



Food for Thought

Vegetarian & Vegan Society (VegSA) Inc.

Newsletter

Issue 3/13 - September 2013

PO Box 311 Kent Town SA 5071

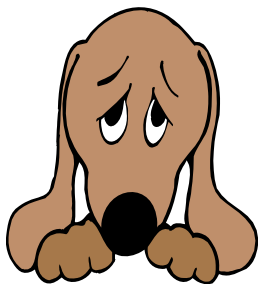
ABN: 62 231 957 201

website: www.vegosa.org.au

E-mail: info@vegosa.org.au or vegsozca@gmail.com

Phone 08 8260 2778

Fax 8390 2314



VOTE FOR THE ANIMALS?

*With the election almost upon us, what is there in it for the animals? They don't vote, but we do! Unfortunately most of the political parties have nil or negative policies where animals are concerned. Exceptions are the **Australian Greens** and the recently formed **Animal Justice Party**.*

THE AUSTRALIAN GREENS believe that:

1. Animals have intrinsic value, separate from the needs of humans, who have a responsibility to ensure that animals' rights and welfare are respected.
2. Humans have a duty of care to minimise physical and psychological suffering of animals resulting from human activity.
3. Strong animal welfare standards are necessary.
4. Native animals and their habitats are at particular risk and require stringent protections.

*The Greens have candidates in 11 of the SA lower house electorates and 3 candidates for the Senate: **Sarah Hanson-Young, Nikki Mortier and Matthew Carey**. For more information: <http://greens.org/policies/animals>*

THE ANIMAL JUSTICE PARTY:

- will give a voice to those who cannot speak for themselves.
- will provide a focal point for voters who feel strongly that much more needs to be done through our parliamentary systems to assist the wellbeing of animalswhether they are domestic, farmed or wild.
- will ensure [that] laws and processes are properly enforced and implemented to achieve genuine justice for animals.



"We need to build a new relationship with the planet that is inclusive of all of its inhabitants, a planet on which animals are treated with respect, dignity, compassion and kindness, where they are able to flourish in their respective environments, and where their unique needs and capabilities are recognised and their interests are protected".

*From the **Preamble to the Party's Policy** see: www.animaljusticeparty.org*

*The AJP has 2 candidates standing for the Senate: **Colin Thomas and Sally Sutton***



VegSA News

APOLOGIES to members who may have had problems with our phone (due to an oversight by Telstra). We now also have a mobile number: 0466 973 236. Also apologies for error in renewal notices. Only those underlined in pink were due for renewal this time!

Eden Sanctuary: Unfortunately Eden Sanctuary is currently closed whilst its Coordinator Frazer Kirkman (VegSA member) is working (and standing for Parliament) in Victoria. VegSA thanks Frazer for his support over the past months and wish him well for his stay away.

World Vegan Day is 1st November. Unfortunately the people who were the main organisers for our 4 Vegan Festivals and last years' World Vegan Day event are not available to organize a major event this year. Hopefully next year! In 2006 VegSA organized a minor Vegan Day event with stalls, talks etc The hope was that this would be picked up and expanded by our co-organisations. It is still my (Editor's) opinion that this is what needs to happen: for related organizations and interested individuals to cooperate on a long -term plan for an annual Vegan Day event. Animal Liberation SA had hoped to host an event this year but found they had too many other commitments. Perhaps Adelaide Vegans will host a celebration for us. See www.adelaidevegans.org in October.

HAIR WORKSHOP

240 Seaview Road Henley Beach

Anthony Caristo (proprietor and VegSA member) and staff, wife Maria and her sister Lina have been running the HAIR WORKSHOP at 240 Seaview Road Henley Beach for nearly 3 decades. Out of care for their clients and the environment the products they use and sell are all vegan and environmentally friendly. Anthony and his staff tell us what drives them. Hair Workshop was started in 1984 (29years ago). The salon consists of only 3 staff who have a combined 81years of hairdressing experience here. Being a family business we've always remained



focussed on our main objectives, to provide true (precise) advice, expectations and results with each customer. Product sales and financial targets are furthest from our daily targets.

