



# Food for Thought

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

## Newsletter

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### THE VEGAN FESTIVAL 2020

The Festival this year was held on Saturday 31<sup>st</sup> October and Sunday 1<sup>st</sup> November i.e. World Vegan Day. The venue, Rymill Park, on the east parklands with its shady trees and green grass was an excellent site for a gathering of this kind. The Saturday was cold and cloudy but Sunday warm and sunny with good attendances on both days as people celebrated, not only World Vegan Day (and Hallowe'en!), but particularly the opportunity to meet as part of a large crowd. (Whether the number would exceed last year's 15,000 is not yet clear.) Notably absent were speakers and stallholders from interstate due to Covid restrictions. To make up for this there were speakers via ZOOM on the big screen. All stall holders naturally were "local".



There were the usual large tents for Main Stage, Workshop Zone, Plant Powered Tent (cooking demos) and Kids Zone all under Covid social distancing guidelines. The program for all these locations is still downloadable from the Vegan Festival website [www.veganfestival.info/2020-programme](http://www.veganfestival.info/2020-programme), as is a map of the layout and list of stalls. The first demonstration in the Plant Powered Tent was by **Nourish Food & Wellness** Samantha Butcher ([www.nourishfoodeducation.com](http://www.nourishfoodeducation.com)), who talked about whole food plant based nutrition being a step up from vegan. It does not include any refined oils, only those from wholefoods like avocados, walnuts and seeds.

Among the food stalls **Staazi & Co** ([www.staaziandco.com.au](http://www.staaziandco.com.au)) was again the most popular with long queues. Let them Eat ([www.let-them-eat.com.au](http://www.let-them-eat.com.au)) was also very popular with their variety of freshly prepared salads and large variety of burgers, falafel and fritters. Sassi Ice cream ([www.sassiicecream.com.au](http://www.sassiicecream.com.au)) had long queues at various times of the day serving their ice cream made from traditional Middle Eastern recipes and Sassi allowed customers to sample varieties if they were undecided what to order.

**Veggie Paws** ([www.veggiepaws.com.au](http://www.veggiepaws.com.au)) was a popular stall for dog owners, selling their vegan gourmet dog treats and also had the Whimzee brand ([www.whimzees.com](http://www.whimzees.com)) dog dental chews range.

(Continued next page.)



**Sanitarium and the Living Well Bookstore** offered a "Discover your health age" activity. Participants filled in a questionnaire on diet, exercise and other lifestyle activities, added height and weight, and all this information was fed into a computer program which then printed an analysis comparing current age, health age and potential health age which could be reached by following suggested lifestyle improvements. Long time VegSA member Ken had the best result for the day with his health age being 8 years younger than his actual age. After the test, participants were given a small carton of Sanitarium's new vegan 'Up and Go Liquid Breakfast' in chocolate or vanilla and a small book 'Live More Happy' by Darren Morton.

**Australian Native Food Co** ([www.australiannativefoodco.com.au](http://www.australiannativefoodco.com.au)) was selling an assortment of jams, dukkah and damper rings (small crisp donut shaped flour-based biscuits). Although labelled vegan, the directions for use of the very delicious native bush dukkah was "use to crust a rack of lamb or Atlantic salmon...". This labelling should be changed if they are coming to future vegan events!! The company also makes a Green Ant Marmalade – with, yes, real green ants – which it did not bring to the Vegan Festival.

**Ecolateral** ([www.goecolateral.com.au](http://www.goecolateral.com.au)) had a variety of ecofriendly products and were giving away a voucher advertising a free coffee at No Harm Done Sustainable Café at their 445 Brighton Road, Brighton shop. The voucher also had a stainless steel clothes peg attached as a sample to try. Among the Ecolateral products were cotton buds in a pack of 200 for \$7.95, made from sustainable bamboo stick with natural cotton tips, much better than the plastic stick Swisspers' product, although Swisspers are now making an earth-kind version made from 100% cotton and sustainably sourced paper stems which may be at your local chemist or super market. (See p.6 for more info on products at Ecolateral stores.)



