



# Food for Thought

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

## Newsletter

**Issue 4/22      December 2022**

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### EVENTS

#### VEGAN PICNIC

Sadly, like our Veg SA picnic last year, rain forced the postponement of the **VEGAN PICNIC** planned in place of the usual Vegan Festival. The revised date is **Sunday December 11th**. (See details on page 8.) VegSA members and Committee plan to meet together near to Animal Liberation's stall - East Terrace end. No fences, no admission charge, but lots of food stalls, so bring friends to see how good vegan grazing can be.

#### WORKSHOP ON ANIMALS IN LABORATORIES

On September 11th South Aussies for Animals (SAFA) held a workshop looking at the situation in laboratories in Australia. Speakers from RSPCASA, Humane Research Australia, SAFA and Beagle Rescue, NSW outlined the situation for animals in laboratories. By understanding the current situation, including an insight into relevant legislation, we can have a basis from which to take action.

This workshop will have been followed by another on 27th November looking at how to take action. If interested in future workshops email: [suzanne.pope@gmail.com](mailto:suzanne.pope@gmail.com)

#### ANIMAL LIBERATION SA

#### PROTESTS – DUCK AND QUAIL SHOOTING SEASON?

Animal Liberation SA has continued its activism including protests at Oakbank (still some issues there, even with jumps racing being dropped by Racing SA), at Morphettville on Melbourne Cup Day, in Rundle Mall against duck down in clothing and bedding and in support of kangaroos on World Kangaroo Day. Also coming up at Parliament House on Tuesday, November 29 is a demonstration against duck and quail shooting. Although the current Labor government promised, before it was elected, to hold an inquiry into duck and quail shooting, it has not happened yet and a decision for or against an open season in 2023 is fast approaching. VegSA members will be alerted by email as this event will be happening before this newsletter is delivered.

#### VEGSA EVENTS

#### Visit to Rob Roy Hotel, 105 Halifax Street Adelaide.

We had heard that many hotels/pubs are serving good vegan options and decided we should try some, starting in the city to make access easier. A small group of us visited the Rob Roy Hotel on October 15th and had a good vegan lunch. Unfortunately, just before our lunch date, the chef had been changed and the vegan options reduced. Nevertheless, we enjoyed the different dishes that we chose, each of which was well presented and tasty. The dining room at Rob Roy is pleasant with additional seating outside. There is a bar, although it did not dominate. Nor were there pokies in evidence. Service was prompt and friendly. Even considering current inflation we thought that the prices were a bit on the high side. Parking after 12 pm on a Saturday was still limited but available and access by public transport is reasonable.

If you know of a pub with good vegan options and, if possible, where prices are reasonable, please let VegSA know. (Contact details above.)

**Also see Eateries Update on P6.**



# Products on the Market

## What is “VEGAN”?

Whilst it is very reassuring and even exciting to see the recent expansion of vegan products available, we have to ask: are we all on the same page when we use the word “vegan”. When a company tells us its product is “vegan” can we be sure that they mean what we mean? VegSA has recently changed the definition of vegan on its website to that being currently used by the Vegan Society (UK).

**“Veganism is a philosophy and way of living which seeks to exclude – as far as is possible and practicable - all forms of exploitation of, and cruelty to, animals for food, clothing or any other purpose; and by extension, promotes the development and use of animal-free alternatives for the benefit of animals, humans and the environment. In dietary terms it denotes the practice of dispensing with all products derived wholly or partly from animals.”**

Recently we received a communication from Fussy Vegan\*, which explained that one major fast-food chain (Domino’s) had had to remove the description “vegan” from its products because one of the ingredients in the plant-based “meat” used in its pizzas had been tested on animals by the product’s developer, Impossible Foods. Although it is not specifically spelt out in the Vegan Society definition (which is substantially in line with that used by the ISO and in the European Union), testing of this kind is surely **“exploitation of” and, very likely, “cruelty to”, animals”**. This “does not meet commonly accepted criteria for products to be labelled as vegan and it does not meet the vegan ISO\*\* standard 23662, which is an international standard on vegan labelling for food products.”\*

\*Fussy Vegan has an application for mobile phones where you can check products to see if they are vegan by lining up the app with the product’s bar code. It also covers vegan restaurants, vegan friendly resorts, airport vegan options, airline inflight vegan meal options and vegan recipes. See: <http://fussyvegan.com.au>

\*\* **The ISO definition of animal:** any being belonging to the taxonomic classification Kingdom Animalia, that is all vertebrates and all multi-cellular invertebrates. <https://www.iso.org/obp/ui/#iso:std:iso:23662:ed-1:v1:en>

**Australian Native Food Company** makes a range of native food products including dried spices, bush cordials, spice blends, rainforest fruit jellies and tea blends.

