



Food for Thought

Human & Vegan Society (VegSA) Inc.

Newsletter

Issue 4/14 – December 2014

PO Box 311 Kent Town SA 5071

website: www.vegosa.org.au

Phone 08 8260 2778

e-mail: info@vegosa.org.au or vegsoesa@gmail.com

Fax: 8390 2314

Mob: 0466972112



Exciting News from the Conservation Council of SA

For some time the Conservation Council SA (of which VegSA is a member) has been looking for a new home but within the CBD. Recently the old bus station site on Franklin St was advertised for redevelopment and, after much negotiation with the Adelaide City Council, the Conservation Council (CCSA) was able to sign a 3 year lease to develop the site as an Environmental Hub. VegSA President Kay Lewis and Secretary Anne Sanders met with CCSA's CEO Craig Wilkins who explained the planned layout of the venue and summed up the aim of the project by saying:

“This is an opportunity to have a space in which we demonstrate our values in a very practical way ...to reach out and connect to the Community on the issues we are passionate about” We are “deliberately trying to design a space that is attractive” enough to appeal to the wider community.

The plan includes spaces for member groups and others to meet. On the ground floor there is a larger meeting space for 100 – 120 people plus class-room sized rooms for smaller functions, a lounge area and café, which is very likely to be vegetarian. The downstairs area has good disability access. Upstairs there are further spaces for small groups to meet and a board-room. There will also be space for groups to display information.

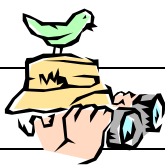
Outside there are plans for a community garden, which will operate in conjunction with local groups including the housing complex above the new bus station next door. The garden and Café are both means through which CCSA will demonstrate its principles in practice, as will the materials they use in upgrading the site. One aspect they hope to tackle is that of financial literacy, helping young people, especially, to understand the impact of their spending: how to spend consciously rather than on impulse.

CCSA will start to move from its current location (a few hundred metres away) from the middle of January and should be installed in the new location by the beginning of February. There is much work to be done to refurbish their new home. CCSA has had large cuts funding from the Government and will need to rely more on its member and the general public for funding. If you would like to offer help, either or financial contact CCSA on 82235155 or email: general@conservationsa.org.au



obviously
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This is an opportunity for the member groups of CCSA to be part of a project that has great potential to impact positively on the general community.



VegSA News

◆ ‘Thank-you’ from VegSA President

Our “MOSTLY MEDITERRANEAN” event on 20 Sept went well. I would like to thank all the people who helped out with the organising, cooking and tidying up afterwards. We had good entertainment and lots of yummy food. About thirty people came along (some to afternoon tea, some to dinner and most of them for both.) Hope to see you all again at our next event.
Kay Lewis (President)

Additional Information: We were entertained by John (tap dancing), Isaac and Tiffani (piano), vocal (Karin) and talks from Ken on “How to Sprout” and Pam on ‘Sustainability in the Home’.

About 34 people attended the event, 28 staying for dinner. The great attraction seemed to be the opportunity for members (and visitors) to sit around and chat to each other. Due to the generosity of those preparing the food we were able to make a modest profit. This will enable us to add to our animal welfare fund or other project support. (Recipes from the event are on page 4).

◆ VegSA Groups’ Activities

On Wed Oct 17 five members of our VEGEWISE group visited NETTLE RAW at Croydon. The food was not only raw but also organic and vegan “inspired by a quest for creativity, health, vitality and nutrition” (Note: Some food may be prepared in a drier or warmed, but not above 40° in order to preserve enzymes.) We each chose different dishes and all agreed they were excellent, as were the fresh juices. Prices are reasonable, compared to other veg and non-veg venues.

Nettle Raw, 10 Rosetta St West Croydon, is conveniently situated not far from the CBD, close to public transport and with easy on-street parking.

Open: Wed – Fri 8:00 am - 3:00 pm, Sat & Sun 10:00 am - 3:00 pm (plus coming soon: Fri evening)

Ph 0434353047 email: rawfairies@gmail.com website: www.nettleraw.com.au

◆ Northern Star Veg’n Life-style Group

Our Northern Group has renamed itself to better reflect its aims and activities. Welcome Northern Star!

