

# Food for Thought

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

## Newsletter

**Issue 2/12 - June 2012**

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VegSA Business:

### Annual General Meeting 2012

*If AGMs are supposed to be boring, then VegSA is proving it otherwise!*

Although attendance on May 6<sup>th</sup> was modest the number was optimal for interaction. In addition to getting through the essential business, including passing a change to VegSA subscriptions, there was plenty of opportunity for input from members with ideas helpful for the new Committee. We welcome 2 new members (Kay Lewis and Seema Jain) to the Committee and retained most of the previous Committee.

Thank-you to Ken Lawson who ably chaired the election of Committee and Officers and to our retiring President Linda Turner.

After the AGM and a tasty lunch **Paulina Toro of Raw Life** showed the preparation **two raw dishes**, a soup and a (frozen) cake. The session was interactive as Paulina answered questions and facilitated lively discussion of various relevant health and culinary issues. Paulina was an excellent speaker and made the whole experience of raw food very enjoyable. She can be contacted via info@rawlife.com.au or phone 0413 989 333 or visit her website: www.rawlife.com. Paulina makes raw cakes order and raw vegan chocolate (available from organic shops).



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to

#### **VegSA Committee for 2012 – 2013** *(elected at the recent AGM)*

- PRESIDENT:** Anthony McAulay - Kangarilla and sometimes in Melbourne
- VICE PRESIDENT:** Karin Basse - Salisbury Downs (Assistant Secretary and Northern Contact)
- SECRETARY:** Anne Sanders - Montacute (Newsletter Editor)
- TREASURER:** Anthony McAulay
- COMMITTEE:** Joy Danielson: Morphett Vale (Vegewise contact)
- Su Stevens: Morphett Vale (Events Coordinator and Southern Group contact)
- Kay Lewis: Hectorville (Library assistant)
- Dr Seema Jain: Magill and Elizabeth

**All Committee members can be contacted by phone, email or post via VegSA**



## VegSA Update

### ◆ VegSA GROUPS

Southern Veg Group continues to meet at Great Nature on 2nd Saturday each month. Vegewise continues to visit vegetarian eateries and some others with good vegetarian options. Northern group ran an info stall at the One Tree Hill Market that was well patronised (see photo opposite). As it was Easter week-end food was not available at the usual venues so the group explored the veg food available at Mama Mia's at Munno Para - quite good and cheap!



*Southern Group at Great Nature: Martin and Gill (left). Corin & Sylvia (right)*

### ◆ True Natural Health Magazine – feedback

The TNH magazine is into its 6th issue of production. Over the last 18 months it has grown to 44 pages. A number of VegSA members feel it is now of about optimum size to get through between issues. With this newsletter you will find a short questionnaire about the magazine. If you are sending in your subscription (or even if you are not) please give your feedback. Your response will be handed to the TNH editor for his information. You can either post your response to the VegSA postal address or scan and send by e-mail. Or, you can request the form be sent to you by e-mail by contacting [vegsocsa@gmail.com](mailto:vegsocsa@gmail.com)

### ◆ Humane Charities in South Australia

*Are you confused by the number of charities which contact you asking for donations?*

To find charities that they **do not fund testing on animals** visit: [www.humanecharities.org.au](http://www.humanecharities.org.au)

**Note:** Of the 84 charities currently listed **only 7 are based in SA**. Here's the list:

**Barkuma Incorporated:** Provides individual support to people living with disability.

**Brain Injury Network of SA Inc:** strives to increase awareness, acceptance and relevant services to improve the quality of life of people impacted by an acquired brain injury.

**PARAQUAD SA:** working with and for people living with spinal cord Injuries.

**GROW (SA):** Empowering individuals to create the personal change that leads to social and emotional well-being.

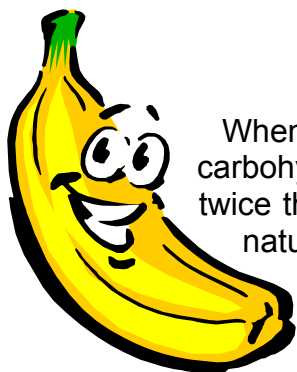
**Phoenix Society Inc:** recognised as the most innovative and dynamic employer of people with disabilities, operating successful commercial businesses.

**Royal Society for the Blind (SA):** is dedicated to providing free services and support to South Australians who are blind or vision impaired so that they are able to live full and independent lives.

