

Food for Thought

Vegetarian & Vegan Society (VegSA) Inc.

Newsletter

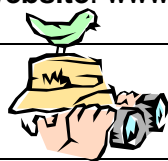
Issue 2/16 – June 2016

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VegSA News

(including important business stuff, AGM and elections)

Results – VegSA AGM:

Held Saturday April 2 at The Joinery and followed by shared lunch and an excellent talk and demonstration by Devashon Temple (see page 6). All members of the previous Committee volunteered to continue and were duly elected. The following positions were confirmed:

EVENTS and LIBRARY – Su Stephens. **WEB SITE** – Pamela Robinson

NEWSLETTER and PUBLIC OFFICER – Anne Sanders **PHONE** – Karin Basse

Officers were appointed from among the Committee at the meeting at Nettle Raw on 17.5.16

PRESIDENT: Anne Sanders **VICE PRESIDENT:** Pamela Robinson

SECRETARY: position vacant. **TREASURER:** Anthony Mcaulay

COMMITTEE: Karin Basse, Denise Ness, Joy Danielson, Don Dispain, Beryl Dispain, Su Stephens, Ken Lawson (magazine distribution) and Paul Martin (Membership Secretary).

As the secretary's position is vacant the Committee members are taking on the Secretary's many and various roles. Importantly Paul Martin has volunteered to be Membership Secretary. Paul can be contacted out of business hours only on 8357 6544 or by email to vegsozca@gmail.com

VegSA Web Site:

Over the last few months our webmaster Pamela Robinson has been negotiating changes to improve our website, noticeably to make updating easier. Hopefully next time you look you will see some considerable changes. Our website has general information, but also the most up to date information we have about vegetarian and vegan eateries in SA. *The web-site work will be paid for in LETS units - kindly donated by Pam Marshall (see "LETS" info page 2)*

Changes to VegSA telephone service:

For many years VegSA has managed to keep the same phone number with calls forwarded to one or other of our members for attention. Due to frequent problems with the forwarding the Committee has decided, after much thought, to only have a mobile phone. Committee member Karin Basse has kindly donated a mobile phone with the number **0466 972 112** (on amaysim if relevant). Karin will pass on messages as needed. If you are not happy to use mobile for longer calls we will ring you back on your land line.

Email Address:

VegSA's official email address is info@vegosa.org.au However this is handled for us by Vegsource, an organisation in the USA, which hosts our website and quite a number of other related organisations. Emails to this address are automatically redirected to vegsozca@gmail.com so replies will come from there. You can email direct to either address.



Products on the Market

Prices (although correct at time of enquiry) may vary with time. (ed)

Winter is here - so how about some vege soups with nutritious pulses?

- ◆ **McKenzie's Soup Mix** (several varieties: beans and lentils with or without pearl barley). Cost: \$2.25 for 375g packet. Also **MCKENZIE'S** red lentils: \$4.43 for 1kg, yellow split peas \$1.75 for 500g (at Coles).
 - ◆ **Omega Foods** (33 Adam St Hindmarsh) and **Gaganis Bros** (9-13 Bacon St Hindmarsh) have similar products. Add to soups for extra protein, fibre, minerals and flavour.
 - ◆ **Clarence Park Food Co-Op** (see below) sells red lentils \$2.45 for 1kg, yellow split peas \$1.45 for 1kg. (Clarence Park Food Co-op, Clarence Park Community Centre 74 East Ave Black Forest, (opposite railway station). High quality, ethically-sourced bulk foods. Open: Mon, Tues, Wed and Sat. 10.30 – 12.30 *Sat only in school holidays*. Info: 8293 8166 or 8297 6249.
 - ◆ **McKenzie's "From the Kitchen"** Hearty Vegetable and Lentil Soup. Cost: \$4.49 at Woolworths. 3 serves per packet i.e. 3x75g standard serves of vege: total about one cup!
 - ◆ **Raw Perfection** - all raw, vegan, sugar free cakes and savouries. Shop 26 Central Market Arcade. Open: Tues. Wed. Thurs and Sat 7.30am to 3pm. Friday to 9pm. Products also available at Red Lime Shack in Pt Adelaide and in Loxton
 - ◆ **Vitashine**, "the world's first plant sourced Vitamin D3 (Cholecalciferol) registered with the Vegan Society and Vegetarian Societies in UK". Available in Australia from:
 - Vegan Pet:** www.veganpet.com.au 60 Tablets 2500iu \$25.00
 - The Cruelty Free Shop:** www.crueltyfreeshop.com.au 1000iu tablets or spray \$23.65
 - Uproar Vegan Store:** www.uproar.org.au 60 x 5000iu capsules \$28
 - Vegetology** www.vegetology.com.au US\$31.98 for 3X60 1000iu tablets
- Many studies suggest that D3 (Cholecalciferol) which is usually animal based, often from sheep's wool, is more beneficial than the plant based D2 (Ergocalciferol).
Vit D above 25000IU requires a doctor's prescription in Australia. One of our members has asked the Royal Adelaide Hospital if Vitashine is really D3 and was told it is not!*
- ◆ **Living Vegan Magazine** from *Uproar Vegan Store* – see above - \$28 for 4 issues includes postage. Uproar is a non-profit animal protection organisation, which aims to end the abuse and suffering of the billions of animals killed to be eaten, experimented upon, worn, hunted and imprisoned each year. Its store has an interesting range of sweets, supplements, cooking needs etc
 - ◆ **Indian Spice Centre - SPECIAL OFFER:** VegSA members Rajesh and Chandran Segaram at the Indian Spice Centre's two shops will give 5% discount to any VegSA member - cash sales only. Contact Anne on 8390 2314 or vegsocsa@gmail.com to receive an Indian Spice Centre discount card. They specialise in pulses, spices and bulk rice as well as some vegetables. 159 St Bernard's Rd Rostrevor (near Foodland Shopping Centre), ph 8365 0266 and 592 Goodwood Rd, Daw Park ph 8177 1377

