



# Food for Thought

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

## Newsletter

**Issue 4/16 - December 2016**

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### “Life is More Economical on a Plant-based Diet”

*(Anti-poverty week event held 22 October 2016)*



VegSA’s Anti-poverty Week Event held on October 22 at the Box Factory aimed to demonstrate that life can be more economical on a plant-based diet. Each of the dishes served cost under \$10 for which the “cooks” (nine VegSA members) ate for free in return for their help.

Twenty-eight people, including nine visitors, attended the afternoon tea and dinner. VegSA President Anne Sanders welcomed everyone and said that it is likely that most people present had experienced some level of poverty. (Judging by the audience reaction it would seem that this was quite true.)

Poverty is not just a matter of finances but also an attitude of mind. Having said that, there is “poverty” and there is “abject poverty” where one feels there is no escape and that one has no control. As well as being good for your health and the environment a plant-based diet has been shown to be more economical. You only need to go to any café or restaurant to see that you can get the vegetarian dishes cheaper. We do not know of any large-scale studies that demonstrate this, but here in Adelaide a high school student, as her special SACE study, has looked at this issue. Lexie Brooking-Carter went to cafes and restaurants but also to several super-markets. She interviewed the managers who confirmed that shopping for a meat free diet is cheaper (so long as you don’t go for more expensive meat substitutes). However that is only for starters. To save money and improve health we can learn to cook and garden. Even in a small space we can very cheaply grow herbs and sprout seeds. These activities give an enormous sense of satisfaction and can even help to restore our sense of control in our lives. Ken Lawson then showed how for a few cents each can grow luscious sprouts – some of which we enjoyed with our dinner. David Law spoke about the value of being in contact with the earth and its “negative” energy and demonstrated his home made earthing devices (for only \$10 compared with \$60++ for similar commercially produced ones). David also does Earthing sessions.

*Thanks to everyone who helped on the day.*



“Poverty” - we take this very seriously.



Afternoon Tea



# Recipes from Anti Poverty Week Event

## ◆ Hummus

(Made by Pamela Robinson, Adapted from Thermomix Everyday cook book)

400gm can chick peas (drain and wash in sieve - for Australian made use Edgell brand)

40gm lemon juice (juice of 1 medium size lemon)

2 crushed garlic cloves

2 tbsp unhulled (dark) tahini

1 tbsp olive oil (optional)

Salt and pepper to taste (optional)

Blend all ingredients together to desired consistency.

## ◆ Guacamole

(Andrew D's guacamole)

4 avocados

3 lemons (juice of)

3 garlic cloves crushed

1 tbsp mustard paste

1 chilli (optional)

1 tsp vegetable salt (Herbamere or Vegeta)

Cracked pepper to taste

Blend all ingredients together with fork or blender to desired consistency. Slightly lumpy is best texture



## ◆ Fruit Mince

1 cup sultanas

1 cup currants

1 tablespoon olive oil or coconut oil

2 medium granny smith apples – grated

½ tsp mixed spice (or mix ginger, cinnamon and cloves. Use more or less according to taste.)

Mix all well.

Keep in fridge until ready to use. Best kept for at least 10 days before use.

Make into individual small mince pies (or one larger pie).

If you are not too confident making pastry, bought frozen pastry is OK. Check labels to avoid animal ingredients

## ◆ Seed & Date Balls

(by Anne Sanders)

1. Boil 1 cup dates with enough water to cover, until water is absorbed. Leave to cool.

2. Grind in coffee grinder 2tbsp sunflower seeds and 2tbsp pumpkin seeds.

3. Mix ground seeds with the moist dates.

4. Add juice of one lemon.

Mix well. If too moist add more ground seeds. If too dry, carefully add a little more lemon or water.

5. With moist hands roll dessertspoons of mixture into balls.

6. Roll balls in desiccated coconut or sesame seeds.

Variation: Use ground almonds, other types of nut meal and dried fruit - soaked or minced



## ◆ Quick Mix Date-Walnut Cake

(by 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.