## “THE RECIPE FOR A HEALTHY LIFESPAN”



The **Doctors for Nutrition's** presentation at the Festival covered all stages of human life

with five speakers each covering one stage, from pre-birth to old age, with specific recommendations for each stage. This was a very clearly presented demonstration of how a whole-food plant based diet can build good health and help to prevent disease and disability. Good practices help to build positive outcomes in succeeding stages, also in some cases reversing disease even at the later stages of life. Doctors for Nutrition (DFN) is a two year old charity with the goal “to revolutionise human health and wellbeing through plant based diet shift”. DFN has a representative (Ambassador) in each Australian state and territory and in New Zealand. For information on DFN and useful background information see the website: [www.doctorsfornutrition.org](http://www.doctorsfornutrition.org)



## Eateries Update

### **VEGO'S - formerly Vego and Lov'n It**

In our last issue (September 2020) we expressed our fear that, after its three decades in Rundle Street, Vego and Lov'n It would be lost. The great news is that Tim Salmon of Cherry Darlings Bakehouse at Forrestville has taken over with the "new" name **VEGO'S**. The menu\* remains much the same with the addition of pies, cakes and slices from Cherry Darlings. Whilst we shall miss Robin after our 32 year association and wish him well in his "retirement" we are so happy that his legacy continues.

VEGO'S Level 1, 240 Rundle St Adelaide OPEN: Mon – Fri 10.30am – 3.30pm (kitchen to 3pm) Saturdays maybe soon. \*see opening menu on Vego's Facebook page under Photos or scroll down to 25<sup>th</sup> October.

### **THE VILLAGE GROOVE CAFÉ**

The Village Groove Café opened on August 15<sup>th</sup> and on September 27<sup>th</sup> ten VegSA members and friends from our Southern Social Group met there for lunch. Although, due to Covid restrictions, we were not all able to sit together we enjoyed our lunch and interesting conversation.

The village groove café is associated with the Aldinga Arts Eco Village whose values are "to maintain a sustainable approach in all that we do". This involves a high level of recycling with all food packaging from the café being compostable.

Dishes on the all-vegan menu, which include plenty of fresh ingredients, are: cheese platter, wraps, smoothies, bruschetta, smoothie bowl, falafel salad bowl and excellent coffee from local roaster Fleurieu Roast.

The Village Grove Café is dog-friendly and is OPEN: Mon, Thurs, Fri 8am - 4pm, Sat-Sun 9am - 4 pm.

ph 0426 021 331 Email: thevillagegroovecafe@gmail.com or contact through Facebook.

It is at the entrance to the Aldinga Eco Village Lot 10A 173 Port Rd Aldinga

### **DELICIA ACAI AND PROTEIN BARS**

On Thursday November 12<sup>th</sup> **VegSA's Northern Star group dodged the rain and visited Delicia Acai and Protein Bar** at Mawson Lakes. This is one of a chain with currently 15 franchises in Adelaide city, suburbs, Mt Barker and Victor Harbor with substantially the same menu across all the branches. This includes acai bowls i.e. acai blends with fresh fruit etc., protein shakes, smoothies, hot and iced drinks with interesting variations, juices and a small range of hot dishes. Members of our small group each chose different items from the menu and all enjoyed what they had. **All dishes are vegan or vegetarian** and all can be made vegan. Prices are reasonable, e.g. Acai Bowls \$9.90 to \$17.00, hot dishes \$9.90 to \$14.90 and hot drinks \$3.80 to \$6.00. The atmosphere in the bar was relaxed and service prompt and friendly. The **Delicia Acai and Protein Bar** has eat-in, take-away and delivery. It's at Unit 3/9-11 Hurtle Parade, Mawson Lakes (round the side of the building). VegSA would definitely recommend trying this or one of the other **Delicia Acai and Protein Bars**.

