



Food for Thought

Vegetarian & Vegan Society (VegSA) Inc.

Newsletter

Issue 4/15 - December 2015

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Report: Recent VegSA Events

Vegan Festival (7 November):

VegSA held a stall at the Vegan Festival in Victoria Square in November. It was a beautiful day (perhaps a bit hot for those out in the sun) and a happy, peaceful atmosphere. Victoria Square is a great central location and numbers were up on previous years. Speakers were interesting without being dogmatic. There was a good range of stalls with new and interesting products – see page 7. On the whole the emphasis was on “how to do” it rather than “why to do it”. VegSA stall handed out plenty of literature, especially on health topics. Thank-you to Denise, Paul, Anne and Ken who managed the stall all day, to Karin, Sam and Su who helped for part of the day and to those members who called by to say “hello”. You might also have seen our new banner. **Many thanks to Denise and Phil Ness for the new VegSA banner!**



Anti-poverty Week Dinner (17 October):

Every year the Anti-Poverty Week Organisers write and ask us what we plan to do for Anti-Poverty Week. We have attempted to work in with other groups with an interest in this area: offering recipes, an information stall, etc, but these have never come to anything. So this year we decided to go it alone. Our aim was to demonstrate that **ON A PLANT BASED DIET YOU CAN LIVE HEALTHIER FOR LESS**. Our dinner turned out to be a real success. At \$10 per head we were easily able to feed 33 people including the cooks, who all ate “free”. As members, the Conservation Council’s venue “The Joinery” was also free. Comments heard were “That

continued overleaf.....

[dish] was to die for” and “That was the best dinner I have had for a long time.” We would guarantee that no one needed to go home hungry! Thanks to every one there for a very peaceful atmosphere. We should also thank the “cooks”: Denise (Sweet and Stroganoff), Karin (Soup), Anne (Soup and sweet), Ken (Hummus, salad, sprouts and fruit), Su (Bean and Vegeroni Pasta) and Pam (Rice and veg Stir-fry) and also Sam for all her help. (Recipes page 3).



Thelma enjoying a meal at the Anti-Poverty Dinner



Enjoying the range of sweets at the Dinner

PS Have you noticed that “vegan” seems to becoming almost mainstream, understood in shops, restaurants etc. This must be due partly to the Vegan Festivals held over the last few years. For a thoughtful explanation of why we do it (not use animals) see P4.



In the Media

♦ THE ILLOGICAL RACES www.theillogicalraces.org.au

Since 2009 at least 16 horses involved in jumps racing have died in SA. Many of us have signed a petition organised by RSPCA (SA) to ask Parliament to bring in/amend legislation to ban Jumps Racing. Now RSPCA is asking that we write to Rachel Stone, Secretary to the Select Committee on Jumps Racing (with copy to your state MP) saying why Jumps Horse Racing should be ended. Ms Stone can be contacted on rachel.stone@parliament.sa.gov.au

PS: If you think you can help with signatures the petition is available from VegSA (as well as RSPCA).

♦ **ANIMAL JUSTICE PARTY SA.** In NSW Animal Justice Party has one MP in Parliament looking after issues impacting on animals. AJPSA would like a rep in Parliament here but first want to register as a Political Party for which they are close to having the required 300 members. If you are interested in joining and do not belong to another party contact: secretary.ajp.sa@gmail.com or PO Box 462 Marden SA 5070

♦ WORLD HEALTH ORGANIZATION TO DECLARE BACON A CARCINOGEN

Michelle Schoffro Cook October 24, 2015

“The World Health Organization (WHO) is expected to announce that bacon, sausage and processed meats, are carcinogens.” *which, of course they did* two days later, causing comment and scepticism in the media and from the general population. Michelle Schoffro Cook’s article also mentions that, “There has been a growing body of research over recent years linking bacon, and other processed or red meats, to cancer. One study published in the journal *BMC Medicine* of 448,568 people found that eating processed meats increases the risk of dying prematurely.” This is backed up by “the World Cancer Research Fund, a non-profit organization founded in 1982 and the world’s leading authority on diet, weight, physical activity and their link to cancer prevention.”