One of our members was very excited to discover this company’s stall at the Royal Adelaide Show. The poster on its stall showed VEGAN quite prominently and also on its business card, which also has a vegan logo. However, at the stall, another of our members was offered one of the company’s products which she then discovered contained green ants. VegSA contacted the company’s manager, who assured us that, apart from this one, all its products are vegan. Australian Native Food Co has a retail outlet at Westfield shopping centre, Marion (ground floor, close to ALDI). Ph. 0417 194 498. Website: [www.australiannativefood.com.au](http://www.australiannativefood.com.au)

**WILDLY GOOD SWEET CORN FRITTER BITES:** Made In Australia from at least 70% Australian ingredients: sweetcorn (27%), reconstituted potatoes, reconstituted polenta, green peas (5%), carrots, chickpea flour, kale, canola oil, spring onion (2.5%), lemon juice, ginger, maize starch, citrus fibre, garlic, salt, cumin, turmeric, black pepper, rosemary extract. Six pieces, 210g cost \$5.99. Available at supermarkets including Woolworths and COLES. Also **two other varieties**.

## CLOTHING AND FABRICS

**Kmart’s ANKO brand and Better Cotton Initiative.** ANKO Is Kmart’s own brand covering a large range of products made mainly overseas. One of our members has observed at Kmart a range of animal free products including clothing and non-leather footwear, belts and wallets. VegSA has not had the opportunity yet to check out the environmental credentials of the synthetic leather items but will but hope to do so in the future. However, amongst the clothing there are T-shirts etc with stickers reading **Better Cotton Initiative (BCI)**.

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**Better Cotton Initiative (BCI)**

BCI, established in 2009, has a mission: "To help cotton farming in communities survive and thrive, whilst protecting and restoring the environment". In 2021 20% of the world's cotton (4.7 million tons) was produced by BCI linked farmers, including in Australia, according to the website: <https://bettercotton.org> **Aso see P7.**

### **Kmart ANKO BRAND BETTER COTTON INITIATIVE T-SHIRTS**

**Women's t-shirt 95% cotton, 5% elastin made in India. Cost \$5.50.**

**Women's t-shirt 100% cotton black, white or khaki, made in Bangladesh. Cost \$3.**

**Women's t-shirt 75% cotton 25% polyester, made in Vietnam. Cost \$7.**



BCI label on Cotton goods at Kmart



Oeko-text label on household goods at ALDI

### **OEKO-TEX LABELLING AT ALDI**

"*Made in Green by Oeko-Tex* is a label for textile products that are sustainably produced and have been tested for harmful substances according to the Oeko-Tex criteria.

The *Standard 100 by Oeko-Tex* aims at making it obvious to consumers that the labeled textile products have undergone laboratory testing for a wide range of harmful substances, and that the content of those substances remains below the limit values established by the Oeko-Tex Association." "Some also attest to socially and environmentally sound conditions in production facilities." <https://en.wikipedia.org/wiki/Oeko-Tex>

These products include mats, mainly made in India, often from recycled material, clothing and bedding.

Unfortunately neither the Better Cotton Initiative nor the Oeko-Tex Association have mentioned protecting animals. Hopefully the effort to protect the environment will have a positive affect for animals particularly in the wild. There is obviously a need to work with these organisations to have them also work for better animal welfare standards.

Meanwhile, if you are looking for high-quality, environmentally friendly, animal-free products visit **Ecolateral**. You might just find that interesting Christmas present you were looking for.

411 Magill Road St Morris, Karna Country, SA 5068 ph. 08 8333 3478 (including mail orders)

Shop 2, 183 Main Road Blackwood, Karna Country, SA 5051 ph. 08 8278 8690

24a Charles Street Adelaide, Karna Country, SA 5000 ph. 08 7444 4277

445 Brighton Road Brighton, Karna Country, SA 5048 ph. 08 7078 7795

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

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

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

Also thanks to the staff at the office of John Gardiner MP who kindly printed this for us.

