



Food for Thought

Vegetarian & Vegan Society (VegSA) Inc.

Newsletter

Issue 2/21 June 2021

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VegSA News

VegSA held its 2021 AGM on 29th April. Preceding the business meeting retiring President (and newsletter editor) Anne Sanders gave a short presentation on **The history of the organisation drawing particularly on material in the Society's archives**: magazines dating from 1948 (of which we have an almost complete collection) and minutes of members' meetings dating from 1964. This is a somewhat expanded version of that talk.

Whilst there were vegetarian groups happening around Australia as early as the 19th century, records of these are sketchy. The earliest records we have is of the Australian Vegetarian Society established in Sydney in 1948. Over the next few years branches were formed in other capitals, with the earliest mention of the Adelaide Branch being in early 1950. Amongst the aims of the organisation were: "To spread the principles and advantages of Vegetarianism and the ideals of a humanitarian mode of life", "To extend and organise vegetarianism in Australia", "To encourage cooperation between vegetarians throughout the world" and "To facilitate the supply of vegetarian food". To these ends the Organisation produced a small magazine, **The Australian Vegetarian**, originally from Sydney for all the groups' members, but when the Sydney group experienced difficulties in 1957 production was handed over to the Adelaide group.

Each issue of The Australia Vegetarian included notices and reports of meetings, health articles, adverts, recipes and comments on animal rights issues.

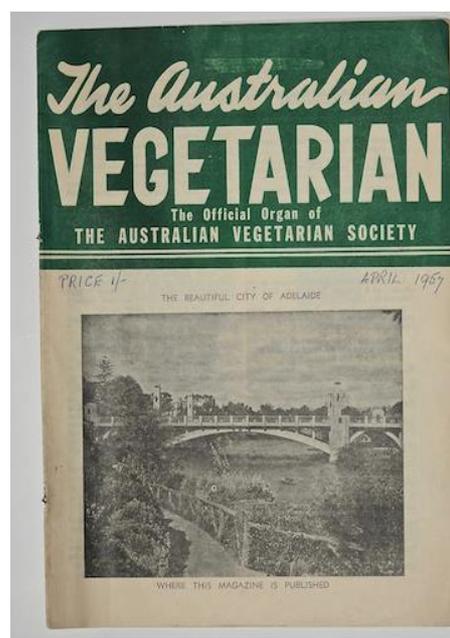
In Volume 2 No.1 we read:

"Flesh Foods Wasteful Beyond Belief

For flesh foods are not only antiphysiological, but they are wasteful almost past belief. If we no longer bred animals for slaughter, there would be plenty of food for all the starving people of the world. For we get only one eighth of the food value that an animal consumes, which is such a poor return on capital that a more level-headed generation will not waste its resources by raising such ruinous crops as meat proves itself to be in all respects. an acre of land producing grains can support seven to ten times as many persons as an acre given over to meat production."

And in Volume 1 No.1 P. 7:

According to the Ministry of Health, in the 14 years ending December 1946, only two children (under five) in England and Wales died of smallpox, but 56 died of vaccination. (From the Vaccination Enquirer")



Volume X No 1. First SA Issue of Australian Vegetarian, includes an article against zoos, one about vegetarian champion swimmer Murray Rose and an informative article on the Grape Cure.

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The SA group continued to organise the publication on and off until 1984. However, by 1963 the quarterly magazine had been replaced by a monthly news-sheet, a single double-sided sheet of foolscap named "**Vegetandus**". This was typed onto duplication sheets and run off by hand on an ink duplicator. Vegetandus sold for 3d, but this was included in the membership fee of 10s, or \$1 as we swapped in 1966 to the new currency. Despite its small size it covered the same range of material, including some longish articles on a wide range of topics, e.g. Sprouting, Macrobiotics, Fluoridation, Celery, Herbs for a Healthy Garden, Butter on Trees (Avocado), Ahimsa, Salk Vaccine, Gymnosophists.

"The Jain Gymnosophists of Central India were known as 'The naked philosophers'. They taught that all life and energy came from the sun, and it was part of their religious practice to eat nothing but what the sun had ripened. These people lived on fruit and vegetables and claimed they kept their bodies clean by not eating flesh foods; they also held strong views of asceticism and purity of thoughts. Their religious records state, and Greek writings confirmed them, that they lived 150 to 200 years of age. Their magnificent white marble, elaborately sculptured series of shrines, temples and tombs, make Mount Abu one of the seven wonders of India." Vegetandus June 1966 (abbreviated).

