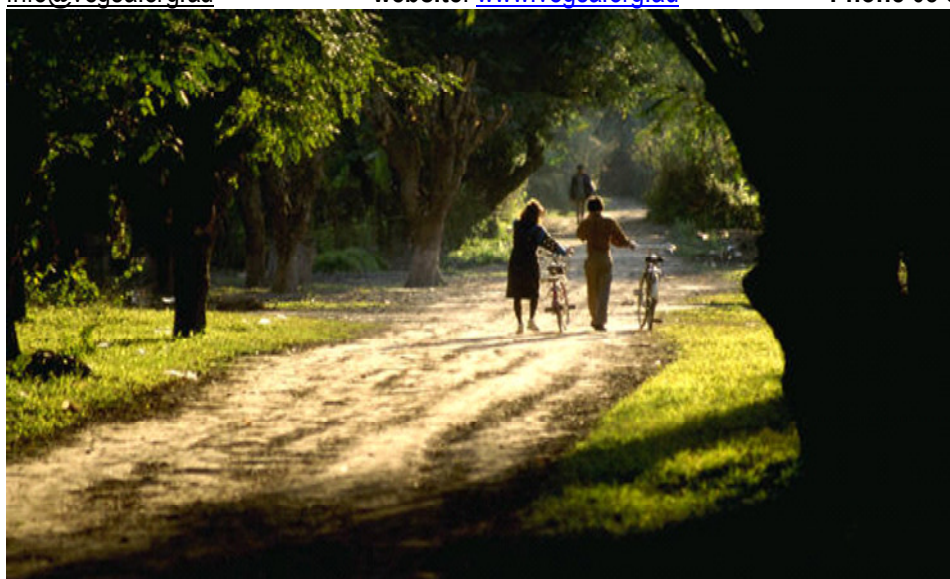
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EDITORIAL:

IS “HEALTH” IMPORTANT FOR VEGETARIANS?

People become vegetarian for several, but usually three main reasons: health, the environment and compassion for animals, whilst some also pursue vegetarianism as part of religious conviction or spiritual practice. Whatever the primary motivation, we benefit from all aspects of vegetarianism: health improvement, benefits to the environment and animal welfare. We may even develop spiritually. Even though formal surveys on the topic have not yet been undertaken it would seem from informal observation that most members of VegSA are vegetarian* primarily for compassionate reasons.

Throughout history vegetarianism has been associated with a healthier lifestyle - interestingly 'vegetarian' comes from the Latin "vegetus" meaning lively. A number of studies have shown that vegetarians* live on average several years longer, whereas meat consumption has been correlated with diseases like cancer, obesity and diabetes. Healthy people contribute more to and demand less from society, working harder or at least for longer.

Don't we owe it, not only to ourselves, but to the vegetarian movement, the animals and the environment, not only to be, but to be seen to be, as healthy as we can?

cont'd page 3 'Do Vegetarian Live Longer?'

*(*Includes all kinds of "vegetarianism" including vegans viewed as "pure vegetarians". Until recently, studies have generally not differentiated. Ed)*



Society News

♦ **WEBSITES AND VegSA PAMPHLET:** The VegSA information pamphlet (a summary of "Why Vegetarian") has been proving very popular. It will also soon be available on the VegSA website for printing or downloading directly from: www.vegsa.org.au. A similar summary (with some what more detail) is on the WA web site www.ivu.org/vegwebwa. Other useful sites with information on diet, ethics, health, etc are www.veg-soc.org (Australian Vegetarian Society (NSW)) and www.vnv.org.au (Vegetarian Victoria).

♦ **MEDICAL AND ALTERNATIVE PRACTITIONERS:** Thank you to those members for suggesting medical and alternative practitioners for recommendation. We now have the following information on record:

General Practitioners at Prospect, Unley, Elizabeth, Brahma Lodge, Salisbury Downs, Adelaide, Stirling. **Osteopath** at Beulah Park. **Naturopaths** at Unley, Two Wells, Norwood (special interest in children's needs), Glenelg (special interest in women's health). **Acupuncturist** and **Herbalist** at Wayville. In addition we have details from VegSA member Dr Trudy Seidel of her vet practice: **Para Hills Vet Clinic**, 523 Bridge Rd, Para Hills, 5096 Phone 8258 4838

NB: Alternative practitioners are not necessarily vegetarian but are generally very sympathetic to vegetarian requirements. Some GPs, even if vegetarian, are not necessarily the most suitable - we all have individual requirements and have differing needs and preferences.

