

Food for Thought

Vegetarian & Vegan Society (VegSA) Inc. Newsletter

Issue 2/19 June 2019

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AGM	P1 and P6
GMO moratorium (cont.)	P6
Animal support groups	P1 – P4

Classes and Courses	P7
Eateries update	P5
Diary Dates	P8

VegSA News – AGM and GMOs

In early April VegSA was called to speak to the Select Committee on the Moratorium against the Production of GE crops in SA. See update on P6.

VegSA held its AGM on Sunday April 28th at the Conservation Council SA's Centre (The Joinery) at 111 Franklin St Adelaide. Despite a low turnout (due perhaps to so many other events happening that week end) we got through all the essential business (see P6 for more details) and finished in time for an excellent shared lunch. Many thanks to all who contributed.

Following lunch we welcomed representatives from animal support groups telling us about their different activities: Animals Australia Volunteer Group, Animal Liberation SA, Animal Activists SA, CATS (Cats Assistance to Sterilise), Animal Justice Party's Writing Group and of course VegSA. Here are summaries of their presentations.

ANIMALS AUSTRALIA (AA) VOLUNTEER GROUP

Meagan Lamming, who volunteers with a small group of other volunteers in SA, gave us a Powerpoint presentation showing some of the AA group's activities. As well as working with Animals Australia on specific campaigns when requested, they work in a number of ways to bring the vegan/animal rights message to the public.

They hold merchandise/information stalls at events, markets and shopping centres selling AA merchandise and distributing information, including AA's vegetarian starter kit. They also do leafletting, sausage sizzles and food outreach at different locations around the metropolitan area.

The group's approach is non confrontational: they try to connect with people, find out where they are in their thinking and what motivates them and then give them more information to help them stop using animal products. The starter kits spell out the problems with meat, dairy and egg production plus health issues and suggests solutions in the form of alternative, plant-based products and recipes.



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For the last several years the group has held a stall in the **Pet Centre at the Royal Adelaide Show**. Originally there were a lot of breeders and businesses who used animals for profit in the Pet Centre - there were even stall holders selling baby guinea pigs, quails or mice that people would carry around the show before taking home - There has been a big change in the tone of the Pet Centre and last year it was full of rescue groups and animal welfare and animal rights groups.

When the **School Strike 4 Climate Change** happened in Adelaide the AA group was there and handed out 200 free vegan sausages. As Meagan says, "The Kids understand" the climate connection.

If you would like to know more, or perhaps volunteer to help you can contact Meagan on email: mlamming@bigpond.com or by phone/text: 0433 000 674

ANIMAL ACTIVISTS SA (AASA)

Presented by Michelle Pallant

AASA was started about two and a half years ago. Its main activity has been raising funds for animal sanctuaries and animal care groups, mainly through film showings. So far they have raised funds for: Ginger Ninger, Wombat Awareness, Little Farm of Sunshine, Little Hills Animal Rescue, Moving Paws Inc, Fairview Lodge, Fauna Rescue.

AASA also takes advantage of special occasions. In August 2018 they celebrated World Plant Milk Day by distributing samples of plant milk and plant yogurts, that they had had donated or bought through donations, to passers by in Rundle Mall and North Terrace. This led to some interesting conversations. On Mother's Day 2018 they held a rally in Rundle Mall showing footage of the dairy industry and provided hand-out flyers. They have also organised a Live Export Rally down King William Street that included three "politicians" in handcuffs and prison outfits. AASA also organised the colourful Vegan March from North Terrace to the Vegan Festival venue in Victoria Square in October last year. For more information see Animal Activists South Australia's Facebook page.

AASA's next event and **main fundraiser for the year** to raise money for a local animal sanctuary will be the highly acclaimed film "**The Last Pig**". This non-graphic story raises crucial questions about the ethics of eating as it tells of "an intimate journey into the life of a pig farmer as he grapples with death, searches for compassion and finally finds the courage to change". See www.argofilms.com/last-pig-0.html However **100 bookings are needed to go ahead. So please book early.**
When: Thursday Sept 19th 6pm (film lasts 55mins)
Where: Capri Cinema, Goodwood

Cost: **\$15 if paid by July 23rd**, then \$20. Speakers and snack sales also planned for the evening.