L.E.T.S. (Local Exchange Trading System)

Has several groups operating around SA, mainly in metro area. Members earn LETS units for goods and services (anything from a pot of jam to house sitting), which they can "spend" with other members. Most exchanges are for units only but a small cash charge can be included if the items being "sold" have required cash lay out. See:

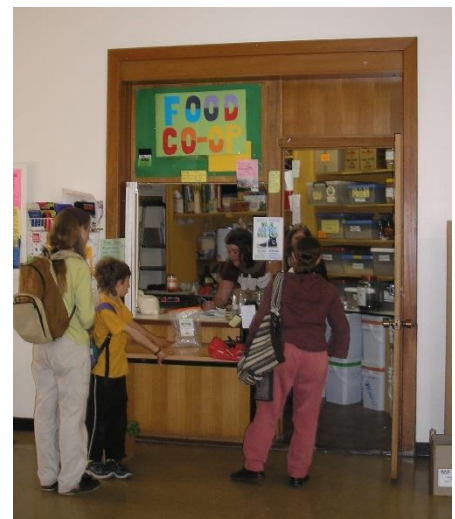
www.communityexchange.net.au

As well as individual trading, LETS stalls are included at:

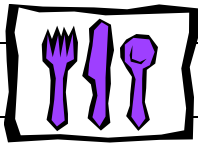
One Planet Market 9am – noon 3rd Sat./month at Payneham Community Centre 374 Payneham Rd. Contact: Sue sueandrewslets@gmail.com ph 8266 2757.

Clarence Park Environmental Market & Food Co-op

74 East Avenue Clarence Park 10.30am to 12.30 pm 1st Sat/month or Contact: Pam pam@theshoppe.com.au ph 8374 2531



Clarence Park Food Co-op



Eateries Update

◆ **Let them Eat** has closed its Croydon vegetarian café (due to termination of lease). Happily it now has a much extended stall at 26d Central Market Arcade Gouger St Adelaide. Ph 8211 9302 (also for catering). Hours Mon 10am – 3pm Tues – Thurs 8am – 4pm Fri 8am – 9pm Sat 7am – 3pm. Also offers catering (mainly, but not all vegetarian). Ph 0410 527 824 or via website: www.let-them-eat.com.au

◆ **Raw Adelaide** 2/2 Chapel Street Glenelg 5045 ph 8294 2122. Offers vegetarian & vegan “boutique dessert bar” specialising in raw treats, cold pressed juices, smoothies, nut milks, wholefoods...” Open 8.30-3.30 weekdays Thurs to 9pm Sat, Sun from 9.30 am to 3.30pm <https://m.facebook.com/rawconsciouseatery/>