On Sat 25 Oct Northern Star lunched at Café KOMODO in Prospect. Located down a narrow ally and housed in what appears to be an overgrown tin shed, with retro style décor, Café Komodo is quite an experience in itself. Whilst not a veg’n eatery there are a number of vegetarian options and several that can be veganised. We all enjoyed the food and the atmosphere.

Café Komodo is at 118 Prospect Road Prospect, ph ph 8344 7448. Open daily from 9am, Mon – Wed and Sat to 4pm, Thurs to 9pm, Friday (with music) to midnight

Café Komodo



Nettle Raw



◆ **Southern Group** has visited the Green Room at Willunga and plan to do so again before the end of the year, in addition to its regular monthly meetings to Great Nature at Christies Beach.

◆ **Vegewise** again plans to have its Christmas/end of year event at Cudlee Creek. (See page 8).

Food for Thought Acknowledgements

Editor: Anne Sanders, **Assistant Editor and Lay-out:** Pam Marshall. **Mail out:** Committee and members.

THANKS to VegSA members who have contributed information. Responsibility for all editorial comment is taken by A. Sanders, Institute Road, Montacute, SA 5134. Printed on 100% recycled paper by Tammy Franks MLC, Parliament House, North Tce, Adelaide SA 5000.

ABOUT PILATES

VegSA member Denise Ness is a personal trainer and also teaches Pilates at her studio in Collinswood. "Food for Thought" asked her to tell us more about Pilates and her interest in it.

What is Pilates?

Pilates was invented by Joseph Pilates in the early twentieth century. As a child Joseph Pilates suffered ill health such as rheumatic fever, rickets and asthma. He decided to take charge of his own wellbeing and started working for a doctor in return for access to his library so he could study anatomy and physiology. Joseph described the outcome of his findings as a method of achieving 'Health and Happiness' and called it Contrology – The complete coordination of body, mind, and spirit. Below are 2 definitions of Pilates and why I believe in it sooo much!!

"Pilates is stretch with strength and control, and the control is the most important because that makes you use your mind." Romana Kryzanowska

"Pilates is strength with a two-way stretch." Jay Grimes

What is it that appeals to you about Pilates?

I have always been interested in keeping fit and healthy. I tried yoga several times but it just wasn't my thing. Then I discovered Pilates and just loved it!! I love that Pilates is a safe and effective approach to fitness and can be performed at any age. I walk away after attending a Pilates class feeling great and that is the feeling I want to pass on to my clients. Pilates done regularly will re-educate the body to move efficiently, I have personally seen the quality of life enhanced for so many people.

Do Pilates instructors / teachers discuss diet with their students?

It is not usual practice for Pilates instructors to discuss diet with a client. However, I am asked regularly about nutrition and diet. My response is to advise I am a vegan and all the benefits that go along with a vegan diet and lifestyle. People still feel this is very extreme, with concerns about protein and iron – what they would eat if they didn't eat meat. I advise there are many athletes, musicians, actors who achieve incredible levels of human fitness while living a vegan life. A vegan lifestyle will assist people to conquer many health issues, lose weight, improve energy and stamina, prolong life expectancy, and protect the environment while saving the life of countless animals.

How does this work in relation to a vegan lifestyle?

Pilates is all about health, wellness and happiness. Veganism is also about health, wellness and compassion. Pilates is a good fit for me and my beliefs, which include respecting all living creatures. I believe being vegan has assisted me in all areas of my life, such as I do not need 'sick days' which would mean I would need to cancel classes. I am also a Personal Trainer so it is important for me to maintain my strength and fitness. A vegan lifestyle allows me to do this.



