



Food for Thought

Vegetarian & Vegan Society (VegSA) Inc.

Newsletter

Issue 4/19 December 2019

PO Box 311 Kent Town SA 5071 email: info@vegsa.org.au vegsoesa@gmail.com
website: www.vegsa.org.au Phone 0466 972 112

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VEGAN FESTIVAL 2019

Adelaide's Vegan Festival this year was held for the first time in the East Parklands i.e. in Rundle Park (bordered by East Terrace and Botanic Road). The general consensus seemed to be that this was a good move away from Victoria Square: More grass, more trees, more space.

This is the tenth SA Vegan Festival. It is quite hard to believe that it is twelve years since the first Festival was held at the Glenelg Primary School. To say that the Festival has come a long way since then would be an understatement. Whilst the formula has remained much the same: speakers, music, merchandise, food and information stalls, it is obvious that we have learned from previous experience: particularly enough shade, main stage away from information stalls so the music doesn't interfere with conversation and plenty of toilets!



Around 5000 people attended on the first day with about the same number expected on the Sunday. As usual this covered all ages from babies and toddlers to "seniors", including wheelchair and "gopha" riders to whom the terrain seemed to present no significant difficulty.

As usual there were plenty of food stalls (44 listed on the site plan) offering a great range from the super healthy to the purely indulgent. It was so nice to be able to tuck in without needing to question whether there were animal ingredients involved. Many of the stalls selling merchandise were supporting animal rescue and animal rights organisations. Of the many t-shirts etc with slogans Edgars Mission's **"If we could live happy and healthy lives without harming others....why wouldn't we?"** seemed particularly appropriate.



Continued next page....

Among the stalls selling a range of vegan friendly products it was interesting to see such SA icons as

Balfours, San Remo Pasta and Tony and Mark's Fruit and Veg each promoting their vegan range. Again, so many companies are stepping up and catering for the vegan community and for people who want to try plant based products. Vegan cheeses by Studio Voodoo from Tony and Marks was particularly tasty. (See Products P3)

Even given fifteen hours over two days, with a very full program of entertainers and many well-known speakers (including James Aspey, Zachary Bird, Pam Ahern, Linda Stone and Victorian Animal Justice Party MP Andy Medick), it would be impossible to see and hear them all, especially if you wanted to explore everything else that was going on. It was good to hear Andy Medick as part of a panel including Linda Stoner, Louise Pfeifer (Animal Just Party SA's lead candidate) and Kais Kay (of V-Spot) talking on "Growing the movement beyond 2019 'year of the Vegan'". Mr Medick acknowledged those who had been advocates over the previous decades as well as describing the very active life he has working in parliament, for his electorate and "the movement". Louise Pfeifer with a background in finance also has useful practical skills. Whatever the ups and downs with current protests it seems the movement is on a trajectory to continue to grow.

Happily, the rain forecast for the 26/27th held off, leaving the weather pleasantly cool. More importantly we could enjoy the Festival's relaxed and peaceful atmosphere.

Vegan Festival Adelaide is coordinated by **Any Excuse... Event Styling and Planning** and a team of volunteers. Part proceeds are distributed to various charities.

VegSA would like to acknowledge Grace Love and Shane Ward for their work in setting up the first SA Vegan Festival in 2007.



(Veganism) "is not the most you can do. It is the least you can do!" That Vegan Couple.



SA icons, together with their vegan offerings.



Many of the familiar stalls.

It was noticeable that neither of the major Australian Antivivisection organisations (MAWA and Humane Research Australia) had stalls here this year. VegSA also regrets and apologises that, mainly due to some of its usual volunteers being unavailable, it could also not manage a stall. Perhaps next year!



Again, the aim was for a rubbish free event with all food served on/in recyclable containers and with recyclable cutlery.

Products on the Market

STUDIO VOODOO ARTISAN VEGAN CHEESE: Smoked Gouda, Voodoo Blue, Dynamic Blue, Coyoti Chilli, Creamy Cheddar etc. Creamy Cheddar 150g cost \$11.79 at Tony and Mark's, Newton (slightly less at The Simple Market).