### Special Offer

**Indian Spice Centre:** 159 St Bernards Rd Rostrevor (near Foodland) and 592 Goodwood Rd Daw Pk offers VegSA members a 5% discount on any of its product – cash only. Contact VegSA if you need proof of membership or use your mailing envelope



## Products on the Market



### - CHRISTMAS FARE -

- **Cherry Darling Bake House** (5 Aroha Tce Forestville Phone 0413 902 290) has an extensive list of special products for Christmas, ranging from 6 gingerbread cookies for \$10 a Christmas mixed Savoury Box for \$65. Orders require a 50% deposit and pick up is Friday December 23 or Saturday December 24 - 9:30am-4:30pm. It looks as if orders need to be made in person but perhaps a phone order is possible.
- **Rawfection** has gingerbread men for 50c and mince pies or mini puddings at \$20 for ½ dozen. Delivery: \$5. Pick up also available See: [www.rawfection.com.au](http://www.rawfection.com.au) or call 0403 836 077 for orders and market venues.
- **Everything Vegan** (172 Goodwood Road Goodwood) has Advent Calendars (with vegan chocolates): \$11.90. Chocolate Santas: \$6.55, Roasts: "filled" (with hazelnut and cranberry): \$28.80 and "Celebration": \$16. Plus pies and puddings coming soon. Ph 1300 GO VEGAN (1300 4683 426) [www.veganonline.com.au](http://www.veganonline.com.au)
- **Go Vita Stores** have 350g gluten-free Christmas pudding: \$14.90. Brand: "The Goods". Ingredients all vegan, mainly organic.
- **Organically Grown** (85 St Bernards Rd Magill ph 8364 1699) will have organic mince pies but suggests you buy ingredients and make your own pies, cakes and puddings. Stocks sultanas, currants, raisins each: \$15/kg and shelled almonds: \$35/kg, all organic. Open Mon – Sat 9am – 5.30pm, Thurs to 6.30pm, Sun 10am – 5.30pm
- **Clarence Park Community Centre** has dried fruit, nuts, etc. (some organic) at reasonable prices. Membership: \$1 one-off. Open 10.30am – 12.30pm Mon, Tues, Wed and Sat (Sat only in school holidays). Close to bus stop 10 on East Avenue, Black Forest and Opposite Clarence Pk Railway Station.
- **Vegan Wares** *VegSA Vice President Pamela Robinson writes:*  
"Last week I bought a pair of boots and a belt from Vegan Wares. They make some lovely shoes and boots as can be seen on their Facebook page: <https://www.facebook.com/VeganWares> They also have belts, purses, wallets and shoes etc. made to order. Subscribe to their Newsletter to learn more about their products, how they manufacture shoes and upcoming sales. Ph 03 9417 0230. Address: 78 Smith St Collingwood Melbourne Vic <http://www.veganwares.com.au/>  
*Editor's comment: Vegan Wares products are relatively expensive, but they last...and last... and last. I bought a Vegan Wares wallet (at Bliss Cafe) for my husband about 2 years ago. It cost \$50 but it is still showing virtually no sign of wear. I have a pair of Vegan Wares walking shoes that I have worn daily for fifteen years for walking on our steep property. Although the uppers are beginning to split the non-slip soles are nearly as good as new. In my experience Vegan Wares goods are all of excellent quality. However, if ordering shoes be very careful that you state your size and measurements very clearly. NOTE: Although Vegan Wares manufactures its own products it does also sell products from other companies*

### Chia Seeds (submitted by Pamela Robinson)

Chia seeds are a good addition to your diet, 1 tablespoon contains 3gm of Omega3 ALA and 6gm of dietary fibre. The Australian Chia Company is very proud of its seed quality and production methods and has lots of information on its website: <https://thechiaco.com/au>. Chia seeds can be bought by mail order directly from the Chia Company or at supermarkets and health food stores (which can also be located via the website).



### Science of Spirituality

A vegetarian meditation organisation. Free open talk on Jyoti Meditation (Meditation on the inner light). Practical instructions will be given at each session. Meetings weekly at Rose Park.

For times and dates please contact Keith Edwards.  
Ph. 8261 6362 or 0401 092 255. Email: [adelaide@sos.org](mailto:adelaide@sos.org)



## OMEGA-3 OILS (essential fatty acids)

*Summary of information compressed by Pamela Robinson*

Essential fatty acids are polyunsaturated oils essential to a healthy diet and are good fats. Bad fats are saturated fats from animal products and man-made trans fatty acids produced industrially from vegetable oils.