**Surf Life Saving SA:** aims to save lives on beaches through education, prevention and rescue services.

# BANANAS

Contributed by Dr Seema Jain (member of VegSA)



When you compare it to an apple, a banana has four times the protein, twice the carbohydrate, three times the phosphorus, five times the vitamin A and iron, and twice the other vitamins and mineral, also rich in potassium. Bananas contain three natural sugars - sucrose, fructose and glucose combined with fibre and give an instant, sustained and substantial boost of energy. They can also help overcome or prevent a substantial number of illnesses and conditions:

**Depression:** Bananas contain tryptophan, a type of protein that the body converts into serotonin, known to make you relax and improve your mood.

**PMS:** The vitamin B6 regulates blood glucose levels, which can affect your mood.

**Anaemia:** High in iron, bananas can stimulate the production of haemoglobin in the blood.

**Blood Pressure:** Extremely high in potassium yet low in salt, it's perfect to beat blood pressure. The US Food and Drug Administration has just allowed the banana industry to make official claims for the fruit's ability to reduce the risk of blood pressure and stroke.

**Strokes:** According to The New England Journal of Medicine, eating bananas as part of a regular diet can cut the risk of death by strokes by as much as 40%!

**Brain Power:** Research has shown that the potassium can make students more alert.

**Constipation:** High in fibre, bananas can help restore normal bowel action.

**Hangovers:** Bananas calms the stomach and build up depleted blood sugar levels.

**Heartburn:** Bananas have a natural antacid effect.

**Morning Sickness:** Snacking on bananas helps to keep blood sugar levels up and avoid morning sickness.

**Mosquito bites:** Rub the affected area with the inside of a banana skin. Many people find it amazingly successful at reducing swelling and irritation.

**Nerves:** Bananas are high in B vitamins that help calm the nervous system.

**Overweight and at work?** The Institute of Psychology in Austria found pressure at work leads to gorging on comfort food like chocolate and chips. Looking at 5,000 hospital patients, researchers found the most obese were more likely to be in high-pressure jobs. The report concluded that, to avoid panic-induced food cravings, we need to control our blood sugar levels by snacking on high carbohydrate foods every two hours.

**Ulcers:** The banana is the only raw fruit that can be eaten without distress in over-chronicler cases. It neutralizes over-acidity and reduces irritation by coating the lining of the stomach.

**Temperature control:** Many cultures see bananas as a 'cooling' fruit that can lower both physical and emotional temperature of expectant mothers. In Thailand, for example, pregnant women eat bananas to ensure their baby is born with a cool temperature.

**Seasonal Affective Disorder (SAD):** Bananas can help SAD sufferers because they contain the natural mood Enhancer tryptophan.

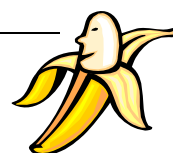
**Smoking & Tobacco Use:** The B6, as well as the potassium and magnesium, found in bananas help the body recover from the effects of nicotine withdrawal.

**Stress:** Potassium is a vital mineral, which helps normalize the heartbeat, sends oxygen to the brain and regulates your body's water balance. When we are stressed, our metabolic rate rises, thereby reducing our potassium levels. Bananas can help to rebalance this.

**Warts:** A piece of banana skin yellow side out on the wart held in place with a plaster.

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## Banana Smoothie



**You'll need:** 2 bananas, 1/4 cup plain yoghurt or non-dairy alternative, 1 tbsp clear honey, 2 tbsp wheatgerm, 2 cups low-fat soy milk. **Method:** Put the bananas in a blender or food processor. Add the yoghurt, honey, wheatgerm, milk and nutmeg. Process or blend until smooth. Taste before serving and add more honey if you like.  
(from [www.yahoo.lifestyle.com/food](http://www.yahoo.lifestyle.com/food))



## Products on the Market

### ◆ 'Live a Little' Gelato

Liv Pilla has recently started up a vegan gelato business. She is now selling her Gelato on Saturdays at the Organic & Sustainable Market\* and other markets such as Gilles St on Sundays and at special events. Liv uses soy, almond and coconut milk bases (all organic). **Flavours sold at the markets are:**

Creamy Coconut & Dark Chocolate, Lemon Sorbet, Orange Zest, Fresh Mint & Dark

Chocolate, Vanilla Bean, Cinnamon Chai. There are 5-6 flavours in addition including Strawberries & Cream, Espresso, Creamy Coconut & Pineapple (Pina Colada), Roasted Almond, Blueberry and Green Tea. Take-home orders of 1-litre or more are available.