“Earlier this year the World Health Organization (WHO) also declared that the pesticide glyphosate (found in Monsanto’s Roundup) is a carcinogen.

VegSA's 'Food for Thought' Acknowledgments: Editor: Anne Sanders, Assistant Editor and Lay-out: Pam Marshall. Mail out: Com

Committee and members. **THANKS** to VegSA members who contributed information.

Anti-Poverty Dinner Recipes

3 courses: 1. choice of 2 soups + bread and hommus 2. hot dishes and salads.
3. Sweets: Raw food squares and balls + fruit. Tea, coffee etc also available.

Mushroom & Buckwheat (or barley) Soup

(Anne)

1. Soak one cup of Buckwheat* in 2 cups hot water for at least 30 mins.
2. Dice but keep separate: 2 carrots, 2 celery stalks, 2 medium onions and chop 1pound (450gr) fresh mushrooms.
3. In a large pan lightly sauté onions in 2 tabs olive or coconut oil. Add mushrooms & sauté.
4. Add 8 cups water or stock, 2 garlic cloves, 1/2 tsp sea salt, 1/2 tsp vege stock powder, 1/3 to 1/2 cup tamari (to taste) and the soaked buckwheat. Simmer until cooked. Add 1tsp chopped fresh dill (optional).

*Adapted from Vegan Nutrition Pure and Simple by Dr Michael Klapper. *If using barley cook it first and add to soup later as barley takes longer than most veges to cook. Double this quantity served at Anti-poverty dinner cost \$10 for 20 X 250ml serves.*

Vegan Stroganoff (Denise)

Ingredients: 1 brown onion, 30g oil, 1 tbsp paprika, 1 pinch cayenne pepper, 1 pinch salt 120 g tofutti cream cheese, 1 tsp vegan Massel stock, 50 g tomato paste, 1 tbsp cornflour, 3/4 tsp vegan mayonnaise, 1/4 tsp mustard, 150g carrot sliced, 150 g sweet potato diced, 75 g cauliflower florets, 75 g broccoli florets, 100 g green beans topped, tailed & halved, 100 g mushrooms (sliced)

Method:

1. Cook onion in oil with paprika and cayenne pepper for 3 mins.
2. Add vegetables, stock, salt, pepper and cook for 10 mins..
3. Add all other ingredients and cook for a further 10 mins or until vegetables are cooked.

Date and Ground Seed Balls (Anne)

1. Put 400gr dates through mincer.
2. Grind 100gr pepita and 200gr sunflower seeds in coffee grinder.
3. Combine all ingredients.
4. Add juice of one lemon.
5. With wetted hands roll into about 40 small balls,

Cost: \$4.30 exactly!.

Optional: Roll in desiccated coconut or sesame seeds. **Variations:** Include carob or cocoa powder. **Easier method.** Cook dates in small amount of water until evaporated. Then proceed from Step 2

Apricot Chia Bars (Denise)

Ingredients: 55g chia seeds, 20g orange zest, 140g pitted dates, 180g dried apricots, 40g sesame seeds, 90g raw cashews, 60g desiccated coconut, 2 tsp vanilla extract, 2 tsp orange juice, 1/4 tsp Himalayan salt, 1 tbsp coconut oil

Method: Process all ingredients in blender and press into tin lined with baking paper. Refrigerate for 2 hours before cutting into squares.



Split Lentil & Vegetable Soup (Karin)

1. Rinse and strain 1kg red split lentils,* until the water runs clear (3 to 6 times) and pick out any blemishes. Bring a large saucepan about 3/4 full of water to the boil and add lentils.
2. Slice 1 large leek, 1 large brown onion and one large stick stringless celery. Fry them up in a little Olive or Coconut Oil. Leave them in frying pan to cool ,
3. Wash and cut 1kg carrots and 6 large white potatoes into big chunks and add them to the lentils. Add 8 red skinned potatoes, also cut into big chunks, but leave the skin on for extra nutrition and to make the soup nice and thick. Add about 8 bay leaves.
4. Wash ½ bunch curly parsely. Cut off stems and chop up very fine.
5. Once the lentils are soft, take out bay leaves. add 4 heaped teaspoons Massel Vegetarian Vegetable Stock Powder, a little pink Himalayan Salt, black pepper and the parsley. Add the cooked onion, leeks and celery. Mix everything with a wooden spoon and then taste. (Adjust seasoning if needed.)