Essential fatty acids are the omega-6 oils (vegetable oils) and the omega-3 oils. Ideally, these fatty acids should be consumed in a ratio of 1 to 1. Unfortunately many people eat a lot more omega-6 oils than omega-3 oils (somewhere between 10 to 1 and 20 to 1) and this excess omega-6 can contribute to many health issues such as inflammation, blood clotting, heart disease, hypertension, diabetes, obesity, premature aging and tumour growth.

The 3 important omega-3 oils are alpha-linolenic acid (ALA), eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA). They are important in our diet because our bodies cannot make them from scratch. EPA and DHA are only found in animal products mainly fish, eggs and dairy. ALA is the simplest omega-3 oil and fortunately for vegans, is found in many commonly eaten plants including green leafy vegetables, broccoli, cauliflower and legumes. Richer sources of ALA include flax seed, walnuts, chia seed, pumpkin seed and inca inchi seed. ALA can be converted in the body to EPA and DHA. Unfortunately high consumption of omega-6 fats can directly reduce the amount of ALA that the body converts into EPA and DHA. The conversion also needs adequate supplies of vitamin B3 (niacin), vitamin B6, vitamin C and the minerals zinc and magnesium.

In summary, for a healthy vegan diet, reduce the consumption of omega-6 oils (e.g. fried foods) and ensure a good intake of foods rich in omega-3 oils (RDI 3 grams of ALA per day) plus vitamins and minerals.



## In the Media

- **Taiwan Bans Cosmetics Animal Testing** TAIPEI (21st Oct 2016) #BeCrueltyFree

Taiwan has joined the growing global momentum to end cosmetics cruelty with the passage of legislation to end cosmetics animal testing. The bill bans cosmetic animal testing for both finished products and cosmetic ingredients. The legislation will come into effect in 2019

*#BeCrueltyFree Australia – run by Humane Research Australia and Humane Society International (Global) - is part of the largest campaign in the world to end cosmetics animal testing. Globally there are #BeCrueltyFree campaigns in Australia, Brazil, Canada, China, India, Japan, Korea, New Zealand, Taiwan and the United States.*

- **Vegan Australia Tells Inquiry to Phase Out Dairy Farming**

In its submission to the Senate Economics References Committee's inquiry into the Australian dairy industry, Vegan Australia said that, *"While the focus of this inquiry is on the economic wellbeing and health of dairy farmers, it also provides the opportunity to reflect on the intrinsic suffering of animals in the dairy industry."* The submission suggests other ways for dairy farmers to use their land. *"This phase out can be an opportunity for farmers currently in the dairy industry to shift into growing plant foods. Currently, dairy farms occupy some of the most fertile land in Australia."* One potentially profitable avenue is the growth of plants for the alternative milk, and other alternative dairy markets. This sector has seen strong annual growth of 6% in Australia for the past five years while, over the same period, the consumption of dairy milk has plateaued. In the United States, the contrast has been starker in the last year, with a 7% drop in dairy consumption corresponding with a 9% rise in the consumption of alternative milk products. Some entrepreneurial Australian farmers have turned to high profit alternatives, like macadamias to fuel the growing demand both nationally and internationally.

It is the position of Vegan Australia that a phase out of dairy in Australia, along with other animal industries, would result in significant benefits to Australia's environment, the health of our citizens and the wellbeing of animals.

<http://veganaustralia.us5.list-manage.com/track/click?u=7bc4ddc73987351a5fddd344d&id=d5b2fc4430&e=5a4bcf21dd>



# Report: **2016 Vegan Festival**

(5 & 6 November)

At first it seemed a bit overwhelming to be running a stall at the Festival for two days (plus set-up on the Friday). However it turned out well as people had a choice of days and there certainly was a good crowd each day. The Committee stepped up as usual so we had enough people to run the stall and partnering with Adelaide Vegans turned out to be a great idea. Adelaide Vegans ran a free raffle that attracted people to the stall. They also did a survey to get an estimate of the proportion of vegans, vegetarians and omnivores attending. 436 people answered the question, of whom there were:

**Vegans 233 - 53%**

**Vegetarians 90 - 21%**

**Omnivores 113 - 26%**

(rounded to the nearest %)

Helen from Adelaide Vegans also suggested that we have some of our literature available by email. VegSA had many handouts (as usual) on a range of topics. We were able to offer a selection of these. Thanks to Helen for suggesting this and for sending out the e-mails for us. Over the two days we spoke to lots of interesting people and handed out a lot of literature.

