



Food for Thought

Vegetarian & Vegan Society (VegSA) Inc.

Newsletter

Issue 4/21 December 2021

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VegSA News

To say that having to forgo the picnic and birthday celebration on November 14th was a disappointment would be a huge understatement. A couple of us did go to the park in case anyone who had not received the notice did turn up. Four of us did, in fact, meet and share food, sheltered by the lids of our car boots. The weather was cold and windy with even a small sprinkle of rain, not at all suitable for the kind of activity we had planned. (We hope to have a small celebration when we meet at Veggo Sizzle on Jan 16th. See Diary Dates P8.)

Nevertheless this is still an opportunity to look back over our last 70 years and see what changes have happened.

January 1950 is the first mention of our organisation, which started as a branch of the Sydney-based Australian Vegetarian Society.

The original aims of the Vegetarian Society were:

To spread the principles and advantages of vegetarianism and the ideal of a humanitarian mode of life.

To extend and organise vegetarianism in Australia.

To encourage cooperation between vegetarians throughout the world.

To organise public meetings, lectures and discussions.

To facilitate the supply of vegetarian food.

Note – the term vegan was scarcely known at the time, even though it was invented in England in 1944) and some members were “total vegetarians” i.e. vegan. Contributors to the organisation’s magazine often advocated what was a wholefood plant-based diet, but it was usually suggested that people transitioning from an omnivorous diet do so by not immediately abandoning milk and eggs. However, Mira Louise, naturopath and the first President of the Adelaide Branch, suggested that milk was not a healthy option.

Then, and for several more decades, our vegetarian group was the only one of its kind in South Australia, although other groups (e.g. Seventh Day Adventist churches and the Theosophical Society) had vegetarian principles for their meetings.

The picnic you have when you aren't having a picnic!



Our member Doreen Roos has kindly sent us an account of her experiences in the 1950. (See over)

DOREEN ROOS'S EXPERIENCES WITH THE VEGETARIAN SOCIETY'S ADELAIDE GROUP AS A MEMBER IN THE 1950s

It was in the 1950s when I was working for Naturopath Mira Louise in Rundle Street. She took me along to the Veg meeting; it was life changing for me. Everyone was so friendly, me being a shy quiet country girl. We soon became friends, the White family, McMahons, Perrins and Youngs. We joined the bushwalkers and on Sundays we had our walk: different places, hills and beaches and our veg lunches we'd share. Mira Louise arranged meetings of a Saturday afternoon at Botanic Gardens. [We'd] have a veg lunch and she would give a brief health talk. What is still very vivid is the Veg Banquet: oh what excitement! 200 people booked. 5 DN announced it very well. People were curious as to what foods we ate. We had a German baker in the group, Albert Schmidt, he used wholemeal flour and made sandwiches with Sanitarium meats, veg pies, apple tarts, German cake, teas, fruit juices, plates of fresh fruit and salad veggies. Followed with entertainers: magicians, Dutch Cloggers, Saparno. Mira Louise gave a note of thanks and a brief talk about Healthy Living. I enjoyed my time with the group. I gave up my secretarial job as I was going to Queensland.

I wish you all the best, take care and keep healthy.

Doreen Roos (Formerly Doreen Becker)

Editor's note. Doreen was the Secretary of the Society when I joined in 1963. Soon after, she left for Queensland and handed over the job of Secretary to my mother, which my mother did for the next twenty years. Like Doreen, the Society became our Go-to group for social activity and a major part of our lives.

IN 1957 The Adelaide Branch took over the production of the Vegetarian Society's magazine which it did for many years sending it out to members of the branches around Australia. In 1966 the Adelaide branch became the Vegetarian Society of South Australia. In its incorporation document dated 1979 its aims, although substantially the same as the original (see P1), also included: "To encourage cooperation between vegetarians throughout the world and to cooperate with other organisations concerned with sound nutrition, positive approaches to physical and mental health and the preservation and improvement of the environment."

OTHER EVENTS

NUP FOR THE CUP

On Tuesday November 2nd several VegSA members joined Animal Liberation SA for "an alternative" race day lunch at Veggo Sizzle's new venue* in the City. Food was enjoyed by all as was the company. There was a voluntary collection to help Delilahs Retreat. The new venue is much larger but needs customers to fill it. * 4/465 Pulteney St, Adelaide, ph.8231 7815
Open 12:00pm – 9:00pm daily (but check for possible changes). Also see Facebook.
PS VegSA will visit Veggo Sizzle for lunch on Sunday January 16th, See P8 for details.