Having always valued our natural environment we feel our work and personal lifestyle has always contributed to a better planet. Just by residing where we work during our working week we avoid the use of cars or buses. In 29 years that, surely, is a big contribution to our environment.

Also planting trees and native flora is something we have achieved in a decent effort of approximately 3000 seedlings, once again something that helps the environment in a direct way. We can't continue to cut down our planet's forests and not try to replenish all those lost trees. Reducing carbon dioxide is such a small thing compared to trees that provide so much to the Earth.

Don't people realise that at least 70% of the Earth's forests have been felled! Our small contribution of 3000 will continue to self-seed and provide habitat. Volcanic eruptions and bushfires around the world contribute to carbon dioxide as well as human contribution, but let's not forget what we need for the planet's supply of oxygen! Planting a tree provides so much more than just switching off a light.

The HAIR WORKSHOP is open Tuesday, Wednesday and Thursday 10am – 9pm. Phone 83533711

In the Media

Including "THUMBS UP" for vegetarianism from mainstream media!

◆ Vegetarian Recipes in Australian Women's Weekly

Australian Women's Weekly August 2013 devotes 5 pages to vegetarian recipes from its new book "**FAST, FRESH VEGETARIAN**". In the book's introduction it states: "A well balance and varied vegetarian diet has health benefits including a reduced risk of heart attack, high blood pressure and obesity." NB VegSA has not seen the book yet so cannot say how many of the recipes would be vegan or easily adapted.

"Fast, Fresh Vegetarian" available from bookseller at \$29.95.

◆ The Sunday Mail's 'Body and Soul'

The article: "**MUM I WANT TO BE VEGETARIAN**" by Fiona Baker (18/8/13) urges parents not to panic, but to work with and respect their children's choice, as "a vegetarian diet is a nutritious way to go" so long as you work to ensure that all essential nutritional needs are met. The article quotes a study by the USA Academy of Nutrition and Dietetics saying vegetarian teen agers consume more than average fibre, iron, folate, Vitamins A and C, fruit and vegetables and less sweets, fast foods and salty snacks and that a vegetarian diet can "help establish lifelong healthy eating patterns."

It is good to see an article which is supportive to the child or teenager who chooses a vegetarian diet and recognizes this as a positive step. Ed

◆ It's official! 'Vegan Diet a Viable Option'

Australia's peak health body, the NH&MRC, has finally recognised that a **vegan diet is a viable option** for all Australians. Australia's top health experts are now in agreement with those in the USA and Canada that well-planned vegan diets are safe and healthy for all age groups. (Vegan Australia).



Vegan Australia is a national organisation that aims to promote veganism to the broader Australian public. Vegan Australia envisions a world where all animals live free from human use and ownership. Compassion is the foundation of Vegan Australia - compassion towards animals, people and the earth. Vegan Australia believes that the starting point for people to put this compassion into action is to become vegan and to encourage others to become vegan. see: www.veganaustralia.org.au

◆ Independent Inspector-General of Animal Welfare and Live Animal Exports.

Just announced on 31/7/13: The Australian Government will appoint an Independent Inspector-General for Animal Welfare and Live Animal Exports. It's in response to the hundreds of thousands of people who have called for more accountable and transparent animal welfare standards. This new Inspector General will:

- Provide assurance and oversight – similar to an audit function – of the role of Department of Agriculture, Fisheries and Forestry as the regulator of live animal exports.
- Ensure that the regulator is working within the regulatory framework.
- Review the regulator's compliance and investigations function.

Whilst the Government admitted that it is impossible to guarantee that no acts of animal cruelty will occur, animal welfare groups, including the National RSPCA, National Animal Welfare League and WSPA, welcomed the announcement as a big step forward in protecting animal rights, even though there is much still to do. [Animal groups generally are fighting to end live exports.]From an e-mail from *Steve Georganas, Member for Hindmarsh.*

◆ 'Take 5' Magazine Condemns Animal Cruelty

In its issue of July 25th the popular magazine Take 5 describes in uncomfortable detail practices revealed by whistle blowers of the Hawkesbury Meat Processors Abattoir, NSW which was recently the subject of prosecution for animal cruelty. It is cases like this that have led to the call for CCTV in all abattoirs. Whilst it is very unpleasant reading Take 5 is to be commended for bringing this situation to the notice of its readers.