Newsclip

During the last day of senate sitting the industrial chemical bill 2017 passed. **This signals the end of cosmetic animal testing.** After considerable pressure from the cross-bench, the government committed to 11 steps which eliminate cosmetic animal testing. I have been advocating for the ban since entering the senate, co-sponsoring a motion and amendments which eventually led to these government commitments. I am also pleased with the government's commitment to further funding the development and uptake of non-animal testing methods. Newsletter #6 – January/February **Tim Storer Independent Senator for SA 1.3.19**
(Unfortunately Senator Storer did not stand for reelection in 2019)

C.A.T.S (CATS ASSISTANCE TO STERILISE)

presented by Alice Shore

C.A.T.S. was established by Christine Pierson in 1988. Christine was appalled by the number of kittens being euthanised by the RSPCA and Animal Welfare League. She asked established groups for help with the sterilisation program and when that help was not forthcoming set up C.A.T.S. are at greater risk of euthanasia.

Over the last three decades C.A.T.S. has organised desexing of over 120,000 cats, preventing the birth of some 2 million unwanted kittens. The organisation subsidises cat sterilisation for people who need help. Applicants are referred to a cooperating vet, who performs the operation charging just enough to cover their costs: \$91.50 for a female and \$68 for a male, plus \$2 from C.A.T.S. The service is not for pedigree cats or for breeders of cats. C.A.T.S. also helps people who desex, feed and manage groups of cats on private properties. This method of control has been taken up by several councils in South Australia.

New state regulations came into force on 1 July 2018: cats over three months must be micro chipped and then desexed by six months. Some councils restrict cats to two per household. There is a dilemma for those with more than two cats and "ownerless" cats

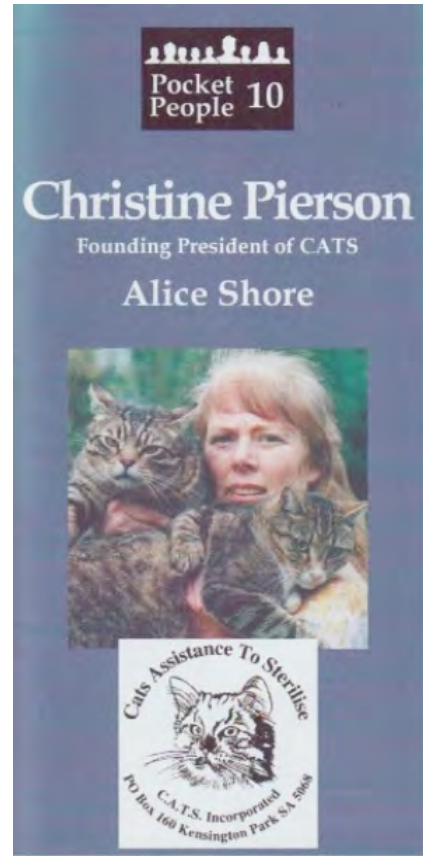
The regulation has undermined successful cat management; calls to cats for desexing have plummeted by 60%. People don't want to be recorded on the State's Dog and Cat Management register.

Cats are used as scapegoats for loss of native species in Australia, whereas the main cause is loss of habitat. There is no accurate idea of how many "feral" cats there are - possibly between five and eighteen million. The SA environment minister has an ill informed opinion, stating there will be no cats in South Australia by 2030 and the Federal Government has a plan to destroy two million cats by 2020 using cruel methods which include the poison 1080. A number of studies have shown the futility of this approach. As cats are removed others move in to take their place. Cats in outback Australia, not fed by human resources, can't be reduced in numbers. Cats fed by human resources can be caught, desexed and returned to "home". But in the outback areas generally undesexed cat populations rapidly increase. With the more effective desex and return to home policy advocated by C.A.T.S., the cat numbers declined to the minimum to hold territory. If there is a vacuum of cats, populations of snakes, mice and rabbits, which rival native species for resources, build up, thus encouraging more cats to move in. There is no non-cruel poison and poison also affects native populations and groundwater.

C.A.T.S' website is a very useful source of information: www.catsassist.org.au

You can contact cats at PO Box 160 Kensington Park SA 5068. Phone for low price desexing: 83310476

The Pocket People: Christine Pierson by Alice Shore, telling the story of Christine's life, work for animals and establishment of C.A.T.S. is available from VegSA for \$4 plus \$1 postage. Postage \$2 on 2,3 or 4 copies.