♦ **VEGSA MEMBERSHIP/SUBS:** Thank you to members that renew their subscriptions in good time. Although VegSA sends renewal notices with the regular newsletter it's always helpful (and less work for the mail-out volunteers) when members check the renewal date on their mailing label and pay when due or ahead of time. Please note that subs can now be paid into the VegSA bank account. (PLEASE remember to list your name and mention "membership"). Account details: BSB 105-120 Account No 592102340

♦ **HELP NEEDED:** VegSA is always looking for extra help - from members, friends, family, etc. - particularly so for clerical tasks, mail outs and occasional stalls at events. We will soon be requiring volunteers to help with our stall at the Vegan festival - and welcome your contribution. Phone 8260 2778 or e-mail vegsofcsa@gmail.com

♦ **RSPCA ELECTION:** For VegSA members that are also members of RSPCA - the AGM will be 20th Oct at 7pm preceded by voting by post. Ballot papers will be mailed out (to RSPCA members) about one month before. Janet Allen is one of the candidates and has contacted VegSA for support. She has been active in animal rights issues for many years and believes the RSPCA needs to be more pro-active in educating the public about cruelty issues such as animal experiments, factory farming and, indeed, farming in general. As a country dweller, she is very aware of the cruelty inherent in animal husbandry (procedures - if practiced on our pets - would leave us open to prosecution). Janet is currently actively supporting The Coalition Against Cruelty to Racehorses in their Campaign against Jumps Racing and Animals Australia in their campaign against Sow Stalls. Janet's concern for current farming practices is in line with VegSA's principles. It is worth considering a vote for Janet Allen for election to the RSPCA Board. *Note: Read instructions carefully to ensure your vote is not informal.*

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



DO VEGETARIANS LIVE LONGER?

16 points for a healthy life

As mentioned in our last "Food for Thought", member John Reuter (retired naturopath) spoke at the A.G.M in May on the subject of "Do Vegetarians Live Longer?" Here are the 16 points he made to demonstrate that vegetarians may live a healthier and longer life.

1. Most health problems and diseases can be avoided by having a nutritious diet containing a variety of foods from plant-based origin.
2. Tests done on Seventh-day Adventists vegetarians proved that they lived longer for an average of 8 healthy years.
3. A vegetarian diet gives protection from coronary heart disease.
4. Vegetarians have more protection from cancer.
5. Less chance of hypertension (high blood pressure).
6. Meat eaters more frequently suffering from obesity.
7. Vegetarians are less likely to suffer from diabetes.
8. They are less likely to contract osteoporosis.
9. A vegetarian life style offers additional disease protection.
10. Vegetarians have a lower tendency to constipation and bad breath.
11. A vegetarian diet may help reduce varicose veins.
12. It lowers cholesterol and is better for arteries.
13. And it reduces gallstones and kidney stones.
14. It is better for our environment and more economical.
15. Vegetarians have a clearer mind and enjoy a more restful sleep.
16. They usually have a much happier and healthier disposition.



VEGSA Groups & Gatherings

♦ VEGETARIAN DELIGHT

On Sunday Aug 8th a dozen members and friends had an enjoyable and tasty lunch at Vegetarian Delight at Hindmarsh. With plenty to eat the banquet, at the special price of \$20, was good value. Vegetarian Delight, one of the longest standing vegetarian eateries has a mainly Vietnamese style cuisine with "mock meat". However we were assured that all dishes are vegan. Vegetarian Delight is open 7 evenings for dinner and each day, except Tues, for lunch. Ph 8340 8488 for bookings.