◆ Chickenpox Immunisation?

In an investigation by the Minnesota Department of Health into an outbreak of Chicken pox, 29 of the 55 children affected had been vaccinated. The outbreak was traced to a vaccinated 6-year-old boy.

Meanwhile a number of studies have shown that chickenpox is more frequent in areas further from the equator and less in places with more sun. Even though this had been thought to be due to heat, humidity or population density, extensive study by virologist Dr Phil Rice concluded that "UV rays were the only factor to match the infection patterns in each country studied." and that UV rays "could inactivate the varicella-zoster virus ...responsible for chicken pox and shingles ...before it transmits to another person."

Chickenpox in childhood is usually a benign disease that does not cause complications. Perhaps, since it can be a more serious illness in adults, it might make sense for children to be allowed to catch the disease when they are young and thereby develop natural immunity. [Of particular interest to vegetarians and vegans] "Chicken pox vaccine is produced in lung tissue obtained from two surgically aborted human foetuses (*Exp. Cell Res.* 37:614-636). Merck's own literature states the vaccine contains "residual components" of foetal lung cells. The rubella viruses in most MMR (measles, mumps, rubella) vaccines are similarly cultured on cells lines derived from aborted foetal tissue."

*Report extracted from an article in **New Zealand Journal of Natural Medicine***. Issue 9: May-Aug 2013 Pp 24-25* **available at news-agencies in Australia, cost \$8.95.*

Stop press *The Health spokes person for the Labour Government has just announced that, if re-elected, it will see that parents whose children are not immunised will not be eligible for Tax Benefits worth \$700pa per child. Health and religion will be grounds for exemption but not conscientious objection. ABC Radio Report 18.8.13 .*

Obviously conscientious objection has to cost! So people on low incomes may not be able to afford a choice! Ed.

◆ Cats and dogs on vegan diets give experts paws for thought"

If you would not kill for food why would you feed animal products to your pets? In this article the arguments are put for and against the viability, and the ethics, of feeding vegan diets to family pets (specifically cats and dogs) that are biologically either carnivorous or omnivorous. Some argue that they have done so successfully and healthily and that it can be done so long as the diet includes all essential ingredients, whilst others argue that it cannot be done healthily and is therefore unethically. Sandy Anderson, who manufactures Veganpet products, argues that she has researched and includes these essentials.

The Week End Australian Aug 2013

Butterfly Katz, a vegan advocate from NZ, lists on her blog 100 dogs who have lived long and healthy lives on vegan diets. Search Butterfly Katz or See:

<http://thevegantruth.blogspot.com.au/search/label/100%20Vegan-Eating%20Dogs>

NB: Veganpet dry and tinned food is available at Bliss Cafe 7 Compton St Adelaide ph 8231 0205 and Animal Liberation 19 Green St Brompton ph 8340 8878 and Everything Vegan See contacts page 5.

ACKNOWLEDGEMENTS:

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Products on the Market

◆ Everything Vegan

In July after the VegSA lunch at House of Donkey some members walked around the corner to EVERYTHING VEGAN at 270 Wright St Adelaide. We found a comprehensive range of groceries, cosmetics, cleaners and pet supplies, including fridge and freezer foods, biscuits, cake mixes, spreads, sauces, lollies, fruit bars, books and t-shirts. Whilst Kym and Kelly, who run Everything Vegan, have a policy of preferring Australian product they have imported items when suitable Australian products are not available.



Contact: Everything Vegan: info@veganonline.com.au Ph 0438196336

Opening times: Mon-Thurs 9am – 5pm and now Friday to 7pm. Sat 11am-3pm. Sun closed. Kym and Kelly also run the online store 'Vegan On Line' and 'Freedom Hill Sanctuary' - a place for neglected, abused and abandoned farm animals. see: www.freedomhill.com.au and www.veganonline.com.au to view a great range of vegan products.