More information: Ph 0400 253 195 email: newwaystofitness@gmail.com web: www.newwaystofitness.com.au

Editors Note: A noticeable difference between yoga and pilates is that pilates includes use of a range of small equipment, whereas yoga generally works on the body alone. Ed



Recipes from 'Mostly Mediterranean'

20/9/14 – North Adelaide Community Centre

• **GREEK STYLE RUSKS** (Anne Sanders)

1. Set oven to moderate heat - 180°C
2. Prepare grated rind of ½ orange and 1 cup orange juice.
3. Mix juice with 2/3 cup olive oil.
4. Mix dry ingredients: 3 cups self-raising or plain flour, 1 tsp baking powder (or 2 tsp if using plain flour), 1 cup sugar, grated orange rind and large pinch cinnamon powder.
5. Add dry ingredients to liquid and mix.
6. Knead dough until it does not stick to hands, adding small amounts of flour if necessary.
7. Divide dough into 3 and roll each third into a long "sausage". Place rolls onto large baking tray and flatten a little to thumb thickness.
8. Bake until firm and starting to turn light brown.
9. Cut each roll diagonally into 2/3 cm thick slices. Place slices cut side up on tray and bake until cut side is light brown.
10. Allow to cool and serve as snack with tea or coffee.

• **RATATOUILLE** (Karin Basse)

- 1) Fry 3 medium sliced onions and 2-4 chopped cloves of garlic in 2 Tbs olive oil. Set aside.
- 2) Cut into thin strips 1-2 each of red, yellow and green capsicums (traffic light colors) and fry with 4-6 medium size sliced zucchinis and 3-4 sliced eggplants. Add to onion and garlic.
- 3) Wash, trim & put through blender or chop 10-12 medium tomatoes. Add to cooked vegies, together with 1 bunch fresh Italian flat leaf parsley and 1 bunch fresh basil (both chopped)
- 4) Cover with cold water and bring to boil.
- 5) Add 1-2 cups cooked azuki beans (optional), veggie salt and black pepper (to taste) about 6-8 dessertspoons Massell's Vegetable Stock Powder and approx 4 Tbsp. tomato paste. Simmer 'till cooked. Serve with pasta.

• **LIP SMACKING MINISTRONE** (Kay Lewis)

1. Wash, trim and finely chop: 1 medium onion, 1 medium leek, 2 stalks celery, 2 medium to large carrots
2. Heat 3 tablespoons light olive oil in a heavy bottomed pan and add the chopped vegies. Stir well and cook for 2 – 3 mins.
3. Add 400g fresh or tinned tomatoes and 2 cloves crushed garlic. Simmer 15 mins, checking and stirring often.
4. Add 1L vegetable stock, 150g finely chopped cabbage, 1 bay leaf, 1 Tbs chopped parsley, 2 Tbs chopped oregano and 1Tbs tomato puree. Simmer 15 mins.

5. Add 4Tbs frozen peas/peeled broad beans and 50g dry pasta. Simmer another 15 mins, adding more stock if needed. Season with sea salt
6. Serve topped with vegan cream cheese or other grated vegan cheese and crusty bread.

• **MEDITERRANEAN VEGETABLE MEDLEY**

(Su Stephens)

Quantities are for a large group. To serve 4 reduce quantities to about one quarter

1. Chop 5 large onions and garlic according to taste. Sauté in olive oil until soft in a large saucepan.
2. Chop the following vegetables: 7 large carrots, 3 large capsicum, 1 large eggplant, 400g mushrooms, 5 medium zucchini, 250g tomatoes. Add to onion and garlic and stir with wooden spoon.
3. Add 1 large jar tomato pasta sauce, Tamari (to taste), black pepper and water as required.
4. Cook over a slow heat for about 30 mins, adding 2 tins chickpeas & 1 tin red kidney beans
5. Serve with pasta of your choice and a garnish of fresh parsley/coriander.

• **VEGAN FRUIT CAKE** (Pam Marshall)

Place in bowl the following: 1 cup self-raising (SR) flour (sifted), ½ teaspoon bicarbonate of soda, 2 teaspoons cinnamon (or mixed spice), ½ cup raw or white sugar, ½ cup chopped dates and ½ cup chopped walnuts. Place in saucepan: 2/3 cup water and 1 tablespoon vegan margarine. Heat to melt the margarine. Stir the water-margarine mix with the dry ingredients. Pour into greased round cake tin. Bake 180°C oven for 30 minutes.



