

Food for Thought

Vegetarian & Vegan Society (VegSA) Inc.

Newsletter

Issue 4/09 - December 2009

PO Box 311 Kent Town SA 5071

ABN 62 231 957 201

email: info@vegsa.org.au

website: www.vegsa.org.au

Ph 08 8260 2778/Fax 8260 2778



Vegfam

Feeding The Hungry Without Exploiting Animals

*By Posh Eddy reprinted with permission from Off The Hoof
www.offthehoof.co.uk*

In the cyber age of the 21st century, Wikipedia seems to be the new oracle and self-styled fountain of all knowledge. According to this hub of information, the most groundbreaking event of 1963 was the Great Train Robbery which gave a few cheeky scoundrels a massive amount of wedge. In hindsight, and from the perspective of a starving Cambodian toddler, the answer may well be quite different. It was in fact the same year that **Vegfam** was founded, and as a result millions of people the world over are alive and thriving, most of whom have never heard of Ronnie Biggs or his bundle of cash!

It all began with an epic road trip across Turkey by Chris and Janet Aldiss. After witnessing the devastating effects of the Bihar famine, their old school Land Rover became a four-wheeled chariot of love and the idea of Vegfam was born. The inspiration behind the idea was to prevent hunger overseas through sustainable cultivation of vegan food. Its powerful yet simple philosophy is to save the world's starving by helping them help themselves. This is done through famine-relief projects with a cast-iron focus on the non-exploitation of animals.

Available funds dispense seeds and tools to grow scrumptious veg, plant fruit and nut trees and provide sufficient irrigation to cultivate the crops. Water wells are also created to supply safe, fresh drinking water and so avoid the inevitable diseases which so often go hand in hand with catastrophes. Whilst also providing emergency feeding in times of crisis and disaster, the main emphasis lies in empowering those affected by natural disasters, famine and wars to save themselves and create lasting, sustainable solutions rather than relying on sporadic hand-outs.

When Mother Earth flexes her colossal geo-muscles, the effects are often truly devastating. Vast numbers of people are left homeless, hungry and traumatised and consequently rely completely on international aid packages to survive. This sustains them in the short-term but leaves them helpless and destitute once the global wave of sympathy subsides. Many charities fund projects focussing on re-cultivation of crops but the results are simply used to feed livestock. This incredibly inefficient use of already scarce resources mean the people rarely benefit, and animals often die due to follow-up drought and disease.



Continued page 3



Society News

Whilst 2009 might not have been the most exciting year for VegSA it certainly has been an eventful.

Name Change: The name change to include Vegetarian and Vegan has been a landmark in itself and is still ongoing as we continue to ensure that all groups who need to know are informed and the name on all our materials are changed. We still have to tackle the web site. Although a certificate of registration for the new name arrived promptly, the written approval for the constitution changes, submitted in August, has still not arrived. (We understand the OCBA has a backlog of work.) As we would like to include at least the OBJECTIVES of the Society on the website and also the official short name as in the constitution, this has been a major hold up.

The Years' Events: Many people have expressed their disappointment that there was no Vegan Festival which left something of a blank in our year's events. This was somewhat compensated for by the mini festival at Bliss Café in November and the 'Fruit and Veg' Parade in April. The latter, not being named a vegetarian or vegan event, allowed us to speak to a different kind of audience. If the Vegan Festival is to happen in future as many of us hope it will, there needs to be room for interested groups to take more responsibility rather than relying so much on 1 or 2 individuals.

Vegewise: One note of success this year is the establishment of VEGEWISE. Originally envisaged as a group for mainly older members and friends it was soon recognised that there are others who may prefer to meet in the daytime and on weekdays. Any one interested in taking part in the group is welcome – no matter what your age. See Diary Dates page 8 for next VEGEWISE event.

National Vegetarian Week: This event went well with an interesting trip to the 7th Day Adventist's cooking demo at Birdwood. There was some good publicity handled by the national coordinators.

Cancellation of 'Peaceful Living Festival': Apologies for Diary Date listing last 'Food for Thought'. The 'Peaceful Living Festival' unfortunately was cancelled after publication.

VegSA Picnic: For many years the Society has returned from the holiday recess with a picnic on the first Sunday in February. In 2 of the last 3 years the weather has been prohibitably hot, so it was decided to postpone the 2010 picnic to March and instead (in February) go to the beach and Sarah's Sisters at Semaphore. See page 8 for details.

Your Suggestions Welcome: Places and venues to visit for future events are welcome – please send them to VegSA (see address details on header – page 1).