The new spacious Veggo Sizzle



ENVIRONMENT EXHIBITION VICTORIA SQUARE 15TH – 17TH OCTOBER 2021

This event, the collaboration of over 20 concerned organisations, including Conservation Council SA, Sea Shepherd, GetUp, Extinction Rebellion, City of Adelaide, SA Unions, The Greens, Permaculture Association of South Australia, Trees for Life and Hills Climate Collection followed the School Strike 4 Climate and had a full program of talks, discussion and entertainment. In a quiet peaceful atmosphere stalls had much information to offer including that using less animal products is one of the main ways we can help the environment. Maybe VegSA can participate another time. Ask any of the organisations listed above for more information.

VEGAN FESTIVAL ADELAIDE 2021



VegSA has been involved with The Vegan Festival since its inception in 2008. This year's was certainly one of the best. VegSA members were asked to offer their comments. **Pam writes:**

The 2021 Adelaide Vegan Festival was held in Rymill Park (Murlawirrapurka) on Saturday 30th and Sunday 31st October. The weather was perfect. The Parklands were looking beautiful and attendance by humans and dogs was high on both days.

There was a great variety of vegan food stalls, information stalls and vegan products to buy. Covid management was in place with lots of Covid Marshalls and security guards keeping us all on track. Although some wore masks, they were not mandatory as it was an outdoor and socially distanced event. Covid-19 restriction ensured local businesses were well represented. Video highlights of the festival can be watched on the Vegan Festival website at <https://www.veganfestival.info/welcome>.

The Main Stage, Workshop Zone, Cooking Tent and Kids Zone had programs of amazing speakers, artists and chefs, many attending by live stream to large screens.

The Cooking Tent presented many recipes and, when coming by live stream from interstate, a local chef cooked along on stage so attendees were still able to taste the delicious food prepared. All the recipes are available on the Vegan Festival website and worth downloading.

There was rumour that this was the last Vegan Festival under the current management as the organiser Lea McBride is moving on to other challenges.

Simone commented: I wandered around the Vegan festival on Saturday for a few hours, not a huge crowd there. I never buy the food as it is expensive, no fresh fruit or salads and no drinks on sale except for coffee.

The MC from AJP was good, I only saw the screenings of AJP MPs, nothing else. Had some nice conversations with people. Editor's note. There were some fresh juices but you had to search for them at food stalls.

GOODS AT VEGAN FESTIVAL

FANCY PLANTS FANCY SNACKS. Handed out for free at the Vegan Festival were tubs of Fancy Plants Chocolate Silky Pot (95gm, 140 cals) and Fancy Plants Vanilla Rice Pud (110g, 95 cals). Both taste good and are available for \$4.00 each in chilled sections of Coles, Woolworths and Independent Supermarkets. They also make one called Chocolate Chia Pod at \$3 for 150g. For ingredients visit <https://fancyplants.com/au>.

FORGET-IT-NOT DESIGNS Janet Hall makes handbags, clutches and accessories using imported cork. Cork is a strong alternative to leather, light but durable, recyclable, antibacterial and cruelty free. These hand-made products, which were on display at the Vegan Festival, retail through **Ommade Meet The Maker** at the Central Market and Marion Shopping Centre, **The Ivy Room**, Glenelg and **The Information Centre**, Tanunda. Products can be seen on the website: <https://forget-it-not-designs.squarespace.com>

BABY BOOSTERS WHOLE FOOD SUPPLEMENTS AND TOPPERS designed for babies and young children, especially to ensure that fussy eaters have the nutrients they need. Freeze drying preserves nearly all nutrients from the fruit and vegetable ingredients. No added sugar, salt, nuts, honey or other animal ingredients. Where possible organic and/or Australian ingredients. Very tasty added to foods, even for adults! Powders cost between \$6.50 and \$12.99 for 35g but are concentrated and economical. Made at Glynde SA. Retail at Totally Vegan By Charlie 4/474 Payneham Rd, Glynde, SA or order on line at <https://babyboosters.com.au>

ECOLATERAL'S CITY STORE is now open in Charles St. ph. 7444 4277. Bring refillable liquid containers for personal care and household products. Also just setting up facility to recycle small household rubbish items.

"If we could live happy and healthy lives without harming others...why wouldn't we?"
EDGARSMISSION.COM.AU (available as a car sticker)

THAT'S NOT RUBBISH?

