



# Food for Thought

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

## Newsletter

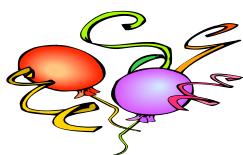
**Issue 4/12 - December 2012**

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## VegSA: Celebrating 60 Years

*VEGSA 60<sup>th</sup> BIRTHDAY celebration - Sunday October 7<sup>th</sup> 2012*

VegSA celebrated **International Vegetarian Week** this year with its 60<sup>th</sup> birthday on October 7th at the North Adelaide Community Centre. It turned out to be a very special day. As well as younger members it was good to welcome some older members including:

- Doreen Becker who was Secretary in the 1960s before moving to Queensland and is now back living in the Barossa;
- Shirley Macpherson who has been a VegSA member continuously since the 1950s
- Thelma Ralston - a long-standing member who turned 90 the day before.
- Dr Fred Slater who is also one of our oldest and longstanding members.
- Ken Lawson and Anne Sanders who were two of our "young vegetarians" in the '60s.

After worrying the week before whether there would be enough food we finished up with a very ample and varied spread - one of the highlights, of course, being the birthday cake. Many people worked to make the day a success. Thank-you to every one who helped in the kitchen or brought food, transported visitors, helped set up the Hall, etc. This positive atmosphere is what has made the Society's gatherings special over the years.



Cutting the birthday cake

### History of the Society's Newsletter

Secretary Anne Sanders outlined the development of the newsletter and magazine over the years presenting examples of past issues. Before the development of individual state vegetarian societies there was an Australian Vegetarian Society (established in 1948). A copy of their very first magazine "AUSTRALIAN VEGETARIAN" dated July of that year was displayed to the group. It was produced in Sydney (base for the Australian Veg. Society) but was later taken over by members in Adelaide. When that finished the Vegetarian Society in SA produced its own newsletter "VEGETANDUS". Anne and Doreen happily recalled turning the handle on the old Gestetner machine as it churned out foolscap copies. Doreen presented an original issue to the group. Vegetandus gave way to another (small) magazine, also called "Australian Vegetarian" - several hundred of which were posted from SA to all over Australia and even a few over-seas.

(continued page 3)



# VegSA News

*As predicted the past months have been a very busy time. Starting with our 60<sup>th</sup> birthday celebration, culminating with World Vegan Day Adelaide on November 18<sup>th</sup> and our subgroups' activities happening in between.*

## VegSA Groups

- **VegSA Meetup** is now up and running. This is an on-line group you join via <http://www.meetup.com/VegSA-Meetup/> where you register your name, give a short profile (if you wish) and input into future plans for the group. Combining this concept with planned VegSA events has proved most successful with a particularly enjoyable lunch at Bliss in October. The Meetup group also has its own separate events. Thank-you to Corin for setting up the group. We wish you every success.
- **Northern Group** again held a stall at One Tree Hill. A quieter day than previous times but, as we are not "market regulars" our stall was outside right next to the road. People driving past could see our "vegetarian and vegan" banner. A number of people stopped to talk and take literature. Information on health issues were of particular interest. Thanks to Karin Basse (Northern Group Coordinator) and Pat Taylor who together manned the stall and to Anne Sanders who brought all the literature, display materials, table, etc.
- **VegSA Southern Group** continues as usual with regular get togethers at Christies Beach. Coordinator Su Stephens spent 3 weeks in India. She should have some interesting experiences to report. Remember to check with her before attending in case of any changes.
- **Vegewise** had monthly events planned as usual with numbers varying up to 7. Vegewise continues to explore places with good veg options as well as our usual veg places. Please remember to let Pam know if you are planning to come - if no one books the event will be cancelled.

## WORLD VEGAN DAY ADELAIDE

An enjoyable and successful day for all. With the short preparation time (less than three months) it was, at times, hard to imagine that it would even happen. Evolving from the original idea of a very small event in the suburbs to one for hundreds of people in the centre of the city was quite a process. The secret was that so many people came together to contribute their skills and labour to ensure the event was enjoyed by all. On the whole there was a good mix of information and food stalls, including a range of different food types - so popular in fact that most sold out before the end of the event. Adults, children and animals all enjoyed themselves.