## INTERVIEW WITH LONG TIME ANIMAL ACTIVIST ALICE SHORE

**VegSA:** I understand that some of your childhood was spent on a farm. Where was that?

**AS:** The farm was near Mt. Gambier. It was a dairy farm owned by an uncle who treated his cows with care. But, of course, they went to slaughter when "unproductive" and the male calves, I remember, were castrated to become beef steers.

**VegSA:** What was the farm like compared to present day farms?

**AS:** Compared with the monstrous modern dairy farms, uncle's was small (320 acres) with 60-80 milking cows and one breeding bull who "ran" with the cows and who I found to be a placid creature. Of course the cows were outside and came willingly into milking day and night. In my early years I helped drive the milk cans on a trolley with 2 Clydesdales to the Milel Kraft cheese factory. It was busy there early mornings with farmers coming with horse drawn trolleys. Most farmers were able to make a living from 20 cows on 20 acres. (Uncle was a big producer.) If a cow made 12-15 litres a



day she was a star producer. It's double that amount now. I can't remember hip/ligament/muscle problems, but I can remember mastitis. Many cows were over 10 years of age (not 5 like today). Many cows had flower names: Rose, Tulip, Buttercup, Daphne were popular.

**VegSA:** Can you tell us something of your early life and anything from that time that initiated your care for animals?

**AS:** One of my earliest memories is of my father beheading one of our hens who was not laying sufficiently. I was about 4 at that time and remember being filled with horror and a sense that a great injustice was being done to the hen who had been a good layer. My father and boy visitors laughed when the headless hen ran circles. I was shocked and kicked out at my father. I remember also that my mother ran indoors, too scared to voice a protest and I thought that was odd and wrong.

My grandmother once refused to allow me to have lunch inside with my father and so I went down to the barn and sat under the draught horse, while he had his lunch. I always felt very safe with the big horses and with the hens, far safer than with members of my family. People found me a very introverted child.

Another incident from my childhood happened when I was about 8. It was a beautiful spring day and I was sitting with the dog and cat and hens nearby with the cow and horse watching from beyond the bottom fence. All of a sudden a white cloud wrapped all of us living creatures, including the caterpillars, together so that we were all enmeshed together. From that I knew that we living beings were as one in Creation. I remember speaking to my mother about this and she ignored me. (I rarely spoke to my father after the hen incident in the 20 years he lived with us.)

On the farm, life was filled with daily contact with cows, horses and dogs. I felt attached to all and wished that we could communicate. A special joy was driving the two Clydesdales, Doll and Gyp, daily with the milk to the nearest cheese factory. Doll and Gyp were large creatures, but so reliable and gentle. When I was in my teens I had my own white Clydesdale called Jack. A huge shock came when Uncle decided to get a tractor and sold his team of 6 or 8 Clydesdales to the local hunt club to be slaughtered for feed to the fox hounds. Even Doll and Gyp were sent there despite pleas from us females. For a while Uncle was a horse trader and it was heart breaking to see the ongoing supply of beautiful horses, light and heavy, young and old, going off to slaughter. Many were used as bait for the growing crayfish industry.

**VegSA: I understand you spent some time overseas. What were you doing?**

**AS:** Yes, I spent a couple of years in West Germany, teaching English (in the 1970's) and a couple of years in Paris translating French into American English. Way back in the 1960's I taught a few months in London and then worked in a hunting stable for a titled family (interesting!) and actually met one of the steeplechasers belonging to the Queen Mother when this horse won at Newmarket. I remember the jumps horses came from Irish stock and were so very tall. The riding horses in Germany were very fat and well boned.

**VegSA: When did you first become involved with animal rights groups and what were some of your early experiences?**

**AS:** I became involved with the Antivivisection Union of SA in about 1976, after living some years in Europe. The Union was led by Emma (Mick) Fearnside (who was at that time also Secretary of the Vegetarian Society). We actively protested against the abuse of animals in laboratories, against the fur trade and, when it began to be expanded substantially in the 1970s, the live sheep trade. Factory farming with the caging of hens and pigs was beginning at about this time and Christine Townend called together the first Animal Liberation meeting. This happened when Peter Singer wrote the book "Animal Liberation" which had a big effect in people's consciousness. I joined the NSW branch for several years. When quite a number of South Aussies had joined, Christine suggested that we form our separate South Australian Animal Liberation branch. There were about 10 of us who gathered in the home of George Karolyi. I became the first secretary (which I loved, chatting to people about their interest in helping animals) and then the second president. George organised animal marches for SAFAS (the South Australian Federation of Animal Societies ) for many years.