Studio Voodoo Bone St Morphett Vale ph 0449 844 278 is a vegan caterer. Order by Thursday before 3pm via mobile or Facebook message and pick up Fri 3.30pm–8.00pm and Sun 11am–6pm



ANIMAL LIBERATION SA CAR SUN SHIELD

As seen at Vegan festival

As the weather heats up what better way to keep your car cooler whilst spreading a message that is central to animal rights.

Cost \$43.50 including postage. Order via website: www.animal.lib.sa@gmail.com or contact Animal Liberation SA: PO Box 327 Mitcham Shopping Centre SA 5062 ph 0401 870 957, email: animal.lib.sa@gmail.com

BIODEGRADABLE “CROCKERY” BY OPOCHOICE

Indian Spice Centre - 159 St Bernards Road (next to Foodland), Rostrevor 5073 ph 8365 0266

email: info@indianspicecentre.com.au – has an **extensive range of biodegradable plates, bowls and thalis**. These are made from the residue of processed sugar cane using biogas (no fossil fuel) and are completely biodegradable, suitable for composting and green bin disposal, suitable for hot or cold food and microwave, oven and freezer safe. 20cm X 20cm (8” X 8”) square plate cost \$5 for 25 but range of all items available individually. The full range can be seen on the website: www.opochoice.com.au

Indian Spice Centre is open Mon– Wed and Fri. 9am – 6pm. Thurs. to 8:30pm. Sat. 9:30am–5pm. Sun. 10:30am–6pm.

Pak Rite an SA company based in Mt Barker also has a considerable range of **sugar-cane based products to buy in bulk** quantities (packs of 100 to 1000), mainly suitable for take away foods. See: www.wesalute.com.au

BALFOURS VEGAN RANGE includes:

Curried lentil and potato pie. Mushroom, kale and leek pie. Fresh potato, leek and rosemary savoury roll, Roast vegetable pastry made with eggplant, onion, green capsicum, potato and sweet potato.

Balfours supplies a huge range of retail outlets throughout South Australia (also interstate). For more info call: 1300 300 032. Or email via website: www.balfours.com.au

Although they may taste good (especially the roast vegetable pasty), bear in mind that processed foods contain lots of food additives required to keep them stable and attractive on the supermarket shelf. One of our Committee has looked into this and printed out the list from the Balfours pastries. The list with comments is on P5

CONTINENTAL BAKERY 227 Richmond Rd, Adelaide ph 8371 0575 Email: admin@continentalbakery.com.au does vegan savoury and apple pies and pasties. Their **vegan pasty** (approximately 280g) is available at Everything Vegan for \$5.60 and at some of the bigger Romeo's/Foodland stores, Healthy Life (Glenelg), Foods for Life (City), some health shops including Norwood Health and some Tony and Marks stores. (Includes additives 223, 471, 300 and 320)

EVERYTHING VEGAN 172 Goodwood Rd, Goodwood, ph1300 GO VEGAN (1300 468 3426),

www.veganonline.com.au, as well as pasties from Continental Bakery has a selection of their pies.

Everything Vegan currently has a range of **Christmas treats** including **Advent calendars** and **Christmas roasts**.

VegSA 'Food for Thought' Acknowledgments:

Editor: Anne Sanders, Proof reading and Mail out: Committee and members.

THANKS to all those who have contributed.



JOY OF FLORA CAFÉ

Interview with Mark at Joy of Flora

Joy of Flora Cafe at West Croydon celebrated its first birthday in October. VegSA members enjoyed a tasty lunch there on September 15th. and one of our committee suggested it would be good for us to have a chat with Mark, the proprietor. This is a report based on discussion and communication between Mark and our Food for Thought editor.

VegSA: What led you to take on the vegan lifestyle?

JoF: Like many on their life journey, an awareness of the connection between pets and farm animals as sentient beings.

My background has a spiritual base, so my awareness is centred within a level of interconnectedness between all living creatures and our connection to nature.

VegSA: What made you set up Joy of Flora and why this location?

JoF: Having worked in hospitality for more than 10 years, opening Joy of Flora meant I could practise sharing home style comfort food with good service and my choice to be vegan. I saw the adaptability of the space available and renovated to offer different types of functions including theatre style seating as well as a practical cafe or a boardroom space / work space or a stand up cocktail party. I thought the covered verandah area offered an extension of inside/outside function space.

VegSA: Is there a particular reason why you describe Joy of Flora as "Plant-based" rather than "vegan"?