**FUZZY WOMBAT KITCHEN** closed but continues with other catering offers.

VegSA members have had some really healthy and tasty lunches at Fuzzy Wombat Kitchen. Whilst it is sad to see this popular little café close, it is good to know that it will continue with cake orders and, as markets reopen, their presence there. Cakes can be ordered through Facebook or by phone on 0435 269 685

**Country Areas:** VegSA is keen to know of eateries in country areas that offer good veggo options.

**NANNA JAYNE'S CAFÉ in Maitland** (Yorke Peninsula) has fresh cooked cakes, savouries etc with several vegetarian and some vegan offerings, plus others that can be veganised, also gluten, nut free etc.

Nanna Jayne's is at 13 -15 Robert St, Maitland ph 0407 773 935 email: vintagecountryreflections@gmail.com  
OPEN: Mon-Fri 9am - 3pm, Sat 9am - 1pm.

### **VegSA 'Food for Thought' Acknowledgments:**

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

**THANKS** to all those who have contributed.



# Great Nature Vegetarian Snacks and Groceries

Interview with Jeanie Walker

Recently VegSA spoke to Jeanie Walker at Great Nature about her business and what motivates her to live the vegan way. Due to current restrictions, it was easier to send our questions via Facebook. Below are Jeanie's replies. VegSA has been visiting Great Nature for many years and its Southern Social group continues to meet there on the second Saturday each month, barring lock downs! (See p.8 for details.) We missed Great Nature greatly when John and family (the previous owners) decided to close and were so pleased when Jeanie decided to open it up again.

Great Nature is at 3/48 Beach Rd Christies Beach, ph 8186 5037  
OPEN Tues.-Fri. 11am-6pm, Sat.11am-4pm Sun.11am-3pm

## 1. What made you take on a vegan lifestyle?

I grew up in a farming and hunting family and was surrounded by animals as a child. As soon as I realised that I was eating my friends I started refusing to eat meat. The penny dropped when I was told I was 'eating Mishka' which was a calf born on my grandparents farm. So I've been vegetarian for around 40 years (although I didn't really know that I was a vegetarian). I didn't know any vegetarians in the small country town I grew up in. I started researching more about animals and joined the RSPCA, The Anti-Vivisection Union, The Bird Care and Conservation Society and Greenpeace with my pocket money - most in my first year of high school. I remember having a sticker on my bedroom door with a picture of a kangaroo in the gun sights saying 'Is that a protected species? - Only if it makes it to the cover of those trees'. I started getting newsletters and becoming more aware of global animal issues. No one knew I was not eating meat until Christmas time when I refused to sit with the family eating meat and copped a lot of ridicule. Christmas was a miserable time for me. I remember my brother used to get paid to shoot 'spoggies' (sparrows) and would bring their little bodies in and get 50c. I like shooting targets with guns but when I was taken out 'roo and rabbit shooting' I was so traumatised in the back of the Ute with bleeding bodies everywhere. My brother and the other kids would jump off the Ute and run to grab the thrashing rabbits by the back legs and smash their skulls on the ground to kill them. Also memories of fishing and throwing fish back and getting in trouble. Being made to watch chickens have their heads cut off and encouraged to run around with my brother and the other kids chasing their headless bodies. What others found fun I was horrified about. I started my chef apprenticeship at age 15 and spent time raising awareness of the cruelty with others at trade school. About 18 years ago while I was in Animal Liberation I made the switch to Veganism.

## 2. What made you decide to go in for catering?

I started my apprenticeship when I was 15 and was a fully qualified chef by 18. I won Apprentice of the Year in my first year. I started my apprenticeship at McLaren's on the Lake (Now Seraphinos) at McLaren Vale and have worked as Head Chef in many establishments around SA (as well as other chef positions).

## 3. What made you take over Greater Nature?

I did not take over Great Nature as it was already closed and gutted. It had no kitchen, flooring or anything. It was a very derelict room when I started renting the space and building it from scratch with my daughters. We painted and designed it together, rewired and purchased equipment etc. to bring it up to standard to become a fully functioning vegan restaurant. I wanted to retain the name as a sort of legacy to Sarah who had passed away. For people to remember the work that she and her family had previously performed from this space. I was reticent about keeping the Vegetarian part of the name as it was now fully Vegan and I may still change that in the future.