One of our first successes was to reveal to the public that the eggs sold at Maughan Church from their Kuitpo Community were not free range, which the Church claimed. With Edie and Jim Back's help I organised, outside the Church, photos of the hens locked into cages and so the advertising was changed from free range eggs to "Fresh farm eggs". The media was interested in events/protests of Animal Liberation and I was invited regularly onto the ABC Radio Country Hour.

We used to have 2 meetings per month and held many vigils and protests, attended mostly by women. When I suggested that we get in the latest books by Reverend Andrew Linzey, an Anglican vegan priest very vocal in the UK, I was accused of turning AL and Antiviv into religious groups and was expelled from the former. As a speaker at public meetings I often heard the concept that the Bible tells us we can do what we want with animals, Rev Linzey's writings were just the opposite...that our stewardship came with kind responsibility. All I wanted was for our voices for the animals to be more effective. I was the first person within the Animal Liberation movement to address a Farmers' meeting and to make a video with their Union rep. (It has always been very important for me within the animal rights movement to treat farmers with respect.)

**VegSA: Have you seen progress in any area of animal rights during this time?**

**AS:** Yes, if one considers diet as part of the animal rights movement, there have been enormous changes. Back in the 70s and 80s, the word vegan was hardly known. We members who gathered regularly for friendship and education within the Vegetarian Society, under the pepper tree at Mick's garden, would discuss how to make our own nut milks, how expensive the only non-dairy milk was (Vitasoy imported from Hongkong) and how awful dry soy powder, available in special shops, was when mixed with water. There were only two or three little non-meat cafes and, when eating out, it was very difficult to ask for a vegan meal without a questioning look from other people or from the waiting staff. We relied heavily on Sanitarium products from the Seventh Day Adventists. The Birdwood Adventists, who used to be vegetarian, are now becoming vegan. It is so easy to be vegan these days, such a choice everywhere, even out at country pubs. The sign, "Vegan" is everywhere these days.

The other great thing is the growth of the number of young men involved in veganism and in the animal movement... no longer are they looked on as "sissies". I remember a farmer, who refused to allow his sheep to be sold for one of the first shipments to the Middle East, being scorned by other farmers, "Aren't you man enough for it?" Farmers are now much more concerned for their social image.

**Continued next page.**

**Continued from previous page – Interview with Alice Shore**

There is progress in the growth of lentil, grain and pulse farming by many who used to farm sheep here in SA, in the interest in carbon capture as an income earner instead of animal husbandry. We now have Steggle and Thomas Foods involved in plant-based food production... good moves for a kinder world. But this crazy idea of feeding sea grass to cattle to lower their methane output is not a solution at all. After years we have finally ended jumps racing here in SA and now have to work on banishing the whip and stopping the racing of 2 year olds.

### **VegSA: What would you like to see for the future?**

**AS:** I would like to see less animosity between city animal rights members and farmers. I would like animal activists to acknowledge that farmers do a wonderful and difficult job in supplying us such a wonderful choice of fruit, vegetables, grains etc. They, like all of us, are trapped in a money-based system. So much animal abuse happens because of money earning in conflict with animal needs. When an activity is taken away it needs to be replaced e.g. phasing out sheep exports means the introduction of another money earning activity, like carbon capture. Undoing fences, letting animals free etc. is very immature and counterproductive. I believe in the power of a shared cup of tea, a chance to listen to farmers respectfully and for them to gain insight and courage about the transition to a plant-based economy.