The Adelaide group met monthly, either indoors, usually with a shared lunch, or outdoors with a picnic. There were interesting speakers drawn from visitors to the state or locals, including members of the group. Noticeable was a sub-group of Young Vegetarians who would invite other members to participate in their events: hikes, shared meals, etc, usually followed by a sleep-over. By about 1970 these younger members had all moved on and the group never revived. At the end of 1972 it was decided to replace Vegetandus and revert to the **Australian Vegetarian** magazine format, to be bimonthly but again with similar content. Its emphasis is mainly on health and nutrition with some regard to environmental issues. Over the next few years, with a growing range of products, we see more mention of resources: several vegetarian or vegan cafes opened around Adelaide and a few vegetarian guest houses opened around Australia. There are more animal-free products including cosmetics, as approved by Beauty Without Cruelty.

Vegetarian or Vegan? In the early days of the magazine there is virtually no use of the term "vegan", although the word was invented in 1944. One of the early speakers is mentioned as being "vegan", but otherwise no other mention.

Recipes, in the early days, frequently included eggs, milk and milk derivatives. Advice to an inquirer on how to transition to vegetarianism is to use milk, eggs, cheese etc (Vol 3 No 4) although, in a 1950 issue, Madam Mira Louise (founder of the SA Branch) pointed out clearly the health problems associated with milk. In 1968 Jay Jinshah (Founder of the American Vegan Society) visited Adelaide and spoke to a number of groups and the media on AHIMSA. Following that the magazine's recipes and other material were closer to vegan, although the word was still barely used. Vegetandus (Jan-Feb '68) reports, "Jay's message and example was a challenge to all of us to press on to the ideal way of life exemplified in the Vegan concept through Gandhi of AHIMSA":

A – abstinence from animal products.

H – harmlessness, reverence for life, respect for life of God in animals and humans.

I – integration of thought, word and deed.

M – mastery over oneself.

S – service to all with dynamic harmlessness.

A – advancement of understanding and truth.

The Vegetarian Society's founders were drawn mainly from the naturopathic community and members of sympathetic religious (largely Christian) groups. Throughout, there have been references to spiritual aspects of vegetarianism. In 1985 magazine production was handed back to New South Wales with much the same type of content and format. In 1991 however there was a big shift when the Vegan and Vegetarian Societies in New South Wales combined to produce a 36 (later 52) page magazine. This was made available to all the Australian vegetarian societies or branches. Subscription was \$15 / \$10 concession, later rising to \$20 / \$15 concession. Now the recipes were usually vegan. Books and other products were made available for sale and there were naturally more adverts to support the new, larger format. In 1996 the Vegetarian Society Joined with The Natural Health Society in New South Wales to produce New Vegetarian and Natural Health, later titled Natural Health and Vegetarian Life. From 2011 this was superseded by the Natural Health Society's True Natural Health Magazine. The SA Society has included these magazines in its membership throughout but, to keep members up to date with local events, it found it necessary to also have a single page insert. This "SA Update" eventually evolved into the current "Food For Thought" newsletter.

One feature of the Society's publications in all its formats has been reference to related organisation, with which there was often a strong crossover of membership. In the early days in South Australia this meant mainly the SA branch of the Anti-Vivisection Union. After 1964 it included the Animal Welfare League set up to complement the work of the RSPCA. From 1962 the Society also worked closely with the newly formed Natural Health Society (SA). In 1975 Peter Singer published his very significant book "Animal Liberation" leading to the formation of an Animal Liberation group in New South Wales, then in 1982 Animal Liberation in South Australia. For several years there was also the Vegan Society of South Australia and the SA Federation of Animal Societies, currently both inactive. Sadly, the Anti-Vivisection Union SA

branch also closed a few years ago. Although VegSA continues to work with its interstate counterparts (MAWA and Humane Research Australia) this obviously cannot be as close. In spite of modern technology “the tyranny of distance” is still real in Australia.

Looking back through the magazines and newsletters, we can see that, in some areas, we have come a long way: a much larger range of suitable products and a greater knowledge and even acceptance of veganism and vegetarianism. However a report of animal transport in a 1950's issue of Australian Vegetarian does not look much different from current practice. In some areas we still have a long way to go!