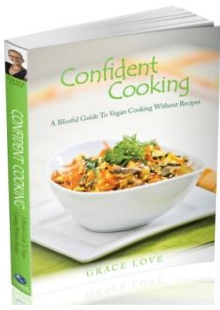
Also on offer were:

- Freekeh Salad from

Karin (See 'Food For Thought' June '14 for recipe)

- Green salad with avocado from Denise
- Fresh sprouts from Ken
- Greek lentil soup and polenta slice from Anne, - Coconut sweet from Ravi
- Fresh fruit plus tea and coffee.

VegSA Resources



CONFIDENT COOKING

by Grace Love (of Bliss Organic Café) Pub: Global

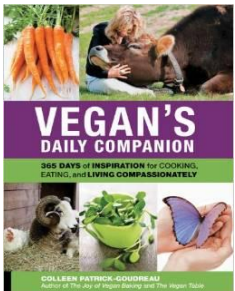
Confident Cooking is certainly a “cook book’ with a difference. Its aim is to inspire us to experiment. There are no set quantities given for

ingredients, but, at the same time, there is plenty of advice and many helpful tips. In fact the book constitutes a whole course in confident cooking (including cakes, savouries, soups and sauces) to benefit the complete beginner and from which even the more experienced cook could learn a thing or two.

This is a hard-back book with many illustrations and inspirational quotes to point us on the path of exploration and confidence. As Grace says in the introduction “Treat this book as your mentor and friend”. There is much to enjoy in it and, for those of us who think we know how to cook, it can be read just for pleasure.

Confident Cooking can be bought for \$45 from Bliss Organic Café, 7 Compton St (off Gouger St) Adelaide or on line at www.confidentcookingbook.com

Note: For those who prefer to cook without onion or garlic they are almost completely absent - herbs and spices are used instead.



VEGAN'S DAILY

COMPANION: 365 Days of Inspiration for Cooking, Eating and Living Compassionately.

By Colleen Patrick-Goudreau
Publisher: Quarry Books, Minneapolis,
www.quarrybooks.com. Approx

\$14.95.

Although American with some unfamiliar ingredients this “Companion” has moving stories and helpful hints. It could be particularly helpful for a beginner vegan.

Available in SA from Simon of PDR Enterprises: sales@pdrenterprises.com.au Ph 8287 1198 pdrenterprises.com.au

Also available for loan from VegSA. Email VegSA or call Kay on 8336 9078.

FORKS OVER KNIVES (documentary)

On Sunday Nov 9 Animal Liberation SA presented this interesting documentary at the Box Factory in Adelaide. Forks Over Knives must be one of the most complete presentations of the health arguments for a plant-based diet, with material from T Colin Campbell, The China Study, Caldwell B. Esselstyn Jr, Dr Neal Bernard and the Physicians Committee for Responsible Medicine’s demonstration of the beneficial effect of a vegan diet for those with Type 2 diabetes.

The DVD and related books can be purchased on line at www.forksoverknives.com

*The China Study and Forks Over Knives Cook book are available for sale from **Animal Liberation SA**. Ph 8342 1103 email: animal.lib.sa@gmail.com website: www.animalliberation.org.au*

NOTE: *Forks Over Knives can be borrowed from VegSA – see below*

BONA FOODS Magazine.

Besides featuring some of its contributing stores BF has a great collection of recipes all in full colour.

