



# Food for Thought

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

## Newsletter

**Issue 4/18**

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PO Box 311 Kent Town SA 5071

email: [info@vegsa.org.au](mailto:info@vegsa.org.au) or [vegsoesa@gmail.com](mailto:vegsoesa@gmail.com)

website: [www.vegsa.org.au](http://www.vegsa.org.au)

Phone 0466 972 112

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### VEGAN FESTIVAL 2018 AND ADELAIDE VEGAN PARADE

The Vegan Festival in Adelaide has certainly come a long way over the last ten years from its initial one-day event at the Glenelg Primary School to the current central event with 10,000plus attendance. (This year's figures unfortunately not yet available). Nevertheless the basic formula looks much the same: food and information stalls, entertainment, kids activities, cooking demos and talks. However this year we had a great innovation: the **ADELAIDE VEGAN PARADE** which, starting from Government House on North Terrace arrived at Victoria Square in time for the opening of the Festival. The Parade organised by Michelle and Dominic from Animal Activists SA was lively and colourful with a range of slogans reinforcing the vegan message, more of which can be seen on the Adelaide Vegan Parade Facebook page. More about Animal Activists SA on P8.



especially its new attractive T-shirts, VegSA was mainly handing out information, including our new all vegan recipe booklet. We spoke to people of all ages and found that many, especially our older customers, are particularly interested in health topics. We also have a number of articles that we can send on by email. (Contact us if interested.) We were able to have someone caring for the stall right through the Festival including up to quite late on Saturday evening thanks to the Committee and other VegSA members. Special thanks to members David Law, Yin Keng Fong, Beryl and Don Dispain who all helped on the stall. Thanks also to Animal Liberation SA for sharing. (See more about Animal Liberation and its AGM on P8.) For the main part the Committee members were too busy to attend any of the talks. However Yin heard Heleen Roex's talk on "Food Matters Most" and commented..."Dr Heleen Roxe is very professional in plant base issues/vegan healthy life .....she gave an awesome speech.



VegSA member Ken Lawson cuts the tape.

At the Festival VegSA again shared a stall with Animal Liberation SA. Whilst Animal Liberation was making good business with merchandise,

# ADELAIDE VEGAN FESTIVAL AND VEGAN PARADE

## Sacred Chocolate Ceremony

Su Stephens attended the Sacred Chocolate Ceremony facilitated by Gabriel from Breathe in Peace at the Vegan Festival.

Su reports: We enjoyed dancing and singing together and drinking the sacred chocolate, known in the Aztec and Mayan tradition as the "food of the gods". Cacao is said to open the heart, activate the chakras and encourage meditation, dance, writing, healing and creative experiences.



People of all ages attended the Parade. It was very colourful with lots of interesting slogans, a great start to the celebrations. Next year we guess it will be even bigger and better.

There were plenty of people and happily plenty of shade to keep people comfortable at the Festival and, dare we say, plenty of toilets, also lots of food well set out on the terraces. All together a very well organized show!



**VegSA Acknowledgments:** Editor: Anne Sanders. Proof reading: VegSA Committee. Mail-out: VegSACommittee and Members. Thanks to those who have contributed.



## FIRST AUSTRALIAN VEGAN CRUISE

The first-ever **vegan wellness retreat cruise** took place from 20th to 29th October on the 5-star Celebrity Solstice (winner of Australia's best cruise ship in 2015). Prices started at \$3,444 per person and included nine days' accommodation, vegan meals, presentations with health experts, cooking demonstrations and fitness classes (yoga, meditation and Pilates), social meet and greets and documentary viewings as well as activities and entertainment the ship already offers for its 2,800 total guests, around 70 of which were a part of this **Wholefoods Connection** event.

The cruise visited New Caledonia's Noumea and Isle of Pines, as well as Vanuatu's Mystery Island and Lifou of the Loyalty Island.

VegSA Committee member Denise Ness with her husband Phil took part in the cruise. Denise, who had somewhat mixed feelings about it, commented, "It was very informative, inspiring us to come back



and start a whole food diet, rather than including prepackaged food. I personally felt it would have been better at a retreat as I was not able to attend any of the normal cruise activities, as seminars were held all day. I did enjoy the overall experience and met some lovely people. The day excursions were great. I am glad I did it but wouldn't do it again.