If you are interested in the History of Vegetarianism in Australia see **The International Vegetarian Union's** website: <https://ivu.org/history/australia/Vegetarianism%20in%20Australia%202014.pdf>

VegSA News

VegSA held its AGM on 29 April 2021 at The Joinery. This was preceded by a Covid-restricted, not-so-shared lunch. Some people brought their own food and we were also able to share items in individual portions: Paleo bars (from ALDI), Ajitas Vege Deli Crisps (from COLES), home dried fruit and a variety of biscuits.

Before the main business session Anne Senders gave a brief report on the history of the Society, i.e. 70 years in 15 minutes. (See extended report pages 1 to 3).

In the course of the business meeting there was some lively discussion on the **possible direction of the society**: It would be good to have some younger members on the Committee. In terms of diversity, it would be good to also have representation on the Committee from outside the Adelaide metropolitan area. Shared meals are interesting and can be more affordable so include these as well as continuing to support the growing number of veggo cafes.

Members of the Committee were re-elected but with some officers in different roles

President: Anthony McAuley

Vice-President and Webmaster: Pam Robinson

Secretary and Newsletter Coordinator: Anne Sanders

Treasurer: Paul Martin

Committee: Su Stephens (Events and Southern Group Coordinator and Facebook), Karin Basse (Northern Group Coordinator) and Mr J.A.L.L. Pocius

Remember most of the committee can be contacted via VegSA email address: info@vegsa.org.au or vegsoesa@gmail.com. Messages can be passed on by the secretary via the VegSA phone: 0466 972 112 (any day but preferably between 8 am and 9 pm).

FINANCE

The secretary and treasurer's reports both mentioned a decline in member numbers and income, which however seem to be levelling off.

SUBSCRIPTIONS: As the current subscription rates were only passed nine months previously it was decided not to change these.

Note: **cheques and cash** are still gratefully received. However many members now choose to pay by **Internet transfer**. In this case it is very important to include your name in the reference section. We also appreciate members emailing to confirm their payment and notifying any changes to their contact details.

Please note the **current account detail** are: Account number: 00248125, BSB: 805 007 (with Credit Union SA). The old account with Bank SA is about to be discontinued so if you still have it on your system please ignore or delete it.

We thank everyone who has renewed their membership and
PARTICULARLY THANK THOSE WHO HAVE ALSO SENT A DONATION

Help needed! Do you frequently visit vegetarian and vegan eateries? VegSA needs some one to help report on this area of activity. Please let us know if you can help. Contact details on P1.



Eateries Update



SIMPLY VEGAN 'N VEG

SIMPLY VEGAN 'N' VEG has a very extensive vegetarian menu, mainly but not all Indian style, with the many vegan options also listed separately. The cooking is tasty and prices quite reasonable. It is great to be able to enjoy a vegan version of some of our favourite Indian dishes.

On Thursday 6 May 2021 a small group of five of us from VegSA really enjoyed our vegan lunch at 'Simply Vegan 'n' Veg. It also was lovely to see our familiar friendly faces once again. Karin Basse, Northern Star Co-ordinator for VegSA. 😊

Simply Vegan 'n' Veg is at Shop 1 Montague Farm Shopping Centre, 2 Montague Road Pooraka. Find on www.simply-vegan-n-veg.business.site or Facebook ph 8262 1414

Open 11:30am - 2:30pm, 5pm - 10pm daily, **CLOSED** Wed.

VEGAN OPTIONS IN PUBS

It is interesting to see that many pubs now have at least one vegan option on their menus. VegSA member Alice Shore has visited some in her area: Birdwood, Mt Pleasant, Mt Torrens, Gawler and Gumeracha and found good options like vegan bowls, pizzas, schnitzels and a selection of roast vegetables.

Others have also reported good experiences, including in regional areas, but obviously it is not the case everywhere. Even if a hotel includes vegan on its website menu, it is best to call ahead and check.

VEGGO SIZZLE has moved from King William St to 4/465 Pulteney St (West side, close to South Ter). It has experienced delays but opened on 21st May. Open daily 12pm - 9pm. ph 8321 7815 www.veggosizzle.com.au or contact via Facebook.