## **Eateries Update**

### **NEW**

**Chat Mahal: Indian Pure Vegetarian Restaurant** (suitable for Jains and vegans). Four VegSA members visited and found the food very reasonably priced, though rather spicy. Most dishes can be made vegan, but all the many sweets have milk/ghee. Transport and parking reasonable. Toilet access is limited. Good to see an all veg place on the north side. 330 Hampstead Road Clearview ph. 8448 1266 10am–10pm daily [www.chatmahal.com.au](http://www.chatmahal.com.au)

### **CLOSED**

**BITEAdI** (formerly Salem Cafe) at Ascott Park, reported in Happy Cow as closed in October '22, but Instagram suggests for catering dm [@bitsnbitesadl](https://www.instagram.com/bitsnbitesadl)

### **GOOD VEGAN OPTIONS**

One of our members has found a range of good vegan options: **pies, pasties, sandwiches etc** at **The Corner Bakery** at Strathalbyn, corner of Dawson Street and South Terrace, ph. 8536 3570. Open 7am-5pm daily.

### **HOME MEAL DELIVERY**

**Jackson Kent** is offering **home cooked vegan meals:** curries, soups, salads, pasta, chilli non-carne etc. Uses only good oils and spring-water in cooking, no garlic or onion, gluten free. Home delivered or pick up from Prospect. Ph. 0408 788 508 email: [mjic@protonmail.com](mailto:mjic@protonmail.com)

### **NONNA'S CUCINA**

Nonna's Cucina, a predominantly volunteer organisation, delivers hot meals - soup, main course and dessert, predominantly Italian style. Delivered 11am to 1:30pm Monday to Friday anywhere in the metro area with frozen meal options available for weekends and public holidays. There are a **number of vegetarian but virtually no vegan options**. One of our members reports servings of a good sizes and soups particularly nice. Prices are reasonable and can be subsidised by MY AGED CARE if eligible. Meal and catering options also available for the general public.

Contact: ph. 8240 3491. [Email: reception@nonnascucina.com.au](mailto:reception@nonnascucina.com.au) 12 Hardy Street Royal Park

**DELICIA ACAI AND PROTEIN BARS** are about a dozen café style franchises around Adelaide. Their general website says they are selling fish-derived collagen and non-vegan marshmallows. However we have checked at a couple of them and been assured that all dishes served are vegan or vegetarian.



## From the Media

### COLLAGEN, CAN IT BE VEGAN?

Most collagen supplements on the market are derived from bovine connective tissue or fish. Collagen is the fibrous protein constituent of bones, cartilage, tendons, and other connective tissues. It keeps skin elastic and helps strengthen bones. Collagen is composed of 19 amino acids, which your body gets by breaking down proteins in your food. Instead of getting second-hand collagen from animals, you can eat collagen-boosting foods. Food scientist Kantha Shelke's suggestion for restoring collagen is simple: "Eating a diet rich in **leafy green vegetables** is ideal. Plants offer richer sources in collagen building blocks and, in addition, provide nutrients not found in sufficient quantities in meats or broth," she says.

Meanwhile, the Physicians Committee for Responsible Medicine notes that **vitamin C from citrus fruits, tomatoes, peppers, and other fruits and vegetables** is essential for making collagen. Another essential building block for collagen production is **zinc**, which is plentiful in **nuts, seeds, beans, lentils, tofu, oatmeal, and mushrooms**. Some minerals and vitamins that help: **B Vitamins (B6, B12 and folic acid)** protect collagen by lowering homocysteine levels in the blood. Copper facilitates the cross-linking of collagen and elastin, which make up the bone matrix. Silicon, like copper, regulates bone matrix proteins. This information sourced from:

<https://www.peta.org.au/living/what-is-collagen-and-can-it-be-vegan/>

<https://saveourbones.com/how-collagen-strengthens-your-bones-and-how-to-support-it/>

**BCI (continued from P3)** Australia has faced serious droughts over recent years. With a strict system of water sharing operating in the country, farmers are careful to only use the amount of water allocated to them to irrigate their crops. Sometimes this isn't enough and has led to a decline in Better Cotton production in recent years, decreasing from 92,000 tonnes in the 2018-19 cotton season to 31,000 tonnes in 2019-20. In response to increasing water scarcity, some farmers in Australia are using precision technology to optimise water use and irrigation. For example, some farmers combine satellite imagery of their cotton crops with digital soil moisture readings and local weather data in order to determine exactly how much water to apply on a particular day. Similarly, using precision technology to pinpoint soil and crop needs, farmers have been able to apply pesticides and fertilisers efficiently and overall reduce their total input use.