AJP WRITERS GROUP statement by Di Cornelius

Di was unable to attend due to AJP meeting. Alice Shore represented her.

My apologies for not being there today. I would have loved to be involved. We have 36 members who read the newspaper articles I send to them each day from the Advertiser, the Guardian, the Messenger, the Conversation and ABC news.

If the items are of interest to them they can write to the Editors or politicians involved while the issue is relevant.

Phil has a website called voicesforanimals.net that was begun by our grandson and is an excellent resource for people interested in writing and perhaps needing some ideas. It contains all the published letters which are kept under their many titles, such as dairy cows, rodeos, native animals etc. There is also a list of the newspapers in Australia and their email addresses. Young people have also contributed. So it is well worth taking a look.

We meet once a month on the last Sunday at the Box Factory Regent Street South, Adelaide, an hour before the AJP meeting.

We are enthusiastic and always welcome anyone who is interested in joining us.

Contact details for Di and Phil Cornelius are: diphilcorn@gmail.com

ANIMAL LIBERATION SA (ALSA)

Janine Clipstone, a representative for ALSA described the organisation as a "fairly small volunteer group advocating for animals" [As a "fairly small volunteer group" ALSA certainly punches above its weight. Ed] As such it has been involved in a range of strategies over the last four decades.

A recent projects was alerting the public to "the real cost of dairy" with billboards showing, "Grieving mums like Blossom are forced to give birth annually". In March and April this year ALSA funded adverts on the back of metropolitan buses with the message "A VEGAN DIET IS THE SINGLE BIGGEST WAY TO REDUCE YOUR IMPACT ON PLANET EARTH - Joseph Poor, Oxford University UK."

This also appeared on billboards in various locations. During April ALSA was able to pay for a truck to display the message: "BAN LIVE EXPORTS – COOKED ALIVE – SOME TRIPS SHOULD NEVER BE TAKEN – VOTE TO END LIVE EXPORTS" as it drove around Adelaide and suburbs.

Over the past decade ALSA has protested against horses being forced to race over jumps at speed, which is highly dangerous. This Easter weekend they again organised a demonstration outside the entrance to the racecourse at Oakbank. In this they were supported by the Coalition for Protection of Racehorses (Victoria) whose representative brought flags and signs. Fortunately this year no horses lost their lives, which has happened many times in the past. Whilst it is frustrating that this practice continues, the numbers attending, especially on Easter Monday, have declined considerably over the decade (from around 100,000 to about 25,000 for the week end) and the former draw-card steeplechase has had to be moved to the Saturday. It is hoped that with continued declining numbers and increasing publicity jumps racing in SA will soon be a thing of the past.



Continued next page.

Another long-standing ALSA campaign is against duck shooting. Again only SA, Victoria and Tasmania allow an open season to shoot native ducks and quails. In December 2018 ALSA was invited by RSPCA(SA) together with Birds SA, Fauna Rescue SA and Animal Justice Party to contribute to a submission to the Minister for the Environment against the continuation of a duck shooting season. This consultation resulted in only minor changes: slightly shorter season and a smaller "bag" allowed. And yet it still continues even though there are only quite a small number of licensed shooters and many people in South Australia are against it, many assuming that it had already ceased. Unlike in Victoria, the Duck Shooting season in SA is on game reserves and private land out of sight of the public and so very hard to monitor. This is an ongoing campaign. Last winter ALSA organised a demonstration to alert the public of shops selling down-stuffed winter garments. ALSA had placard showing the suffering of birds plucked for their down. ALSA plans to hold similar demonstrations in the winter months again this year.

ALSA can be contacted at: animal.lib.sa@gmail.com or phone 0401 870 957 and for more information see www.animalliberation.org.au or its Facebook page.



Eateries Update

IDLYPOINT SOUTH INDIAN CUISINE

VegSA members and friends had lunch catered by IDLYPOINT on Sunday March 31st. It was not only affordable but also very filling. It was good to have the chance to meet up with friends and to sample Ravi and Rajlaxmi's catering, which is considerably different from the eclectic menu of most Indian restaurants.

Their take away dishes are available at weekends at **Express Deli** 1/33 Investigator Drive, Woodcroft ph 8322 1101. Order by 11am for pick up from 1pm and before 3 pm for pick up from 5pm. Larger orders (\$50 and above) can be collected from their home in Christie Downs, ph 0401 310 996. Functions also catered for.