JoF: The site is in the middle of a lovely active neighbourhood and on a fairly busy road that runs between two main roads. I wanted locals to call in without any pre conceived ideas about what may or may not be on offer.

VegSA: As part of this, you offer only plant mylks.

JoF: We offer 7 choices of mylk in our smoothies and for coffee and tea. We've been positively welcomed by the locals who have either been prepared to try the plant mylks or quickly told me the one they already like. Of course we've had a few who weren't prepared to try an alternative to dairy, and chose drinks without plant based mylks.

VegSA: You obviously sell take away meals. Do you sell other produce?

JoF: Not produce, products: We have the environmentally friendly straws, knife fork and spoon packs that are based on renewable resources, some soy candles that we'll have out for Christmas, chocolate bars, vegan bliss balls and all menu items are available to take away.

VegSA: You describe this as "a lovely active neighbourhood". Are you finding that you are becoming involved with the local community?

JoF: Yes, as well as the locals who come in, we are able to provide a space for "Greening my Hood", a local environmental group which meets here each month. They are able to share ideas and information, including what we are allowed to grow on the nature strips.

VegSA: It is also a good place for other groups to meet. I understand that Adelaide Vegans, Plant Powered Adelaide and of course VegSA have all been here. I have heard good things about Joy of Flora from them. Also on November 5th you hosted the "Nup for the Cup" lunch organised by Animal Activists SA's. which raised funds for Fairview Lodge and its rescued animals. And you also have art displays.

VegSA: There has been a surge of interest in veganism over the last few years and some more pretty active militant action. What do you think about this?

JoF: I feel privileged to have control over my little space. I am happy to offer amazing plant based meals that leave a positive impact on the world. We also do our bit with recycling and repurposing and provide used coffee grinds and food scraps to chooks and compost piles in neighbours' places. The surge in veganism is exciting to hear about, and I'm happy to offer suggestions to people who have questions.



VegSA: You seem to work at a pretty energetic pace. What do you do to ensure you look after yourself?

JoF: One aims for a balanced life, strives to do ones best in all he/she does. Balance between work and rest is important to me, within the ebb and flow of running a cafe and meeting space.

VegSA: Thank-you Mark. We hope everything goes really well for you and the cafe.

JOY OF FLORA CAFE is at 10 Rosetta St West Croydon, very close to Port Road and the West Croydon railway station. There is ample parking in front of the cafe and in nearby streets. If passing that way we suggest you pop in for a latte or more.

Joy of Flora is open Wednesday to Sunday from 7 am to 4 pm with the kitchen open 9am to 2pm. See more on Joy of Flora's Facebook page.

Joy of Flora has a small area to display literature and information. Mark offered to have VegA 's business card there and a few True Natural Health magazines for people to read, also VegSA's info pamphlet available. Thank you Mark.

ADDITIVES IN BAKERY GOODS (continued from P3)

These are listed in Balfours vegan products Some of these additives and what they do are:-

1. Preservative 223 sodium metabisulphite, antimicrobial preservative, antioxidant and bleaching agent.
2. Emulsifiers 471 mono and diglycerides of fatty acids, 472c citric and fatty acid esters of glycerol, 322 lecithin from soy, all used to make water and oil become finely dispersed in each other creating a smooth emulsion.
3. Antioxidants 304, ascorbyl palmitate and 307b tocopherol (a type of vitamin E) which protect food from deterioration caused by oxidation.
4. Thickeners 1442 hydroxypropyl distarch phosphate (HDP), 415 xanthum gum, 407 carrageenan (fibre extracted from seaweed and recently linked with cancer). These additives provide body, increase stability, and improve suspension of added ingredients.
5. Raising agents 920 naturally occurring amino acid that is produced from human hair, bird feathers, animal hair or synthesised for use in food products, 500 sodium bicarbonate, 501 potassium carbonate.
6. Colour 160a beta carotene an orange yellow colouring converted to vitamin A in the body.

You may be OK with these additives and may use some of them in your own cooking but it's always good to check the labels of processed foods just to keep a check on what you are consuming.

ALTERNATIVE: MAKE YOU OWN PASTY or CHRISTMAS ROAST – see P7

FROM THE MEDIA

"It is not every day a movement is born which in its general application could revolutionise mankind." Donald Watson founder of Vegan Society (UK), shortly before he died at the age of 95 in 2005. Watson led a healthy lifestyle that included hill walking in his 90s.