COST about \$12.15. Some items did not need to be bought so can only be costed roughly.

**Instead of red split lentils, use soy beans, brown lentils or yellow split peas or other legumes, as long as they are soaked as needed.*

Chick Pea Hommus (Ken)

Soak 1 cup chick peas overnight, then cook till soft. Process them together with 1 clove garlic, 2tbs olive oil, 2 tbs tahini, juice of one lemon, ½ cup water, pinch salt and 1 tsp cumin powder (optional). Makes one large bowl. **Cost \$1.85**

Pasta & White Bean Salad (Su)

1. Soak 300g white beans overnight changing water several times. Cook, then rinse in cold water.
2. Cook 375g Vegeroni Spirals and allow to cool.
3. Mix beans and pasta together with 1 red capsicum, 1 large onion, 1 Lebanese cucumber, 2 tomatoes, lemon juice, olive oil, red wine vinegar, black pepper and fresh mint or oregano.



*Sweet selection
at Anti-Poverty
Dinner*

Tossed Rice Noodles with Vegetables

(Pam)

1. Soak 250g rice noodles (sometimes labelled Rice Vermicelli) in hot/boiling water for 10-15mins
2. Heat 1dsp oil and sauté 1 medium sliced onion, 1 medium carrot (grated or in matchsticks) and one clove garlic until onion is soft.
3. Add 1 cup sliced cabbage or spinach and other suitable vegetables: bean sprouts, broccoli florets. Turn heat up high and stir fry stirring constantly 3-5 mins to get that distinct "stir fry" flavour.
4. Add 1tbs sweet sauce e.g., sweet chilli sauce, plum sauce or even plum jam. Mix well and continue to toss and stir until all ingredients are hot and blended. Serve immediately.

Cost saving tips: Vary the vegies according to your budget and the season, including from the garden. (Spinach is easy to grow.) To save money, can be done with one or two veges. For added protein: nuts, soy products or tofu



What Motivates the Animal Rights Movement?

(Extract from the introduction of the constitution for Ethical Treatment of Animals, Incorporated in South Australia about 1984).*

**(Some of the facts relate to that time, although very little has changed.)*

The ideas behind the various animal rights movements around the world are certainly not new. A plea for considerate treatment of animals runs through the teachings of numerous ancient philosophers, including Pythagoras, Plato, Diogenes and Plutarch. May we also recall an extraordinary individual from the dawn of the Renaissance. Leonardo Da Vinci – artist, scientist, engineer and philosopher – had this to say:

"The time will come when men will look on the murder of animals as they now look on the murder of men."

A contemporary, Francois Rableais, physician cum philosopher, referred to early animal experimentation in these words:

"Science without conscience is the corruption of the soul."

The eighteenth century philosopher Kant, although not speaking for animals directly, nevertheless felt that animal abuse debased the human intellect, and should be avoided for that reason.

The first attempt to establish a comprehensive ethical approach to animal welfare comes from Leonard Nelson, a philosopher at Göttingen University around the turn of this century [i.e. the 20th century]. According to Nelson's philosophy, all sentient beings possess interests. For instance humans and animals share the capacity for suffering, and both have an interest in avoiding suffering. He argued that interests constitute rights, irrespective of whether the interested party is human or animal, provided that the rights of one being cannot infringe on similar rights of other beings. The observance of the rights of others is a duty; however, only beings capable of rational reasoning can comprehend. This is something humans can do, and animals cannot. Thus it is that humans have both rights and duties, whereas animals have rights only. Therein lies the fundamental difference between humans and animals.