Whilst we had a day that was as near to cruelty free as we could get it was still important to have groups like Animal Liberation, Animals Australia and Free the Bears present to remind us how far there is still to go in the area of cruelty free. The support of a number of groups (especially financial support from Animal Liberation SA and practical backup from VegSA) that made it all possible. Most satisfying was to see people relaxing, chatting, sitting on rugs picnicking on the grass. This is not to say that the planning group won't make changes or additions to a follow up event. So your feedback is certainly welcome. You can respond through VegSA by e-mail or include a note when you next renew your membership.



## Facebook

VegSA is now on facebook at:

<http://www.facebook.com/pages/Vegetarian-and-Vegan-Society-VegSA-Inc/149768165098085>

## Websites: wanted!

VegSA website has had virtually the same content since it was set up by our former secretary about 10 years ago. The site is purposely kept simple but refers users to other informative sites. Whilst most of the pages have been brought up to date the LINKS page urgently needs changes. We'd like your help.

Do you have any favourite websites you would like to see added? Such as: Animal Rights, Raw Food Diets, Alternative Health, On-line shopping (Food and environmentally friendly veg'n goods), Vegetarian and Vegan organisations etc etc  
E-mail: [vegsocsa@gmail.com](mailto:vegsocsa@gmail.com) with your suggestions.

## Carmel Court Rest Home

Based at Kensington Gardens - is a Registered residential facility offering care and accommodation for the elderly and people with physical or mental disabilities. It is run by VegSA member Dr Seema Jain and husband Ravi. VegSA congratulates them for moving Carmel Court gradually towards being an all vegetarian establishment – possibly the first such establishment in Australia. **Carmel Court Rest Home** - 29 Myall Ave Kensington Gardens SA 5068 ph 8331 3623

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## VegSA Celebrating 60 Years *(cont'd from page 1)*

This magazine took on a number of different formats over the years but, as SA members tired in the mid 80s, it was eventually taken over by the NSW Society where it developed into the professional looking magazine "New Vegetarian" (which later became "Natural Health and Vegetarian Life" superseded by "True Natural Health").

When the magazine reverted to a national format it was almost impossible to have the South Australian diary dates ready to meet deadline demands so a single sheet "UPDATE" with local info went in as an insert with each national magazine. In the late 90s Secretary Julie Klau developed this into a several page newsletter to what we have now... "Food For Thought"!

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## VegSA Library (Resource Collection/ New Librarian)

The Librarian has always been an important person in the Society - one of the original VegSA objectives was to "establish a library". The Society now has quite an extensive collection of books, CDs and magazines, including all back issues of "True Natural Health", "Natural Health and Vegetarian Life" and its predecessor "New Vegetarian and Natural Health". We have recently acquired a few new interesting items, which have been added to the Library List. Many thanks to Ravi Subramanian for housing the collection in recent years.

We are pleased to welcome Kay Lewis as our new Librarian. Kay who lives at Hectorville can be contacted on 8336 9819 or 0429 819 991 or email: [kay.vegan@hotmail.com](mailto:kay.vegan@hotmail.com)

**Borrowing from the resource collection (Sorry members only):** Contact Kay and make arrangements to collect items - either at a VegSA event or by arrangement with Kay. The usual loan period is one month, but can be extended if the item is not required by anyone else.

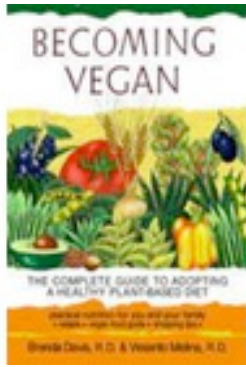
*(See next page for Book Reviews)*



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### **Newsletter Acknowledgements:**

Editor: Anne Sanders. Assistant Editor and layout: Pam Marshall.  
Mail out: VegSA Members and Committee.