♦ **VEGEWISE:** Continue to gather once monthly with approximately 8-12 regulars attending. The group has dined at both vegetarian venues and meat venues with vegetarian options. There has been a variety of cuisines and tastes - from a visit to a lunch cafe at Mt Barker (June) to a very busy gourmet food venue on Duthy Street (July) and a Malaysian

VegSA Groups & Gatherings (cont'd)

restaurant in the Central Market area in August. Most people have reported they enjoy trying different places they would not normally visit - even some restaurant owners are pleasantly surprised to find a group of 'vegetarians' have chosen to dine at their establishment! Some have even said that it "encouraged" them to broaden their vegetarian menu and give less attention to their meat dishes! Venues and dates have been set for the next three months - including an Asian Cooking Class at Lobethal in November (see page 8). Vegewise is a very friendly group and welcomes new people. Why not consider coming along?

♦ **SOUTHERN MONTHLY SOCIAL GET TOGETHERS:** Continue to meet regularly - thanks to Su. There's no need to book but if coming for the first time please contact Su (see page 8 for phone number) to confirm details.

♦ **VegSA NORTHERN SOCIAL GROUP:** Enjoyed lunch on 27th June at Salisbury North Football Club's Bistro. The food, though basic, was good value (\$8 for main course plus salad and/or veges, tea or coffee). It is a large friendly venue providing a good opportunity for the group members to meet up and chat. A number of sporting clubs have similar facilities usually at very reasonable prices. Although it might be harder to check ingredients than conventional eateries they still offers a venue to talk with and educate staff about vegetarians' needs.

On July 17th the group met at the home of VegSA member Yin Keng Fong for a shared lunch and an interesting talk from Naturopath (and VegSA member) Pauline Barnes. Pauline explained that the basis of good health is a clean inner body, nutrients and clean water. The liver function is to filter impurities from the body but is often compromised by such things as: medications, toxic chemicals from the environment or recycled via the water supply (i.e. superphosphate from ground run off), plus the consumption of junk/processed foods and caffeine. Pauline recommends a thorough cleanse every 3-4 months and continuous cleansing with aloe vera juice. Here's a summary of some main points:

Water – no need for more than 2L per day unless sweating a lot as excess water intake puts strain on the kidneys.

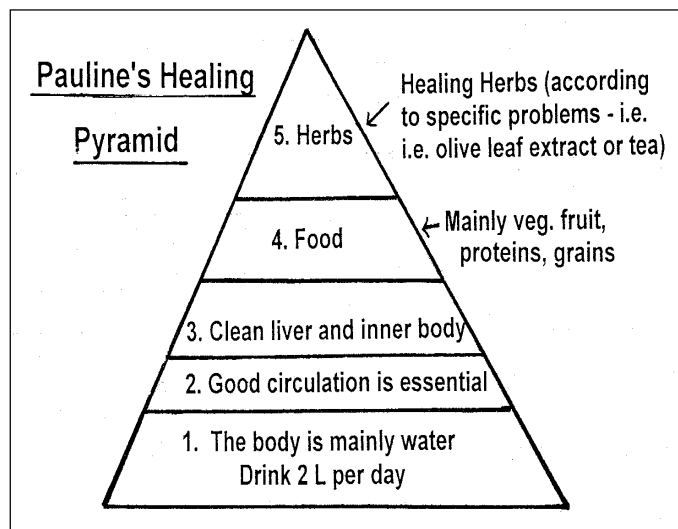
Protein - needed for maintenance of skin, organs, etc. Obtained from seeds, nuts, etc.

Aloe vera – Remove the outer and yellow lining from the leaf. Juice, vitamix or grate, then strain to get 100% juice. It is highly absorbable and contains vitamins, minerals, enzymes, amino acid and anti oxidants. It also helps balance hypo/hyperglycaemia.

Olive leaf tea – Cut leaf into tea-leaf size pieces and use to make a "tea".

In addition to individual consultations Pauline runs sessions for small groups to discuss health

issues. Cost: \$15 per person. Northern Group is considering organising a session for early next year. If interested contact Karin – see Diary Dates for details Pauline practises at Two Wells and can be contacted on: 85202428



PS: Members of Northern group are also planning to attend the ANDRE RIEU concert at the Entertainment Centre on Oct 19th or 20th. Also performing is the original SEEKERS Group. If you would like go with the group contact Karin ASAP . Cost of tickets \$89!