◆ **Kingland Organic Plain Soy Yogurt** (500ml) and flavoured yoghurts. Although fruit flavoured yoghurts are available in a some health shops and supermarkets it is hard to find plain yoghurt. (The 500ml carton of plain available at Everything Vegan - see above).

◆ **I-raw shampoo and conditioner:** “raw, vegan, organic, not tested on animals, no fillers, no hormones, no gluten”, also no palm oil. \$19 each from Organically Grown, 85 St Bernards Road Magill and Everything Vegan (see above), For info about I-Raw ph 08 8557 6999 Email: admin@kuush.com PO Box 601 Willunga SA 5172 . Shampoo and conditioner also available at \$19.95 direct from www.irawgroup.com or from Ethikool www.ethikool.com.au where everything is POF (palm oil free), free of filler, parabens, petrochemicals, preservatives and animal ingredients,

◆ **Vegan Yoghurt Starter:** For those wanting to make their own plant milk yoghurt, a vegan starter is available from www.greenlivingaustralia.com.au/yoghurt.html (Everything Vegan could also be stocking it in future.)

◆ **Clean Water Kits** (as advertised in True Natural Health magazine) use a state of the art filter system to remove bacteria, parasites and chemicals from any fresh water. Travel kit costs approx \$108. Larger systems for home and commercial use. Each sale also helps provide clean water in projects overseas For contact detail See advert below.

The Solution - Pure Simplicity
choose 1 Australian Cleanwater kit for travel or Water filters for home
- the ultimate health choice

Zero Plastic bottles equals zero landfill

www.cleanwaterkits.com.au

◆ **Biodegradable Party Gear Compostable Food Utensils:**

Plates, cups, bowls, cutlery. The plates and bowls made from bagasse, the waste pulp material remaining after the extraction of the sugar-bearing juice from sugarcane, no plastic or wax coating, microwave safe, fully compostable, breaking down within 90 days in a home composting system. Drink cups made using Polylactide, derived from corn sugar or dextrose. Comparable in strength and weight to normal plastic. Hot drink cups use Polylactides over recycled fluted cardboard. Knives, forks and spoons made from a cellulose-based polymer composed of natural materials. All items in packs of 50. Plates 24" \$12.50, cups \$15 (hot or cold), forks, knives or spoons: \$12 pkt.

From: New Internationalist 28 Austin St Adelaide 5000 ph 1800 111 212 fax 08 8232 1887 or on line: www.newint.com.au (Postage for phone, fax and internet orders: 10% to max of \$25). Also available from New Internationalist: LED light bulbs, fair trade teas, coffee, t-shirts

◆ **Vegan Products from Supermarkets**

One of our members - has been looking in supermarkets to see what he can find that is vegan. N.B. Range of goods will vary from store to store. This information mainly from Marion Shopping Centre. These include:

WOOLWORTHS:

Health Section: MACRO BRAND: Almond, Cashew and Brazil nut Butters each \$6.50 and Tahini \$5.00, Raw Food Bar 50gr several flavours, Sweet William Vegan Chocolate \$3, SANITARIUM BRAND: Chilli-non-carne, Nutmeat and Casserole Mince each \$4, Fridge section: MACRO Vegieburger 500gr \$4.50 and tofu range \$2.50 to \$5 SANITARIUM Vegan Sausages and Delimeat range each \$6, SOYCO flavoured tofu \$4.50, SOY LIFE* Soy Yogurt twin tub \$3.15.

Also NORGANIC Soy Mayonaisse \$5, Nori Seaweed (25gr) \$2.70 and extensive range of nuts in the SUNBEAM nut bar.