A denial of animal rights amounts to a prejudicial favouring of human interests over the interests of other species. This is called speciesism, which is akin to racism, and just as deplorable. The rights of animals, apart from the obvious right to avoid suffering, also include the right to satisfy behavioural needs imposed on animals by the evolutionary process.

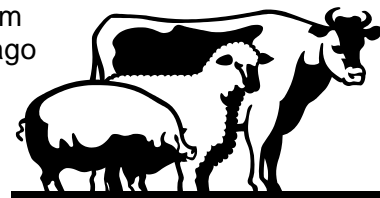
Some of these are the needs for rest and exercise, more specifically the need to lie down, to stretch limbs or wings, to walk and run, to forage, dust bathe, experience sunshine and fresh air, the need to make nests, to satisfy maternal instincts and to escape when attacked. The list could be extended further.

Intensive Husbandry violates most, if not all, these rights, by locking animals into tiny indoor cages for the whole duration of their lives. But, apart from denying behavioural needs, intensive husbandry creates a whole series of new problems, such as abnormal animal behaviour resulting from high density accommodation. One manifestation is the animals attacking each other. Intensive husbandry tackles these problems, not by providing adequate living space, but rather by surgical removal of the offending anatomy, namely dehorning, debeaking and tail removal, all without anaesthesia of course. While on the subject of surgical interventions, let it be recalled that anyone, including children, may perform major surgical procedures on farm animals without training or licence. The Prevention of Cruelty to Animals Act makes it amply clear that its provisions do not apply to farming practices. So we have a law which protects some animals, and deliberately excludes others from its provisions.

Animals exported live, not only suffer during the gruelling voyage, but face ritual slaughter at the destination in having their throats cut without prior stunning. In fact, stunning is not mandatory even in Australia.

We advocate a return to free range farming, alternatives to painful surgical procedures, abandonment of live exports, and mandatory stunning prior to slaughter throughout Australia. We are willing to consider compromise solutions, in the form of semi-intensive systems, if adequate provisions for behavioural needs can be assured.

Our opponents claim that these propositions would cause the cost of farm produce to increase dramatically. We beg to disagree. Some thirty years ago animal husbandry was essentially free range, and yet the cost of farm produce was not excessive. We feel that any moderate increase in the cost of production resulting from our propositions should be borne by the community as a whole, and should be regarded as a price paid by civilised people in the interest of moral advancement.



Animal experimentation, be it for industrial or scientific reasons, is blatant speciesism. Much of animal experimentation is unnecessary and repetitious. Often, it primarily serves to promote prestige and advancement within the scientific community. Support for experimentation also comes from vested interests, importing or breeding animals for experimental purposes. We feel that alternatives ought to be continually searched for, and eventually all animal experimentation should be phased out. In particular, the horrendous LD50 test (Lethal Dosage 50%) in which large numbers of animals die, should be abandoned as an unbearable burden on the conscience of civilised people.

Wildlife, such as the Kangaroo, is mercilessly hounded, either since it is competing with livestock for limited resources, or to fill pet food cans, or perhaps to provide fur products for inconsiderate humans. Surely, there must be solutions, whereby humankind can share this planet with other species in an equitable way.

In the area of companion animals, tens of thousands of dogs and cats are abandoned, and put to death yearly in this state alone. While new laws seem to be pouring out of our legislature, we wonder why there still is no legislation aiming at controlling the indiscriminate breeding of companion animals.



May we conclude these remarks with the following proposition: Some people when confronted with our arguments, complacently point to nature, where the exploitation of one species by another is the order of the day. They imply that what is natural must also be right for humankind. May we propose that nature makes no moral value judgements, and offers no lessons to humans in correct ethical behaviour. The human species has the power of reasoning combined with free will. These attributes, in our opinion, place an obligation on humankind to continually strive for moral betterment.

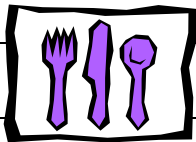
Quote: *As long as man continues to be the ruthless destroyer of lower living beings he will never know health or peace. For as long as men massacre animals, they will kill each other.*

Attributed to **Pythagoras of Samos** (570 BC– 495 BC) Greek philosopher and mathematician.