Products on the Market

♦ **QUORN** (meat free, soy free, vegetarian - not vegan).

VegSA is often asked, usually by folk who have visited the UK: "Do we have 'Quorn' here?". Of course we had heard of Quorn - it's a small town in the Flinders Ranges - isn't it? But no, they were referring to a meat free, soy free savoury product called QUORN. Well 'Quorn' is now here and available **in all Coles stores in the freezer section**.

The key ingredient in Quorn is a mycoprotein derived "from a nutritious member of the fungi family" used in the making of sausages, patties, pasties, etc.

Information supplied by Committee member Karin Basse for 5 products (but there are more)

2 Pasties: (300gr) includes rehydrated egg white.

5 Southern Style Burgers: (250gr) includes egg white and whey powder.

6 Sausage Rolls: (300gr) includes egg white and whey powder.

6 Sausages: (300gr) includes egg white and whey powder.

2 Cheese and Spinach Snitzels: (240gr) includes egg white, milk solids and cheese.

All packs cost \$5.95 each irrespective of weight. For more information: ph1800 061 279.

SA distributor: Simplot Australia Pty, 21-22 Greenhill Road Wayville 5034 ph 8422 2000 E-

mail: foodservice.sa@simplot.com.au.

CAUTION: These products are new - check ingredients for possible allergens.

♦ **FUNKY PIES:** Taste like home made, contain no animal ingredients, even the wrapping is from biodegradable corn starch. Available from at Bliss Organic Café, 7 Compton St Adelaide Phone 2831 0205.

Made by Funky Pies, Bondi, NSW: www.funkypies.com.au. Other new products at Bliss: Complete range of Loving Earth raw products, CAP Guides, Vegan Wares purses and wallets, MAYA Teecino coffee alternative. Coming soon: Teese non-dairy cheese, vegan (ready-to-eat) marshmallows.

♦ **LEDA** foods include: Baked Fruit Filled Bars, Rum Balls, Gingernuts, Chocolate biscuits, Choc Chip Cookies. All Leda foods are vegan and gluten free. Available at health shops and in the "Health" section of supermarkets.

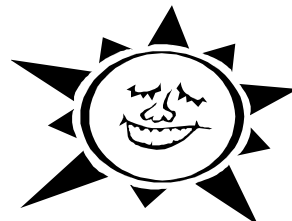
Information: www.ledanutrition.com ph: 1800 353 896 12 Keller Cres, Carrara Qld 4211

♦ **RAW REVOLUTION ORGANIC RAW FOOD BARS** • Vegan and Free of Gluten Wheat, Corn, Soy, Transfat, Cholesterol and Refined Sugar. Price: \$4.50 (approx.) from health shops and Bliss organic Café (see above)). www.rawindulgence.com.au *"Raw, living foods are clean, and have higher nutrient content than cooked food. Processed foods such as protein isolates and grain based fillers are acidic and cause fermentation in the body. Raw Organic foods are closest to their natural state, bringing us closer to healing ourselves and the global ecology."* www.rawindulgence.com

♦ **Friends of the Earth: SAFE SUNSCREEN GUIDE**

Nanotechnology is being heralded as the basis of the next industrial revolution, yet, amidst the hype there are serious questions about the *health and environmental impacts, social and political dimensions* of this powerful new technology. Nano particles are finding their way into sunscreen products even before their safety has been tested.

Friends of the Earth have surveyed manufacturers and asked them which of their products contain nano particles. The results are contained in a leaflet available in some health food stores and downloadable from the FoE website. Info available from Fiona Thiessen, Nanotechnology Campaigner: e-mail nano@foe.org.au, phone: 03 9024 3404 or see the website: www.nano.foe.org.au





In the Media

♦ COLES MOVING AWAY FROM SOW STALLS

(forwarded from Animal Liberation SA)

Coles will stop buying fresh pork from farms that use sow stalls by 2014. Presumably this boycott doesn't include ham, bacon and other pig-sourced small goods, but it adds further pressure to follow the lead of countries such as the UK who have already banned sow stalls. See <http://www.abc.net.au/rural/news/content/201007/s2959972.htm>

Ed. Comment: Pig farmers here are naturally arguing that this is discriminatory as imported pig meat sold at Coles will not need to be sow stall free. However, much of the imported pork is coming from Europe where the trend is also away from stalls. Best thing of course is just TO NOT EAT PORK AND OTHER PIG MEAT - all of which have been associated with health risks: high cholesterol, parasites and cancer associated with preserved small goods.