◆ **The Middle Store** Vegewise lunched at The Middle Store 118 Winston Ave, Melrose Park in April and all enjoyed the Middle Eastern/Lebanese food. There are a number of vegetarian dishes with vegan options, all freshly cooked and nicely served, also a good range of teas and coffee. Friendly service. Open Mon – Fri 7:30am 4pm Sat 8am–2pm ph 8276 6000



◆ **Hopes and Beans** 190 Payneham Road Evandale has changed hands and unfortunately is not now wholly vegetarian. However a large part of the menu i.e. more than half of the lunch dishes and a large proportion of the cakes are vegan. The “meat” for the vege-burgers and hot dogs is made on the premises, as are many of the other ingredients, so easy to check it all out. Fresh, tasty dishes and organic coffee. Open 8am – 3pm Mon – Sat. Ph 0413 969 900 No website (yet), but several reviews via Google

◆ **Great Nature** at Christies Beach is scheduled to change hands in the middle of the year. VegSA and especially our Southern Group would like to thank John and his daughter for their hospitality over the years and wish them well in their new endeavours. Besides our regulars so many people have popped in to enjoy lunch and a chat. We do not yet know, but hope there will be someone to carry on the good work.

◆ **Vego and Lov'n It**, One of Adelaide's most long established vego eateries is all vegan - since last year! *Sorry Robin and crew, not all our lunchtime group can make it up those stairs, so we are a bit late with this news* Ph 8223 7411. 240 Rundle St Adelaide. (Look for the old mosaic sign above footpath) Open Mon-Fri 10:00am-4:00pm

◆ **The Depot Collective Café** A low energy and low waste café, has opened at The Joinery 111 Franklin St Adelaide. Open Monday to Saturday 7.30am-3pm for breakfast, lunch, coffee and cake. Meals are made with local and seasonal produce with plenty of vegan and vegetarian options. Catering available. (see www.thedepotcollectivecafe.com). The Depot is run by Maddie Harris from Café Troppo, Whitmore Sq.

◆ **Juice Lovers Juicery** Vegetarian and vegan juice bar – in conjunction with Veggie Velo - 34 Regent Arcade Adelaide. Open 8am-4.30pm Mon – Fri. 10am–3pm Sat ph 0479 010 539

VegSA's 'Food for Thought' Acknowledgments: Editor: Anne Sanders Assistant Editor and Lay-out: Pam Marshall. Mail out: Committee and members. **THANKS** to VegSA members who contributed information.

YES! 2016 is THE UNITED NATIONS 'THE YEAR OF THE PULSES'

Does that get your pulse going? Maybe not! Nevertheless it is great to know that the highest authorities are promoting this healthy food source that vegetarians and vegans have known about "for ever". Pulses feature greatly in many traditional cuisines around the world: in the Indian sub-continent, the Americas, Africa and the Middle East as well as fermented foods further east. There are no vegetarian African or Middle Eastern cafes/restaurants in the Adelaide area and only two wholly vegetarian Indian restaurants. (Virsa Delight¹ and Sukh Sagar² both in Prospect). Many vegetarian and vegan cafes and restaurants include traditional pulse dishes on their menus and many non-veg cafe/restaurants include them amongst their vegetarian dishes.

Pulses in Lebanese and Ethiopian cuisine

Food for Thought spoke to Raji at **HELLO DOLLY**³ at St Peters and asked, "How is it that you have so many bean and lentil dishes on your menu?" and found out that the dishes at Hello Dolly reflect the traditional food eaten for hundreds of years in rural Lebanon. It is the main food that was grown locally. People depended on what they could grow – no supermarkets! Meat was used sparingly as an ingredient in dishes that relied to a larger extent on vegetables.



Raji also suggested that use of pulses (rather than meat) can protect the environment as well as helping to overcome world food shortages and malnutrition. Hello Dolly's menu includes a large proportion of dishes with beans or lentils (all vegan) as well as vegan dips, pastries and salads. Their traditional sweets mainly include honey.

Food for thought editor also spoke to, Zed proprietor at **ADDIS ABBA CAFE**⁴ in Hindmarsh. For quite a few years now Zed and his family have been introducing South Australians to the delights of Ethiopian Cuisine. We asked, "How is it you include so many lentil and bean dishes?" and learned that in Ethiopia there are two fasting days during the week when no meat is eaten, as well as during the forty days before Easter. This is a cultural rather than religious tradition going back thousands of years and involving Muslims and Christians alike as well as Jews. On those days pulses, which are healthy & high in iron are eaten.