All in all there is evidence that interest in a vegetarian lifestyle is growing (despite increasing use of meat in developing countries such as China where consumption has doubled over the last three decades). Whilst it is unrealistic to think that the majority of people in countries like Australia will give up animal products any time soon there is certainly an incentive for them to reduce their consumption. See "Veggie Days" article page 4.

VegSA MAIL OUT WORKSHOP: Sunday March 7th 10.30am. **COMMITTEE MEETING** 1pm Conservation Council SA 157 Waymouth St Adelaide. Help always appreciated. Meet the Committee - join in the discussion (only elected Committee members vote.)

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



Wishing you all an enjoyable holiday season and look forward to meeting up next year.

Vegfam - Feeding The Hungry Without Exploiting Animals

Herein lies the difference between Vegfam and other charities, and also the reason why this special and unique team create such an array of long-term success worldwide. Educating starving people to utilise the true power of vegetables over meat means desperate communities with limited resources can remain fully self-sufficient long after the aid agencies have scarpered.

As a fully vegan orientated operation with virtually no overheads, almost every penny donated is channelled directly into front-line projects. These are carried out by NGO's, aid workers, hospitals, schools, orphanages and countless unsung heroes already on the ground. These groups have often formed an intimate relationship with Vegfam, built up over the charity's 45 year history.

Over that period they have funded relief programmes focusing on rural regeneration and garden projects in over 40 countries worldwide. To give you an idea of the sheer scale of their efforts, during 2005/2007, over £100,000 was raised and spent on the frontline operations benefiting some ¾ million people. Since its founding in 1963, it has saved millions of lives, many of whom were outside the reach of the major aid organisations.



They are currently spreading veggie love in places as far afield as India, Cambodia, Ghana, Kenya, Malawi, Bangladesh and also Ethiopia where a massive famine is currently underway, totally unreported by the world's media. Whether it be planting 44,000 fruit and nut trees in Kenya or digging 32 fresh-water wells in Ghana, their projects are making a real difference on a global scale. This year alone they have raised some £97,000 and funded 11 projects in the above countries, benefiting over 23,000 of the world's poorest people.

One such project which is typical of the work Vegfam do, is a seeds and tool distribution project in a Leper colony in Tamil Nadu, India. Some 1500 lepers live in broken down huts where they are excluded by society but permitted to live by the government. Despite including 500 children and a similar number of farming families nearby, they have no access to food or water and many have committed suicide as a result of their plight.

The operation which Vegfam have funded will produce organic supplies of bananas, rice and vegetables and will eventually feed some 5000 people. There is a strong tradition within the organisation to spread the love they in turn receive and so any surplus seeds which are not used for food are used to supply other similarly needy communities, and so the cycle of positive vibe continues.

Vegfam is completely reliant on donations and receives no external funding from any other sources. This gives them the sort of independence many charities can only dream of but also means running an extraordinarily tight ship. Such an ethos has made the charity masters of intelligent finance and few other aid organizations can make a little go such a long way (£5.00 can make a family in India self-sufficient or give one in Africa a safe water supply).

The founders, Chris and Janet Aldiss were forced to relinquish operational duties after the birth of their first child and for the following 38 years, until his untimely death in 2006, the charity was headed by the inspirational Friedenstern Howard, and his mother.

If you can even begin to believe it, all this amazing work is spearheaded by the combined efforts of just two extraordinarily dedicated people, Sandra and Simon. Between them they have clocked up well over half a century of living a vegan lifestyle. The pair work tirelessly from the tranquil seclusion of the Welsh valleys, and are on-call 24 hrs a day to those in need of assistance.

Despite the obviously rewarding side to their work and the unprecedented levels of cosmic karma they are undoubtedly receiving, constant exposure to the harsh realities endured by much of the worlds poor is something few could deal with – more than enough to make Rocky Balboa retreat to the safety of his dressing room. It is however, in their words, simply “seeing the ‘gift of life’ given to so many” which sustains them in their difficult work.

In the face of all this, the pair pursue the charity with a remarkable passion and unceasing tenacity, buoyed on by increasing support year on year. 2008 saw them launch their brilliant website and they were special guests at Bristol's Vegan Fair this year. They list their top

three achievements to date as being:

- Funding projects which save lives and enable people to rise out of hunger and poverty
- Raising awareness of why growing vegan food is better for people and the environment
- Keeping going as a Vegan charity for 45 yrs!"