## 4. Have you run into any major problems since taking over the business? If so what were they and how have you overcome them?

The structure and electrical in the building was not great so I had to do major renovations before I would cook from these premises. Due to poor electrical supply a large number of my new freezers and fridges have failed and I've lost around \$20,000 in stock over the years from these failures. That's on top of thousands in equipment burnout repairs. None of which was covered by insurance. I had to close for 3 months after one particularly bad power supply failure and did a lot of soul searching about whether this was something I wanted to continue and reopen. I decided to return and restocked and started again due to a lot of support from my awesome customers! Being a single woman working alone in business is always challenging but rewarding.

**5. Great Nature appears to have been especially busy over the last few months despite pandemic restrictions. How would you account for this?** I did not close at all when the pandemic started and because I work alone I can be very flexible. I did not alter or lessen my hours. I change the menu daily so I was able to work around food shortages and come up with many different ways of providing good food. I did not increase my prices and absorbed any new expenses into my own profit margin. During lockdown I switched to providing only takeaway meals as was legally required and also offered free delivery to people in isolation (after I closed every day). I expanded my grocery to the dining tables to provide more space and social distancing in the restaurant and started restaurant dining again as soon as I was permitted to do so. It's just been getting busier and busier since the pandemic started.

**6. Do you follow any particular cuisine style?** I originally was pushed to open a restaurant by an elderly Sri Lankan refugee who was living with our family. I was working in Community Services at the time. He said I was veganising the national dishes of the many refugees that had been living with us for 10 years and I should start a restaurant. I said no. He went to Central Market and met with management and discussed me having a stall there and they were keen on the idea and sent him home with paperwork. I said no. He kept persisting and I said if I was ever going to open a restaurant I would hate being in the city and that a little vegetarian shop down south had closed its doors and I would rather be there. He kept at me and somehow I found myself signing a lease and starting a multicultural restaurant and vegan restaurant thanks to Kingsley. He gave me a Hindu statue which I still have on my shrine behind the counter. I draw influence from the many cultures and people that I've come in contact with.

**7. Does eating-in or take-away account for the major proportion of Great Nature's business?** It's fairly even between dine in and takeaway and grocery. It always varies. A lot of my weekday customers are takeaway as they are working professionals taking food back to the office. At least 60% of my customers are not Vegan or Vegetarian but they just like the food.

**8. Do many people come just for groceries?** Lots of customers travel for hours just to get grocery or frozen meals which is great. They come to stock up and often stop for a meal or takeaway too.

**9. Can you estimate what proportion of your customers are vegan (or close to vegan)? How do you account for the popularity of Great Nature among those who are not vegan?** At least 60% of my customers are not Vegan or Vegetarian but they just like the food.

**10. What is your most popular dish?** Because I change the menu every day there is never an obvious favourite dish. However the Vegan Gluten Free Lasagne, Fettuccine Carbonara, Satay Tofu, Cheesy Brussel Sprout and Cauliflower Cheese are the meals most people ask about or request. Also the Chilli V Chicken and Lemon Pepper V Seafood. And of course the Curry Puffs.

**11. I enjoyed my recent lunch at Great Nature, especially the mango smoothy. However the food is very similar to what I have home. I might have preferred to have a pie or samosa with salad. Would you plan to have some salads for summer?** I change the menu daily and often have the Tofu Greek Salad with Vegan Feta. Over the 4 years they are the thing that least sells and I am usually the one eating them at the end of the day. I hate waste of any kind so there is just not the demand for them. I think a lot of Vegans are sick of only getting an option of salad and want something more substantial and complex flavours.