## Retaining the extended Moratorium on the production of GM Crops in SA

The previous SA Government, shortly before it was replaced, extended the SA moratorium on GM crops to 2025. The current Government wished to confirm whether this was the preference of the SA people and set up a Select Committee to which submissions were requested by the extended dead line of Nov 5<sup>th</sup>. In the light of VegSA's objectives, which include "To spread knowledge..... of the ideal of a healthy, humane and environmentally sound mode of life..... and the preservation and improvement of the environment" the Committee thought it appropriate to make a submission. We were very fortunate to have our member Jim Mitchell prepare a very detailed submission for us. **Here are the key points:**

**Better nutrition:** it is beyond argument that crops which are not sprayed with poison (including glyphosate used as a defoliant on non-GM crops) are less harmful (and probably more nutritious) than those which are thus sprayed.

**Health:** GM crops are engineered to survive being sprayed with extremely toxic herbicides; the crops survive, but chemical residues impact on the health of people who eat those crops.

Pesticide-free organic food lowers the blood cancer risk by 86% - and slashes breast and skin cancer risk by more than a third, according to a study conducted recently in France. Non-Hodgkin's lymphoma risk plummeted among those who shunned chemical-sprayed food, according to the survey of nearly 70,000 French adults.

**Small percentage of SA economy:** The only commercial GM crops approved in Australia are cotton and canola, and as SA cannot grow cotton, the only GM crop SA could grow is canola. Just 2% of the gross value of broadacre farm commodities in SA is derived from canola.

In contrast to acceptance of GM-free foods, the intensity of discomfort over GM foods remains high. It is in the top 5 food concern issues globally so there are inherent marketing and trade risks in embracing GM crops, animals and micro-organisms, in a climate of public suspicion and hostility. Higher prices may be paid for products marketed as non-GM.

**Segregation of GM Crops:** GM crops entail additional segregation and coexistence - time, expense and infrastructure. All the extra effort/expense incurred in segregation will not – and **cannot** – give a guarantee that contamination will not occur

**Conclusion:** GM crops are engineered to survive being sprayed with extremely toxic herbicides; the crops survive, but chemical residues impact on the health of people who eat those crops. GM crops lead to super-weeds, which lead to the need for more powerful poisons - and the cycle repeats, to the detriment of people's health.



## Products on the Market

**AQUIRED AT VEGAN FESTIVAL 2018 – 3 items**

**Florentine Gold: Natural Harmony and Joint Body Rub** for pain relief, stiffness, headache, migraine, sore throat, sunburn and mosquito bites etc. Costs \$15.95 for 100m, \$24.95 (200ml) at Foodland Norwood. Also available on line from maker for \$16.95 for 100ml, \$26.95 for 200ml plus flat rate postage of \$7.95. See Website: [www.florentinegold.com.au](http://www.florentinegold.com.au) for other products and more information. All products are **vegan friendly, approved by Buy Cruelty Free**, manufactured in South Australia. Contact: PO Box 68, Inglewood SA 5133 ph 08 8251 5571, email: [info@florentinegold.com.au](mailto:info@florentinegold.com.au) also on facebook.

**The Gluten Free Company: Original Protein Patty** 379g (approx 12 serves) grain free, soy free, nut free, organic, vegan. **Ingredients** (min. 70% Australian): Australian lupine flakes, Australian hemp flour, dehydrated vegetables (carrot, onion, garlic, parsley), organic buckwheat flour, organic coconut flour, pea protein, organic golden flaxseed flour, hulled Australian hemp seeds, baking powder, organic psyllium, chia seed, salt, nutritional yeast. Mix 1cup powder with 1 1/2 cups water to make dough and shape into patties. Powder does not need to be refrigerated, although the finished patties can be frozen. **VERDICT:** convenient as a quick option, quite tasty, might be over flavoured for some, in which case add your favourite flour (possibly rolled oats). If under flavoured add herbs or spices. Available at some Foodland stores. Cost \$13.57 at Foodland Norwood (ph 8165 6000). For further information: The Gluten Free Co, 17c /7172 Bruce Highway, Forest Glen, QLD, 4556.

For other products (all vegan, nut, soy, sesame, gluten and GM free) see [www.glutenfreefoodco.com](http://www.glutenfreefoodco.com)

**The Gluten Free Company: Gluten Free Vegan Gravy Mix** 120 g (20 serves) 100% plant based. For information and contacts see above.