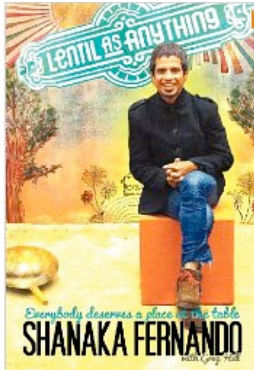


## Book Reviews

From the VegSA Library Resource Collection - 2 books:

♦ **BECOMING VEGAN** by Brenda Davis and Vesanto Melina  
The Book Publishing Co. Summertown Tenn USA, 2000

Not too in depth. Easing you into becoming a vegan. There is a vegan food guide, practical tips and disease prevention. Recommended easy to read book as an intro to becoming a vegan.  
Review by Kay Lewis



♦ **LENTIL AS ANYTHING: Everyone deserves a place at the table.**  
Sankara Fernando with Greg Hill. Publisher: Vivid Publishing, Fremantle 2012 \$32.95

Sankara (Founder of the Lentil As Anything group of vegetarian restaurants in Melbourne) describes his experiences from his childhood in the slums of Columbo, travels through Asian Countries and later settling in Melbourne, demonstrating as he goes the feelings and perceptions that led him to establish Lentil As Anything. Sankara had always had an appreciation of people as they are and a strong sense of the need for fairness. During his travels he constantly attempted to remove himself from a lifestyle based on a need for money and to live by a better paradigm.

At a Lentil as Anything restaurant we pay what we wish, or what we can afford. "Lentil" welcomes people from all walks of life, irrespective of their individual circumstances. Many have found a place of acceptance and in turn contributed greatly to its growth. It figures that "Lentil" should be vegetarian. As Sankara says, "The reason why lentil was vegetarian is because it was the most inclusive model I could think of. It worked well for Muslims with halal concerns and Jews with kosher concerns. It was just easy to be vegetarian."

Review: A Sanders

Available from Vivid Publishing Box 948 Fremantle WA 6959 [www.vividpublishing.com.au](http://www.vividpublishing.com.au)  
All profit to support "Lentil" projects.

(Currently "Lentil" has restaurants at: 41 Blessington Street, St Kilda Vic 3182 ph 0430 388 984. "The Convent" 1 - 3 St Helliers St, Abbotsford, Vic, 3067 ph (03) 9419 6444. 233 Barkly Street, Footscray Vic 3011 ph 0449 191 400)

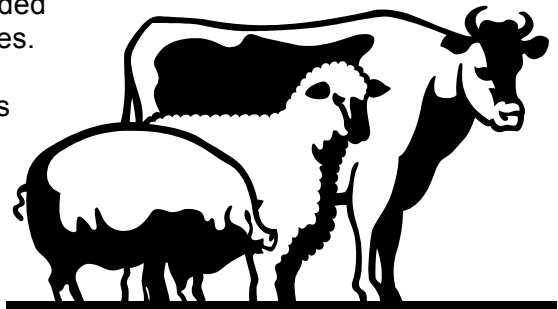


## In the Media

### ♦ Red and processed meats increase the risk of stroke

Red and processed meats increase the risk of stroke, according to a new meta-analysis published by the American Heart Association. Stroke risk increased 11 percent for each serving of red meat consumed as part of a person's daily diet, and 13 percent for each daily serving of processed meat. The study population included 329,495 people in Europe, Japan, and the United States. The likely explanations include meat's saturated fat, cholesterol, and heme iron, and the sodium and nitrites used to preserve and flavor processed meats.