When they are not tending to the needs of humanity, Simon and Sandra do find time to scamper amidst the local shrubbery and forage for their indigenous favorites which include hazelnuts, mushrooms and elderflowers!

You can donate through VEGFAM Projects account held at: The Westpac Bank, Westpac Banking Corporation, (Sydney Office), 341 George Street, Sydney, NSW 2000, BSB. 732-000 a/c no. 74-8282

You can also read more about VEGFAM's past and current projects or make a donation by visiting the website: www.vegfamcharity.org.uk



In the Media

♦ VEGGIE DAYS ARE SPROUTING UP ALL OVER.

E.V.A. (Ethical Vegetarian Alternative), Belgium, reports on how one city is leading the way with positive action to protect the environment and improve the health of its inhabitants:

October 1 is World Vegetarian Day and the start of World Vegetarian Week - In May the city of Ghent officially declared Thursday to be vegetarian days. Starting this week, 35 city schools (counting for 11.000 pupils) will participate. The students will be served vegetarian lunches on Thursdays, every week of the year. Affected are the daycare centers, preschools and elementary schools, and even the hotel school. Teachers receive educational material and an educational package is being developed for the students. The campaign image for the students features Little Red Riding Hood, saying, "Thank God it's Thursday," as the big bad wolf is on carrots. Other Belgian cities have also followed suit:

Hasselt where restaurants have already received a 'Veggie for Chefs' brochure and all 40.000 families in the city will receive a free vegetarian recipe booklet in their mail. **Mechelen** where the office for sustainability was given the assignment of working out a project to inform the citizens about the benefits of eating less meat. **Antwerp** where the local campaign includes talks, vegetarian workshops and vegetarian specials in 15 restaurants.

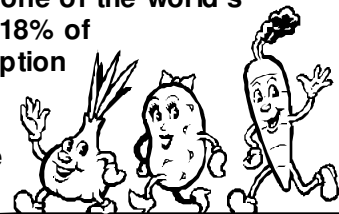
At Ikea in **Ghent** the Veggie menu will receive extra care and attention. Customers will be informed through panels and displays and can win a veggie cookbook.

Sao Paulo (Brazil) got inspired by Ghent's example and will start their weekly veggie day-campaign (for Mondays) on the 1st of October.

And here in Australia, on Friday, 2 October, Parramatta City Council in NSW launched their weekly **Meat Free Day at the Parramatta Town Hall**. They put together a fun day of events showcasing vegetarian cooking from different nationalities and provided relevant information for people to help them understand the consequences of their food choices.

Other cities and organisations will investigate the idea and in the meanwhile EVA keeps receiving requests from international sources for information.

A weekly veggie day is the best step towards a solution to one of the world's biggest problems. The livestock sector is responsible for 18% of global greenhouse gas emissions and high meat consumption increases the risk of cancer, diabetes, obesity and heart disease. 60 billion animals a year are killed for food, and 40% of grain is fed to livestock. The production of one kilogram of beef requires 15.000 litres of water.



There is nothing a consumer can do for a better world than eat less meat.

◆ HELP BAN DUCK SHOOTING: "HEAPS BACKWARD" CAMPAIGN

As duck numbers were reduced by drought conditions the campaign to ban Duck Shooting in South Australia has been less in evidence in the last few years. This year however an open season has been declared. As well as the loss of native ducks many birds suffer horrendous injuries and usually die slow, lingering deaths. In the past a number of brave people have attended duck shoots, rescuing injured birds and preventing deaths.

Animal Liberation SA is running a campaign, focused on next year's state election, to stop duck shooting for "sport". Postcards are being sent to candidates in marginal electorates to let them know that duck shooting is an issue for those of us who care about cruelty to animals. SA is not Heaps Good, as the advertising says, but Heaps Backward: WA, NSW and Qld have already banned this carnage.

If you live in a marginal electorate (or want to check), please contact ALSA and they'll send you postcards to sign. **Marginal electorates** with some (not all) suburbs that are covered:

Light - Gawler, Munno Para, Evanston - **Newland** - Tea Tree Gully area - Cudlee Creek
Norwood - Norwood, St Peters, Marden - **Hartley** - Campbelltown, Magill, Kensington Park
Morphett - Glenelg, Novar Gardens, Glengowrie - **Heysen** - Hills, Summertown - Kangarilla
Waite - Cumberland Park, Mitcham - **Mawson** - Woodcroft, Noarlunga Centre - Willunga
Finniss - Lower Fleurieu, KI - **Mitchell** - Marion, O'Halloran Hill, Sheidow Park - **Unley** - Unley, Fullarton, Parkside