**Tom & Luke Snackballs:** vegan, gluten free and a non-GMO in a handy sized pack. Several flavours: “**Zesty Lemon and Coconut**” contains dates, cashew nuts, desiccated coconut, pea protein, lemon zest, concentrated lemon juice, sea salt and natural vanilla flavour. “**Cacao, Mint and Almond**” flavour contains dates, almonds, desiccated coconut, cacao powder, raisins and peppermint oil. Cost at Foodland Rostrevor: 140g (ten balls) \$4.65, 70g (five balls) \$2.59. 70g currently \$2.50 on special at [veganonline.com](http://veganonline.com)  
Note: Not all of Tom and Luke's other products are dairy-free. Contact: **Tom & Luke Ltd** 9 Waiu Street, Wainuiomata, Wellington, New Zealand ph (04) 5646486. Website: [www.tomandluke.com.au](http://www.tomandluke.com.au)

**Forest Fruit and Veg,** Rostrevor is keen to stock **more organic produce** for the sake of the environment and its implications for human health. Forest Fruit and Veg sources most of its produce from the Riverland direct from growers, including the family farm. If you are around Rostrevor area try Forest Fruit and Veg. Shannon, who is usually there, has worked at Bliss Organic Café so she knows what we need. ph (08) 8337 8462 10B Forest Avenue, Rostrevor, S A [m.me/forestfruitandveg](http://m.me/forestfruitandveg) and find them on Facebook. By the way, Forest Fruit and Veg donates to groups like RSPCA and Freedom Hill Sanctuary.

**COLES Dairy free Coconut Natural Yogurt** (“Live Cultures, No Added Sugar, Vegan”) 500g  
Ingredients: water, coconut Cream (45%), tapioca starch, cultures. \$5. Cheaper than other brands and tastier?

**Paper Cups.** As we know single use cups are plastic lined.

**Black and Gold Paper Cups** (unlined) pack of 15 cost \$2.89 at Foodland Norwood.

**Pakrite,** Mt Barker has bulk Eco cups 500s or 1000s. ph 08 8398 2672 email: [reception@pak-rite.com.au](mailto:reception@pak-rite.com.au)

**COLES Christmas Puddings.** Gluten-free pudding is vegan. 110g for \$2.50, 440g for \$7, also Matured Christmas Pudding is vegan. 700g for \$7

**Australian wine database.** Use this resource to see which brands have confirmed vegan wines at a variety of stores: [www.zaccharybird.com/wine](http://www.zaccharybird.com/wine)

Goods on the Market (Continued)

**CHRISTMAS OFFERINGS - EVERYTHING VEGAN** 172 Goodwood Rd Goodwood SA ph 8373  
4659 or 1300 GO VEGAN website: [www.veganonline.com.au](http://www.veganonline.com.au) and on facebook

**Christmas cards** - pictures of animals at Freedom Hill \$3.50 each or \$10 dollars for three cards  
**Christmas postcards** similar pictures \$1.50 each.

**Advent Calendars:** So Free Organic Fair Trade with a chocolate for each day. Milk Alternative or White Chocolate 110g \$12.50 ea each.

**Sweet William** individually wrapped **chocolate Santas** (12 pieces) 155 g f\$6.50

**Nestar "Christmas" packaged chocolates.** Dark Chocolate Cranberry or Chocolate Covered Roasted Almonds 108 g \$7.50each.

**Constant Craving Truffle Boxes** in four flavours: Apricot Dream, Christmas Truffle Delight, Scorched Almond, Jaffa Delight. 10 truffles 240g \$22 each

**Field Roast's Celebration Roast** in three flavours: Wild Mushroom, Lentil Sage, Smoked Tomato. Half roast 454g \$13.70, quarter roast 340g \$9.80.

**T- shirts** "Ask me why I'm vegan" t-shirt " \$25, "There is no difference" t-shirt \$30.  
**Freedom Hill Hoodie** \$59.90

Also a wide range of **cruelty free cosmetics and bags** as well as their usual range of pantry goods, supplements, etc.

All profits from Everything Vegan and its on line store [veganonline](http://veganonline.com.au) go to support **Freedom Hill Sanctuary**.

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**THE SIMPLE MARKET - DEVASTATING FLOOD!**

In the June '18 issue of Food for Thought we wrote about the Simple Market at Mile End (SA). We had hoped to write more about The Simple Market, including an interview with proprietors Fabian and Melanie in this issue. Unfortunately, the day before we were to meet, the shop was hit by a devastating flood. A burst water main just in front of the shop flooded the cellar ruining a large amount of their stock. Not only did they have to clean up and restock but also deal with the authorities, insurance etc. all of which is very time consuming. We decided to postpone our interview until another time! They hope to be open again around Nov 21st (just as we go to press). For updates see The Simple Market Facebook page. We wish the business a complete recovery and hope to bring good news from there in the future.