Costs \$4.50 at various outlets including:

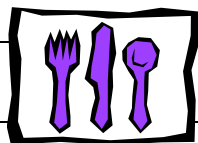
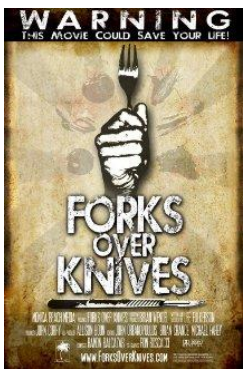
The Bona Food Market Stall, The Market Shed on Holland (Sundays,); Goodies & Grains 21 Central Market Plaza; Red Lime Shack, 158 St Vincent Street, Port Adelaide; Barossa Farmers Market, Angaston; Wild Thyme, Melbourne Street Nth Adelaide, The Annex Café, 3 Waterloo St, Glenelg.; Earths Kitchen, 131 Pirie St Adelaide.

QUOTE “If every one went meat free for one day it would reduce our carbon footprint by more than if every vehicle in UK was taken off the road for one day.” Meat free Monday

(Thanks to Su S. for this.)

How to borrow books from VegSA Library:

Members can borrow books and DVDs by contacting our Librarian Kay Lewis (ph 8336 9078, mob 0432242379). Kay lives at Hectorville but arrangements can be made to collect items for loan at VegSA events or through other Committee members i.e. within the Metropolitan area. Loans to members in rural areas would require special arrangements.



Eateries Update

- **SARAH'S SISTERS:** 117 Semaphore Rd Semaphore Ph 8449 5817
EXTENDED HOURS: Now open Monday to Friday 9am-6pm, Friday to 9pm, Saturday and Sunday 9am – 4pm. Friday is also Burger evening (as well as usual vegetarian menu), including “healthy” and “gluten free”.
- **HOUSE OF DONKEY** (Sturt St, Adelaide) CLOSED. Sadly House of Donkey has closed due to the ending of its lease. We have had some of our tastiest meals there and enjoyed the friendly service and relaxed atmosphere. Little Donkeys, we shall miss you and hope you will be popping up somewhere else in the future.
- **GOVINDA'S** 25 le Hunt St Kilburn ph 8359 5120. All you can eat \$10, vegetarian/vegan. Open: Fri, Sat, Sun from 5.30 – 8.30pm This is an ISKCON (Hari Krishna) organisation. All food is “blessed” before serving and major festival celebrations are held there from time to time. Chanting and devotional service at 7am and 7pm daily in the temple area adjoining the cafe. There is also a small retail shop with clothing (Indian-style plus T-shirts) some great chai tea, books etc.
- **Pure Green Vegan** 210 Hutt Street, Adelaide - All food and drinks are vegan. Opened Thurs Nov 20. Ph 8215 0013 or 0429 035 004. Lunch: Tues-Sun 11-3, Dinner: Thurs-Sat 6-9/10. See Facebook: <https://www.facebook.com/pages/Pure-Green-Vegan-Restaurant/373203922847563>

For up-to-date info on **EATERIES** see VegSA Website: www.vegsa.org.au We are grateful to members – and others – who notify any changes. See contact details on page 1 or website. THANKS.

Classes:

VegSA member Natalie Playford writes:

I have just finished my last WEA class for 2014. Following requests from students I will be kicking off 2015 with a new class **Gluten-Free, Dairy-Free Vegetarian**, on 8/2/15, 1-5pm, hands-on.

Book, as usual, through WEA. I will continue with WEA classes through 2015 and my in-home cooking classes continue to be popular. Best wishes, Natalie



Products on the Market

- ◆ **Darcey's Chocolate Bombs Select Brand** – (all vegan) \$5.00 at Woolworths stores. Highly recommended by VegSA contacts.
- ◆ **COLES Vegan Christmas Puddings.** VegSA has been in touch with Coles and have been assured they will, again, have their vegan “Coles Mature Mini Christmas Pudding”. This is a 110g single serve size - but last year there was also a larger (4 serve?) size. There was also a vegetarian version. You might need to ask as sometimes not all of them are out on show. Cost? “Reasonable”
- ◆ **A NEW AUSSIE TABLE SPREAD – GOOD FOR ORANGUTANS!**
SUNBURST: A new table spread from Nuttalex, available in super-markets. Completely cholesterol free and virtually trans-fat free, made with non-GM Canola & Coconut oils. Suitable for cooking, baking, frying and just spreading.
Good for orangutans!: 5 cents from every SUNBURST pack sold is donated to Orangutan Foundation International Australia (OFIA). Specifically, SUNBURST sales will support OFIA's Orangutan Care Centre and their Forest Legacy Project to buy essential forest habitat for the long-term conservation of orangutans.
- ◆ **STUDIO VOODOO** (for those down south of the City) sells made-to-order vegan sweet and savoury dishes, including (coming soon) special Christmas treats. Pre-orders essential and pick up from Port Willunga. SMS or Call 0449 844 278 or PM on FB: www.facebook.com/pages/Studio-Voodoo/256760291014910