A vet removes a shotgun pellet from the body on an injured teal

We will not have this opportunity again for 4 years, so please get involved.
 Contact Suzanne Pope at ALSA on 8340-8878 or suzanne.pope@gmail.com
 Also visit the Facebook site at heapsbackward@gmail.com

◆ PALM OIL THREATENS ORANGUTAN DESTRUCTION

Palm oil costs the lives of 50 endangered orangutans every week. In South East Asia alone, the equivalent of **300 soccer fields are deforested every hour for palm oil plantations**. It has recently been calculated that 15% of all global carbon dioxide emissions from fossil fuels come from rainforest destruction.

Palm oil is the second-most widely produced edible oil, behind soybean oil. Australians unknowingly consume an average of 10kg of Palm Oil per person each year. Biomedical research indicates that the consumption of palm oil increases the risk of heart disease. Consumer pressure has already had a dramatic impact on the European market.

Sustainable Palm Oil Plantations are an achievable reality. Food manufacturers can find other ways of making these products. However we can't find other ways of making orangutans.

Many popular brands and products use palm oil (including (at last enquiry) Oreos, Ritz, Pringles, Tim Tam, Kit Kat, Shapes). **However this is not always obvious.**

How to identify unlabelled Palm Oil: Only 3 vegetable oils must be labeled in food products in Australia and New Zealand. Those are peanut oil, sesame oil and soy bean oil - because a percentage of the population suffers allergies to these oils. All other vegetable oils can be labeled as vegetable oil. However the label must declare the amount of saturated fat in the product. So **if the label states vegetable oil and then goes on to state the amount of saturated fat you can count on that vegetable oil being either palm kernel oil, palm oil or coconut oil. Other vegetable oils are not saturated.**



If palm oil is used in cosmetics it must be labeled. No exceptions. However it is usually labelled as *Elaeis guineensis*. **Some of the names used to describe palm oil** (what to look out for): Sodium Laureth Sulphate (Can also be from coconut) or Sodium Lauryl Sulphates (can also be from ricinus oil) or Sodium dodecyl Sulphate (SDS or NaDS), Palmate, Palm Oil Kernal, Palmitate. **In Cosmetics:** *Elaeis Guineensis*, Glyceryl Stearate, Stearic Acid. **Chemicals which contain palm oil:** Steareth-2, Steareth-20, Sodium Lauryl Sulphate, Hydrated palm glycerides, Sodium lauryl sulfoacetate (coconut and/or palm), Sodium isostearoyl lactylate (derived from vegetable stearic acid), Cetyl palmitate and octyl palmitate (and anything with palmitate at the end).



Oil palms originated in West Africa, but can flourish wherever heat and rainfall are abundant. The majority of all palm oil is grown and produced in Borneo and Sumatra. In Indonesia, where large areas of forests are cut down and prepared for palm oil plantations, 80 percent of greenhouse gas emissions come from deforestation. Halting deforestation would not only reduce greenhouse gas emissions, but would also secure the livelihoods of people living in these forests. "Gold in Green Forests", a report issued today by WWF-Sweden, says that next to energy efficiency, halting forest loss and degradation is the most cost-effective method for mitigating climate change. WWF CEO General Lasse Gustavsson. "One Swedish krona to stem deforestation results in the same emissions reductions as five kronor for the controversial carbon capture and storage technique."

To ask for more transparency in labeling contact: The Hon Nicola Roxon Minister for Health and Ageing, e-mail: Nicola.Roxon.MP@aph.gov.au Phone: 02 6277 7220, Postal: Suite MG 50 Parliament House Canberra ACT 2600)

Information for this article obtained from The Australian Orangutan Project P.O.Box 1414 South Perth WA, 6951 e-mail: palmoil@orangutan.org.au www.orangutan.org.au and The Palm Oil Action Group Box 368 Lismore NSW, Australia 2480 action@palmoilaction.org.au

◆ PUSH TO HALT ABUSE OF PETS

COMPLAINTS about pet sales, including selling sick puppies from car boots has prompted a State Government review of animal cruelty laws.

A working group considering key aspects of the new laws will hold its first meeting this week.

Environment Minister Jay Weatherill said he had ordered the review following complaints about the "cruel practices of some pet sellers".

He warned pet sellers that behaviour such as selling sick animals would not be tolerated.

"The community has the right to expect professionalism from pet retailers," he said. "They should be able to buy healthy animals and receive good advice on how to care for them."