For more information about The Simple Market also see the website: [www.thesimplemarket.com.au](http://www.thesimplemarket.com.au)

**Re TVP article**

An article about TVP contributed by Joy Danielson appeared in Food For Thought June 2018. This article mentioned that, " TVP has no nutrition and is devoid of enzymes....which give us our healthy bodies". However, the article was mostly devoted to side issues and Joy would like to point to that the problem is the nature of the TVP itself. In following up on this issue, Joy approached Roger French, editor of True Natural Health magazine whose reply in Your Questions answered (P 10 Spring 2018) included, "TVP protein that has been heated to 150° - 200°C and thoroughly denatured cannot be nutritious and could easily be detrimental.

Joy and others have experienced considerable discomfort after eating TVP. Joy suggests that, as TVP is an unnatural product, it is difficult or impossible to digest and is potentially harmful.

Whilst **VegSA** respects everyone person's right to decide whatever food suits him/her, we suggest that the freshest, most natural food is generally the most beneficial.



## Eateries Update

### Nan Hai Pu Tuo Temple

On Sunday September 30th about nine VegSA members and friends visited **Nan Hai Pu Tuo Temple** overlooking Sellicks Beach. This developing complex dominated by the 18metre tall statue of Kuan Yin, Goddess of Mercy is the residence of Buddhist nuns. As you would expect there is a quiet, peaceful atmosphere.

Every Sunday a buffet style lunch is offered free, although donations are requested to fund the meal for the next week's guests. The meal, basically vegan, consists of a number of dishes, much of the preparation and serving being done by volunteers. People meet here from different backgrounds and from all around the Adelaide area. It was a good place to meet up and share with friends: **Cactus Canyon Rd Sellicks Hill** ph 08

8556 3168. For more information see: Nan Hai Pu Tuo on Face-book or [www.australia-buddhism.org.au](http://www.australia-buddhism.org.au)

### Lord of the Fries – 2<sup>nd</sup> venue

In addition to their venue at 23A Hindley St Adelaide, ph 08 7230 6224 Lord of the Fries now has a second venue at 33 Jetty Road, **Glenelg** ph 08 7080 6843. The **ALL VEGAN** menu is mainly fries, burgers and hot dogs, most incorporating mock meats.

Both venues are **Open**: Sunday - Thursday 10.15am - 9pm, Friday - Saturday 10.15am - 11pm. For more information including menu details see website: [www.lordofthefries.com.au](http://www.lordofthefries.com.au)

Though not usually a great fan of fries, being desperate for calories I bought some at the Vegan Festival from LOTF and as fries go these must be some of the best. Ed]

### An Lac vegetarian and vegan Vietnamese Buffet

An Lac is a new **vegetarian/vegan** restaurant set up a few months ago at 114A Semaphore Rd **Semaphore**, ph 8242 7470 with more recently a second venue at 4/270 Hanson Rd **Mansfield Park** ph 8268 8819.

Two of our Northern Star group members have visited An Lac both at Semaphore and Mansfield Park. They report that the food, which is "lovely", is smorgasbord style i.e. serve yourself, all that you can eat, **vegetarian with lots of vegan options**, cooked dishes, plenty of raw salads plus meat substitutes. The place is very clean. Parking is good. Prices, though still very reasonable, vary according to time and day, but best money's worth is week day lunchtime at \$15 per head. See times and prices on attached picture. **Booking is important.**

VegSA plans to visit An Lac early next year. See Diary Dates P8



## Cooking Classes and Courses

**Natalie Playford** of **Cooking up a Storm** runs classes for WEA: **This quarter:**

**AUTUMN GOURMET VEGETARIAN** March 3rd 1-5pm. Cost \$107.00

Bookings and enquiries: [www.wea-sa.com.au](http://www.wea-sa.com.au) ph. 8223 1979.

Natalie also offers private, individually tailored classes. Contact her on ph 8386 1672 / 0403 555 011.

### FOOD FOR LIFE NUTRITION EDUCATION + COOKING DEMONSTRATIONS

Heleen Roex-Haitjema, a medical doctor who is certified as a Food for Life Instructor by the Physicians Committee for Responsible Medicine (pcrm.org) in USA runs a series of classes demonstrating

**the scientifically proven powerful health effects of plant based nutrition.**

Classes, which are comparatively very affordable, run one evening a week for 5 weeks.