**12. You recently went on a holiday to Iran. What led to your interest in this interesting country?** I have had many Persian refugees living in my home and I support many in Immigration Detention centres in Australia and offshore. My recent trip was to stay with families of some of these refugees who have been detained illegally by the Australian Government on Manus Island in Papua New Guinea. It was a very emotional experience as these families have not seen their families for over 8 years. Lots of laughing but lots of crying too. I was helped by refugees to arrange travel, translate (none in Iran spoke English) and facilitate my Vegan lifestyle (and chilli addiction!). One particular refugee from Manus was like a guardian angel keeping my trip running smoothly. My grandfather has Parsee Indian heritage so I visited the Zoroastrian sites around Iran including the Tower of Silence and Fire Temples in Yazd. An amazing trip to an amazing country full of amazing people!

**Is there anything else that you would like to tell our readers about your business or lifestyle?** Great Nature is Vegan for the animals. Every meal that I serve that doesn't involve taking a life is worth all the sacrifice in the world and is the reason I'm always smiling. Also see P 7 for Christmas orders.

## **ANTI-FUR AND DUCK DOWN PROTEST**



On Saturday 5<sup>th</sup> Sept Animal Liberation S.A. held a protest in Rundle Mall against fur, including dog and cat fur, and the use of duck down in jackets, quilts etc. showing pictures of some of the cruelty involved. Children were obviously drawn by some of the pictures of animals and a number of people also stopped and commented or asked questions. So far very few people have asked about alternatives but this is a question that will need to be answered. VegSA has been looking into what is currently available that is animal and environment friendly.

## ALTERNATIVES TO FUR AND DOWN

Avoiding fur in the Australian climate is not difficult so long as one can tell the difference between real and imitation fur. (Some imported "imitation" fur is actually cat or dog.) Most artificial fur is non-biodegradable. Whilst avoiding fur is relatively simple, stuffing for jackets, mattresses, pillows and cushion is not so straight forward. Whilst there has been a considerable move away from duck and goose down over the last sixty or so years, the replacements have mainly been non-biodegradable synthetics. The question is how to replace down with material which is both environment and animal friendly. Options VegSA has been looking into so far include: kapok, kapok mixtures, organic cotton and air.

**AIR FILLING FOR JACKETS** seems to be rare in Australia so far, although inflatable jackets with recycled nylon outer layers are available by Internet from the USA. Cost is about \$US600. See [www.nudown.com](http://www.nudown.com)  
**Airbeds** of course have been with us for a long time.

**KAPOK** seems to be one of the most animal and environment friendly products. It was a common material for pillows and mattresses until the development of oil based synthetics and is now seeing something of a come-back. Kapok is a short staple fibre harvested from the seed pods of a tall (up to 100 metres) deciduous tree native to South America and parts of Africa, but now also well established in parts of Asia. As a forest tree product no water or chemicals (fertilisers or weedicides) are needed for kapok production. Good aeration prevents moulds etc., so no chemicals are needed for the finished product, which is also 100% compostable. Kapok, however, has long been considered flammable, a reputation which producers and retailers tend to play down. Kapok is eight times lighter than cotton, water-repellent and five times more buoyant than cork. Kapok is used to stuff pillows, doonas, cushions, mattresses etc and for sound and heat insulation.

**Kapok-filled bamboo or organic cotton pillows** retail for between \$80 and \$100 on line. For bedding sales see websites: [www.kapok.com.au/shop](http://www.kapok.com.au/shop) or [www.goldilocksnaturalbedding.com.au/products](http://www.goldilocksnaturalbedding.com.au/products)

For products with **organic cotton and cotton-kapok filling** see [www.organature.com](http://www.organature.com).

We have not yet found kapok filled items for retail sale anywhere in SA.