Meat is eaten more at week-ends but this is not large chunks, rather minced or cut up finely and used more as a sauce. This use of pulses means a healthy diet is accessible to every one rich or poor. For Ethiopian New Year on September 11th Zed is planning a three day (9th -11th) **Experience Ethiopia Event** in the City for everyone to experience Ethiopian food and culture.

1. **Virsa Delight Indian Restaurant** 276 Main North Road Prospects Ph 08 7225 5959 Open late afternoon to 10:30pm (closed Tues) www.virsadelight.com.au 2. **Sukh Sagar Indian Vegetarian Restaurant** 4/85 Prospect Rd Prospect ph 7120 2030 3. **Hello Dolly** 1A/ 103-111 Payneham Rd St Peters 5069 ph 83628273 11am-8pm (except Sunday). 4. **Addis Ababa** 4/462 Port Road, West Hindmarsh ph 8241 5185 email: zed@addisababacafe.com.au Opening times: Sun-Tues/Thurs 5:30- 9pm Wed Closed Fri-Sat: 5:30-10.30pm



BEANS BENEFIT HEART HEALTH

Adding just half a cup of beans a day to the diet can significantly reduce LDL (or "bad") cholesterol levels, according to a new meta-analysis published by the Canadian Medical Association.

Researchers analyzed data from 26 randomized control trials, which included 1,037 participants, and found that LDL cholesterol dropped an average of 5 percent after consuming half a cup of beans per day over an average of six weeks. According to the authors, the typical intake of beans in the United States is one-fifth of a serving per day, suggesting that adding half a cup of beans to the diet can be a simple way to benefit heart health. *Source: Ha V, Sievenpiper JL, de Souza RJ, et al. Effect of dietary pulse intake on established therapeutic lipid targets for cardiovascular risk reduction. CMAJ. Published April 7 2014.*



Book Review



Mezza to Milk Tart

“From the Middle East to South Africa in my Vegetarian Kitchen”
by Cecile Yazbek. Published: Wakefield Press*, Adelaide, 2011

Cecile Yazbek was born in South Africa into a Lebanese family. She learned cooking at home from her grandmother and mother, but also explored the cuisines of the many other ethnic groups around. She migrated to Australia in the mid 1980s and ran her own cooking school in Sydney. Besides covering an eclectic range of dishes in this book there is an introduction to ingredients and equipment, vegetarian

nutrition advice particularly relating to children and, of course, an index.

The recipes are mainly vegan but with occasional use of milk, mainly as yoghurt or cottage cheese or eggs (Cecile uses only free range). Nearly 20 pages are devoted to beans, lentils and tofu dishes. ‘Mezza to Milk Tart’ is a recipe book with a difference. Each section is prefaced with reminiscences and reflections showing a strong appreciation of and concern for the author’s fellow humans.

**Wakefield Press publishes a range of high quality books, many of them relating to South Australia. Wakefield Press 16 Rose Street Mile End SA 5031 www.wakefieldpress.com.au Phone: (08) 8352 4455 Fax: (08) 8352 4411 Open Monday to Friday 9.00 am to 5.00 pm*

PREPARING BEANS

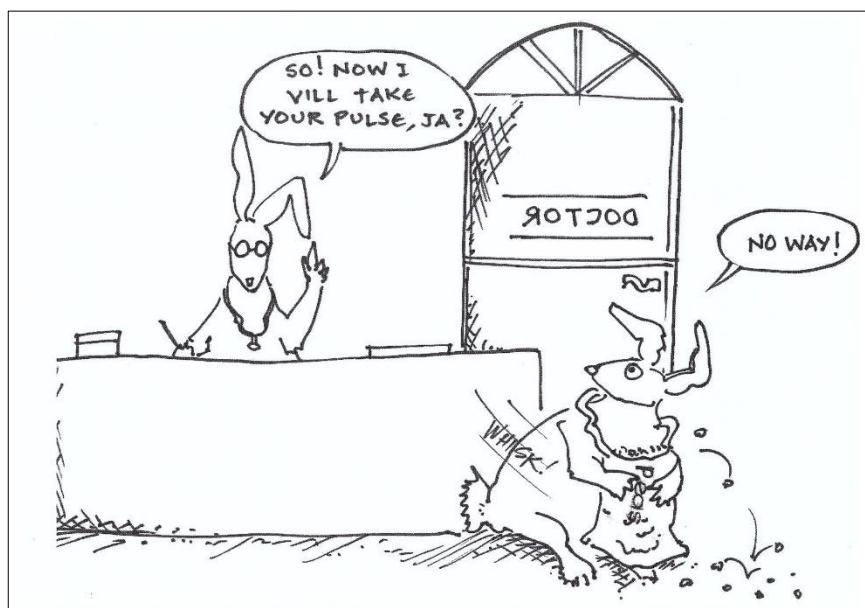
Many people have difficulty digesting beans which need proper preparation. Cecile Yazbek suggests:

1. Soak beans overnight, thoroughly rinse, then cook. If short of time (or if you forgot to soak).
2. Boil beans for 5mins. Cover and stand for 1 hour. Rinse then cook. Beans take from around 30 mins (lima beans) to 2hrs (soya beans) to cook.

VegSA has a copy of **MEZZA TO MILK TART** in its resource collection. Members can borrow books, DVDs etc. Contact Su on 83261062 or 0433553779 or email: vegus2003@yahoo.com.au

Campbelltown Library Cooking Demonstration: “PERFECT PULSES”

On March 12th the Campbelltown Public Library held an info session on how to use pulses, including cooking demo and food sampling. A range of dishes were prepared in front of us. The cooks/demonstrators were regular library staff, all obviously skilled cooks, which shows again how easy it is to draw on natural talent in our communities. Of the 18 attendees 2 were male. 2 or 3 were vegetarian and 3 (from VegSA) were vegan. As we had not warned the organisers we missed out on some of the tasting due to milk, egg or meat being included, although there were often vegetarian options. Most of the handouts (recipes, nutritional and environmental information) were from Pulse Canada and can be accessed on www.pulsecanada.com. Our friends at Indian Spice Centre (page 2) were recommended for pulses. Thank-you to Campbelltown Library staff for this enjoyable occasion and for so nicely demonstrating for us the **Power of Pulses**.



Recipe: DAAL - NEPALESE STYLE

Ingredients

2 tablespoons olive oil
1 cup yellow split peas
1 clove crushed garlic
1 medium onion chopped
1 diced tomato
1/2 teaspoon turmeric
Salt to taste
1/2 teaspoon cumin powder



Method

1. In a medium pan heat the olive oil. Wait little bit, then put one pinch of cumin seeds.
 2. Add onion and garlic.
 3. When they are cooked add turmeric and stir.
 4. After few seconds put the chopped tomato, then cumin powder. Simmer on low heat for 5 minutes until tomato and spices are cooked.
 5. After stirring add daal (split peas) and stir. Add salt according to taste.
 6. Add 3 cups hot water and cook 20 / 25 minutes until daal is cooked.
- After cooking you can put chopped green coriander. Eat with rice or roti (flat bread/chapati).

Thanks to Laxmi Adhikari Sanders



Cooking Classes and Courses

◆ **Cooking up a Storm** - VegSA Member Nat Playford of Cooking up a Storm (www.cookingupastorm.com.au/) continues to run private, individually designed classes, also hands on classes with WEA: Saturday 25th JUNE “**GLUTEN-FREE, DAIRY FREE VEGETARIAN**” 1pm - 5pm. Bookings: WEA: 8223 1272 or www.wea-sa.com.au

◆ **Food for Life Nutrition and Cooking Classes** - Heleen Roex-Haitjema is a medical doctor who is certified as a Food for Life Instructor by the Physicians Committee for Responsible Medicine (pcrm.org) in USA. She will be running a series of classes promoting the health, environmental and ethical advantages of a plant based diet. Cost: \$125 for five 2hr weekly classes: Five Tuesdays in August at Fullarton Park Community Centre, 411 Fullarton Rd Fullarton. For info/bookings Heleen: hsroex@mac.com or 0432 994 909

◆ **Ananda Marga Detox Retreat** - For 3 ½ days over Easter three VegSA members attended Ananda Marga Detox Retreat at Largs Bay. This was very comprehensive including talks and discussion, meditation, yoga, wellness and healthy cooking classes, sauna, walks on the beach, detox with fruit/vegetable juices and delicious vegan alkaline meals. Retreats are held from time to time – all vegetarian, mainly vegan.
Contact: Mahima Light 0466 984 686, 8337 3882 <http://www.facebook.com/AnandaMargaAdelaide>

◆ **Devashon Temple** (*Speaker at the recent VegSA AGM – “Fermented Foods”*)
Around the World all communities with very high life expectancy include fermented foods in their diets. These foods are uncooked so high in enzymes that are important for many body functions. Devashon described how he makes a range of fermented foods. You can learn about this at one of his 1 day workshops. Also offering two other one-day courses - in the Hills at Littlehampton:

31 July - Growing Edible & Medicinal Mushrooms. Learn to identify edible fungi. How to grow your own. Cook and eat some. Take home sample of oyster mushrooms. Cost \$30

15 Aug - Plant Alchemy: Plant Spirit Medicine: Bonding & Attuning to Plants. Dreaming Plants. Gardening and Seed Raising. Making Flower Essences. Radionics and more. Cost \$30.