The next series: Thursdays 7th March - 4th April. They tend to book up so if interested enquire early with:

Heleen: [heleen@drroex.com](mailto:heleen@drroex.com) or ph 0432 994 909



## FROM THE MEDIA

### 2.1 Million Australians Now Meat-Free, Says Study

Plant Based News Sep 2, 2018 3:51 PM

A recent [Roy Morgan] study of Australia's eating habits determined that, as of 2016, 2.1 million Australians identified as meat-free eaters.

This amounted to 11.2 percent of the country's population at the time of the study. Additionally, as of March of 2016, 12.4 percent indicated that they ate an all, or mostly, meat-free diet.

As a result of changing dietary trends, Australia's vegan food industry is seeing significant growth.

Industry Communications Director at Roy Morgan Research, Norman Morris said: "If they have not already, supermarkets and eateries would be wise to revisit their vegetarian-friendly options to ensure they are catering adequately for this growing - and potentially lucrative - consumer segment."

### 51% OF CHEFS ADDED VEGAN DISHES TO THEIR MENUS IN 2018, STUDY FINDS

INDYLIFE 28.8.18 (independent)

In 2018, 51 per cent of chefs in the United States added vegan items to their menus, according to a new study by food industry insight company Foodable Labs. The 31 per cent rise in plant-based menu items from last year may be partly due to the influence of social media food-bloggers, the study found. According to the study, tagged and shared photos of vegan foods have increased by 79 per cent in the last year and nearly half of influencers have requested more plant-based options at restaurants.

But apart from giving customers what they want, the move to add more vegan food is also profitable - as the last year has seen a 300 per cent increase in the number of people who identify as vegans in the US. In just one year, restaurant owners saw a 13 per cent increase in business in response to adding vegan options.

The trend of eating foods solely made from plants has also extended to ordering in - GrubHub, the nation's leading takeaway delivery service reported that vegan dishes saw a 17 per cent increase in 2017.

For suppliers of meat-alternatives, the change in perception of a vegan diet from uncommon to mainstream has resulted in an ever-increasing demand.

"We've gone from pushing and really trying to convince to now just being in response mode where the consumer is now driving the ship, so to speak, and steering the ship and we are just trying to keep up," said Ethan Brown, CEO of protein-alternative company Beyond Meat.

As veganism becomes more popular, it is expected that even more restaurants and corporations will follow.

### Despite boom, Indian govt bans all livestock exports from ports indefinitely

The Ministry of Shipping has decided to ban the export of livestock from all sea ports in the country for an indefinite period following representations from animal rights activists.

Ironically, the decision comes at a time when the export of livestock from India has boomed during the NDA government. The export mainly comprised live sheep and goats, with the value at Rs 460.78 crore in 2015-16, Rs 519.03 crore in 2016-17 and Rs 401.64 crore\* in 2017-18. The main countries to which live animals were exported included the UAE and Nepal.

Last month, animal rights activists stalled the export of around 6 lakh\*\* livestock heads from Nagpur airport in Maharashtra. Shipping Secretary Gopal Krishna said, "There have been public protests in various places, including Maharashtra and Gujarat, against the export of livestock. The Shipping Ministry has issued these orders to maintain public order."

From an article Written by **Gopal B Kateshiya** **The Indian Express 22.8.18**

1Lakh\*\* = 100,000.      1crore\* = 10,000,000.      At 15.11.18 Rs 52.2881 = \$1 Aus      Rs = rupee(s)

### THE HIGHEST CONSUMERS OF ANIMALS      Reported by "Save" 23.8.18

China, the US, the EU, Canada, Brazil, Argentina, Australia and New Zealand are collectively responsible for over 60 per cent of global meat and dairy emissions – about twice the rest of the world on a per capita basis. Over-consumption is directly linked to the subsidies we provide the industry to continue deforesting, depleting our natural resources and creating a major public health hazard through antibiotic overuse," said Shefali Sharma, director of IATP.



# VegSA Diary Dates

EVERYONE IS WELCOME TO ATTEND VEGSA'S SOCIAL EVENTS

## VegSA Annual Picnic

**Sunday February 3rd from 12 noon.** Hazelwood Park.

Bring friends and family including *furry ones* and join us to celebrate the start of the year.

Also invite members of allied organisations to come and share ideas.