Meet VegSA Member: **Dr Seema Jain** (Female)
MBBS FRACGP DCH (Flinders University)

Dr Jain graduated in 1994 and obtained her GP training from Flinders University. She completed her Diploma in Child Health from the Women & Children Hospital. Since then she has worked in numerous hospitals, including the Lyell McEwin, Modbury, Queen Elizabeth and Women & Children. She has also worked in Queensland for a few years. She specializes in Antenatal care, Mental Health care, Aged care, Women's Health, Children's Health, Diabetes, Asthma, Nutrition Vaccinations Skin check and much more. Dr Jain can be contacted at ELIZABETH GROVE SURGERY
2 Burgate Street Elizabeth Grove Ph: 8255 2133

In the Media: Animal Welfare

- The U.S. military recently announced that it is removing the use of animals from several medical training programs effective Jan. 1, 2015. This long overdue change comes after years of pressure by the Physicians Committee, our members, and other organizations.

Physicians Committee info@pcrm.org 16 November 2014

- "HRA claims that in 2012 "235 primates were used in experiments in Victoria". In total, between 5 million and 7 million animals were used in medical and scientific research and teaching in Australia in 2011." Read more: <http://www.smh.com.au/entertainment/movies/humane-research-australia-hails-cruelty-message-in-dawn-of-the-planet-of-the-apes-20140710-zt2os.html#ixzz3JUebkijE>
- From Humane Society International info@hsi.org 15 October 2014: Our #BeCrueltyFree campaign is excited to bring you news of our latest victory for animals..... **India has outlawed the import of cosmetic products and ingredients tested on animals** after November 13, 2014, making it the first south Asian country to heed HIS's call to #BeCrueltyFree!

This remarkable news follows two years of intensive campaigning which earlier this year saw India ban cosmetics animal testing in its own labs. That's right – no more cosmetics cruelty in India, or Indian sales for companies in other countries who continue to animal test.

Additional Diary Dates & Events: *(continued from page 8)*

◆ **The-Market-Shed:** Sundays 9am-3pm 1 Holland Street Adelaide - also accessible from Gilbert Street behind IGA. Offers a great range of organics including snacks. Vegan stalls include: Live a Little Artisan Gelato, Bona Foods, Raw Life, Raw Karma, Nutrish & Delish and Beach Organics
<https://www.facebook.com/.../The-Market-Shed.../665281516833656>

◆ **Animal Liberation SA:** Campaigns on animal rights including rallies against Live Exports and Jumps Horse Racing. Regular members' meetings. Ph 8342 1103 website www.animalliberation.org.au email: animal.lib.sa@gmail.com or find on Facebook.

Note: ANIMAL LIBERATION SA HAS MOVED to: 9/71 Walkerville Tce. Walkerville SA 5081.

◆ **Shepherd's Lodge Adventist Church:** Brahma Lodge enter from McIntosh Cres. Each Thursday at 6.30pm. 2 course (sometimes 3 course) meal. Salads, cooked veges, etc (vegetarian, mainly vegan) plus sweets. FREE but donations accepted. Further information ADRA (Prospect). Ph: 08 8269 2177

◆ **The Black Cockatoo Arthouse:** DIY Grassroots Pop-Up Cinema, using local community halls in the McLaren Vale area. Music Venue & Community Space. *Vegan snacks on sale at events.*
Contact: PO Box 777 McLaren Vale Email: blackcockatooarthouse@gmail.com

◆ **Natural Health Society (SA)** Meeting and lecture 7.30pm 1st Tuesday each month (except Jan). Unley Citizens Centre, 18 Arthur Street Unley. Regular Guest Speakers. Admission \$4 (visitors).