See www.brainyquote.comit's worth a look



Did you know that the UN has declared 2016 the YEAR OF THE PULSES?



Eateries Update

AYLA'S CAFÉ - Joy Discovery changes hands, changes name, but remains veggo.

Just as our previous newsletter went in the post we heard that Joy Discovery Vegetarian Cafe in Bent Street, Adelaide had changed hands. Joy Discovery was run by followers of Sri Chinmoy and our members, including our Vegwise group, have really enjoyed the atmosphere and the food when we have eaten there. We appreciated the service that Joy Discovery gave to us. However manager Shipra had been looking to retire for some time and finally found a customer to take over in early September and thankfully it will continue as a vegetarian and vegan enterprise.

Ayla's Café (same address): **13 Bent St Adelaide** and same **ph: 8223 5994**. However hours have been extended: Sun – Thurs 8am – 8pm and Fri – Sat 8am – 11.30pm. Plus delivery to neighbouring suburbs from 4.30pm to approx 8pm each day. See website for menu and delivery areas www.aylascafe.com.au

We look forward to visiting Ayla's Café in the near future. (see Diary Dates for upcoming visit)

POLLEN 185

*On 18 November Vegewise Group visited **Pollen 185** for lunch, just as Pollen celebrated its 1st birthday. Pollen is a smallish venue about 10 mins drive south of the City, currently open for breakfast and lunch hours*. All vegetarian, with many vegan and gluten free options, the dishes suggest a range of "ethnic" origins. We enjoyed everything we tried, all very tasty. To give an idea of prices a main course plus sweet cost \$24.*

Pollen is about to change its opening hours and days so make sure you check if visiting.

Pollen: 4/185 King William Rd Hyde Park ph 8271 0528. Car parking behind with rear entrance. Back entrances has step - for disability enter from front on King William Rd.

GOVINDA'S VEGETARIAN RESTAURANT (now offering more vegan options)

All you can eat for \$10: dine-in, take away and catering for functions and parties, also cakes to order, vegan or vegetarian (egg free). 5 – 7 days requested for cake orders, sometimes possible with less notice. Over the last year Govinda's has increased its vegan options and now includes a vegan sweet.

Govinda's: 25 Le Hunt St Kilburn 5084 ph 8359 5120 Open 5.30 – 8.30pm Friday to Sunday.. To know more about Govinda's and the Adelaide Iskcon Temple see: www.iskconadelaide.com.au

VegSA Eateries List is on the website www.vegsa.org.au We try to keep it up to date but, as we often do not hear promptly of changes, we suggest you enquire with the venue for times, days etc. If you do not have access to the website but would like a printed copy contact VegSA.



Cooking Classes

Food for Life Nutrition and Cooking Classes

Heleen Roex-Haitjema is a medical doctor who discovered the vegan lifestyle through doctors such as USA's Dean Ornish and Caldwell Esselstyn. She is Certified as a *Food for Life Instructor* by the Physicians Committee for Responsible Medicine (pcrm.org) and is currently running a series of classes in the Fullarton Park Community Centre (411 Fullarton Rd Fullarton) dealing with health and diet as well as recipes. Dr Heleen is very enthusiastic as well as well qualified to promote the health, environmental and ethical advantages of a plant based diet. Cost is \$125 for five weekly 2hr lessons. If you or any one you know are interested in future courses contact **Heleen Roex** on hsroex@mac.com or 0432 994 909

Cooking up a Storm

VegSA Member Nat Playford of Cooking up a Storm (www.cookingupastorm.com.au/) continues to run private, individually designed classes, also hands on classes with WEA:

February 7: **Naturally Sweet** (cooking without sugar). February 13: **Gluten-Free, Dairy-Free Vegetarian**. February 21: **Practical Fabulous Vegetarian**. All classes run between 1-5pm Bookings through WEA: 8223 1272 or www.wea-sa.com.au