Note Not all Macro Health Brand products are vegan or even vegetarian. Some of the "vegan" products contain "vegetable oil", which may include palm oil. Check with Woolworths for more detailed information: Customer enquiries: 1300 7677 969 www.woolworths.com.au

COLES:

Health Section: SANITARIUM Nutolene - \$4, EATWELL Vegeburger 500gr - \$4

Fridge Section: KING LAND Soy Cream Cheese \$4, SOYCO Tofu \$3.50, range of SANITARIUM meat substitutes, NUTRISOY Tempe \$4. SOY LIFE* Soy Yogurt twin tub \$3.10

* Soy Life is owned by large multinational dairy company Permalat

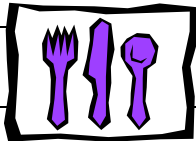
FOODLAND (Rostrevor): SWEET WILLIAM and LEDA products (biscuits and confectionery) in the Health section. Homebrand tomato paste and tomato sauce next to pasta.

NOTE: Coles and Foodland have both committed themselves to not including genetically engineered ingredients into their home brand products.

McKENZIE'S SOUP MIX 500gr makes a great economic and healthy winter soup. Costs approx \$2 from supermarkets. Soak for ½ to one hour, cover with water and boil 'til cooked (appr 30mins). Can add vegetables or herbs etc to taste.

SWEET WILLIAM NO NUTS For those of us who have trouble with nuts this is "Chocolate with a nutty Crunch", vegan, no "vegetable oil" or palm oil. 50gr costs \$2.20 in supermarket. For info contact: Sweet William Pty Ltd 26/30-32 Perry St Matraville. NSW 2036 ph 1300 656 223 www.sweetwilliam.com.au





Eateries Update

◆ **House of Donkey:** On Saturday July 27th 16 VegSA members and friends enjoyed lunch at The House of Donkey. This new eating venue occupies the ground floor of a '1900s" style semi-detached residence at 122 Sturt St Adelaide and its quirky name reflects its retro and rustic furniture, décor and relaxed atmosphere. Food is all vegetarian with vegan options or variations with fresh salad accompaniments. It was definitely to our liking. Opening times: Thursday to Sunday 10am. – 5pm Ph: 0402 924 132 email: thehouseofdonkey@yahoo.com



The courtyard is a comfortable place for a quiet lunch.

Why the name "House of Donkey"? "Because we like donkeys" – that's official!

◆ **Enliven Holistic Cafe** New Eatery! 467A Brighton Rd Brighton Healthy vegan food. Burgers, wraps, salad and vegan sweets. ph 0449 516 298. Open Mon - Wed: 9.30am - 4pm Thurs and Fri to 9pm. Sat 8.30 - 2pm (appr.)

◆ **Wilson's Organics and Earth's Kitchen Café**, 131 Pirie St, City.
Café open: 7am to 4pm Mon – Thurs, Fri to 9pm.

Organic Store: 7.30 am – 6.30 pm Mon to Thurs, Fri to 9pm, Sat to 4pm

Whilst neither the store nor the café are completely meat free we have heard that the vegetarians and vegans meals are good. **Earth's Kitchen:** ph 8215 0458



Late news: *Bamboo Talk at Mt Barker has changed hands and is no longer vegetarian.*

CONSERVATION COUNCIL OF SOUTH AUSTRALIA (CCSA)

For over 10 years VegSA has been a member CCSA in line with our objectives: To cooperate with other organisations concerned with sound nutrition, positive approaches to physical and mental health, promotion of animal rights and *the preservation and improvement of the environment*. During this time we have been able to take advantage of the facilities that CCSA offers to its members, e.g. had our magazines delivered, held regularly committee meetings and occasionally general meetings there, but we have not taken a really active part in contributing to CCSA policy. We hope this can change. CCSA's "Blueprint for a Sustainable Future" covers a number of key areas including Planning and Development, Water, Biodiversity and Energy. VegSA will hope to have input especially into the area of Biodiversity. CCSA's new constitution, adopted last year, allows organisations like VegSA voting places on the Council. Kay Lewis has volunteered to be our CCSA Councillor.

EVENTS (AND NON EVENTS!)