<https://bettercotton.org/where-is-better-cotton-grown/cotton-is-a-major-crop-in-australia/>

### WEA COURSES JANUARY AND FEBRUARY 2023

Four courses at WEA Centre, 223 Angas St Adelaide. Discount available on some courses for students and Centrelink card holders. **Enrolment** via website: [wea-sa.com.au](http://wea-sa.com.au), phone 82231979 or in person at WEA Centre.

**Wagashi, Japanese Sweets** No.202337027 - Mon 1.30pm 30 Jan. 1 sess x 3 hrs. Standard fee: \$95.00

**Vegetarian Dinner Party** No 37033 - Wed 6.00pm 22 Feb. 1 sess x 3 hrs. Standard fee: \$99.00

**The Summer Vegetarian** 37034 - Tue 6.00pm 17 Jan. 1 sess x 3 hrs. Standard fee: \$99.00

**The Italian Vegetarian-With Rosa Matto** 37039 - Sat 11.00am 28 Jan. 1 sess x 4 hrs. Standard fee: \$137.00

### VegSA Website

We are at the V and V Society.

We work at improving our community:

Health, environment and animal liberty.

On our website we list resources and every SA veggie eatery.

We now have 10 just in the CBD:

(E.g.) Zen House, Pure Vegetarian and also Veggie Vie,

Two-bit Villains, Veggo Sizzle and Curiosities.

Join us for lunch or maybe just a cup of tea,

But check out our website and see what you can see:

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

Apologies to Staazi and Co, Cucina Comeda, Seed and Stone and Let Them Eat - couldn't make it all scan.



# VegSA Diary Dates

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

- ◆ Sunday January 8th 12.00noon **Lunch at Delicia Acai and Protein Bar** 3/ 9-11 Hurtle Parade, Mawson Lakes. Contact Karin: phone/text 0416 899 813 or 7185 1746 or email: [info@vegsa.org.au](mailto:info@vegsa.org.au).
- ◆ Saturday January 21st at 12.30pm **Lunch at Veggo Sizzle** 4/465 Pultney St Adelaide. Book by Wednesday Jan 18th with Su: email: [vegsu2003@yahoo.com.au](mailto:vegsu2003@yahoo.com.au) or text/phone: 0468 397 219
- ◆ Sunday February 5th from 12 noon at Davenport Terrace, Hazelwood Park. **VegSA "ANNUAL" PICNIC** Bring friends and family, including furry ones, and join us to enjoy each-others' company outdoors. Bring vegetarian/vegan food to share, drinks, cutlery, plates, seats. Look for VegSA sign near the car park. For info. or to request a lift contact Su: email: [vegsu2003@yahoo.com.au](mailto:vegsu2003@yahoo.com.au) or text/phone: 0468 397 219 . For public transport contact Adelaide Metro ph: 8210 2000.  
**N.B. if forecast is for 36°C or above or heavy rain, event will be cancelled or redirected.**
- ◆ **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 or email VegSA (address below).
- ◆ **VegSA Southern Social Group: Second Saturday each month** at 12.30pm 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](mailto: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 Sunday February 25th. Check with Anne: 0466 972 112 or email [vegsoesa@gmail.com](mailto:vegsoesa@gmail.com) Also at 1pm, VegSA Committee meeting. Members welcome to participate (but not vote). Bring lunch or food to share.

## Other Events

Sunday 11th December 11am to 5pm

### LET'S GRAZE

Rundle Park. East Terrace, Adelaide. Admission free

There will be no Vegan Festival in Adelaide this year. However the **Vegan Festival team is organising a picnic** in the park with information and food stalls. Come and meet friends and enjoy some vegan fare.

For more information, including a map showing the layout of stalls, see: [www.veganfestival.info](http://www.veganfestival.info)

## Resources

- ◆ **Animal Liberation SA (ALSA)** conducts demonstrations and campaigns for animal rights and 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](mailto:animal.lib.sa@gmail.com)
- ◆ **Adelaide Vegans** brings vegans together for networking and social gatherings alternate 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. 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. For more information as well as ordering material go to: [www.doctorsfornutrition.org](http://www.doctorsfornutrition.org)
- ◆ **South Aussies for Animals** works to improve conditions for animals in SA, including animals in laboratories. Contact: [suzanne.pope@gmail.com](mailto:suzanne.pope@gmail.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 adverts: [www.onegreenplanet.org](http://www.onegreenplanet.org)

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