Products on the Market

- ♦ **Vegan/Vegetarian App:** www.sproutli.com is an app. where you can find vegetarian and vegan goods and services. It enlists companies that provide at least one vegan option and helps to promote them. (VF)
- ♦ **COLES VEGAN CHRISTMAS PUDDING** 110gr Cost \$2.50 ea. Also 700g (price?) Both in reddish-brown packs, labelled "suitable for vegetarians and vegans". Coles also has a range of puds "Suitable for vegetarians" including one in a red pack similar to the vegan packaging.
- ♦ **VEGAN PARADIGM CHRISTMAS CARDS** produced by Delina Verdiglione using her own delightful photos of farm animals with greetings like "I'm dreaming of a kind Christmas". \$10 for pack of 4. Printed on recycled paper by keystoneprinting.com.au Contact Keystone Printing (VF)
- ♦ **ANNAS ORIGINAL THINS** Traditional Swedish (vegan) Biscuits. 5 flavours inc. cappacino, ginger. 150g Cost \$2.45 at Foodland. Contain vegetable oil but does not say whether that includes palm oil. Imported by Menora Foods 51-59 Overseas Dr Noble Park Vic 3174 www.menora.com.au
www.annas.se
- ♦ **WHO GIVES A CRAP toilet paper.** No Dyes, scents, chlorine or inks. 100% recycled, 50% of profits to Water Aid to build toilets where needed. Order on line at www.whogivesacrap.org
- ♦ **TEMPLE BRUER WINES** are all vegan (don't need fining, so no need to use animal bi-products) and many are preservative free. Made in South Australia . www.templebruer.com.au
ph 08 8431 0911 PO Box 317 Kensington Pk SA 5070 (VF)
- ♦ **FLORENTINE GOLD** Body and Joint Rub (for sensitive skins), Deodorant, Insect Repellent, Foot Products from natural (herbal) ingredients. Locally made. Available at Foodland. Ph. 08 82515571
info@florentinegold.com.au www.florentinegold.com PO Box 1616 Kersbrook SA 5231 (VF)
- ♦ **SPICEGIRLZ** condiments, dukka and preserved lemons. Sauces all more or less spicy with names like Zulu-Lu or Cor Blimey. Made in SA and available in Foodland/IGA stores (mainly south of Adelaide but gradually creeping northwards) and gourmet stores throughout Australia. Vegan, Gluten free and "all natural". Sauce costs \$9.00 for 300g. PO Box 837 McLaren Vale SA 5171
ph 0433 517 712 email: sphie@spicegirlz.com.au www.spicegirlz.com.au (VF)
- ♦ **ASPIRE STATIONERY** from sustainably managed plantations. A4 copy paper (80gsm) \$4.99. 500 DL envelopes (plain) \$20.98. A3 copy paper 500 sheet pack \$15.99. Available from Adelaide Direct Stationers 29 OG Rd Klemzig ph 8369 2555. Delivery – greater metro - \$6 if order under \$50.

VF - seen at Vegan Festival 2015



NEW IN THE VegSA RESOURCE COLLECTION:

Kitty Campion's Vegetarian Encyclopaedia – All you need to know about fruits, vegetables, grains, nuts and seeds.

Published: Century Hutchinson Ltd, London, 1986

Kitty Campion, a naturopath, wrote this book to help her patients and other vegetarians/aspiring vegetarians to follow a healthy diet. It includes snippets of history on a range of plant foods (from adzuki beans to yeast) plus eggs and dairy. and a suggested recipe and preserving suggestions for many of them. Although

written in 1986 in UK with some UK terminology, it is valuable for reference, giving nutrition tables for each entry with entries like nuts or beans grouped together for comparison.

Unfortunately the book is unlikely to be available in shops now. We paid 50c for it at a Rotary garage sale!