Rubbish might seem a surprising topic for a Vegetarian and Vegan Society. However VegSA's constitutional Objects include: To spread knowledge ...and the ideal of a healthy, humane and environmentally sound mode of life. Whilst VegSA's principal environmental push might be the reduction and, hopefully, the eventual abolition of animal-husbandry, "we all" use natural and man-made materials and these need to be dealt with if they are not going to inundate the earth to the point of suffocation. It is important to reduce and recycle. How is South Australia going in this direction?

On November 3rd two VegSA members joined KESAB's "Beyond the Kerb" bus tour to learn more about SA's recycling projects. The tour, organised in conjunction with the Adelaide Hills Council, included visits to: **Jeffries** (organic recycling), **Electronic Recycling Australia**, **Integrated Waste Services** (blue/red bin – land fill), **Sims Metal** and the **Foodprint Experience Cafe** at The Joinery (i.e. Conservation Council SA). At each stop a representative of the enterprise explained the sources of the materials being recycled (including from "which bin") and something of the technology involved, both in sorting and repurposing, as well as what happens to the residue that cannot be processed on site. They also answered many of our diverse questions.

Sims Metal North Arm Road Wingfield ph. 8245 2700

Accepts all metals (100,000 tons p.a.), using a magnet system to sort them into ferrous and non-ferrous materials. ALL METALS CAN BE RECYCLED including car bodies. "the most effective means of reducing energy consumption and carbon emissions" e.g. energy saved for metals is 56% for steel and 92% for aluminium compared to using virgin materials. Take items to Sims Metal, or smaller items to other recycling centres or sort and place in yellow topped bin. Mini bits need to be contained*. For more information see: <https://www.simsmm.com.au/sell-to-us/what-we-buy/>

Electronic Recycling Australia

301 Grand Junction Rd Ottoway ph. 8374 2276.

www.electronicrecyclingaustralia.com.au

Operates a large facility where electrical and electronic materials are stripped, sorted and packed ready to go for recycling (mainly to Japan and Korea). Most of the work in the facility is being done by people living with a disability. ERA works with Unplug n' Drop, a free drop off scheme to recycle "any electronic and electrical good that plugs into a power point, uses a charger or is powered by battery". It has drop off points around SA including

Bunnings stores and some Councils' collection points. Up to 95% of the materials can be reused or recycled. Some goods which are in good order are sold via its online shop (see website).

In addition the facility is working on introducing a mattress recycling. Used mattresses are currently sourced only from Council facilities but the company hopes to have its own drop off system later. Currently the metal springs and foam can be reused but the fabric cover still needs to go to land fill.



Our bus is reflected in ERA's window

Jeffries 412 Hanson Rd North Wingfield at Wingfield Waste and Recycling Centre Mon-Fri, 8am - 4pm.
ph. 8368 3555 or 1800 5333 7437. **Email:** info@jeffries.com.au www.jeffries.com.au

Jeffries collects food waste i.e. from our green bins and from commercial enterprises (cafes etc) around the metropolitan area, also garden waste, including untreated timber and turns these into Organic Compost, Mulches, Organic Potting Soil etc. Due to the heat (70 – 80 deg.) and efficiency of composting in its commercial systems Jeffries can turn food waste etc into useable products within two to three weeks. These are distributed through retailers throughout the metropolitan and a few regional areas. See the website or phone the Wingfield number (above) for stockists. Bulk supplies can be picked up at Wingfield and other larger centres.

For what can go in the green bin see next page*.

Birds, including pelicans, enjoy a feed at Wingfield dump.



IWS (Integrated Waste Services) is where the red/ blue lidded landfill bins from most metro Adelaide council's end up. (Adelaide Hills materials go to Brinkley near Murray Bridge.) Approximately 1,000 tons of material goes through the transfer station each day. IWS uses a machine to remove organic material, resulting in a reduction of about 30% of municipal solid waste (MSW) sent to landfill. This organic material is composted at the landfill site (located at Dublin). Due to plastic contamination, it cannot be used outside the landfill site but is used to 'cap' or cover the full landfill cells and remediate the area, which will be covered with native bush tucker crops. This reduces the space MSW takes up in landfill (extending the landfill life) and reduces the methane gas emissions. Currently methane gas, released as food and other organic materials break down, is collected and flared to minimise how much escapes into the atmosphere.