Although we had little time for looking around and could not generally get to the talks or demonstrations we can say:

- Although the weather was perfect it was good to have the extra shade – a great improvement on previous years and probably well worth the expense.
- It was good having the many food stalls on the terraces with power access and the information stalls on the grass.
- Other nice features were: Children's area with story-telling, face painting etc. musical instrument stall with drumming workshops for adults and kids, the fountain to paddle in.

There is nothing to really criticise but it would have been interesting to have more information about alternatives to animal fibres and fabrics. Next year we welcome help from more members to run the stall

## -----Photo Gallery-----



Animal Lib: The Real Cost of Dairy



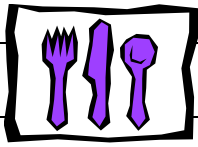
Drumming for Adults & Children



Food stalls on the Terrace



Paddling in the Fountain



## Eateries Update

- **Great Nature** (3/48 Beach Rd Christies Beach ph 8196 5037) has a new owner. Jeannie Walker and her daughters have been busy redecorating the venue and plan to open on around the end of November. The menu will remain vegan. VegSA's Southern Group will continue to meet there on 2 Saturday each month

- **Everything Vegan** (172 Goodwood Road Goodwood Ph 1300 GO VEGAN (1300 4683 426) [www.veganonline.com.au](http://www.veganonline.com.au)) is an all vegan superstore with a huge range of products. Now they are serving food: Coffee and cakes through all open hours (9 am-10 pm Mon-Fri, 10am-3pm Sat. and Sun.) with more solid snacks, burgers etc. from 11am to 3pm daily.

- **Rawfection** unfortunately has given up its stall in the Central Market. However you can find them with their great raw products at **Farm Fresh Parafield Market** (behind PALS liquor) every Saturday 8am – 1pm. See [rawfection.com.au](http://rawfection.com.au) or call 0403 836 077 for information on venues and products, including Xmas fare.

- **Let Them Eat** is now at Stall 26D Central Mkt Gouger St, Adelaide ph 82119302, 0410 527 824. Monday 10am–3pm, Tuesday–Thursday 8am–4pm, Friday 8am–9pm, Saturday 7am–3pm. Also *Shopping Centres*: **Tea Tree Plaza** (near Woolworth), **Marion Westfield** (near Food Court) in normal shop hours. **Farmers Market**: Adelaide Showgrounds, Leader Street, Goodwood - every Sunday 9am to 1pm. **Stirling Market**, Druid Avenue, Stirling - fourth Sunday of the month 10am – 4pm

- **Regular Indian and Nepalese Restaurants** all have good vegetarian menus, many dishes being vegan. If vegan, avoid those with paneer (cottage cheese i.e. from milk curdled with lemon, vinegar or other food acid). Also some dishes contain cream, which can usually be omitted on request.

*(VegSA visited Chennai Palace At Walkerville for lunch on Sunday 25.9.16. Although they generally have an omnivorous menu, on Sundays from 11am to 1.30pm there is an all-vegetarian smorgasbord: all you can eat for \$16.90 (children \$12). There were a number of vegan dishes but it was necessary to check as the range varied as people came and went and dishes were replenished. There is a huge room with some smaller spaces mainly full with families. Spiciness of the dishes varied and, unfortunately, there was no plain rice (but plenty of water!). Staff are very helpful and the atmosphere very relaxed and informal).*

**Chennai Palace** 119 Walkerville Terrace, Walkerville ph 7002 8000 email: [mail@chennaipalace.co.au](mailto:mail@chennaipalace.co.au)

- **Other Indian Eateries**: A couple of us also recently visited **Tabla** at Munno Para and **Joy of India** at Torrensville. Both had an extensive choice of vegetarian and a number of vegan dishes with a nice level of spices (in our case mild!). However dishes were a bit rich for our taste, perhaps had more oil than we would use at home. Service was especially good and prices were reasonable. Joy of India has an attractive venue for about 30 – 36 people, whilst Tabla has a larger space with some very interesting artefacts on display. Both of their managers have extensive experience in catering here and overseas and are obviously working to establish Indian eating as something special in SA.

**Joy of India**: Brickworks Market Place, Torrensville. Ph 8152 0437 [www.joyofindia.com.au](http://www.joyofindia.com.au)

Open Tues – Fri 11am–2pm, Tues–Sun 5pm–2pm. Also in City Cross Adelaide Mon-Sat 10am-5pm.