The Vegan Society was established in UK in 1944. Watson and his co-founders coined the word "Vegan" as a contraction of the word "vegetarian".

Cooking Classes and Courses etc.

VegSA has not been notified of any cooking classes or courses for this coming quarter
Natalie Playford of COOKING UP A STORM who normally runs classes for **WEA** also offers private, individually tailored classes. Contact her on 8386 1672 or 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 run one evening a week for 5 weeks at Fullarton Community Centre 411 Fullarton Rd Fullarton.

Future courses to be announced. Enquire with Heleen: ph. 0432 994 909 heleen@drroex.com



Eateries Update

The number of vegetarian and especially vegan places continues to grow in and around Adelaide, including health leaning, raw food and fresh juice places. VegSA attempts to list all eligible establishments on its website's Eateries list and, as far as possible, keep changes up to date.

CLOSED: AUTHENTICITY HEALTH & WELLBEING RETREAT Vegetarian Café at Port Elliott.

NEW ADDITIONS

STAAZI & CO Previously only did food truck and events. Now since July '19 it is at 224 Grenfell St, Adelaide ph 041620254. Specializing in vegan Greek food (has excellent reviews) **Open:** Wed-Sat 12:00pm-8:00pm Also operates food truck - check webpage for truck updates: www.staaziandco.com.au/shop

JUICED LIFE Lower Ground Food Court (facing COLES' entrance) Rundle Place 77- 91 Rundle Mall, Adelaide offers smoothies and smoothie bowls, raw soup, puddings, fruit salad, protein balls, blended juice, cold pressed juice, and wellness shots, all vegetarian or vegan with vegan items coded 'V' on the menu. 3day "Cleanses" available for delivery or pick up. **Open:** Mon-Thu 9:00am-5:30pm, Fri 9:00am-9:00pm, Sat 9:00am-5:00pm, Sun 11:00am-5:00pm One of a chain of bars, several in Sydney and Melbourne, just this one so far in SA. www.juicedlife.com.au

DELICIA ACAI & PROTEIN BARS serves health drinks, espresso coffee, raw treats, protein drinks, acai bowls and smoothies, all vegan or vegetarian. Seventeen locations (franchises) in SA: two in the City, eleven in suburbs, rest in country locations including Victor Harbour, Mt Barker, Mt Gambier and Gawler. Mainly open 8am-4pm. See: <http://www.deliciaacaibar.com> for locations including phone numbers. Can pre order for pick up or eat in.

CHANGES

Now open evenings only: ZEN HOUSE FUSION 462A Port Road, Hindmarsh ph: 8340 8488. Tues to Sun 5pm-9.30pm. See: www.facebook.com/zenhousefusion for menus etc. VegSA's Northern Star group invites us to join them there for dinner on 11th December. (Non-members welcome). See Diary Dates P8 for details.

THE LOST DELI 38 Charles Street, Norwood ph: 8123 4687 recently changed hands. Welcome to new owners. Now open: Tues-Fri 7.30am-4pm. Sat-Sun 9am-5pm (closed Monday). See: www.facebook.com/thelostdeli

NAGEV 190 Payneham Road, Evandale ph: 7230 3491 recently changed hands. Welcome to new owners. Beatriz and Jorge who will be introducing new menu item with an emphasis on healthy options..

Now open Tues-Fri 8.30am-3.30pm, Fri-Thurs 6-9pm, Sat-Sun 9am-3.30pm. See: www.facebook.com/nagevadl

FROM THE MEDIA. Calcium and Bone Health

A large-scale study on calcium intake and bone health found that calcium intake above 750 mg a day didn't offer any protection from fractures and high calcium intakes increased the risk of hip fractures (Warensjö et al., 2011). This study involved over 60,000 women whose diets and health were followed for up to 19 years.

<https://www.vivahealth.org.uk/sites/default/files/The-Incredible-Vegan-Health-Report.pdf>

WALNUT AND MUSHROOM PASTY OR ROAST

Very simple to make but ingredients take time to prepare so better made in advance of need. Either variation freezes well. Recipe courtesy of Animal Liberation SA.