SKY RESTAURANT 41 - 43 Commercial Rd Port Adelaide (formerly in North Adelaide) 100% plant-based, i.e. vegan. "Traditional Vietnamese cuisine with a strong emphasis on fresh, healthy ingredients and produce". Open: 5:30pm - 9 pm, closed Monday. ph 0439 977 227, email: skyrestaurant5@yahoo.com or contact via Facebook.

V' Spot Adelaide's first and very popular vegan pizza place at 385 Magill Rd St Morris will be changing hands in June. Happily the new proprietors are also vegan. They anticipate opening for breakfast, lunch and dinner with an extended menu including cakes etc from Cherry Darlings. The current proprietors have done a great job and we look forward to hearing about some interesting developments. ph 8431 9668 or via Facebook.

GOPAL'S KITCHEN opened quite recently at 44 Semaphore Rd, Semaphore. Indian vegetarian (includes dairy), vegan-friendly. All you can eat for \$15. Open daily 11:00am - 3:00pm, 5:00pm - 8:30pm.

SIMPLY SARJ. Stall 11, Eastern Roadway, Central Market Adelaide. Vegan, Asian (Indian Malaysian) Monday **CLOSED**, Tuesday: 7am – 5pm Wednesday: 10am - 3pm Thursday: 9am - 5pm, Friday: 7am - 9pm, Saturday: 7am - 3pm, Sunday: 10am - 3pm. ph. 0422 714 567 email: sari@simplysari.com.au

See Facebook and www.simplysari.com.au/

RAW&MORE (previously at Findon) moved to Shop 4/120 Semaphore Road Semaphore, serving breakfast and lunch, 95% of which is vegan with a couple of vegetarian items: healthy dishes, fresh juices, smoothies and hot drinks with a choice of milks. Open 8:30am - 3pm daily. ph 8244 0729 or contact via Facebook.

Veggo's (formerly Veggo and Lov'n It) is permanently closed, but Cherry Darlings, that has the lease, is planning to reopen in some format, possibly late June. For information call 8423 6606 (Cherry Darlings).



Products on the Market

CHEAPER MEAT SUBSTITUTES AT ALDI

ALDI has recently introduced a range of meat substitutes under its “Earth Grown” label. These are comparatively cheap, but are they value for money?

EARTH GROWN PLANT BASED BURGERS: water, textured soy protein, isolated soy protein, pea protein, chickpea flour, coconut fat, thickeners (1422*, 1450*), onion, salt, beetroot powder, stabiliser (461), natural flavour, antioxidant (300). Made in Brazil. \$3.99 for 230g.

EARTH GROWN PLANT BASED MEATLESS SAUSAGES: water, textured soy protein, isolated soy protein, pea protein, chickpea flour, coconut fat, thickeners (1422*, 1450*), Salt, beetroot powder, natural flavour, sugar, onion, garlic, white pepper, stabiliser (461) thickeners (407*), spices, antioxidant (300). Made in Brazil. \$3.99 for 230g.

EARTH GROWN PLANT BASED CHICKPEA, SPINACH & CAMELISED ONION ROLLS WRAPPED IN A DELICIOUS PLANT BASED GOLDEN FLAKY PASTRY. Among its 30 or so ingredients, as well as vegetables, chickpeas, wheat flour and spices, includes emulsifiers (471, 322 from soy), acidity regulators (331, 330), antioxidant (307b from soy), colour (160a, 150d*, 160b*), emulsifier (471), mineral salt (450), preservatives (222* and 224*), acidity regulator (330), thickener (461). Costs \$4.49 for 450g. Made in Australia from at least 67% Australian ingredients. They are very tasty!

*According to **Bill Stratham’s The Chemical Maze** there can be problems associated with some of the above:

* 150d caramel (colour) may cause intestinal problems and affect the liver.

* 160b annatto extracts (colour) may cause headache, sleep disturbance, hives.

* 222 preservative sodium bisulphide - prohibited in infant foods.

* 224 potassium metabisulphite may cause asthma, stomach upsets, anaphylaxis.

* 407 carrageenan may cause gastrointestinal cancer.

* 1422 acetylated distarch adipate, *1442 hydroxypropyl distarch and *1450 starch sodium octenylsuccinate are chemically altered starches, thickeners whose safety is questioned because of babies’ resistance to these chemicals.