*Also in the VegSA Resource Collection: DVD's - such as "Food Matters". To borrow call Kay 8336 9078 and arrange to pick up from Hectorville or we may be able to deliver if going near your place. But the **best way to borrow** is to come to a VegSA function to collect (we can arrange for the item/s to be available for you – however we'll need a few days' notice).*



VegSA Diary Dates

Upcoming VegSA Events:

- ♦ **Sunday December 13** 12 noon. Vegewise CHRISTMAS celebration at John & Pauline Holzers', 2136A Gorge Rd, Cudlee Creek (Phone from Cudlee Creek on arrival for directions 8389 2341 or 0419 035 227 if necessary). Bring Veg food and drink to share. BBQ available and Christmas cake (vegan). *All welcome!*
Bookings by December 5th to Pam: pam@theshoppe.com.au or phone 8374 2531
- ♦ **ANNUAL VEGSA PICNIC - Sunday February 7 from 12 noon.** Hazelwood Park. Enter from Davenport Terrace and look for VegSA sign. Bring vegetarian/vegan food to share, drinks, cutlery, plates, something to sit on, family, friends and furry ones. **Note:** If forecast is 36°C or above event will be cancelled. For further info contact VegSA – details below.
- ♦ **Vegewise Group** (*Meets 3rd Wed 12md - Bookings by Monday before event*)
December 13 – Christmas celebration at Cudlee Creek (see above)
February 17 - Ayla's Café 13 Bent St Adelaide. Bookings: Contact Anne 8390 2314
- ♦ **Northern Star Vegetarian Group:** Meets 2 or 3 times each quarter.
Saturday January 9 12 noon Picnic at Enford St Elizabeth. Bring veg food, drinks, plates etc and seats. For Info and bookings contact. **Note:** *If forecast is for 36 deg or above event will be cancelled.* Bookings: Karin Ph 8260 2778 or 0466 972 112. email: glad2bveggie@gmail.com
- ♦ **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 necessary but check in case of changes with Jill: 8386 1943 or Suvegus2003@yahoo.com.au*

Other Upcoming and Regular Events:

- ♦ December 20th Animal Justice Party film night: **Star Wars VII The Force Awakens** \$20 adult, under 15 \$15. CapriTheatre www.trybooking.com/168727 enquiries secretary@ajp.sa@gmail.com
- ♦ **Animal Liberation SA:** 1st Sunday monthly 2pm - **General Meeting.**
Contact **ALSA office:** Mon, Wed. Fri - 10am – 2pm ph: 8342 1103. email: animal.lib.sa@gmail.com or see www.animalliberation.org.au Animal LiberationSA are looking for an Office Manager - Part time Casual 12hr p/w. Broad range of office duties. Must be able to work from home (equipment supplied). Applications close 3/12/15
- ♦ **Adelaide Vegans:** Brings vegans together for networking and social gatherings. Dinner Friday evening at various vegetarian restaurants. (Occasionally at weekends or at places with good vegan options.). Bookings essential to enable the venue to reserve a table. For details and booking see 'EVENTS' page at: www.adelaidevegans.org or ph. Ken 0415 382 121
- ♦ **Meetup Group - Adelaide Social Vegetarians:** a social group for vegetarians and vegans of all ages to meet like-minded people, make new friends and enjoy great company. Coordinator Corin writes, "We meet regularly for dinner or lunch at various cafes & restaurants (city and suburbs) that cater for vegetarians and vegans. We are an inclusive and supportive group and welcome anyone" including anyone "who is not yet vegetarian or vegan but who would like to adopt that lifestyle." To join visit: <http://www.meetup.com/Adelaide-Social-Vegetarians> or for any one who is not familiar with Meet-up and who would like more info. contact Corin: coco39@internode.on.net
- ♦ **Natural Health Society (SA)** Meeting and lecture 7.30pm 1st Tuesday monthly (except Jan). Unley Citizens Centre, 18 Arthur Street Unley. Regular Guest Speakers. Cost \$4 /\$3 conc. Members \$2
Speakers: Feb 2 - Alice Shore: Surviving Uterine Cancer with intravenous Vit C, mind power and Rife machine. **March 1** - Adrian Gallyer: on "Honey/bees"

VegSA - P.O. Box 311 Kent Town 5071 Ph 8260 2778 Mob 0466 972 112 e-mail: vegsoesa@gmail.com