• **1st to 7th October is International Vegetarian Week**, which, unfortunately, in SA clashes with the long weekend and school holidays, making it hard to plan a major event. Instead there are events on Sept 22nd at Birdwood, 28th at Montacute and Oct 12th at Salisbury- see below and diary dates page 8. See www.vegetarianweek.org for world-wide news and www.animalsaustralia.org for the "Go Veg for a Week" pledge, information and support

• **Colour Your Way to Health** - Cooking Demonstration, Tastings and Recipes including educational talk: "Phytochemical, essentials in the Diet" Cost \$5. Sunday Sept 22nd 2.30 pm at 7th Day Adventist Church Hall, Olivedale St, Birdwood Please Book by 15th Sept to Ricki 8524 6865 or thereuters@internode.on.net



VegSA Diary Dates

Upcoming VegSA Events:

- ◆ **Bonfire** at Montacute Saturday Sept 28th 12 noon (indoors if wet). Bring VEGAN food to share/cook. Wear sturdy shoes. Dog and child friendly but care needed. Contact vegsocsa@gmail.com or 83902314 for directions or to arrange pick up from bus (route 178)
- ◆ **Lunch at The House of Donkey*** - Saturday 26th Oct at 12:30pm. 188 Sturt St Adelaide. Please book by Wednesday before event to allow time to inform venues. For booking or information contact Su: 8326 1062 email: vegsu2003@yahoo.com.au or VegSA (see below).
- ◆ **Special General Meeting 11.30 and lunch 12.30** Saturday. Nov 24th 12.30 at Enliven Holistic Health Café 467A Brighton Road, Brighton (see enclosed flier for details)
- ◆ **Vegewise Christmas Lunch - Sunday December 8th** 12.30 pm at John & Pauline's home, 2136A Gorge Rd Cudlee Creek. Please bring veg./vegan food to share – BBQ available for use – also Christmas Cake (vegan). Bookings essential - phone Pam 8374 2531 or email pam@theshoppe.com.au (*Phone from Cudlee Creek on arrival for directions 8389 2341 or 0419 035 227 if necessary*). 
- ◆ **Northern Vegetarian Group:** Saturday Oct 12th 11am visit to **Farmers Market**, Cnr Main Nth Rd and Kings Rd Parafield, (meet at main entrance), then car pool to **Salisbury Nth Football Club** for **Lunch at 12.30**. Meet in the dining room at the Club in Bagster Road Salisbury Nth. Ask for VegSA table. Cost (inc soup, mains, salad and vege bar) \$9.50 to \$12.50. Join us for one or both events. Bookings for lunch to *Karin 8260 2778 or 0466 973 236 or vegsocsa@gmail.com by Wednesday Oct 11th please.*
- ◆ **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 ph 83861943

Other Activities

- ◆ **Sunday October 6th** Start of Daylight Saving!
- ◆ **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.
- ◆ **Animal Liberation SA** campaigns on animal rights including rallies against Live Exports and Jumps Horse Racing. Campaigns/members meeting usually 1st 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. **Oct 1st:** Dino Dalbello: Grounding for Natural Health. **Nov 5th:** TBA
Dec 3rd Peter Allen: author of the book "Health Overhaul: 7 Essential Steps to Better Wellbeing
Further information: Secretary 8277 7207. website www.naturalhealthsa.com.au.
- ◆ **Dr Satish Kumar on Peace, Ecology, Sustainability.** Lecture series hosted by Leon Bignell MP - **Wed. Sept. 11th** 7pm: "*The Relationship Between Ecology and Economy*". Institute Hall, Main Rd Willunga. **Thurs. Sept. 12th** 7pm: "*Soil, Soul and Society*".
Venue: Cynthia Poulton Hall, St Peter's Cathedral, Nth Adel. To register call 08 8406 3736 or 0451 513 913 or email wcoleman@depoiconsult.com Cost: Adults \$20, Non wage: donations only - payable at door, More than 50 years ago Dr Kumar walked from India to Washington, teaching people about peace. For more information on Dr Kumar: www.resurgence.org/satish-kumar/

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