**BUCKWHEAT HUSK PILLOWS** have been used for centuries. An Australian maker says these are antibacterial, chemical and dust-mite free with hypo-allergenic properties and self-adjustable for personal comfort. Available from: Pure Earth International ph 07 5660 6228 email: [sales@pureearthaustralia.com](mailto:sales@pureearthaustralia.com)

## KAPOC BLEND

**Kapok Knot** is a Japanese company making "Kapok Down", a patent-pending blend of kapok fibre and recycled polyester. It sources kapok from Indonesia and has its blended fabric (5 millimetre sheeting "that warms as well as goose down") made up into coats and jackets in China, treating all workers "with respect and dignity". It asserts that "each Kapok Down jacket avoids the feathers of approximately 30 geese" and saves annually "the equivalent to approximately 65,000 2L plastic bottles". It is planning a 100% kapok down jacket. Kapok Knot Jackets cost \$298 to \$390 and coats \$490 to \$540 See: [www.kapok-knot.com](http://www.kapok-knot.com)

## MADE IN GREEN by OEKO-TEX®

ALDI lately had, as one of its specials, a chunky cushion with cotton filling and cover, certified by **OEKO-TEX®** which is a traceable product label for all kinds of textiles tested for harmful substances and guaranteeing the textile has been manufactured using sustainable processes under socially responsible working conditions. It uses a unique product ID on the label to trace the countries and production facilities in which the labelled article was produced (Note: it also certifies leather goods. We need to know about its animal welfare standards.) See: [www.oeko-tex.com/en/our-standards/standard-100-by-oeko-tex](http://www.oeko-tex.com/en/our-standards/standard-100-by-oeko-tex)



## Products on the Market

**GREAT NATURE** is ordering **Christmas Roasts**: \$33ea, weight just under 1kg. Order a.s.a.p. at the shop 3/48 Beach Road, Christies Beach, ph 8186 5037. **To be collected from the shop.** See open times on p4.

**Cherry Darlings Bakehouse** is also taking **Christmas orders** until Dec 15<sup>th</sup> - pick up in store only: Order in store at 5 Aroha Tce Forrestville, tram stop 4, ph 8123 6377. Open Mon-Sat 9am-4.30pm Sunday 10am-3pm email: [cherrydarlingsbakehouse@gmail.com](mailto:cherrydarlingsbakehouse@gmail.com) or order on line: [www.cherrydarlingsbakehouse.bigcartel.com](http://www.cherrydarlingsbakehouse.bigcartel.com)

### **ECOLATERAL STORES earth and animal-friendly products**

Ecolateral currently has three stores with a wide range of animal and environment friendly products. VegSA Spoke to the owner Jamie about alternative fibres. Whilst Ecolateral stores currently have no bedding supplies - so no alternatives to down - they do have a range of **CLOTHING** in hemp, bamboo and organic cotton.

Also a wide range of other stocks including:

**Kitchen Wares**: pans, brushes, steel clothes pegs, tiffin boxes, bio-compostable waste bags, cleaning materials including bulk supplies e.g. Herbon and Enviroclean (bring your own containers), nut milk bags, keep cups, water bottles, firelighters.

**For Children**: baby wares, toys from wood and recycled materials, books.

**Cosmetics And Personal Care**: shampoos, biodegradable tooth brushes, soaps, face masks etc.

**Outdoors**: nesting boxes, Bokashi buckets and refills.

#### **Ecolateral stores are at:**

411 Magill Rd St Morris, ph. 8333 3478 or 8166 7522 largest store and for contact for online sales.

2/183 Main Rd Blackwood ph 8278 8690 445 Brighton Rd Brighton ph 7078 7795 (including cafe to 3pm)

Many products available on the website. Not all products are available at all three stores.

Hours (all stores) Mon-Fri: 9:00am-5:00pm Sat: 9:00am-4:00pm Website: [goecolateral.com.au/contact-us](http://goecolateral.com.au/contact-us)

## FROM THE MEDIA

A letter published three weeks ago in the **British Medical Journal** from an Australian doctor tells the story: more than 30 studies have demonstrated "that having optimal blood levels of (vitamin D) reduces COVID-19 risks: reduced risk of infection; reduced risk of severe disease; reduced risk of dying".