FARMERS MARKETS? VegSA have been told of several such markets, as well as ones visited by our groups. Unfortunately time and space do not enable us to include this information this newsletter but **if you do know of farmers' market** near you that others would benefit from visiting please let VegSA know: (Our contact details are on page 1).



VegSA Diary Dates

Upcoming VegSA Events:

◆ **Vegewise Christmas Lunch - Sunday December 7 -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). (*Phone from Cudlee Creek on arrival for directions, if necessary: 8389 2341 or 0419 035 227*). **Open to all members and friends.** *Bookings: Pam 8374 2531 or email theshoppe@tpg.com.au*

◆ **Green Room – Saturday 20 December 12.30pm** - 2 High Street Willunga

◆ **Nettle Raw - Saturday 17 January 12 noon** - 10 Rosetta St West Croydon.
(*Bookings (both events): Su 8326 1062 or VegSA2003@yahoo.com.au*)

◆ **Annual VegSA Picnic - Sunday February 1 from 12 noon.**

Hazelwood Park (Greenhill Road). Celebrate the end of the holiday. Reunite friends and colleagues. Enter from Davenport Tce (back of park). Look for VegSA banner. Bring vegetarian/vegan food to share, drinks, cutlery, plates, something to sit on, children, friends and furry ones. Free event, but voluntary collection to help VegSA's animal aid fund. Note: if forecast is or above event will be cancelled.



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◆ **Vegewise Group** *Meets 3rd Wed 12md - Bookings by Monday before event.*

December 7 - Christmas Lunch – see above. *Bookings: Pam 8374 2531 or theshoppe@tpg.com.au*

January 21 – Co-op Coffee Shop, 129 Currie St Adelaide *Bookings: Anne 8390 2314 or vegsocsa@gmail.com*

February 18th – Sumac (Middle Eastern Café) - 6/582 Goodwood Rd, Colonel Light Gardens.

Bookings: Pam 8374 2531 or theshoppe@tpg.com.au

◆ **Northern Star Vegetarian Group: Saturday February 21 -11am.** Visit to Farmers Market, Kings Road Parafield. (Meet near Rullettes) then shared lunch at a venue TBA.

Bookings Karin Ph 8260 2778 or 0466 972 112 email:glad2bveggie@gmail.com

◆ **Southern VegSAGroup monthly social get together: 2nd Saturday of the month from 12 noon.**

Great Nature 3/48 Beach Rd, Christies Beach.

No Booking necessary but check in case of changes with Jill: 8386 1943 or Su 8326 1062

◆ **VegSA Mail-out workshops:** The week-end before mail out on or about 1st of March, June, Sept and Dec. We are always grateful for help. This is also an opportunity for socialising and sharing. If you think you'd like to help please email vegsocsa@gmail.com or phone Secretary on 8390 2314.

Other Upcoming and Regular Events:

◆ **Adelaide Vegans:** *Brings vegans together for networking and social gatherings.* Dinner: Friday evenings at various vegetarian restaurants. Bookings essential to enable the venue to reserve a table. . Also **New Years Day: 10th Anniversary Picnic** - See 'Events' page at: www.adelaidevegans.org or phone Ken 8431 6862

◆ **Meetup Groups:**

Adelaide Social Vegetarians & Vegans <http://www.meetup.com/Adelaide-Social-Vegetarians-Vegans/>

Young Adelaide Single Vegetarians & Vegans (for 20+ to 40+ age group)

<http://www.meetup.com/Young-Adelaide-Single-Vegetarians-Vegans/> Both meet regularly for dinner or lunch at various cafes & restaurants (city and suburbs).

(More Diary Dates page 7)

VegSA - P.O. Box 311 Kent Town 5071 Ph 8260 2778 Mob 0466 973 236 e-mail: vegsocsa@gmail.com