Mr. Weatherill hopes to have a new pet shop code completed before the end of the year for public consultation.

Penalties in South Australia were strengthened last year with a maximum \$20,000 fine or two years in jail.

Animal welfare groups and sporting associations such as the Greyhound Racing SA will be represented on the working group to review the laws.

"The pet industry, animal welfare groups and the Government want to get rid of the small number of pet sellers who are doing the wrong thing," Mr Weatherill said.

"Pets are an integral part of our society," he said. "We want to ensure they, and the people who buy them, have the protection they deserve."

GREG KELTON STATE EDITOR

The Advertiser 17.11.09

Push to halt abuse of pets

GREG KELTON
STATE EDITOR

COMPLAINTS about pet sales, including selling sick puppies from car boots, has prompted a State Government review of animal cruelty laws.

A working group considering key aspects of the new laws will hold its first meeting this week.

Environment Minister Jay Weatherill said he had ordered the review following complaints about the "cruel practices of some pet sellers".

He warned pet sellers that behaviour such as selling sick animals would not be tolerated.

"The community has the right to expect professionalism from pet retailers," he said. "They should be able to buy healthy animals and receive good advice on



Products on the Market

- ♦ **LIFE STREAM NATURAL CALCIUM (vegan).** GPs often prescribe calcium especially for older women, but it is not well absorbed unless accompanied by other minerals particularly magnesium, boron and Vit D. Unlike most calcium + mineral products, which contain animal derivatives, Lifestream Natural Calcium is 100% sea vegetable. Cost \$19.95 for 110gr, \$34 for 250 gr. from House of Health, Stall 73 (next to Central Organics), Adelaide Central Market, ph 8231 2490. Daily dose ½ - 1tsp, (1 tsp = appr 10gr.) Tastes like chalk - so take in juice or in food. Stir well!
- ♦ **VITASOY RICE MILK - VITAMIN AND MINERAL ENRICHED** (tan packet) contains 1microgram B₁₂ per 250 gr serve i.e. appr. quarter of the average daily requirement. Cost appr. \$2.50 at Coles. See www.vitasoy.com.au or phone 1800 653 303 for info or recipes.
- ♦ **BOUNTY BURGERS:** approved by Vegan Society NSW. For those who like their meat substitutes to taste meaty, these have the taste and the texture, only need defrosting and heating. Cost about \$14 for 4 burgers (total 360gr) at Wilson's Organics 57 Gouger St Adelaide ph 8231 5014 see advert in Natural Health and Vegetarian Life magazine and www.bountyburger.com
- ♦ **ROMEO'S ORGANIC HEALTH FOODS** 71-79 O'Connell St Nth Adelaide Ph 8361 9150 Mon – Wed and Fri: 9am – 6pm, Thurs to 8pm, Sat to 5pm, Sun 11am – 4pm
Good supply of vegan Food **NO MEAT!** Recommended to us by member Margaret
- ♦ **PURE GAISHA** If you were able to attend the MAD (Meat and Dairy) Free mini Festival at Bliss Cafe on 15th Nov you will probably have seen the display of Pure Gaisha cosmetics. All vegan, certified "not tested on animals" and made in SA, unfortunately these made to order and very reasonably priced products are only available by Internet or phone or occasionally at events. Contact Shane 0414 519 885, veganrattlady@gmail.com or look on the website for products: www.puregaisha.com.au,
- ♦ **MCVITIE'S DIGESTIVE BISCUITS** contain no animal products and **NO PALM OIL.** Available at most supermarkets for around \$3.85/400gr pack. Sadly not Australian. Imported by Manassen Foods, ph 0287 875 200, Locked bag 99 Wetherill Park, 0185 NSW



Vegan/Vegetarian Caterers & Courses

- ♦ **EGGLESS DESSERT CAFÉ** 162 Goodwood Rd (op Capri Cinema) All vegetarian deserts: some with milk or honey, some vegan. Ph 8272 0777 or 0433 133 337,
- ♦ **GODZILLA PIZZA**, (3/542 Brighton Rd Brighton) now has an area for vegetarian and vegan pizzas with bench, cutters etc separate from its "conventional" pizzas. Godzilla uses Redwood vegan cheeses from Vegan Perfection and a range of not-meats. Ph 8377 3533. e-mail: godzilla@veganbroadband.com.au Open Tues–Sun, 4.30 till late
- ♦ **THE HEALTHY, WEALTHY FOOD WISE PROGRAMME.** Sunday March 7th (1st Sun each month) Just how easy is 'Compassionate Cooking' - healthy, humane, environmentally friendly. 1-4pm at "The Cafe" Glandore Community Centre, 25 Naldera St., Glandore. \$10/\$5 concession, (per session). Bookings essential for numbers, Contact Di 8296 3802 or diphilcam@gmail.com or Animal Liberation SA: animal.lib.sa@gmail.com