Kaluza J, Wolk A, Larsson SC. Red meat consumption and risk of stroke: a meta-analysis of prospective studies. *Stroke*. Published online July 31, 2012. **Physicians Committee for Responsible Medicine** [c+pcrm@trusted-sender.convio.net](mailto:c+pcrm@trusted-sender.convio.net) **Physicians Committee for Responsible Medicine** [info@pcrm.org](mailto:info@pcrm.org)



# 5 UNUSUAL FOODS TO TRY



**1. Sea Vegetables** - or seaweeds, are a family of foods that are not often eaten in a Western diet, although they are a staple in many other cultures. Dulse, wakamenori, kombu, and arame are the common sea vegetables you will find in your health food store and can be added to salads and Asian style raw dishes. A nori sheet is an easy base for a wrap and with a little tahini, avocado and left over veggies, makes a great meal! Full of minerals and iodine.

**2. Medicinal mushrooms** - there are several types of mushrooms you will find in health food stores or Asian supermarkets, which confer strength to the immune system. Some like Shiitake, Portobello and Maitake are easy to throw in a salad or use in a recipe. Others like Chaga and Reishi are best made into a tea.

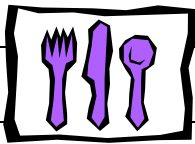
**3. Chia seeds**- Chia is a mucilaginous seed, meaning that it swells in water and creates a gel which is soothing and healing to the lining of the digestive tract, feeding the good bacteria and helping to cleanse the colon. They contain omega 3, so are a nice vegan source of this fat, also contain minerals, including calcium for another good vegan option. They are used in smoothies and recipes where you need to bulk the ingredients, such as in puddings and mock yoghurts.

**4. Young Thai coconuts** - the white ones that you see in both standard and Asian supermarkets are a wonderful addition to the diet, and once you know the easy way of opening them, you will be happy to include them on a regular basis. The water is high in electrolytes and can be added to smoothies or fermented, or just drunk on it's own, and the meat is used in many dessert recipes or can be dehydrated to create a wrap.

**5. Kale**- is one of the most highly nutritious of all the green leafy vegetables. Use kale in green smoothies, make a simple kale salad and make kale chips from it. Take out the very hard stalk before you use it.

*If you just added these five unusual foods into your life, you would be getting an amazing boost of different nutrients and phytochemicals in your diet*

Leisa Wheeler N.D. [www.embracinghealth.com.au](http://www.embracinghealth.com.au)



## Cooking Classes

### ◆ COOKING DEMONSTRATION AT CANCER CARE CENTRE

On Friday Nov 3<sup>rd</sup> VegSA worked with Connie Wharton from Animal Liberation to hold a vegetarian cooking demonstration at the Cancer Care Centre. The session, held in the kitchen area of the Centre's meeting room, was attended by six CCC members. We discussed where to buy ingredients, what was good for what and whatever topics anyone cared to raise. At the same time Connie was preparing a delicious quinoa and mango salad and a stir-fry dish, which we enjoyed, for lunch.

Food was delicious and it was so nice to have a friendly, relaxed group who even helped clean up afterwards. Connie and the CCC people thought it all went well. It was intended to be the first of a series of demonstrations and we were looking forward especially to a Christmas session by Connie and Di. Sadly we have since heard from CCC that they are not able to continue with this project at present. A number of people had offered to take turns in doing the demos. Thank you to all those people. We will keep you informed and hopefully we will be able to continue in the New Year.



### ◆ COOKING CLASSES

Natalie Playford, of Cooking Up A Storm, offers private and party-style vegetarian cooking classes, at your home, at a time to suit you. Visit [www.cookingupastorm.com.au](http://www.cookingupastorm.com.au) or phone Natalie on 8386 1672 or 0403 555 011 to discuss and book your class. Natalie also conducts classes for WEA. To book for WEA go to: [www.wea-sa.com.au](http://www.wea-sa.com.au) OR phone WEA 8223 1272



## Products on the Market

◆ **VEGAN ON LINE\*** a South Australian on-line company with an extensive range of vegan products. Kym and Kelly are dedicated to animal rights and assure us that their products contain no animal ingredients and are not tested on animals. Their aim "is to make it just that little bit more accessible and effortless for people to shop cruelty free." The range covers groceries, toiletries, cosmetics, health care, pets, refrigerated goods, baby care, chocolate and sweets and gluten free. To see the extensive range visit: [www.veganonline.com.au](http://www.veganonline.com.au) There is a flat rate shipping of \$9.95 for grocery items anywhere in Australia, but orders over \$100 within Adelaide Metropolitan area delivered free. Refrigerated items are sent via Express Post for a flat rate of \$20.85. Kym and Kelly also run the Freedom Hill Sanctuary\* for rescued farm animals.