Ingredients

500g mushrooms, 150gms walnuts chopped, 100gms firm tofu crumbled, 400g can tomato purée, 1 red onion finely sliced, 1 red capsicum sliced, 1 medium carrot grated, 6 or 8 dates chopped, 1 1/2 tpsps mustard powder, 1 tpsp brown sugar, 1 cup parsley chopped (optional), 1/2 bunch spinach (optional).

To thicken: 1 tpsp cornflour and 1 - 2 tpsps balsamic vinegar according to taste.

2 sheets puff pastry defrosted (butter free), soy milk, sesame seeds and parsley to garnish

Method

1. Preheat oven 200°C.
2. Place tomato purée in saucepan, add mushrooms, walnuts, tofu, onion, capsicum, carrot, dates, spinach, parsley, sugar and mustard powder.
3. Bring to boil and simmer 10 mins.
4. Combine cornflour and vinegar in a cup and gradually add to mushroom mixture. Continue to stir until thickens.
5. Cook a little longer to evaporate more liquid if making roast. Allow to cool.
6. Line baking dish with one sheet of pastry. Spoon half the mixture into the centre, moisten edges of pastry. Wrap pastry over filling. And seal. Brush with soy milk, sprinkle with sesame seeds and parsley. Repeat OR
7. Place mixture in small baking dish and use as "roast."
8. Bake the roast or pasty for 30 min or until pastry is golden and puffed. (Two pasties for 6 to 8 people)

CHEAP AND FREE MEALS AROUND ADELAIDE

It is not everyone (including vegans and vegetarians) who can regularly afford a good healthy meal. Several religious organisations offer free or cheap meals to their congregations and visitors. The aims vary but are mainly: an opportunity to be together and share, showing compassion to others, demonstrating a healthy and/or compassionate diet in line with the organisation's philosophy. These include:

Adventist Development and Relief Agency (ADRA) – vegetarian meals with some vegan options. Adventist Church Hall at Brahma Lodge (two Thursdays per month), Melrose Park (last Monday each month) and Morphett Vale (every Thursday) school terms only, all 6.30pm. Free but donations accepted. A new coordinator is needed for Melrose Park and for the ADRA café opening soon at Smithfield Plains. See ADRA's Facebook page for contacts. Several **Buddhist Groups** serve vegetarian meals following their weekly services.

Nan Hai Pu Tuo Temple Cactus Canyon Road, Sellicks Hill (See giant statue of Kwan Yin) and **Zhu Lin Temple** 151 – 155 May Ter Ottaway. Both vegetarian – mainly vegan - lunch at about 12noon on Sundays. Donations accepted. For information about the latter contact Mr Ho 0419 418 668

Thich Nu Vien Thong Temple 21 Hanson Rd Woodville North (enter by side garden) phone 0405 692 991 sells vegan take away meals at very reasonable prices. Fridays only 11am – 3pm. Small area for eat in meals.

Some Sikh temples and Hindu groups also share a vegetarian meal after their services.

Fred's City Van is supplied with vegetarian meals by a **Satya Sai Baba** group twice a week. For information on van's locations etc phone co-ordinator on 8112 8720 or see: www.vinnies.org.au

Govinda's Restaurant 25 Le Hunte Street, Kilburn ph: 8359 5120 Thurs-Sat 5:30pm-8:30pm, Sun 4:30pm-8:30pm www.iskonadelaide.com.au All you can eat \$10. All vegetarian but some dishes, mainly sweets, have milk. A number of charities including churches offer meals but generally with limited vegetarian options.

VegSA is continuing to gain information on more resources. Let us know if you can help with information.

Astounding! At last, one of the major environmental groups is waking up to the meat problem, but its suggested solution is unbelievable.

From an Email from The Wilderness Society received by Food For Thought editor 19.11.19

"We've recently been able to identify that most deforestation and land clearing in Queensland is linked to beef production. Around the world, hundreds of big companies have committed to eliminating deforestation from their supply chains. If all the major supermarkets and fast food chains did that here, it would go a long way to ending Australia's deforestation crisis." The Wilderness Society then asks for donations "to fund the production of key reports for media and decision makers, to train volunteers in advocating for forest-friendly beef, and to make sure that deforestation is front and centre for major supermarkets and fast food chains."