-Recipes-

- ♦ **RICH FRUIT CAKE (an old favorite - no sugar, all vegan).** To 2 cups of hot water add 6 cups mixed fruit, half cup olive oil, grated rind and then juice of 1 lemon or orange and 2 tsp mixed spice. Stir in 4 cups flour. Cook in large baking dish in slow oven for approx. 1 ½ hours
- ♦ **CARROT AND NUT SAVOURY:** Stir 250ml water into 125g flour. Boil - stirring until thick. Mix together 1 cup grated carrot, half-cup fresh bread crumbs, small chopped onion, 125g ground mixed nuts, seasoning and herbs to taste. Stir together with a white sauce and bake in a cake or loaf pan for about 30 minutes at 180°



VegSA Diary Dates

VEGEWISE Group

Meets 3rd Tuesday each month (12 noon - unless otherwise stated)

December 15th – Xmas Garden Party at Pam's at St Marys - Bring food and drink to share for a Vegan/Vegetarian Christmas / End of year celebration. email: theshoppe@tpg.com.au or phone 8374 2531 for bookings and address details.
(May be cancelled if above 36°C).

January 19th – Thea, 110-112 Gawler PI Adelaide

February 16th - Tea House, 255 Waymouth St Adelaide. Bookings: contact VegSA
Everyone Welcome! Contact: Alice 8568 5181 for info & bookings

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 email: vegsu2003@yahoo.com.au

VEGSA NORTHERN SOCIAL GROUP

Meets approximately once quarterly - usually on a Saturday. Next get together: Shared lunch Saturday Feb 20th 12.30pm at 5 Enford St, Elizabeth. Contact Karin 828 17694



SEMAPHORE BEACH AND LUNCH AT SARAH'S SISTERS

Sunday February 7th Meet at Sarah's Sisters, 117 Semaphore Rd, Semaphore – 10.30 am for beach walk/swim, 12md for lunch - bookings essential to VegSA by 28/1/10. Cost \$15 for light lunch plus cold drink – see booking form.
Everyone Welcome!

Other Groups:

ADELAIDE VEGANS GET-TOGETHER: www.adelaidevegans.org - 1st and 3rd Fridays 6pm at different Adelaide Eateries. See website for upcoming venues and bookings (essential for numbers) or contact: Shane: swardshane@yahoo.com 0410 481 290, Steve: steve-lancaster@live.com 0435 119 182. Wade: wade.shiell@student.adelaide.edu.au 0422 507 864. All other Fridays at Pure Vegetarian, Market Plaza Food Court. (no booking)

ADDIS ABABA CAFE: MONTHLY VEGETARIAN BANQUET - 4/462a Port Rd, West Hindmarsh : 6.30 pm. Last Wed each month. \$25 (*cash only*) Variety of tasty, traditional Ethiopian vegetable and bean dishes, all you can eat! Bookings and enquiries: Email: zed_wondimu@optusnet.com.au or ph 8241 5185

WALK AGAINST WARMING 11am Saturday 12 December 2009 - Victoria Square - Tarndanyangga to Rymill Park – Mullawirraburka. See website: www.conservation.sa.org.au to register as a walker or sponsored walker or ph James Danenberg at **CONSERVATION COUNCIL OF SA**: on 08 8223 5155

NATURAL HEALTH SOCIETY (SA) 1st Tuesday each month 7.30pm: Meeting & lecture at Unley Citizens Centre, 18 Arthur Street Unley. Members \$2, visitors welcome \$4/\$3. Information: Secretary 8277 7207 website www.naturalhealthsa.com.au

Eckhart Tolle Study Group: *"Compassion is the awareness of a deep bond between yourself and all creatures"* Eckhart Tolle - 'The Power of Now' (Hodder, Sydney, 2000). **Eckhard Tolle study groups** meet 1st Monday each month 6.30 – 8pm at Parkside Primary School, Robsart St, Parkside. Cost: \$3. Contact Tania Smith 8240 3242 mob. 0402 285 125 & West lakes – 3rd Monday.
(Contributed by Joy of VegSA)

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