FUZZY WOMBAT KITCHEN

Our Southern Social group plans to have lunch there again soon. See Diary Date P8 for details. Fuzzy Wombat Kitchen at 48 Cliff Avenue Port Noarlunga South serves snacks and hot meals, which are **all vegan and gluten free**. **Open:** 8:30am - 4pm Tuesday to Sunday.

Contact via Facebook ph. 0435 269 685 email: fuzzywombatkitchen@hotmail.com

LARGE NUMBER OF VEGETARIAN/VEGAN EATERIES LISTED ON VegSA WEBSITE

As the number of veggie places increases in and around Adelaide it becomes difficult to report on them all. We do however try to keep the list up to date on our website, including an indication of days and opening times (thanks to our efficient web master). However businesses can change details without warning so if you find any discrepancies please let us know. We will still try to report on as many as we can.

THE IMPOSSIBLE BURGER – IS IT SAFE TO EAT?

In our last issue we reported that a synthetic product the "Impossible Burger" had been highly awarded at an inventors' show (The Consumer Electronics Show) held in Las Vegas some months ago. We now read that: "This genetically engineered meat substitute, available through a number of restaurants, is highly controversial and may be causing health issues. A number of people have already reported digestive distress after eating the burger. This is not surprising given its ingredients, including a combination of untested genetically engineered proteins" which include "genetically engineered soy that was sprayed with Roundup herbicide, and genetically engineered derived vitamins, utilizes a high-risk genetically engineered yeast in its production process." Search "Impossible Burger GMOs" to **Check it out**. (Also P6 for our GMO report)

VegSA Acknowledgments: Editor: Anne Sanders. Proof reading: VegSA Committee. Mail-out: VegSA Committee and Members. Thanks to those who have contributed.



VegSA News

AGM REPORT

At the AGM on Sunday 28th April the following Committee was elected:

President: Anne Sanders, **Vice President:** Pamela Robinson. **Secretary:** Paul Martin. **Treasurer:** Anthony Mc Aulay. **Committee members:** Karin Basse, JLL Pocius, Su Stephens, Joy Danielson

The following roles will continue to be administered by: **Web master:** Pam Robinson, **Events Coordinator and Southern Social Group Coordinator:** Su Stephens, **Northern Star Social Group Coordinator:** Karin Basse, **Public Officer:** Anne Sanders

As you can see the Committee remains much the same. Two members, Ken Lawson and Denise Ness declined the invitation to remain on the Committee due to other major commitments. Ken and Denise both have considerable expertise and we hope we can still draw on this when required. Meanwhile we have room on the Committee, which requires, in addition to the Officers, a minimum of three and a maximum of nine Committee members. To be a Committee member you need to be a member of the Society and be in agreement with its Objectives (see VegSA website). If you think you might like to join the Committee contact VegSA by email, phone or text message (See P1) VegSA's Committee meets quarterly (with occasional extra meetings as needed), following the newsletter mail-out workshop at The Joinery, 111 Franklin St Adelaide (site of old bus Station). Communication within the Committee also takes place via email between meetings.

GMO SUBMISSION AND SELECT COMMITTEE HEARING

In the Food for Thought newsletter in December 2018 we mentioned that VegSA had put in a submission to the Select Committee appointed by the South Australian Liberal government to consider the Moratorium Against The Production of Genetically Engineered Crops, extended to 2025 by the previous Labor Government. The main points made in our submission were:

- It is questionable as to whether food produced using genetically engineered organisms (GMOs) can be healthy and nutritious. Such foods are certainly viewed with suspicion.
- GM canola, as with many GM foods, is created to be resistant to herbicides. As weeds become resistant increasing amounts of chemicals are needed.
- Canola, the only crop being considered at present, constitutes only 2% of SA broad-acre production so adding GM canola would not contribute significantly to the State's economy.
- Only a small proportion of growers have asked for the GM ban to be lifted.
- Contamination of non-GM by GM crops is almost inevitable where both are allowed.

We also asked that, if the Select Committee decided to conduct hearings, that we be included.