*Bring vegetarian/vegan food to share, drinks, cutlery, plates, seats, etc..*

Enter from Davenport Terrace and look for VegSA sign.

For info. contact VegSA – details below. For public transport info contact Adelaide Metro ph 8210 2000.

**N.B. if forecast is 36°C or above event will need to be cancelled or postponed.**

- ◆ Northern Star Vegetarian Group: Meets once or twice per quarter. Contact Karin: see below

**Saturday February 16th** Northern Star Group invites members and friends to join them for

**Lunch at An Lac**, 4/270 Hanson Rd Mansfield Pk. (Close to Grand Junction Rd)

Smorgasbord (all you can eat. Adults \$17 children 3 – 10 years \$10.

**Bookings essential to Karin by 13th** email: [glad2bveggie@gmail.com](mailto:glad2bveggie@gmail.com) or ph.8283 3012

- ◆ Southern VegSA Group monthly social get together:

2nd Saturday of each month including December, January, February

at **Great Nature** 3/48 Beach Rd Christies Beach. Every one welcome.

Check in case of changes with Su: [vegsu2003@yahoo.com.au](mailto:vegsu2003@yahoo.com.au) or Jill ph 0401 621 287

- ◆ **Vegewise Group** Usually meets monthly, currently on hold, as it is in need of a coordinator.

- ◆ **VegSA Quarterly mail-out workshop.** Usually at the Joinery 111 Franklin St Adelaide. Meet fellow members and share ideas Help always appreciated. Followed at 1pm by VegSA Committee meeting, which members are welcome to attend.

For details of next workshop contact Anne on 0466 972 112 or email [vegsocsa@gmail.com](mailto:vegsocsa@gmail.com)

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### Other Upcoming and Regular Events:

- ◆ **Sunday December 2nd** from 11am - 4pm **Vegan Affair Christmas Market** Serafino Wines, Kangarilla Rd, McLaren Vale. Gold coin entry. Unique gifts, cooking demonstrations, workshops, live music, wine, food trucks and more! All enquires to [theveganaffair@gmail.com](mailto:theveganaffair@gmail.com) More info: [www.facebook.com/events/2061323537215914/](http://www.facebook.com/events/2061323537215914/)

- ◆ **Animal Activists South Australia** promotes & advocates veganism, animal rights & animal welfare issues through various campaigns & fundraising initiatives including film ticket sales. See contacts and updates on their facebook page.

Saturday December 8<sup>th</sup> **Protest - Pro Bull Riding** - Adelaide Entertainment Centre 98 Port Rd Hindmarsh SA

Hosted by [Animal Activists South Australia](#) and [The Vegan Alliance](#). See their Facebook pages for updates and details.

Sunday, December 16, **Vegan Picnic Shindig** 11:30 AM – 2:30 PM [Botanic Park](#) Adelaide

Hosted by [Animal Activists South Australia](#) and [Adelaide Vegan Parade](#)

- ◆ **Animal Liberation SA (ALSA)** conducts demonstrations and campaigns e.g. against Jumps Horse Racing, Dairy Industry: **Members' meeting** 1st Sunday each month. See website for details: [www.animalliberation.org.au](http://www.animalliberation.org.au) or email: [animal.lib.sa@gmail.com](mailto:animal.lib.sa@gmail.com) or phone 0401 870 957. **AGM: Sunday December 2nd** 10am at The Box Factory, McLaren Room, 59 Regent St South, Adelaide. Hear about upcoming plans.

- ◆ **Sunday December 9<sup>th</sup>** 2pm Buddha House 496 Magill Rd. film "EMPATHY" and talk by Louise Pfeiffer of Animal Justice Party. \$15 including pie and goodies bag. Whilst making a film aimed at changing people's treatment of animals Ed has to do a lot of learning himself. Proceeds to Anonymous for the Voiceless RSVP by Dec 7<sup>th</sup> Buddha House ph 8332824 9.30–2.30 Mon–Friday

- ◆ **Adelaide Vegans:** Brings vegans together for networking and social gatherings. Dinner Friday evening at vegan or 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:** 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 contact Corin: [coco39@internode.on.net](mailto:coco39@internode.on.net)

For more events in SA and around Australia see **Vegan Australia's website:** [www.veganaustralia.org.au/events](http://www.veganaustralia.org.au/events)

VegSA - P.O. Box 311 Kent Town 5071 ph 0466 972 112 email: [vegsocsa@gmail.com](mailto:vegsocsa@gmail.com)