**Tabla** 81/600 Main Nth Rd Smithfield (Munno Para Shopping Centre).

[www.tablafoods.com.au](http://www.tablafoods.com.au) ph 8284 0063. Eat in, take away and deliveries. Open Daily 11.30am – 3.30pm and 4.30pm – 10pm

- **Seasonal Garden** at Hahndorf is no longer meat free. However we understand that they are very good at catering for special needs e.g. gluten or lactose free. Also at Hahndorf (although not all vegetarian, but with separate vegetarian and vegan menus) is **Herbees Garden Café**: 55 Mount Barker Road, Hahndorf, SA 5245. Ph 8388 7929 Open 9am – 5pm

### Special Offer

**Hello Dolly** at 1A/103-111 Payneham is offering VegSA members a 10% discount on any its vegetarian products. Contact VegSA if you need proof of membership or use your mailing envelope





# Book Reviews



## JANET ALLEN: Forty Years of Dedication

Alice Shore, Pocket People 7, 2016  
Gininderra Press, PO Box 3461 Port Adelaide SA 5015  
[www.ginninderrapress.com.au](http://www.ginninderrapress.com.au)

'Pocket People' is a series of booklets being produced by Gininderra Press, celebrating the lives of unsung heroes notable for their social contributions in various fields.

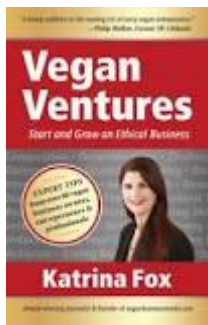
Janet Allen, due to her personal and intimate experience with animals, both domestic and wild, has been an animal rights activist for the last four decades. Janet has been active in protesting in many areas including rodeos, live animal exports, jumps horse-racing, vivisection and particularly against the conditions and neglect of farmed animals. The "Janet Allen" Pocket booklet looks briefly into the background of many of these areas. One of Janet's major current concerns is the problem presented by the Government's policy on feral cats.

Janet has attempted to have legislation and practices improved for animals but there is still a long way to go. Whilst this activism can prove depressing Janet says that, "If there were no people like me, like us animal activists, there's no hope of change for the better for the animals."

"Pocket People" can be purchased on-line from the publisher [www.ginninderrapress.com.au](http://www.ginninderrapress.com.au) at \$4 each plus postage (currently \$4 for purchases up to \$16) or from Alice Shore ph 8568 5181 at \$5 including postage.

Also available at East Avenue Books 10am–5 pm Tuesday–Saturday, 53 East Avenue, Clarence Park. (just opposite Clarence Park Community Centre, home of Clarence Park Coop – see page 3. Why not visit both?)

Alice Shore is currently working on a Pocket People booklet about Christine Pierson founder of CATS (Cats Assistance to Sterilise). VegSA looks forward to this next expose of people who have fought for animal rights in South Australia.



## VEGAN VENTURES: Start and Grow an Ethical Business

Katrina Fox: Vegan Business Media 2015

Katrina Fox is a journalist with many years of activism for animal rights and minority groups. When, a few years ago, veganism was becoming more popular, she realised there was a need for help for people setting up vegan businesses. Whilst a number of useful books existed (she lists a few.) there were none that exactly filled the bill, so she wrote the book that she wanted to read.

Fox contacted over 60 people running successful vegan businesses in USA, Canada, UK and Australia and quotes them in her book. The book, which aims to "equip you with knowledge so you can make informed choices that suit you and your business" covers all aspects with information and down to earth advice from how to set up a business to how to handle the media. Much of this would apply to any business but Fox emphasises the need to be very clear about the values you wish to incorporate into the business, which is also backed up in the Forward by Philip Wollen (of Winsome Constance Kindness Trust).

Fox is obviously not only a good business person but also a good writer. It is a book worth reading, especially as much of what it says would apply equally to not for profit groups. Her website [VeganBusinessMedia.com](http://VeganBusinessMedia.com) also reflects many of the values which she reveals in the book.

VegSA acquired a copy of **Vegan Ventures** for \$20 from Katrina Fox's stall at Adelaide's Vegan Festival. It appears to be cheaper on line (but possibly not if you have to include postage.)