SELECT COMMITTEE HEARING

Subsequently, in April 2019 VegSA was invited to "give evidence before the Committee". This proved somewhat problematical: Jim Mitchell who had prepared our submission was away on essential business. Other committee members were working or felt that they had insufficient grasp of the topic and too little time to research it. I (as President) felt the opportunity was too good to miss and volunteered to meet the Committee. I tried to research deeper into the science to understand how GMOs work and how safe or otherwise they are. I read a number of the other submissions⁽²⁾ (very interesting reading), but when searching for more of the information I needed I found little Available. I pointed this out to the Committee when I met them on April 10th and they seemed to agree this was an issue. They also mentioned that the previous interviewee, Dr Judy Carman, had told them that "there had been no defining studies done as to the health effects on humans". Dr Carman, I realised later, had put in a very detailed submission⁽²⁾ (under the name of her organisation – see below.) She also had written an article in 2008⁽³⁾ for the Natural Health and Vegetarian Life magazine (the predecessor to True Natural Health, familiar to most of our members), which made many of the same points and which I suggested to the Committee "are possibly still relevant today".

The discussion then moved away from the facts (or lack of facts) regarding health and safety to the perception our members might have of GMOs and how this would affect their purchasing. This led on to a, somewhat unexpected, discussion on the adequacy of labelling, that "People want to know what they are eating" and a question from the

Committee, "Do you think it would be a good recommendation to say that food should be labelled accordingly if it contains GM products?"

POST SCRIPT

Following on from the Select Committee hearing I have read more of the submissions, including Dr Judy Carman's and looked for more sources of information⁵, some of which have come from our friends at ASTRO⁴. Turning to these "alternative sources" it seem there are credible studies that have shown considerable health benefits of eating organic, which includes cutting out all GMO's. However, due to the paucity of labelling in Australia and USA (source of many of the studies), it is almost impossible to determine whether GMOs themselves are the problem. In a court case in California in August 2018 Monsanto was found guilty and heavily fined for not disclosing the known toxicity of Round-Up shown to have caused this case of non-hodkinson's lymphoma. There are 1000s of related cases to be heard.

1. All submissions and transcripts of hearings (as they happen) are available at www.parliament.sa.gov.au Go to: Committees, then: Select Committees, then: Moratorium on the Cultivation of Genetically Modified Crops in South Australia, then: submissions or transcripts.

2. Dr Judy Carman's submission on behalf of Institutional Health and Environmental Research

3. Natural Health and Vegetarian Life Winter 2008 P.62

4. ASTRO: Alternative Science and Technology Research Association. Interested in health and environment as well as other technical issues. Meets 2nd Friday of each month at Cumberland Park Community Centre. See: www.astro.com

5. Genetic Roulette: Geoffrey Smith 2007 gives extensive references and examples of problems. And see: www.responsibletechnology.org
Anne Sanders (President VegSA)



Products on the Market

TOM AND LUKE'S SNACKBALLS Foodland \$2.75 for 70g = 5 balls. 10 ball pack is slightly more economical. Various flavours using nuts, dried fruit cocoa powder etc. Made in NZ. Non GMO, gluten free, vegan. (Some other Tom & Luke products have whey protein.). See: www.tomandluke.com.au and www.tomandluke.co.nz

All New Zealand grown produce is GM free, although imported ingredients in NZ products may not be. All fresh fruit and vegetables grown in Australia are non-GM. Australian certified organic foods are 100% GM-free

For lists of GM free foods available in Australia see: www.gmfreeaustralia.org. Includes some of our favourites:

SWEET WILLIAM CHOCOLATE - Sugar and dairy free chocolate www.sweetwilliam.com.au

SYNDIAN NATURAL FOOD PRODUCTS - Vegan burger mixes, falafel, pumpkin bites www.syndian.com.au

FRY FAMILY FOODS which says "Our entire range of food is NON GMO; we ensure that all ingredients used are sourced from producers that adhere to our strict standards. We also test our raw materials with the independent auditors to ensure that all ingredients are free from genetically modified organisms.

For an explanation of GM labeling in Australia see www.madge.org.au/are-gm-foods-labelled-australia

Cooking Classes and Courses

Natalie Playford of Cooking up a Storm runs classes for WEA: **This quarter:**

QUICK AND TASTY VEGETARIAN (suitable for vegans) Sat June 15th 1-5pm.

SPRING GOURMET VEGETARIAN 14th September, 1-5pm

Cost \$107.00 per class. Bookings and enquiries: www.wea-sa.com.au ph. 8223 1979.

Natalie also offers private, individually tailored classes. Contact her on ph 8386 1672 or 0403 555 011.