The doctor, Peter J Lewis, a NSW GP with a special interest in integrative medicine, noted that "Many risks: now regard the evidence as overwhelming". Reported in The New Daily Oct 30, 2020

The fashion industry produces 20 percent of global wastewater and 10 percent of global carbon emissions which is more than all international flights and maritime shipping, the UNEP reports. From One Green Planet 19.10.20

Conservationists warn that up to half a million sharks could be killed to produce the coronavirus vaccine. Sharks produce squalene, the natural oil in their livers, that's used in vaccines around the world. Squalene is used to create a stronger immune response in the vaccine, therefore increasing its efficacy. GlaxoSmithKline, a pharmaceutical company, uses squalene from sharks in its flu vaccine and the company said it would use squalene in coronavirus vaccines when they become available. One Green Planet. 8 Oct 2020

Choosing Beyond Meat over animal meat isn't just better for your health—it's much better for the environment! According to a peer-reviewed life-cycle analysis by the University of **Michigan's Center for Sustainable Systems**, a Beyond Burger takes 99 percent less water, 93 percent less land, and 46 percent less energy to produce than a beef burger.

Since the beginning of the COVID-19 pandemic, thousands of slaughterhouse workers have been infected with SARS-CoV-2. As of October 29, there were at least 48,669 infections and 249 deaths among U.S. meat plant workers, according to the Food & Environment Reporting Network.

Interest in veganism around the world has doubled over the past five years, and shows no sign of slowing down, according to research by culinary website Chef's Pencil. Instead of slowing the rise of veganism, the coronavirus pandemic has accelerated it, Jeffs Pencil found.



## VegSA Diary Dates

### EVERYONE IS WELCOME TO ATTEND VEGSA'S SOCIAL EVENTS

- ◆ Sun 31<sup>ST</sup> January 2021 12.00 Picnic at Jim's Place, 1d McCulloch Ave (opposite no.14) Klemzig. Bring food and drink to share, plates, cups, cutlery, family and friends and information about any interesting products you have found. If forecast is for 40° or over event will be postponed.  
Transport: Buses 271 or 273 from Currie or Grenfell St to stop 22 North East Road or bus 281 from North Ter to Stop 22 McLauchlan Rd Windsor Gdns. For further information contact VegSA (see below.)
- ◆ 2<sup>nd</sup> Saturday each month at 12.30pm **VegSA Southern Social Group 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 ph. 0468 397 219 or Jill ph. 0401 621 287
- ◆ **VegSA's Northern Star Group** meets once or twice each quarter, either for a shared meal at a member's home or at a vegetarian or vegan eatery. For further details or to participate contact Karin: email: info@vegasa.org.au or phone/text 0416 899 813.
- ◆ **VegSA mail-out workshop**. Usually Quarterly at the Joinery 111 Franklin St Adelaide. Meet fellow members and share ideas. Help always appreciated. Next mail-out is planned for Saturday Feb 27th at 10.30a.m. Check with Anne: 0466 972 112 or email vegsoca@gmail.com Followed at 1pm by **VegSA Committee** meeting. Members welcome to participate (but not vote). Bring own lunch or, regulations permitting, food to share.

VegSA hopes you all

## Enjoy the Holiday and Festive Season

And look forward to seeing you at the

## SUMMER PICNIC - SUNDAY JANUARY 31<sup>ST</sup> AT KLEMZIG

see top of page for details

### Resources

- ◆ **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 South, Adelaide. (If driving enter off Halifax St.) See website for information: [www.animalliberation.org.au](http://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 them to reserve a table. For details see 'EVENTS' page at: [www.adelaidevegans.org](http://www.adelaidevegans.org) or ph. Ken 0415 382 121.
- ◆ Great collection of all the most notable **Vegan Documentaries** compiled by Benjamin McCormick alias **Vomad** (The Vegan Nomad) see: <https://vomadlife.com>
- ◆ For more events in SA and around Australia see **Vegan Australia's** website: [www.veganaustralia.org.au/events](http://www.veganaustralia.org.au/events)
- ◆ **One Green Planet** has very good articles even though it has lots of ads: [www.onegreenplanet.org](http://www.onegreenplanet.org)

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