♦ NON HUMAN RESEARCH INCLUDES "IRRADIATION TREATMENT IN ANIMAL MODELS"

Humane Research Australia has again alerted us to another major fundraising event that in part funds research using non-human animals. September 3rd was 'Footy Colours Day' with proceeds going to the Fight Cancer Foundation, whose funded research includes "IRRADIATION TREATMENT IN ANIMAL MODELS." Whilst some of this appears to be ground breaking research with possible benefits for humans there must be better ways to conduct it. To check which charities do not fund research using animals go to: www.humanecharities.org.au

♦ NON ANIMAL RESEARCH and DO NOT CALL REGISTER.

The "Do Not Call Register" prohibits commercial companies (including Telcos) from soliciting sales - i.e. companies are banned from phoning numbers listed on the 'register'. However the register does not include religious, political or charitable organizations. Nonetheless it offers an ideal opportunity to enquire as to whether the particular organisation or charity funds research using animals and to point out that you only donate to organizations listed on the Humane Research Australia's Humane Charities list! Even though the caller cannot usually answer your questions it does alert them to your preferences and perhaps suggests that they, if eligible, should be included on the list.

The DO NOT CALL REGISTER (If you would like to add your phone number) can be contacted on 1300 792 958 or via www.donotcall.gov.au



♦ Review of the SA Code of Practice for the Care and Management of Animals in the Pet Trade – call for submissions (URGENT)

The SA Department for Environment and Conservation has undertaken a review of the Code of Practice for the Care and Management of Animals in the Pet Trade and is now asking for comments on its recommendations. Some of these recommendations could make for considerable improvement in conditions for animals being traded as "pets" and for animals in shelters, kennels, etc. A major revision is for regulations to apply to not for profit (as well to profit making) entities. Comments are due for return by Mon. Sept 13th. The recommendations and response proforma are available by phoning 8124 4801 or on line: www.environment.sa.gov.au/animalwelfare/legislation. It's an important issue so if interested please respond. VegSA will be making a submission.

♦ PETROLIUM AND MEAT

'If you follow the corn.... back to the fields where it grows, you will find an 80-million-acre monoculture that consumes more chemical herbicide and fertilizer than any other crop. Keep going and you can trace the nitrogen runoff from that crop all the way down the Mississippi into the Gulf of Mexico, where it has created (if that is the right word) a 12,000-square-mile 'dead-zone.

'But you can go farther still, and follow the fertilizer needed to grow that corn all the way to the oil fields of the Persian Gulf". Assuming a steer continues to eat 25 pounds of corn a day and reaches a weight of 1,259 pounds, he will have consumed in his lifetime roughly 284 gallons of oil. We have succeeded in industrializing the beef calf, transforming what was once a solar-powered ruminant into the very last thing we need: another fossil-fuel machine.' *New York Times Magazine 'Power Steer' by Micheael Pollorn, 31/3/2002*

♦ **BULL FIGHTING BANNED in Catalonia (Spain)** - Lawmakers in Catalonia have voted to ban bullfighting - becoming the first region in mainland Spain to act against the centuries-old tradition. The ban was approved with 68 votes in favour and 55 against and will come into force on January 1, 2012. The motion - which was being watched closely across Spain - tightens the region's animal protection law to remove an exception for bullfights. The vote came after animal rights activists campaigning under the platform "Prou!" - "Enough!" in the Catalan language - collected 180,000 signatures for a petition calling for the assembly to decide on the ban. Catalonia, whose capital Barcelona is Spain's second-largest city, has followed the lead of the Canary Islands in the Atlantic which made bullfighting illegal in 1991.