Contact: Devashon ph 0421 595 191 devashaont@hotmail.com

Special offer: If you have been to a course before it's free to come and refresh. Invite a friend.

Countering Cold Sores: Lysine and arginine in the Vegan Diet

Contributed by Committee VegSA member Pamela Robinson

Lysine is an essential amino acid (we can't synthesise it ourselves) and it is needed for growth and development, collagen formation, calcium absorption and cholesterol regulation. Arginine is a semi essential or conditionally essential amino acid, depending on the developmental stage and health status of the individual. Arginine is needed for cell division, healing of wounds, removing ammonia from the body, immune function, and the release of hormones.

Both amino acids are available in a wide variety of foods and generally occur together. If you suffer from herpes simplex virus cold sores and lysine is not consumed in your diet in adequate quantities relative to arginine, you may become more susceptible to cold sore outbreaks. It is important to consume a diet that is rich in lysine to arginine ratio. Among the vegan foods with ratios of lysine to arginine greater than 1.5 are mango, apricot, apple, beets, pear, fig, avocado, turnips and tomato. In the vegan diet however foods usually contain more arginine than lysine. Arginine helps the virus replicate, while lysine counteracts the effects of arginine.

The herpes virus may become chronic in the body, remaining dormant in the nervous system, hidden from the immune system. When immunity is low due to poor diet, lack of sleep, stress, other illnesses, the virus travels back down the nerves to the skin producing cold sores (usually on the lips).

Sufferers of cold sores know the tingling sensation signalling a cold sore outbreak. Taking a lysine supplement at this stage may not be as effective as taking a daily supplement of 1,000mg. Some research suggests 3,000mg/day.

Any food that contains more lysine than arginine can be helpful in combating the herpes virus, but those with the highest lysine to arginine ratio are generally more beneficial. A list of foods with a high lysine to arginine ratio may be found at the following link <http://herpes.com/Nutrition.shtml>. Most in the list are not vegan.

A search on the internet shows a lot that has been written about the role of lysine in combatting herpes simplex cold sores.



Peter Singer interviewed on Late Night Live

ABC Radio National Thursday 12.5.16 (and 13.5.16)

Reflecting on progress in Animal Welfare since he wrote "ANIMAL LIBERATION" In 1975, Peter and interviewer Phillip Adams looked at the positive part played by "Capitalism as a force against Animal Suffering". In the EU favourable legislation in a number of countries led to its extension to the whole EU to ensure that other countries conformed to the same standards. In the USA, by contrast, changes followed popular demand that McDonalds phase out the use of eggs from caged birds. Although this is taking place over a number of years it occasioned Walmart and other large supermarket chains to follow suit. In USA the bottom-up approach worked better than the top-down of the EU because in USA money was seen to play a bigger role in influencing policy and politics.

Quoting George Bernard Shaw's assertion that humans will not achieve their full potential until their morality extends to include animals, Peter and Adams agreed that we are all on a moral continuum that must eventually include not just humans.

Peter views progress as: *"availability of meat alternatives - shelves and shelves of them in supermarkets in USA"*. But despite progress there is still a long way to go e.g. in Russia. Improved inclusivity to humans does not always lead to a better deal for animals. He says: *'the problem of specism probably can only be solved by changing the attitude of human beings'*.

Peter Singer Quote:

"All the arguments to prove man's superiority cannot shatter this hard fact: in suffering the animals are our equals".