◆ **LIVE A LITTLE ARTISAN GELATO \*** is a 100% dairy free and vegan gelato, made with certified organic ingredients. Each flavour is free of artificial colours, flavours and preservatives, gluten and palm oil free plus with a range of non-dairy bases including coconut milk, soy milk and water base sorbets. 500ml tubs, around \$9.95 at Bliss Organic Café (7 Compton St Adelaide), Wild Thyme (101 Melbourne St Nth Adelaide), Organic Market (Druids Ave Stirling), Vegan on Line (see above). Also individual serves at markets e.g. Organic and Sustainable Market Saturdays 9am-1pm Henley Beach Primary School For more outlets and other information see [www.livealittlegelato.com](http://www.livealittlegelato.com) Ph 0412 932 230 Email: [livealittlegelato@gmail.com](mailto:livealittlegelato@gmail.com) Facebook [www.facebook.com/livealittlegelato](http://www.facebook.com/livealittlegelato)

◆ **LAMYONG VEGETARIAN HEALTH FOODS\*** has a growing range of vegan products: sausages, hot dogs, mushroom nuggets, TVP mince etc, all useful for quick meals and particularly for convincing non vegos that vege food can taste good and even much the same some as non veg. Lamyong products are available from Vegan on Line (see above), some Asian supermarket in China Town, Centre Market, Hanson Rd at and Sunday Market 7am-2pm. Gepps Cross / Grand Junction Rd. Orders over \$100 delivered in metro area. For info contact Yin Keng Fong on 08 8258 52815, 04116 880 388 [ykfong@lamyon.com.au](mailto:ykfong@lamyon.com.au) or buy on line at [www.veganonline.com.au](http://www.veganonline.com.au)

*(\*Lamyong, Live a Little Gelato, Vegan on Line and Freedom Hill all supported World Vegan Day Adelaide by holding a stall)*

◆ **SANITARIUM VEGIE ROAST** 480g (serves 4). Useful for Christmas meal. Contains soy, gluten, canola oil, vegetable gums (carrageenan, guar), yeast extract, sugar etc. and Vit B12. Suggested retail price \$5.10. In fridge section at supermarkets. Info: Sanitarium Customer Relations, Locked Bag 7, Central Coast Mail Centre, NSW, 2252 Ph: 1800 673 392, Sanitarium runs an on-line nutrition advisory service with qualified independent nutritionists, happy to answer questions on food and nutrition. [www.sanitarium.com.au/ask-a-nutritionist](http://www.sanitarium.com.au/ask-a-nutritionist) for reply within 3-5 working days or phone 1800 673 392.

### Useful nutritional information:

- **Sweet Treats from the supermarkets:** Leda. Sweet William and Orgran products are all vegan as are McVitie's HobNobs and Digestive Biscuits. Sweet William and Orgran are low allergy as are Freedom products. Freedom are vegetarian but not all products are vegan.
- **Woolworths Macro: 100% Vegan Soy Spread** is palm oil free and contains vitamin D which is not derived from animal products. This vegan soy spread tastes just as good as Nuttlex and is generally cheaper.

*From report on Adelaide Vegan forum site: [www.adelaidevegans.org](http://www.adelaidevegans.org)*

NB: Nuttlex has animal free Vit D but *does* apparently contain palm oil



◆ **Organic Underwear** – Target stores are selling a line of organic under ware, made in China from Australian material: Cotton/elastane. Singlets:\$12 and pants (all styles): \$7 (sizes 8 or 10 to 18 - with a range of colours).