**Live A Little Gelato is also available** at the ethical pizzeria, Etica, in the Organic Cafe (Compton St, City) and Organic Cycle Reynella.

You can contact Liv on 0412 932 230. E-mail [livealittlegelato@gmail.com](mailto:livealittlegelato@gmail.com)  
[www.facebook.com/livealittlegelato](http://www.facebook.com/livealittlegelato)

\*Organic & Sustainable Market held every Saturday from 9am-1pm at Henley School. Enter via Military Road, Henley Beach South  
[www.organicsustainablemarket.com.au](http://www.organicsustainablemarket.com.au)



city. Bliss

Facebook:

Beach Primary

◆ **ETHIKOOL'S** Glenn Alderson, who featured on the front of our March newsletter and partner Kerri Jones report that the Ethikool website is now up and running so you can order **palm-oil free products** via their website: [www.ethikool.com.au](http://www.ethikool.com.au) or contact them by email: [info@ethikool.com.au](mailto:info@ethikool.com.au)

### ◆ New Preferred Products List

Many commonly available cosmetics and other products or their ingredients are tested on animals. The European Union is phasing out the sale of cosmetics tested on animals and plans to end all such sales by 2013. In Australia **Choose Cruelty Free** produces the **PREFERRED PRODUCTS** booklet listing companies that attest their products (cosmetics, garden and household care etc) and product ingredients have not been tested on animals by them, their suppliers or anyone on their behalf for 5 years or longer. (Some have never involved animal testing.) To access the booklet contact Choose Cruelty Free: email: [admin@choosecrueltyfree.org.au](mailto:admin@choosecrueltyfree.org.au) PO Box 12005 A'Becket St Melbourne. Ph 03 9328 1377 fax 03 9328 2117 [www.choosecrueltyfree.org.au](http://www.choosecrueltyfree.org.au)

(Thank you to Anti-vivisection Union SA ([www.arrc.org.au](http://www.arrc.org.au)) for copy of the latest booklet)

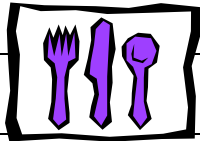
### ◆ Monosodium Glutamate (msg) 620 or e620

Do you or some one you know often feel unwell after eating Many Chinese, including vegetarian eateries, add MSG to their as well as using ingredients containing MSG. Health authorities that there is no scientific proof that MSG is harmful and that it's if any, are only short term (even in the few people it does affect). Glutamate occurs naturally in many of our commonest However, according to the **Food Intolerance Network** reactions can include: **rashes, migraines, headaches, asthma, irritable bowel symptoms, chest tightness, heart palpitations, heart arrhythmia, anxiety, irritability, restlessness, sleep disturbance.**



Chinese?  
cooking  
claim  
effects,  
foods.

*It seems that MSG might be best avoided. Recently I had a meal with family members at Vegetarian Delight. I asked that we have food cooked without MSG or with any ingredients containing MSG. I enjoyed the best meal I have ever had there - mainly because it contained all freshly cooked ingredients.....Ed*



## Eateries Update

Happily there are **NEW PLACES** to report!:

- ◆ **RED LIME SHACK** at 158 St Vincent St Port Adelaide. All vegan except for milk in some hot drinks. Open Mon – Sat 8am – 2 pm and Sun 9am to 3 pm, ph 7226 6867 E-mail: redlimeshack@gmail.com *Several members have already visited and “like” it.*
- ◆ **HEAVEN FIELD** at 283 Gouger St Adelaide is a new (Chinese style) vegetarian and vegan café. Open Saturday and Sunday 11am ~ 10:30pm (but kitchen closes 8pm for meals). Friday evenings opening soon also films planned for near future. A place to relax as well as eat. Phone 7073 0006 email: info@heavenfield.com.au web: heavenfield.com.au
- ◆ **WILSON’S ORGANICS VEGETARIAN CAFÉ.** Wilson’s Organics at 11 Market St Adelaide now has a café with great organic vegetarian and vegan fare. The café is completely vego (although the shop is not entirely) with a number of vegan options. Café open most of the shop’s hours: Mon –Thurs: 8am to 7pm, Friday to 9pm, Saturday to 5pm, Sunday 10am – 5pm or until food sold out. Coffee machine on until about 5.30pm  
Phone or Fax 8231 5014 e-mail: wilsonorganics@internode.on.net

**Change in opening times: MS CHOWKI**, 1/490 Main North Rd, Blair Athol  
Phone 8349 8506. Mon – Fri 11.30am – 2pm and 5 – 10pm, Sat and Sun 10am – 10pm

**REMOVE:** Regrettably report The Annexe at Glenelg is not totally vegetarian. Although the drinks and most of the food are vegetarian there are some dishes containing tuna. Apologies for mistake in March newsletter. We believed what we were told and reported it before checking. .