The IWS Dublin landfill is forecast to last for another 100 years, subject to the amount of waste we produce. For more in-depth information on the amount and type of waste SA is generating, see the Green Industry reports for each year at <https://www.greenindustries.sa.gov.au/SArecycling>

Foodprint Experience Café, The Joinery (Conservation Council SA) 111 Franklin St Adelaide ph. 0434 675 863. Uses locally sourced ingredients. Has good vegan and vegetarian options, but includes some meat dishes. It caters for Conservation Council member meetings. VegSA's member representative reports that the vegan food at these meetings is very good. OPEN: 7:30am-3.30pm Monday-Friday CLOSED Saturday-Sunday.

*** Suggestions/advice on recycling.**

- Small items present problems for the rubbish sorters who need to wear protective gloves so cannot pick out small pieces.
- Put any small plastic pieces like bread tags into a plastic bottle and then place it in the recycle yellow topped bin.
- All metals can be recycled - unlike any other material. Squeeze aluminium foil into a hand size ball and put into the recycle bin. *Small ferrous metals like bottle caps can be put into a metal tin with the top squeezed together, again into the recycle bin. Use a magnet to test to see if items are "ferrous".
- Soft plastic, the kind you can easily squeeze in your hand like food wraps, cannot be handled by the normal recycle sorter. Take them to the **REDcycle bin** outside the entrance to your local Coles or Woolworths store to be repurposed into other items like outdoor furniture, bollards and signage.
- All food scraps can be composted, also shredded paper, paper-based material, card board sheets up to A3 size, compostable food packaging and compostable bags, animal waste (if not plastic wrapped), and even small dead animals can all go in the green waste bin. NOTE "Biodegradable" does not equate to "compostable".
- There is no official definition currently in Australia for "biodegradable" i.e. will break down, but there is no time limit and that could be a short time or up to thousands of years.
- There is currently no system for recycling textiles or fabrics in SA so they need to go into the red/blue rubbish bin unless you know of a workshop which can you use clean cotton rags. Good clothes to op-shop, of course.
- Methane gas is a powerful greenhouse gas and is released from food and other organic material breaking down in landfill, which is one of the reasons it's so important to use the green bin for all organics.
- Shoes also need to go into the red rubbish bin as there is currently no established means here of separating and recycling the components.
- Treated timber cannot be recycled and must be cut up and put into the red/blue lid bin as rubbish
- **If in doubt at all put items in the red/blue lid i.e. rubbish bin.**

PTO

KESAB (Keep South Australia Beautiful) started in 1966 as a litter reduction campaign and has run a number of other successful environmental protective campaigns. The bus tour was Free to participants, but organisers e.g. local councils or schools pay a fee to KESAB. Tours do not always visit the same sites. If interested in a "rubbish" tour contact KESAB to see if your Council is involved. KESAB 214 Grange Road Flinders Park 5025
ph. 8234 7255 fax. 8234 7266 email: admin@kesab.asn.au |www.kesab.asn.au

EATERIES UPDATE

CORRECTION (from last issue). **DELICIA ACAI AND PROTEIN BAR** (Elizabeth) is at 8b Playford Boulevard Elizabeth SA 5112 (ph. 0480 191 028) Not 10. Letters to no.10 go to the Council and are not always passed on, it seems.

CHLOE'S GOURMET GOODS at Brighton SA. Catering: pick-up or delivery. ph. 0415 518 838
www.chloesgourmetgoods.com.au. Chloes.gourmetgoods@gmail.com. Also on Facebook.
Everything is vegan and gluten free with nut and soy free options available at no extra charge.

VEGGIE VIE moved in August from Regent Arcade to 16 McHenry St Adelaide ph. 0479 010 539.
We heard that the opening night there was very well attended and that the food is "Very Good".
Open: Mon-Fri 9:00am-2:30pm, Thur. 5:30pm-8:30pm, Fri-Sat 5:30pm-9:00pm. www.veggieviecafe.com
veggievie@yahoo.co.au

CHERRY DARLINGS BAKEHOUSE has moved to 6/200 Richmond Rd Marleston www.cherrydarlings.com.au/
Email: cherrydarlingsbakehouse@gmail.com Open Mon-Sat 9am-4:30pm, Sun 10am-3pm.

APIJO RESTAURANT VEGETARIAN AND VEGAN INDIAN FUSION. 5/11 O'Connell Street, North Adelaide - corner building abutting Ward Street and O'Connell Street. Free parking available on Ward Street. ph. 0434 007 834
email: api@apijo.com.au <https://apijo.com.au/menu/> www.facebook.com/apijorestaurant.com/
Open: Sun-Thurs 5pm-10pm. CLOSED Tuesday Fri. and Sat 5pm-11pm Bottomless Lunches Sunday by bookings.