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**VegSA's 'Food for Thought' Acknowledgments:** Editor: Anne Sanders, Assistant Editor and Lay-out: Pam Marshall. Mail out: Committee and members. **THANKS** to VegSA members who contributed information



# VegSA Diary Dates

## Upcoming VegSA Events:

- ◆ **Vegewise Christmas Lunch - Sunday Dec 18 12 noon.** 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). *Bookings by December 12 to Pam: pam@theshoppe.com.au or phone 8374 2531*
- ◆ **Annual VegSA Picnic - Sunday February 5 from 12 noon.** Hazelwood Park. Enter from Davenport Terrace and look for VegSA sign. *Bring vegetarian/vegan food to share, drinks, cutlery, plates, seats, family, and furry ones.* VISITORS WELCOME. For public transport Adelaide Metro suggests bus 142 from stop E2 Curry St, at 11.15am to stop18 on Glynburn Rd for 11.38am. **Note:** If forecast is 36°C or above event will be cancelled. For further info contact VegSA – details below
- ◆ **Vegewise Group** (*Usually meets second or third Wed 12md - Bookings by Monday before event*)  
**Sunday December 18 12md - Christmas Lunch** at Cudlee Creek (*see details above*)  
**Tuesday January 17 12md - Nutrition Republic** 1/100 King William Road, Goodwood. Bookings to Anne: [vegsocsa@gmail.com](mailto:vegsocsa@gmail.com) or 8390 2314 by Sunday 17<sup>th</sup> please.  
**Wednesday February 15 12md – Shalimar Indian Cuisine** 985 South Rd Edwardstown. (*Bookings to Pam: pam@theshoppe.com.au or phone 8374 2531*)
- ◆ **Northern Star Vegetarian Group:** Meets occasionally according to demand. For information. Contact : Karin Ph 0466 972 112. email:glad2bveggie@gmail.com
- ◆ **Southern VegSA Group** monthly social get together: 2nd Saturday of the month from 12 md at **Great Nature** 3/48 Beach Rd, Christies Beach. Check in case of changes with Su [vegsu2003@yahoo.com.au](mailto:vegsu2003@yahoo.com.au)
- ◆ **VegSA Mail out workshop.** Usually at the Joinery 111 Franklin St Adelaide usually last Sat. in February, May, August and November. Help always appreciated. Meet fellow members and share ideas. Contact Anne on 83902314 or [vegsocsa@gmail.com](mailto:vegsocsa@gmail.com) if able to help. Thanks to all those who have helped this year.

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## Other Upcoming and Regular Events:

- ◆ **Natalie Playford of Cooking up a Storm will run 2 new classes in the New Year with WEA:** Summer Gourmet Vegetarian, Feb 4, 1-5pm, (hands-on) and Quick and Tasty Vegetarian (suitable for vegans) Feb 19, 1-5pm (hands-on). Bookings through WEA. Natalie also offers private classes. Contact: [nataliewould@hotmail.com](mailto:nataliewould@hotmail.com)
- ◆ **Animal Liberation SA:** 1st Sunday monthly - General Meeting The Joinery, 111 Franklin Street, City (old Bus station). email: [animal.lib.sa@gmail.com](mailto:animal.lib.sa@gmail.com) ph 0498 622 497 [www.animalliberation.org.au](http://www.animalliberation.org.au) PO Box 327 Mitcham Shopping Centre SA 5062.
- ◆ **Adelaide Vegans:** Brings vegans together for networking and social gatherings. Dinner Friday evening at various vegetarian restaurants. (Occasionally at weekends or at other 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](http://www.adelaidevegans.org) or ph. Ken 0415 382 121
- ◆ **Meetup - Adelaide Social Vegetarians:** a social group for vegetarians and vegans of all ages including anyone who is not yet vegetarian or vegan but who would like to adopt that lifestyle. Meets regularly for dinner or lunch at cafes & restaurants that cater for vegetarians and vegans. To join visit: <http://www.meetup.com/Adelaide-Social-Vegetarians> or for more info: Corin: [coco39@internode.on.net](mailto:coco39@internode.on.net)
- ◆ **Natural Health Society (SA) Dec 5<sup>th</sup> Christmas breakup.** Speaker: Bev Lane: “Unexpected uses of Common Plants” Note meeting start early at 7pm as it will be followed by supper. Entry \$5 or a plate of healthy food to share. **Regular meeting** and lecture are 7.30pm 1st Tuesday monthly (except Jan) at same address: Unley Community Centre, 18 Arthur Street Unley. Regular Guest Speakers. Cost \$4 /\$3 conc. members \$2.

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