## Cooking Classes

- ◆ **SRI LANKAN VEGETARIAN COOKING** Dinali of Clarence Park is offering instruction in Sri Lankan vegetarian basic cooking and will come to your home to teach 1 to 5 people. Payment can be in cash or in LETS units (with a small cash component). Contact Dinali on 8293 8403 or 0431 471 424 email: ddinali@yahoo.com.au
- ◆ **WEA** has regular cooking classes run by VegSA member Natalie Playford. July 22nd - **Gourmet Vegetarian**. August 25th - **Vegetarian Banquets** Contact WEA 223 Angas St Adelaide. Phone 8223 1272 or Natalie on 8386 1672 e-mail: nataliewould@hotmail.com



## Tomato Paste

*Great for cheering up otherwise uninteresting dishes. Tomato is the number one source of Lycopene, an antioxidant that helps to reduce risk of heart disease and cancers especially of the prostate. It is best absorbed cooked and in conjunction with olive oil or avocado. Our erstwhile Secretary Mick Fearnside lived to 102, the last 30 as a strict vegan. Although she lived alone she was always strict in ensuring she prepared nutritious meals for herself. One of her favourites was:*

**Mashed Tofu with Tomato Paste:** Lightly cook one onion in a little olive oil. Add mashed tofu. Stir in a spoonful of tomato paste. Serve with salad or crusty bread. Vary proportion of ingredients to suit individual taste. Chopped fresh or dried herbs may be included.

*NB: **BLACK AND GOLD Tomato Paste** 250g jar costs \$1.80 at Foodland (Newton store). FFT has checked with the distributors and although it is made in China they guarantee it is GM Free.*



## In the Media

### ◆ ANIMAL RIGHTS

**Good news from Tassie!** The Tasmanian Gov announced on 21/5/12 that it is phasing out battery cages. This is not only a response to public demand and pressure from Animal Rights groups (including Animals Australia) but also to give Tasmania the economic edge as producer of more ethical products. But the good news doesn't end there. The State Government also vowed to fast-track the phase out of pregnant sow crates by the middle of next year — well before the pork industry's own target of 2017.

**Meanwhile The Australian Egg Corporation (AECL) is pressing to increase the number of hens per hectare** to 20,000. RSPCA caps it at 1500 and the Free Range Farmers Association at 750 birds. The AECL argues that if cheaper “free range” eggs are not available locally it opens the door to cheaper imported eggs. Choice magazine's Ingrid Just says that if the standard is diluted in this way there is a real risk that consumers will simply stop buying free range eggs, which would be bad news for genuine free range.

### ◆ DID YOU HEAR THAT?

You might have thought that **Bush Telegraph**, ABC's radio's Rural Affairs program, would be full of farmers' groups and others pushing the merits of “conventional farming”, but instead **Bush Telegraph** tackles a wide range of issues: food production, animal welfare, environment etc. as well as news from rural communities. Generally it takes an objective position, including on animal rights, and lets the people (and the groups they represent) interviewed speak for themselves. Whilst many of us receive information from the internet and TV, radio remains a good source of current information. You can listen whilst you work or drive and keep informed or entertained, even download or stream live.

*A VegSA member who is an avid listener recommends:*

**BUSH TELEGRAPH:** Weekdays 11am: Radio National (RN): 729 AM. (Phone 8343 4000)

**THE HEALTH REPORT:** Monday 5.30pm, repeat Tuesday 5.30am. RN: 729AM. Covers a range of current health issues, usually in some depth, often looking at recent studies, many of general and some of more academic interest.