◆ **Biodegradable Dish wash Brush**; Bamboo handle and replaceable recycled plant-based “bristle” head. Brush \$8.50, replacement heads (2) \$5.45. from Wilson’s Organics Market St Adelaide ph 8231 5014

## -Recipe Corner-



### ◆ **Vegan Chocolate or Carob Ice Cream**

(Serves 2 or 1 if you're hungry). Adapted from Vegetarian/ Vegan Society of Queensland “Vital” newsletter Winter 2012 recipe from Fiona Holland

#### **Ingredients:**

- 2 sliced frozen bananas (Let them defrost for a few minutes first)
- 3 tablespoons cocoa or carob powder\*
- 2-3 tablespoons soy milk or other plant milk (to help mix)
- 1 tablespoon peanut butter \*\*(or small handful of hazelnuts or almonds) or other nut butters
- 1 Tablespoon vegan protein powder \*\*\* (optional - gives a smoother texture)

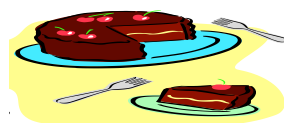
**Method:** Mix all ingredients in small food processor. Add extra soy milk if too stiff.

*Editor's note: \*I found 1 tablespoon carob powder suited my taste, also tried \*\*tahini and got that slightly sesame taste – quite nice. \*\*\* The cheapest vegan protein powder (pea or rice) seems to be on line from [www.bulknutrients.com](http://www.bulknutrients.com). Even with \$9 flat rate postage it still costs less than half the price of Vital Protein which is \$63.50/kg (unflavoured variety).*

### ◆ **Vegan Chocolate Cake** (VegSA 60th Birthday cake recipe)

**Ingredients:** 2 tablespoons vegan margarine, 1/2 cup sugar, 2 tablespoons golden syrup, 1 1/2 cups SR flour, 1 teaspoon bicarb soda, 3 tablespoons cocoa, 1/2 cup water.

**Method:** Cream margarine and sugar. Add golden syrup. Add sifted flour, cocoa and bicarb soda. Fold in water - add more water to make batter (if required). Pour into greased cake tin. Bake 40-50 minutes in moderate oven or until set.



### ◆ **Vegetable Pakoras** (as served at VegSA 60th Birthday event)

250g SR flour, 1 teaspoon coriander, 1/2 teaspoon each of cumin and turmeric, chilli powder (if desired), 1 teaspoon salt, 1 egg (lightly beaten) - or use egg alternative such as 'No-Egg', approx 1 1/2 cups water, oil for frying, 1 large onion (chopped), 2-3 cloves garlic (crushed), a variety of vegetables cut into small cubes: best are: cauliflower, pumpkin, potato, eggplant.

**Method:** Sift flour, spices and salt into large bowl. Add egg and about 3/4 of the water. Mix to form thick batter, add more water as required. Blend in remaining ingredients (vegetables, garlic, etc). Heat oil and drop dessertspoonfuls of mixture into the oil. Fry until golden brown – turning once to brown both sides (about 5 minutes per fritter). Drain well. Serve with mint or plain yoghurt (or non-dairy alternative) or chilli sauce.

## NATURAL HEALTH SOCIETY (SA)

Meeting & Lecture: 7.30pm on 1st Tuesday each month (except Jan) at Unley Citizens Centre 18 Arthur Street Unley.

**Dec 4th** Jesse Sleeman: “Herbs and Diet for the prevention and treatment of autoimmune diseases and cancer”

**Feb 5<sup>th</sup>** Louise Macartney: 21<sup>st</sup> century health issues, gut health and the link to 90% of chronic health conditions, addressing the cause – not symptoms.