In addition, some of our readers would be concerned about textured and isolated soy protein.

By contrast **VEGIE DELIGHTS THICK BBQ SAUSAGES** contain no obviously questionable ingredients except carrageenan gum. “Vegetable protein” (25%) is not listed as textured or isolated soy protein. \$6 for 300g from Foodland. Made in Australia from at least 68% Australian ingredients.

LAMYONG VEGAN SOY SAUSAGES contain textured soy protein (soy protein, starch, vegetable oil), water, vegetable oil, brown sugar, modified tapioca starch, vegetarian seasonings, salt and pepper. Made in Malaysia. rrp \$13.55 for 600g (20pieces). Available at Great Nature (Christies Beach), Kim Yang Grocery (in the Central Market), some supermarkets or Lamyong’s SA suppliers at Elizabeth: ph 0416 880 388.

Also from ALDI - all vegan - NO “NASTIES” LISTED

PALEO BARS 5 separate bars \$4.99 for 175 g. Packed in Germany

BELMONT RICE ENTICE rice cakes coated with dark chocolate \$2.99 for 150g. Made in Belgium.

YOCONUT ORGANIC NATURAL COCONUT YOGURT unsweetened \$5.99 for 500g. Made in Australia from imported ingredients.

HILLCREST NUT BAR choc almond and blueberry \$0.99 for 40g. Made in Australia from at least 19% Australia ingredients.

FRUIT FIBRE OAT BISCUITS \$1.99 for 300g. Made in Spain.

WOOLWORTH’S “FREE FROM GLUTEN” RANGE. Some of these are vegan, e.g. **CHOCOLATE SCOTCH FINGER BISCUITS**. Cost \$2.70 for 160g.

ANIMAL LIBERATION FUR AND DOWN PROTEST - T-SHIRTS AND HOODIES

On Saturday May 22nd Animal Liberation SA again held a protest against the use of fur and down (for jackets, doonas etc). President Janine Clipstone created some very explicit (but not too bloody) posters that attracted plenty of attention. As a better alternative Animal Liberation has long sleeve t-shirts and hoodies on order for early June. These are thick, organic cotton and cost approximately \$55 (Hoodies), \$35 (Long sleeve t-shirts) Contact Animal Liberation on 0401 870 957. Email: animal.lib.sa@gmail.com or via Facebook.

PLANT BASED COOKING DEMONSTRATIONS WITH TASTINGS

A five-week course that explains in clear and simple ways the strong science that supports a healthy plant-based lifestyle. Many of our chronic diseases stem from the same root cause which is what we eat. High quality nutrition program by the Physicians Committee for Responsible Medicine, brought to you by Dr Heleen Roex, Certified Food for Life Instructor, providing research-based nutrition information combined with cooking demonstrations and tastings. Every session 3 different recipes are demonstrated with tastings!

Cost \$160.00 for 5 sessions, 5 Monday nights in a row from 7 - 9pm, starting **Monday 19 July at 7:00pm**

LOCATION Fullarton Park Community Centre 411 Fullarton Road, Fullarton, SA 5063, Book through:

<https://www.trybooking.com/BMMHI>

BOOK SUGGESTION - The Proof is in the Plants

How science shows a plant-based diet could save your life (and the planet) By Simon Hill.

Simon Hill is based in Australia but has travelled widely and reported his “plant based” experiences on his “Plant Based” podcast, which explores health and environmental aspects of veganism. His book has been well received by many authorities in this area. It covers:

- The reasons why we're all so confused about what to eat
- The evidence showing how a whole-food plant-based diet might reduce risks of heart attacks and strokes, type 2 diabetes, cancer and dementia
- The positive impact of plant-based living for the climate and animal welfare
- Common myths about a plant-based diet – and what the real facts are
- How to build a healthy, satisfying plant-based plate, from macronutrients to micronutrients
- Practical tips for making the shift, and much mores

Number of Pages: 416 ISBN: 9781760890049

Cost RRP \$32.99 \$24.95 at Booktopia \$26.99 at Dymock's E-book \$14.99

BOW-HUNTING SURVEY

Parliament of SA's Social Development Committee has been conducting an inquiry into issues related to Bow and Crossbow Hunting which is currently allowed on private land in SA. Due to a very brief preparation time VegSA sent in a very short submission to say that bow shooting is dangerous for humans and other animals and should only be allowed on designated target sites. Others have put in more detailed accounts including very disturbing photos of animals shot and killed or injured by arrows.