**BACK TO BASICS:** Monday: 9.00-9.30pm with “Harry” Harrison (of Rare Fruit Society): Radio for the Print Handicapped: 1197AM (phone 8231 1197)

**TALKBACK GARDENING:** with Malcolm Campbell. Sunday 8.30 - 10.30am ABC Adelaide: 891AM (Phone 8343 4891) and Saturday with John Lamb: 8.30-11.30am (repeat Sat.11.05pm) ABC Adelaide: 891AM

**GARDEN TALKBACK** with Malcolm Keelan: Saturday 6am – 9am, Sunday 6am – 10am, panel 9am – 10am. Public Holidays June Taylor at 6.30am on Herbs. 5AA: 1315AM Phone general 8419 1395, talkback 8223 0000

### ◆ USA Dietitians approve Vegan-Vegetarian Diet

The American Dietetic Association, the professional organisation of dietitians in the US on <http://www.eatright.org/about/content.aspx?id=8357> makes the statement that *'appropriately planned vegetarian diets, including total vegetarian or vegan diets, are healthful, nutritionally adequate, and may provide health benefits in the prevention and treatment of certain diseases'*.

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### Newsletter Acknowledgements:



**Editor:** Anne Sanders **Mail-out:** Committee and volunteers (VegSA members)

**Disclaimer:** *Opinions expressed in Food for Thought are those of the authors and not necessarily those of the Vegetarian Society of SA.*

## ◆ **Physicians Committee for Responsible Medicine highlights danger of antibiotics in animal agriculture**

The vast majority of antibiotics used in the United States are administered without a physician's prescription. That's because they aren't taken by human patients - 80 percent of antibiotics are given to pigs, chickens, and other animals on farms. P.C.R.M. released a report in September showing that the growing public health threat of antibiotic-resistant E.coli and other pathogens is almost entirely attributable to the widespread use of antimicrobials in animal agriculture.

Animals raised for meat and dairy products are routinely treated with antibiotics to promote growth and reduce the risk of illnesses that would otherwise be common in crowded living conditions. The antimicrobials are often added to the feed or drinking water of dairy cows and egg-laying hens, as well as meat-producing chickens, cows, pigs, turkeys, and even fish. This gives rise to resistant bacteria, which spread to humans and other animals through contact with farm workers and contaminated waste runoff.

In 2011, the Center for Science in the Public Interest published an independent survey of food-borne illness due to anti microbial-resistant bacteria. Dairy products were the most frequently contaminated, followed by ground beef, poultry, pork, fish and shellfish, and eggs. *From PCRM's current newsletter. To read the full report visit [PCRM.org/AntibioticsReport](http://PCRM.org/AntibioticsReport)*

**P.C.R.M.** is a group of American medical professionals which actively opposes animal testing, use of animals in medical training and schools and actively promotes the benefits of a vegan diet. VegSA receives a newsletter covering its activities several times a year. Members can borrow this newsletter or for other info see [www.PCRM.org](http://www.PCRM.org)

## ◆ **Kraft Food and GM**

S.A.G.F.I.N. (South Australian Genetic Food Information Network) contacted Kraft Foods to ask if they were using GM Food. The reply was:

*"Whilst we support the responsible use of modern biotechnology, we have taken the decision to continue sourcing conventional, non-genetically modified soya and maize based ingredients, including additives and flavours, controlled through a comprehensive system of certification and supplier assurances. We can therefore advise that none of our products contain genetically modified material and do not therefore have any future plans to label our products with respect to genetic modification".*

From SAGFIN: [Aclements@internode.on.net](mailto:Aclements@internode.on.net)

## **Up Coming Events**

◆ **CONNECTING SPIRIT CAMP:** July Fri 20th – Sun 22<sup>nd</sup> at Halbury (1.5 – 2 hrs north of Adelaide). All food will be vegetarian. Cost approx \$70 plus veg food to share.

**Connecting Spirit** organises camps to encourage and enhance our connectedness. For info phone Dino on 8271 3692. [www.connectingspirit.com.au/Welcome.html](http://www.connectingspirit.com.au/Welcome.html)

◆ **THEOSOPHICAL ORDER OF SERVICE (TOS) Winter Solstice Celebration** followed by **VEGETARIAN DINNER** Sat 16th June 5 - 9pm at TS Centre 310 South Terrace Adelaide. Dress up (optional): medieval or mysterious. Cost \$15. Book by 11/6/12 with New Dimensions (TS) Bookshop ph 8223 4877. For info contact Travis on 040 961 2896. TOS is the service wing of the Theosophical Society. All proceeds to support aid projects.