**March 5<sup>th</sup>** Nikole Grbin: Essential oils for health and wellbeing.

Further information: Secretary 8277 7207. website [www.naturalhealthsa.com](http://www.naturalhealthsa.com)



# VegSA Diary Dates

## VegSA Dates

### Upcoming VegSA Events

- **Christmas/End of year lunch - Sunday December 9** 12.30 pm at John & Pauline Holzer, 2136A Gorge Rd Cudlee Creek. Please bring veg. food to share – BBQ available for use – also Christmas Cake (vegan). Bookings essential - phone Pam 8374 2531 or email [pam@theshoppe.com.au](mailto:pam@theshoppe.com.au) (*Phone from Cudlee Creek on arrival for directions 8389 2341 or 0419 035 227 if necessary*).
- **Sarah's Sisters (dinner) - Saturday January 26** 7 pm. 117 Semaphore Rd Semaphore (Note: not Dec 16 as previously advertised). **CANCELLED**
- **Annual VegSA Picnic - Sunday February 3 12 noon.** Hazelwood Park (Greenhill Road). Enter from Davenport Tce (back of park). Bring Vegetarian/vegan food to share, drinks, cutlery and plates, something to sit on, friends and furry ones. Note if forecast is for 36deg or above event will be cancelled.
- **Mitran Da Dhaba (dinner) Saturday 23 February 7pm.** 287 E Anzac Highway, Plympton .....then **Supper at Eggless Dessert Cafe** 162 Goodwood Road, Goodwood, (almost opposite the Capri Cinema).  
\*Bookings essential for Sarah's and Mitran da Dhaba by Wednesday afternoon prior to the event: Su: 8326 1062 email: [vegsu2003@yahoo.com.au](mailto:vegsu2003@yahoo.com.au) or contact VegSA

**Vegewise Group** 3rd Wednesday each month - 12 noon. Bookings essential phone Pam 8374 2531 or email [pam@theshoppe.com.au](mailto:pam@theshoppe.com.au) (If there are no bookings event will be cancelled). **Note: Meeting day changed to Wednesdays.**

- **January 16 - Zen House** 17-19 Bent Street Adelaide
- **February 20 - Clay & Coal Indian Restaurant** 482 Goodwood Rd Cumberland Park.

**Northern Vegetarian Group** Contact Karin 8260 2778 or 0466 972 112 for details of upcoming activities

**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 details with Su: 8326 1062 email: [vegsu2003@yahoo.com.au](mailto:vegsu2003@yahoo.com.au)

**VegSA Meetup group** - online group that organises events to suit its members and/or joins in with VegSA events. See <http://www.meetup.com/VegSA-Meetup/>

## Other Activities

**ADELAIDE VEGANS** brings vegans together for networking and social gatherings. Dinner every Friday evening at various veg'n restaurants in the Adelaide CBD plus monthly picnics.

**Bookings essential** for dinners For info or to book see 'Events' page at [www.adelaidevegans.org](http://www.adelaidevegans.org) or contact John: [jbrasted@internode.on.net](mailto:jbrasted@internode.on.net) ph 0428 225 712 Shane: [swardshane@yahoo.com](mailto:swardshane@yahoo.com) ph 0410 481 290. For picnic info Contact Morgaine 0435519477

### **Adelaide Vegans Christmas/ End of the World Picnic (with Dogs)**

**Sunday, 16th December 11:00am - 5:00pm**, Botanic Park, Plane Tree Drive, "under/near a tree" opposite Friends Gate. Bring: Vegan salad, fruits, snacks to share (label if organic, raw, raw organic), plate and cutlery, water bowls, toys, rugs, and plenty of love for beloved furry ones!!! There will be a vegan BBQ and cakes on sale. If not bringing food to share a monetary donation to the charities represented on the day (Animal Liberation and Freedom Hill Sanctuary) will be appreciated. Please book (to help with organizing the event) via Events page on [www.adelaidevegans.org](http://www.adelaidevegans.org)

*Not a member of Adelaide Vegans? No internet? See phone numbers above or phone VegSA*

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**VegSA** (Vegetarian & Vegan Society of Sth Aust.)  
Box 311 Kent Town 5071 ph 8260 2778 email [vegsocsa@gmail.com](mailto:vegsocsa@gmail.com)