Our member Alice Shore accounts an incident that occurred when she was walking with friends, their children and her dogs in Mt Crawford Forest and they encountered a small group of bow hunters. The hunters asserted that they were allowed to shoot any animal and inferred that they would, if they wished, shoot the dogs.

Duck Shooting Season. Alice also describes a visit with a friend to **Tolderol Conservation Park/Game Reserve** near Langhorne Creek. They saw dozens of small birds flying in and out of the reeds and doves on the road verge, also a scattering of pelicans, spoonbills, ducks, coots, stilts, swans and an osprey fishing as it flew in and out of shallow water. It was all very beautiful. So sad that this is a game reserve where shooting of water birds takes place

VegSA 'Food for Thought' Acknowledgments:

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

THANKS TO ALL THOSE WHO HAVE CONTRIBUTED.

FROM THE MEDIA

Food for Thought June 2021

Over the course of the pandemic, numerous disease outbreaks have occurred at slaughterhouses owned by Tyson Foods involving thousands of workers, according to the Arkansas Democrat Gazette and other news outlets. By contrast, one of the most profitable manufacturers of plant-based protein, Impossible Foods, reports zero coronavirus cases at its facility in Oakland, Calif. PCR report

The real problem of humanity is the following: we have paleolithic emotions; medieval institutions; and godlike technology. And it is terrifically dangerous, and it is now approaching a point of crisis over all. E.O.Wilson

Stardust Circus has retired their monkeys and lions! This follows the retirement of Lennon Bros' lions a couple of years ago and means that there are now no circuses with exotic wild animals in Australia!

This is a huge win for animals after decades of campaigning, protesting and public education by many different organisations. Animal Liberation Qld Newsletter. 7.4.21

So one way to permanently **take the heat out of the property market** would be for other states to copy the new Victorian laws, and shift the balance of power in the system away from landlords and towards tenants.

And let them have a dog. Alan Kohler 10.5.21 The New Daily. [Recently a Bill to make pet ownership standard in SA rental homes (with room for sensible restrictions) was defeated in the SA Upper House.]

New Zealand's government has just announced that they will end all live animal exports by sea, including the export of mother cows from the dairy industry.

New Zealand hasn't exported live animals for 'meat' for many years, since the Cormo Express disaster in 2003. But a legal loophole meant that hundreds of thousands of vulnerable pregnant dairy cows could still be exported — condemning them to lives of deprivation and suffering in destination countries and subjecting them to the unavoidable risks of sea transport. Report from Animals Australia. 14.4.21

Non-human animals are to be formally recognised as sentient beings by law, the UK Government has announced, as part of a range of new animal welfare measures including the ending of most forms of live animal export and a ban on the import of hunting trophies <https://www.surgeactivism.org/articles/> 17 May 2021 [Surge comments] Hundreds of millions of farmed animals will continue to be raised on farms and exploited for their flesh, milk, eggs and other by-products..... even though their capacity to feel pain and suffer will be legally recognised at best this is a step along the road to achieving the greatest protection of their rights possible - the abolishment of animal agriculture. (ib)]

The *EATLancet* Commission, a committee of 37 food, farming and policy experts, called in 2019 for a “Great Food Transformation” to urgently tackle the climate and ecological emergencies we face. Calculating the global impact of the food we eat, they say we must eat 65 per cent less meat, and increase our consumption of vegetables by 75 per cent, fruit by 50 per cent, legumes by 75 per cent and nuts and seeds by 150 per cent. Only by doing this can we fix our health and climate.

In fact a huge study conducted at Oxford University which looked at almost 40 thousand farms in 119 countries showed that meat and dairy uses a staggering 83% of farmland and produces 60% of agriculture's greenhouse gas emissions, yet provides just 18% of calories and 37% of protein. The research showed that without meat and dairy consumption, global farmland use could be reduced by more than 75% and still feed the world.