GREEN AND CLEAN PIZZERIA 415 Henley Beach Rd Brooklyn Park ph. 8443 4488. Has conventional pizzas but also a separate vegan menu. OPEN Sun, Tues-Thurs 4:30pm-12am Fri-Sat 4:30pm- 2am CLOSED Monday.
<https://o.hungryhungry.com/greencleanvegan/menu>

FOOD FOR LIFE – Nutrition Education + Cooking Demonstrations

plant based cooking demonstrations with tastings

A FIVE-WEEK COURSE that explains in clear and simple ways the strong science that supports the advantages of a whole food plant-based diet. High quality nutrition program by the Physicians Committee for Responsible Medicine, brought to you by Dr Heleen Roex, Certified Food for Life Instructor, providing research-based nutrition information - whole food plant-based - combined with cooking demonstrations.

At each session 3 different recipes are demonstrated with tastings!

Cost \$160.00 for 5 sessions, 5 Thursday nights 7- 9pm, from 17th Feb. to 17th March 2022.

At Fullarton Park Community Centre 411 Fullarton Rd, Fullarton, SA 5063. Book through: DrRoex.com/book

CHRISTMAS PUDDING (wfbp)

One cup dates finely sliced
Half cup sultanas or currents
Half cup dried apricots chopped

Four ripe bananas mashed
2 cups soft wholemeal bread crumbs
Half teaspoon mixed spice

Method: 1. Combine all ingredients well. 2. Place in an oiled pudding bowl with lid or greaseproof paper cover.
3. Put bowl into a large saucepan with water halfway up the outside of the bowl. 4. Steam slowly for two hours, checking on water level each half hour. Serve with custard or cashew cream.

CASHEW CREAM

Soak one cup of raw cashews in water for 6 to 8 hours. Rinse well. Place in food processor with half cup of water (spring, rain or filtered). Process until smooth. Include 1 tsp vanilla essence if desired.

FROM THE MEDIA

"There is no disease bodily or mental which adoption of vegetable diet and pure water has not infallibly mitigated, where ever the experiment has been fairly tried...." Shelley, 1813. A Vindication Of Natural Diet.

"It is now well documented that poorer outcomes from COVID-19 are associated with those who suffer from existing conditions such as obesity, type 2 diabetes and hypertension. The good news is, it is also well documented that a healthy diet, rich in plant-based foods can have a positive effect on these chronic diseases. **A healthy plant-based eating pattern can prevent, manage, or even reverse these conditions,** in turn **lowering the risk of severe illness due to COVID-19.**" "Sadly this isn't the last or the most severe pandemic we are likely to experience. We need to use this global crisis as an accelerator towards healthy, nutritious, and sustainable diets. We are proud to be able to provide health professionals an extremely relevant and simple tool to do this." Dr Heleen Roex from Doctors for Nutrition. (www.doctorsfornutrition.org) <https://messyveggies.com/melbourne/mel-health-beauty/mel-health/doctor-mother-daughter-duo-are-helping-health-professionals-understand-plant-based-nutrition-3/>

More evidenced-based information on whole food plant-based nutrition across all life-stages can be found at www.doctorsfornutrition.org" Dr Roex requests, "If ordering these resources, please make sure you hand them to your doctor who needs this educational material. This is the way forward to making a change in healthcare."

In 2884 **frontline health care workers** from six countries (France, Germany, Italy, Spain, UK, USA), **who reported following plant-based diets**, and plant-based diets or pescatarian diets that were higher in vegetables legumes and nuts and lower in poultry and red and processed meats, **had 73%_and 59% lower odds of moderate-to-severe COVID-19**, respectively. Hyunju Kim, Casey M Rebholz, Sheila Hegde, Christine LaFiura, Madhunika Raghavan, John F Lloyd, Susan Cheng, Sara B Seidelmann

B.C. is going to permanently end mink farming in the province because they create too much risk for spreading the coronavirus that causes COVID-19, officials announced Friday. The Ministry of Agriculture made the decision to phase out the farms over the next two years based on data, which shows mink are "reservoirs" for spreading the SARS-CoV-2 virus to humans and will be an ongoing danger to public health. CBC Canada. 5.11.21

The European Parliament just voted in favor of developing an action plan to end experiments on animals.

Members of the European Parliament (MEP) supported a motion for a resolution to accelerate the transition to scientific innovation without the use of animals in research, regulatory testing and education. This means that MEPs have directed the European Commission to work with scientists, including those from PETA, for a future without any animal testing. Published September 16, 2021 by PETA.