VegSA Diary Dates

EVERYONE IS WELCOME TO ATTEND VEGSA's SOCIAL EVENTS

- ◆ **Thursday December 12th from 5.30pm End of Year Dinner at Zen House Fusion** 462A Port Rd Hindmarsh, organised by VegSA's **Northern Star Vegetarian Group**. Book by Monday 9th with Karin: email: glad2bveggie@gmail.com or 0416 899 813. **Northern Star group meets once or twice per quarter**, usually mid-week. Contact Karin (details above) about other events.
- ◆ **Sunday February 2nd 12noon Lunch at An Lac** 114 Semaphore Rd Semaphore. Instead of our traditional February picnic we are heading to Semaphore for lunch, and if you like, afterwards to the beach. Please book by Thurs 30th Jan with Su: ph or text: 0468 397 219 or email: vegsu2003@yahoo.com.au or for more info ph or email VegSA – details bottom of this page.
- ◆ **Southern VegSA Group monthly social get-together at Great Nature** 3/48 Beach Rd Christies Beach. No need to book but check in case of changes with Su: vegsu2003@yahoo.com.au or Jill ph 0401 621 287
- ◆ **Sunday January 19th 12.30pm Southern Social Group Lunch at Fuzzy Wombat Kitchen** 48 Cliff Ave, Port Noarlunga South. Bookings by Fri 17th to Su: vegsu2003@yahoo.com, ph or text; 0468 397 219
- ◆ **Vegewise Group** *Usually meets monthly, mid-week. Currently on hold (as it is in need of a coordinator) until further notice.*
- ◆ **VegSA Quarterly mail-out workshop**. Quarterly at the Joinery 111 Franklin St Adelaide. Meet fellow members and share ideas. Help always appreciated. Next mail-out is planned for Saturday February 29th. Check with Anne: 0466 972 112 or email vegsocsa@gmail.com Followed at 1pm by **VegSA Committee** meeting. Members welcome to participate (but not able to vote).

HORSE RACING KILLS

Following the revelation of abuse of racehorses on the recent ABC Four Corners program there has been much concern expressed. Nup for the Cup events, including that organised by Animal Activists SA at Joy of Flora, were well attended. Shortly afterwards the film Ride Like A Girl, about the young woman who won the Melbourne Cup, was released. Members of several concerned organisations attended a silent vigil coordinated by Alice Shore before and after the showings at Mercury Cinema (Adelaide) on 19th and 24th November to express their condolences not only to the horses but also to riders who have died. So far this year, 122 racehorses have been killed from racetrack injuries, according to the Coalition for the Protection of Racehorses..

Contacts and resources

- ◆ **Animal Activists SA** advocates a vegan lifestyle, organises protests and fund-raisers for animal rescue groups and has organised Vegan Festival Parades. See Animal Activists SA's Facebook page for more information.
- ◆ **THE RAVEN CORPS** is an organisation for young people aged 14 to 22. with a commitment to improving the food system by promoting the benefits of a plant-based diet and tackling problems like climate change, animal cruelty, ocean depletion, environmental racism and public health. The Raven corps is based in Portland USA, has several groups in USA and one in SA. For general information see: www.theravencorps or for SA chapter see: [facebook:@ravencorpadelaide](https://www.facebook.com/ravencorpadelaide)
- ◆ **Animal Liberation SA (ALSA)** conducts demonstrations and campaigns e.g. against animal abuse. Members' meeting held 1st Sunday each month at The Box Factory, Regent St Sth, Adelaide. (If driving enter off Halifax St.) See website for information: www.animalliberation.org.au or phone 0401 870 957 or email: animal.lib.sa@gmail.com
- ◆ **Adelaide Vegans**: Brings vegans together for networking and social gatherings most weekends - dinner on Friday or lunch on Saturday, usually at vegan or vegetarian establishments, sometimes 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. AV website was recently updated. If you are a member of AV and have not reregistered you need to do so to get full access.
- ◆ **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

◆ Great collection of all the most notable **Vegan Documentaries** compiled by Benjamin McCormick alias Vomad (The Vegan Nomad) see: <https://vomadlife.com/blogs/news/essential-viewing-master-list-of-all-vegan-films-documentaries>

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

VegSA PO Box 311 Kent Town 5071 ph. 0466 972 112 e-mail: info@vegsa.org.au website: www.vegsa.org.au