Joseph Poore who led the research concluded from the study that “A vegan diet is probably the single biggest way to reduce your impact on planet earth, not just greenhouse gases, but global acidification, eutrophication, land use and water use.” <https://www.joeycarbstrong.com/dairyfacts>

The problem with cheap meat is not that it should cost the consumer more (though it probably should). It is that what looks cheap to the consumer is in fact costing the public all the way down the production line. The problem is unchecked market power, enjoyed by a small handful of corporations. They often own all parts of the food chain - from the grain silos to the feedlots to the final brand that shoppers see on grocery store shelves. Market power is turned into political capital as these corporations use campaign donations to capture state and federal legislators, By Sophia Murphy May 5, 2021 <https://civileats.com/2021/05/05/opinion>



VegSA Diary Dates

EVERYONE IS WELCOME TO ATTEND VEGSA'S SOCIAL EVENTS

- ◆ Sunday 27th June at 12pm Lunch at Salem Café 2/647 Marion Road Ascot Park
Bookings needed by Thursday 24th June to Su: [text/ph 0468 397 219](tel:0468397219) or email: vegsu2003@yahoo.com.au
- ◆ Sunday July 25th from 11.45am Lunch at **Simply Vegan 'n' Veg**, Shop 1, Montague Farm Shopping Centre, 2 Montague Road Pooraka. **Simply Vegan 'n' Veg** has a large menu of Indian and other dishes. Book by Wednesday July 21st with [Karin](mailto:info@vegasa.org.au): phone/text 0416 899 813 or email: info@vegasa.org.au.
- ◆ VegSA's Northern Star Group meets once or twice each quarter for a shared meal either at a member's home or at a vegetarian or vegan eatery. For further details contact [Karin](tel:0416899813) phone/text 0416 899 813
- ◆ 2nd Saturday* each month at 12.30pm **VegSA Southern Social Group's** get-together at Great Nature 3/48 Beach Rd Christies Beach. No need to book, but check in case of changes, with Su: [ph 0468 397 219](tel:0468397219) vegsu2003@yahoo.com.au or Jill [ph. 0401 621 287](tel:0401621287) **In July '21 this will be 1st Saturday i.e. July 3rd**
- ◆ **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 Saturday August 28th at 10.30a.m. Check with Anne: 0466 972 112 or email vegsocsa@gmail.com and, at 1pm, VegSA Committee meeting. Members welcome to participate (only Committee can vote). Bring own lunch or, regulations permitting, food to share.

Other events

VEGAN FILM FESTIVAL (finished)

On Fri - Sat May 28th - 29th. It sounded very interesting but coincided with VegSA mail-out workshop. so it will be interesting to hear from any one who was able to attend.

VEGAN PALOOZA

Sat 10th July, 11am - 5pm

"Vegan Palooza has been created by the Vegan Festival Adelaide to be the winter event for the ever growing vegan community and v-curious to learn, celebrate, and eat all the amazing local vegan food. Vegan Palooza brings the worlds fastest growing social, and food movement to you for a winter taste sensation."

Main Assembly Building Tonsley Innovation District, 1284 South Road Tonsley.

Entry through Eastern Promenade Gate 1 or Gate 8

Entry Free but gold coin donation on entry will be appreciated

Note: Due to this clash of dates in July Southern Group will meet 1st Saturday (July 3rd) at Great Nature.

Resources

- ◆ **Animal Liberation SA (ALSA)** conducts demonstrations and campaigns, e.g. against animal abuse. Members' meeting held 1st Sunday each month at The Box Factory Regent St South Adelaide. (If driving enter off Halifax St.) See website for information: www.animalliberation.org.au or phone 0401 870 957 or email: animal.lib.sa@gmail.com
- ◆ **Adelaide Vegans** brings vegans together for networking and social gatherings most weekends - dinner on Friday or lunch on Saturday, usually at vegan or vegetarian establishments, sometimes at places with good vegan options. Bookings essential to enable them to reserve a table. For details see 'EVENTS' page at: www.adelaidevegans.org or ph Ken 0415 382 121. Also interesting and useful information on the Adelaide Vegans Facebook page: <https://www.facebook.com/groups/7023024642/>
- ◆ **Doctors for the Environment Australia** is a group of medical practitioners and medical students which promotes a plant based diet for "both improved health and environmental benefits". See: www.dea.org.au
- ◆ For more events in SA and around Australia see **Vegan Australia's** website: www.veganaustralia.org.au/events
- ◆ **One Green Planet** has very good articles even though it has lots of ads: www.onegreenplanet.org