VegSA Diary Dates

Upcoming VegSA Events:

- ◆ **Sunday June 19th 12.30 Lunch at RAW**, 2/2 Chapel Street Glenelg. . Bookings to Su: vegsu2003@yahoo.com.au or ph 8326 1062 / 0433553779 by Thurs June 16th
- ◆ **Saturday July 30th 12.30 Lunch at The Green Room** 2 High St Willunga bookings to Su; vegsu2003@yahoo.com.au or ph 8326 1062 / 0433553779 by Wed July 27th
- ◆ **Vegewise Group** (*Meets second or third Wed 12md - Bookings by Monday before event*)
June 15th – Modinetti* - 146b Henley Beach Road, Torrensville. (Home style Italian)*
July 20th- Hopes and Beans 190 Payneham Rd Evandale Bookings: Anne 83902314 vegsoca@gmail.com
Aug 17th - Namaste Curry Delight Café* – 4/609-6013 Marion Rd South Plympton*
*Contact/Bookings Pam 8374 2531 email: pam@theshoppe.com.au
- ◆ **Northern Star Vegetarian Group:** Meets occasionally according to demand. For information. Contact : Karin Ph 0466 972 112. email:glad2bveggie@gmail.com
- ◆ **Southern VegSA Group** monthly social get together: 2nd Saturday of the month from 12 md at **Great Nature** 3/48 Beach Rd, Christies Beach. No booking necessary but check in case of changes with Jill: 8386 1943 or Su vegsu2003@yahoo.com.au
- ◆ **VegSA Mail out workshop.** Usually at the Joinery 111 Franklin St Adelaide on the Sat. before we mail out on 1st Monday in Sept, Dec, March and June. Help always appreciated. Meet fellow members and share ideas. Contact Anne on 83902314 or vegsoca@gmail.com

Other Upcoming and Regular Events:

- ◆ **Animal Liberation SA:** 1st Sunday monthly - General Meeting **The Joinery, 111 Franklin Street, City (old Bus station).** Email: animal.lib.sa@gmail.com ph 0498 622 497
www.animalliberation.org.au PO Box 327 Mitcham Shopping Centre SA 5062.
Saturday 4th June:11:30am March to CLOSE ALL SLAUGHTERHOUSES (Worldwide Event) at Parliament House, Adelaide.
<http://www.animalliberation.org.au/events/2016/6/4/march-to-close-all-slaughterhouses>
Saturday 25th June, from 10:30am Protest to BAN JUMPS RACING
Morphettville Racecourse 79 Morphettville Road, Morphettville
<http://www.animalliberation.org.au/events/2016/6/25/jumps-racing-protest>
- ◆ **Sat June 25th 6pm** Animals Justice Party Fundraise: Capri Theatre 141 Goodwood Road Film **“Finding Dory**) Adult \$20, Concession and under 15 \$15. Prebook to win.
<http://www.trybooking.com/180873> Enquiries: secretary.ajp.sa@gmail.com
- ◆ **Sat July 2nd FEDERAL ELECTION!** *Animal Justice Party would appreciate volunteers to hand out How to Vote fliers* **Contact:** secretary.ajp.sa@gmail.com
- ◆ **Sun Aug 14th** Luke Delbridge “The Vegan Marathoner” will be in Adelaide. He is running 4 marathons in 4 consecutive months to educate the public regarding being vegan and fundraise for Animals Australia. You can Like, Share, and Donate at the link: THE MARATHONS
- ◆ **Adelaide Vegans:** Brings vegans together for networking and social gatherings. Dinner Friday evening at various vegetarian restaurants. (Occasionally at weekends or at other places with good vegan options.). Bookings essential to enable the venue to reserve a table. For details and booking see 'EVENTS' page at: www.adelaidevegans.org or ph. Ken 0415 382 121
- ◆ **Meetup Group** - Adelaide Social Vegetarians: a social group for vegetarians and vegans of all ages including anyone who is not yet vegetarian or vegan but who would like to adopt that lifestyle. Meets regularly for dinner or lunch at cafes & restaurants that cater for vegetarians and vegans. To join visit: <http://www.meetup.com/Adelaide-Social-Vegetarians> or for more info: Corin: coco39@internode.on.net
- ◆ **Natural Health Society (SA) Meeting** and lecture 7.30pm 1st Tuesday monthly (except Jan). Unley Citizens Centre, 18 Arthur Street Unley. Regular Guest Speakers. Cost \$4 /\$3 conc/members. Speakers: **June 7th Robert Harding and Babara Warhurst:** An introduction to Glutathione Patches to improve healing. **July 5th Rosslyn McLeod qualified Alexander teacher:** Alexander Technique - practical hints and short documentary.

VegSA - P.O. Box 311 Kent Town 5071 Ph 8260 2778 Mob 0466 972 112 e-mail: vegsoca@gmail.com