**The Theosophical Society supports vegetarianism - all TS and TOS events are in line with these principles.**

◆ **ESSENTIAL OILS IN OUR DAILY LIFE** - free workshop with Maria Jones Tuesday, June 12, 6:15pm - 8:00pm at Bliss Café, 7 Compton St Adelaide.

◆ **DANCESTASY** - Workout for the soul, facilitated dancing sessions: 1st Sat. every month. **6:30pm:** Light dinner + chai \$15, **7pm:** FREE movie: **9pm:** Dance session \$5 donation. Bliss Café, 7 Compton St Adelaide. Details on Facebook and at the Cafe.



# VegSA Diary Dates

## VegSA Dates

### ◆ Upcoming VegSA Events

**Govindas** 25 Le Hunte St Kilburn. Saturday June 23 - 6pm (Book by Wed 22nd June)

**The Green Room**, 2 High St Willunga. Saturday July 7 - 12md (Book by Wed 3rd July)

**Let Them Eat** 18 Elizabeth St Croydon Saturday July 28 - 1pm (Book by Wed 25th July)

**Vegetarian Delight**, 462A Port Rd Hindmarsh. Saturday August 25 (evening) - \$20 banquet (Book by Wed 22nd Aug)

To book: Contact VegSA by email or phone (see below). For further information contact Anthony on [feelprosperity@gmail.com](mailto:feelprosperity@gmail.com) or Su: 8326 1062 email: [vegsu2003@yahoo.com.au](mailto:vegsu2003@yahoo.com.au)



### Special Event: VegSA 60th Birthday Celebratory Lunch.

Sunday October 7th. North Adelaide

Also **World Vegetarian Week** – more details in September newsletter

◆ **Vegewise Group** 3rd Tuesday each month - 12 noon (unless otherwise stated) at a vegetarian eatery or one with good veg options. Bookings: Joy 8326 0564 or 0428 832 605.

**June 19 - Red Lime Shack:** 158 St Vincent St Port Adelaide

**July 17 - Hello Dolly:** 1a 103-111 Payneham Rd St Peters (Lebanese Veg'n plate: \$9.90)

**August 21 - Vegie Village:** 255 Waymouth St, Adelaide

◆ **Northern Vegetarian Group** Contact Karin 8281 7694 or 0466 972 112,

**Saturday August 4th** 9am-1pm VegSA Info stall at One Tree Hill Market then visit Natalie's Kitchen for meal

◆ **Southern VegSA Group monthly social get together: 2nd Saturday of the month** from 12 noon. Great Nature 3/48 Beach Rd, Christies Beach. No Booking but check details with Su: 8326 1062 email: [vegsu2003@yahoo.com.au](mailto:vegsu2003@yahoo.com.au)

◆ **Vegetarian Singles:** currently on hold due to low take-up of recent events..

**BREAST LOGIC** info session had to be postponed due to "unforseen circumstances".

If interested contact VegSA - we will reschedule at a time to suit participants.

## Other Activities

◆ **ADELAIDE VEGANS:** Brings vegans together for networking and social gatherings.

**Dinner every Friday evening** at various vegetarian restaurants in the Adelaide CBD. Bookings essential for dinners to enable the venue to reserve a table. For details and booking see 'EVENTS' page at: [www.adelaidevegans.org](http://www.adelaidevegans.org) or contact. John: [jbrasted@internode.on.net](mailto:jbrasted@internode.on.net) ph 0428 225 712 or Shane: [swardshane@yahoo.com](mailto:swardshane@yahoo.com) ph 0410 481 290.

**Raw Picnic** last Sunday each month (except Dec). Adelaide Botanic Garden ph Morgaine 04355 19477.

◆ **NATURAL HEALTH SOCIETY (SA):** Meets 7.30pm 1st Tues each month (except Jan) Meeting & lecture at Unley Citizens Centre, 18 Arthur Street Unley. Further information: Secretary 8277 7207. website [www.naturalhealthsa.com.au](http://www.naturalhealthsa.com.au). July 3rd: Dino Dalbello; "EMF and sound pollution – how it works, what it does to us, what we can do to protect us from it". August 7th Stephen Galpin: "The essence of food: the



**emotional and spiritual connections with food** Sept 4th Annie O'Grady: **Demonstration of EFT Tapping**  
**(EFT = Emotional Freedom Techniques, a self help acupressure therapy).**

*More Diary Dates previous page*

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