Congratulations: VEGO TO GO

Congratulations to Andrew and the staff at Vego to Go at Norwood as a finalist in the *Messenger Local Business Awards – Unlicensed Café Section*. Vego to Go was nominated by customers. Vegewise met there recently - it offered fresh juices, smoothies, and salads as well as vegetarian burgers, patties, curries, soups etc with all vegan and gluten free items are clearly marked. Whilst essentially "take away", there is seating for eating outside. Veg to Go is a light, clean, bright environment and is obviously very popular.



Vegan festival

Sunday November 14th 2010 10am – 5pm
Whitmore Square (Ivaritji) Adelaide

STALLS

Kidz Zone

PERFORMERS

FASHION PARADE

TALKS

RAFFLE PRIZES

PET FRIENDLY

ALTERNATIVE FABRICS



FOR INFORMATION OR TO BOOK A STALL, OFFER HELP etc:
e-mail: info@veganfestival.info ph 0407 061 657 website: www.veganfestival.info



VegSA Diary Dates

- ◆ **VEGEWISE GROUP** *For bookings contact: Joy 8326 0564 or 0428 832 605*
Meets 3rd Tuesday each month - 12 noon (unless otherwise stated)
September 21 – Vego & Love’n It, 240 Rundle St, Adelaide
October 19 – Joy Discovery, Bent St, Adelaide
November 16 – Asian Cooking Class at Thanh Long Asian Grocery,
 17 Main Street, Lobethal. 10am to 12noon. \$15. Bookings essential one week before
 event. Bus available from Tea Tree Plaza. For more details phone Alice: 8568 5181
- ◆ **VEGSA NORTHERN SOCIAL GROUP** *Meets approximately every 2 months.*
12 noon Saturday November 6. Meet for Lunch at Da Vince’s Art Café 3 Crosshill Rd,
 One Tree Hill. Visit Street Market before or after
 For info & booking contact Karin 8281 7684, 041421896, e-mail: glad2bveggie@gmail.com
- ◆ **VEGSA SOUTHERN MONTHLY SOCIAL GET TOGETHER**
2nd Saturday of the month from 12 noon. Great Nature 3/48 Beach Rd, Christies
 Beach. No Booking but check details with Su: 8326 1062 info@vegasa.org.au



Other Groups:

NATIONAL VEGETARIAN WEEK: Monday Sept 27 to Sunday Oct 3
 Seventh Day Adventist Church, Birdwood: **Cooking demos:** Sunday October 3rd **Low Budget Healthy Cooking**, 10th **“Dangers of Sugar”**, 17th **“Obesity”**. Cost: \$5 per session
 RSVP (by preceding Sunday) to Judy Zilm ph 8568 5130. (Bus available from Tea tree Plaza). **Sunday October 3** - 12.00md: Shared lunch at Alice’s (before the demo at Birdwood).
 Contact Alice on 8568 5181 (See www.vegetarianweek.com.au for other events)

Adelaide Vegans Get-together: www.adelaidevegans.org
 Alternate Fridays at different Adelaide Eateries. See website for upcoming venues and
 bookings (essential for numbers) or contact **Lara:** lara_and_benno@internode.on.net Ph 8121
 7069/0413 477 402 or **Shane:** swardshane@yahoo.com 0410 481 290 or **Steve:** steve-lancaster@live.com 0435 119 182 or **Wade:** wade.shiell@student.adelaide.edu.au 0422 507864

Adelaide Vegans Picnic in Botanical Gardens Sun. Sept. 26th 1pm
 Bring (preferably raw) vegan food to share. Contact Carmen: 82657747, 0438 796 841



2010 VEGAN FESTIVAL

Sun November 14 - 10am-4pm Whitmore Sq Adelaide
 Visit VegSA stall and say “Hello”, listen to talks and music, eat, get inspired!

Health, Wealthy, Foodwise Vegan Cooking Demos
Sundays: September 19, October 17, November 21. Includes tasting and recipes.
 at the ‘Café’, Glandore Community Centre, 25 Naldera St Glandore
 For information/bookings: Di Cornelius ph 8296 3803 or email diphilcorn@gmail.com

Natural Health Society (SA)

1st Tuesday each month 7.30pm: October 5 - November 2 - December 7
 Meeting & lecture at Unley Citizens Centre, 18 Arthur Street Unley. Further information:
 Secretary 8277 7207 **website:** www.naturalhealthsa.com.au

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