Vegan Diets Cheaper On Global Scale, Says Oxford University Study

Switching to meatless diets can help slash food costs by up to a third, a recently published Oxford University study has revealed. Among the findings are that vegan diets had the most reduced food costs at between 25 and 29 percent. Followed by vegetarians, the next cheapest was flexitarian. Pescatarian diets were noted as being the least affordable. Prices assessed were found in the World Bank's International Comparison Program. <https://plantbasednews.org/author/emily-baker/> 11.11.21

What Can I Do? **12 Climate Actions To Make An Impact:** Eat less meat, shop locally, reduce waste.

Did you know **that if the greenhouse gases emitted from livestock were their own nation, they would be the world's third-largest emitter?** Everyone has different dietary and cultural needs and we recognise that a plant-based diet isn't for everyone. But even small actions can have a big impact, like incorporating just a bit more plant-based foods and less meat into your diet, or shopping locally to reduce food transport emissions.

Climate Council News 19.10.21

What percentage of Australia is vegetarian?

Research conducted by Roy Morgan has found that the trend in vegetarian eating continues to grow - with 2.5 million people (12.1% of the population) in Australia now eating all or almost all vegetarian.

<https://www.animalsaustralia.org/features/study-shows-surge-in-Aussies-eating-veg.php> 27.10.20

Jumps racing will be removed from South Australia's racing calendar from next year – Congratulations to Animal Liberation SA and PCR Victoria who have demonstrated against this for so many years.



VegSA Diary Dates

EVERYONE IS WELCOME TO ATTEND VEGSA'S SOCIAL EVENTS

- ◆ Sunday January 16th 12.30pm Lunch at Veggo Sizzle 4/465 Pulteney St, Adelaide.
Book by Thursday January 13th with Su: email: vegsu2003@yahoo.com.au text/ph 0468 397 219
 - ◆ Also Sunday January 16th at 2pm (after lunch) our rescheduled
HAPPY BIRTHDAY celebration.
Join us for cake and a cuppa.
- RSVP by January 13th to Su (see above) Join us for lunch or afternoon tea or both.
- ◆ Sunday January 30th 12.30pm Lunch with our Northern Star group at Zambrero, Building A UniSA Mawson Lakes Blvd, Mawson Lakes. Several VegSA members have eaten at Zambrero cafes and like the food i.e. taccos, burritos, bowls, nachos etc. each of which is "made fresh with all meals able to be made vegan and vegetarian."
Book by Wednesday Jan 26th with Karin: phone/text 0416 899 813 or email: info@veggsa.org.au.
- ◆ VegSA's Northern Star Group meets once or twice each quarter for a shared meal either at a member's home or at a vegetarian or vegan eatery. For further details contact Karin: phone/text 0416 899 813.
- ◆ Second Saturday each month at 12.30pm VegSA Southern Social Group's get-together at Great Nature 3/48 Beach Rd Christies Beach. No need to book, but check in case of changes, with Su: ph 0468 397 219 or vegsu2003@yahoo.com.au
- ◆ VegSA mail-out workshop. Usually Quarterly at the Joinery 111 Franklin St Adelaide. Meet fellow members and share ideas. Help is always appreciated. Next mail-out is planned for Sat 27th or Sun 28th February. Check with Anne: 0466 972 112 or email vegsocsa@gmail.com Also 1pm, VegSA Committee meeting. Members welcome to participate (but only Committee vote). Bring lunch or, regulations permitting, food to share.

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 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 or ph Ken 0415 382 121. Also interesting and useful information on the Adelaide Vegans Facebook page: <https://www.facebook.com/groups/7023024642/>
- ◆ **Doctors for Nutrition** is working to ensure that medical practitioners of the future are trained in sound basic knowledge of nutrition. Meanwhile Doctors For Nutrition has prepared a pack of evidenced-based information on whole food plant-based nutrition across all life-stages. This can be seen and ordered from its website. However if ordering these resources, please make sure you hand them to your doctor who needs this educational material. This is the way forward to making a change in healthcare. For more information as well as ordering material go to: www.doctorsfornutrition.org
- ◆ For more events in SA and around Australia see Vegan Australia's website: www.veganaustralia.org.au/events
- ◆ One Green Planet has very good articles even though it has lots of adverts: www.onegreenplanet.org
- ◆ Messy Veggies website is a guide to vegan eating, products for either Adelaide or Melbourne plus interesting/informative videos. Venues are listed by suburb or township. See: <https://messyveggies.com/adelaide/>