FOOD FOR LIFE NUTRITION EDUCATION + COOKING DEMONSTRATIONS

Heleen Roex-Haitjema, a medical doctor who is certified as a Food for Life Instructor by the Physicians Committee for Responsible Medicine* (pcrm.org) in USA runs a series of classes demonstrating **the scientifically proven powerful health effects of plant based nutrition.**

Classes run one evening a week for 5 weeks at Fullarton Community Centre 411 Fullarton Rd Fullarton.

Future courses: 22 July to 19 August and 7 November to 5 December Cost \$150 for 5 sessions.

Enquire early with Heleen: ph. 0432 994 909 heleen@droex.com

FAREWELL TO THELMA RALSTON It is with sadness that we heard recently of the passing of Thelma Ralston, a long standing member of VegSA who turned 97 last year. She was farewelled by family and friend at a funeral service on May 20th. Thelma, we shall miss you and your very positive attitude to life.



VegSA Diary Dates

EVERYONE IS WELCOME TO ATTEND VEGSA's SOCIAL EVENTS

- ◆ **Sunday July 7th 12.30pm Lunch** Fuzzy Wombat Kitchen at 48 Cliff Avenue Port Noarlunga South. Everything vegan and gluten free. Book with Su: vegsu2003@yahoo.com.au ph or text; 0468 397 219. Also see VegSA Facebook page or contact VegSA (see contact details below).
- ◆ **Northern Star Vegetarian Group:** Meets once or twice per quarter. For activity this quarter contact Karin: email: glad2bveggie@gmail.com or ph.0416 899 813
- ◆ **Southern VegSA Group monthly social get together** 2nd Saturday of each month at **Great Nature** 3/48 Beach Rd Christies Beach. No need to book but **Check in case of changes** with Su: vegsu2003@yahoo.com.au or Jill ph 0401 621 287
- ◆ **Vegewise Group** Usually meets monthly, mid week. Currently on hold, as it is in need of a coordinator.
- ◆ **VegSA Quarterly mail-out workshop.** Usually at the Joinery 111 Franklin St Adelaide. Meet fellow members and share ideas Help always appreciated. Followed at 1pm by VegSA Committee meeting. Members are welcome to participate (but not vote). For details of next workshop contact Anne on 0466 972 112 or email vegsocsa@gmail.com

Other Upcoming Regular and One-Off Events

Saturday June 8th 10am- 2.30pm 52 William St Littlehampton **Geometric Music in our Biology** Cost \$30
Geometry of sound, Resonance & Waves, Music in our cells, Harmonic theory etc For more details or to book ph or text
Devashon: 0421595191

- ◆ **INTERNATIONAL VEGETARIAN UNION WORLD VEGFEST** 23rd and 27th of August 2019, Berlin. the world's largest vegetarian event, in association with the Vegan Summerfest, (IVU was founded in Germany in 1908 and since then has held festivals in many countries.) There will be speakers from all over the world, cooking shows, live music and stage performances, workshops, a fashion show featuring sustainable vegan fashion, a children's program and hundreds of food stands. A great place to meet up with Veg's from all over the world. FOIR MORE INFORMATION SEE: www.veganes-sommerfest-berlin.de/en/vegan-summer-festival-berlin/

◆ Thursday September 19th 6pm, "The last Pig".

Capri Cinema 141 Goodwood Rd Goodwood

A hope "THE LAST PIG will propel a shift in our society's relationship with non human beings and our capacity for compassion."

This is Animal Activists SA's major fund-raiser for the year and will support an animal rescue charity (to be named). 100 advanced bookings needed to ensure the event. Tickets \$20, but \$15 if you book by **July 23rd**, then \$20. Speakers and snack sales also planned. For bookings and updates See Animal Activists SA's facebook page.

Saturday 26th and Sunday 27th October 2019

Vegan Festival in Rundle Park see: veganfestival.info for continuing updates

- ◆ **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 Sth Adelaide. 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 the venue to reserve a table. For details and booking see 'EVENTS' page at: www.adelaidevegans.org or ph. Ken 0415 382 121. AV website recently updated. If you are a member of AV and have not reregistered you need to do so to get full access.
- ◆ **Adelaide Social Vegetarians:** 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 contact Corin: coco39@internode.on.net

For more events in SA and around Australia see Vegan Australia's website: www.veganaustralia.org.au/events

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