



Food for Thought

Vegetarian & Vegan Society (VegSA) Inc.

Newsletter

Issue 2/23 June 2023

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VEGSA NEWS

VegSA's AGM was held on April 16th at the Conservation Council's centre "The Joinery" (111 Franklin Street Adelaide). As a member of the Conservation Council, VegSA is able to use its boardroom or a substitute from time to time for meetings.

The business meeting (see reports below) was followed by a **shared, healthy vegan lunch**, including fresh sprouts, salad and beans, followed by our invited guest **KEVIN UREN** speaking on: "Diet, Lifestyle and Chronic Disease Prevention"

Kevin has suffered from ill health, including a heart attack, from which he has largely recovered. He is keen to share ideas on disease prevention. He expressed two major concerns: 1. How can the general public access better health education and 2. How can one manage to stick to a chosen health routine?

In order to know more about health and health education, Kevin has completed a Bachelor of Science (Nutrition and Exercise) at Uni SA. He was surprised to discover that 60% to 70% of the Australian population

are overweight or obese and that 60% to 70% lack health literacy.

Kevin (like VegSA) would like to improve health through a healthy lifestyle, but is concerned that, on the contrary, the medical profession generally prescribes drugs. The food industry also makes things difficult, being mainly interested in profit, advertising and selling substandard "food". They have even found the "Bliss-point" i.e. the right combination of sugar, salt and fat to optimise "deliciousness". Kevin would prefer that food was our medicine.



AGM REPORT

PRESIDENT REPORT

As my time, and indeed Anne Sanders', on the committee reaches 20 years, I find the most difficult question the Society's governing committee has had to ask itself over the past several years is "Are we still relevant in the 2020s?". This is such a hard question to answer because it requires us to take a harsh and critical self-analysis. If the answer is "No" then it can feel like something you've been a part of for two decades is nearing an end. However the committee has decided that no other organisation provides exactly what we do. There are groups on Facebook that facilitate social events. There are sites where information is attainable to help those choosing a cruelty free lifestyle. Happy Cow also lists eateries in the state of South Australia. However none of these groups and organisations bring all that information together and provide a source for exchange of ideas in the manner that VegSA does.

See next page.

A lot has changed in just the past decade for the Society. We have had to grow more of an online presence with social media and through our website. We have moved more to online transactions for making payments and for our receipts. Finally our membership numbers have steadily declined to be at almost half of that of ten years ago.

On the positive side, of all these changes that VegSA has lived through, is the fact society at large is changing slowly for the better, as “vegan” and “plant based” become more mainstream and acceptable to even the most stubborn opponents.

THE FINANCIAL REPORT shows an improvement from last year, due particularly to donations, thanks to members and a very welcome bequest of \$500 from former long-term member Olive Butler. Whilst membership numbers have declined considerably over the last nine years membership has remained practically the same since the previous year. Main expenses were purchasing True Natural Health magazine, Domain Registration / Web Hosting and postage of newsletters. On the whole the finances are on a sound footing.

THE SECRETARY'S REPORT emphasised particularly changes over the last 20 years (see President's Report) including from mainly paper-based communication to more technology, including a viable website and more communication by email, whilst still producing a printed newsletter and accepting cash and cheques.

EVENTS REPORT

VegSA events in the past 12 months have been generally quite low-key. Monthly lunches at Great Nature have continued and our Northern Star Group has had lunches at Simply Vegan and Veg at Pooraka. For the first time for several years, not threatened with either rain or excessively high temperatures, we were also able to hold our “annual” picnic in Hazelwood Park. We are also able to have a couple of midweek event and hope to continue to be able to do so. Lunch at Veggo Sizzle in January was particularly well attended and enjoyed.

ELECTION OF COMMITTEE:

All committee members from last year agreed to stand for re-election and to maintain the same positions.

President: Anthony McAuley **Vice-President:** Pam Robinson **Secretary:** Anne Sanders

Treasurer: Paul Martin **Ordinary Committee Members:** Karin Basse, J. Pocius, Tania Crisci (joined midyear)

Webmaster: Pam Robinson. **Events Coordinator:** Su Stephens

Newsletter Coordinator: Anne Sanders. To contact individual committee members email: info@vegsa.org.au

Phone messages to the Society's number 0466 972 112 can be passed on.

ANIMAL RIGHTS ACTIVITIES

This last quarter has been a very busy time for animal rights groups in South Australia. Particularly urgent has been action against the **open seasons for shooting native waterbirds**, which began this year on March 18th. Animal Liberation SA has organised several protests and, as members know, there have been several petitions organised by The Greens, Animal Justice Party, South Aussie for Animals (SAFA) and Animals Australia. SAFA organised a small group of people to go to one of the south-east wetlands at Lake George and get video and photo evidence of the non-compliance (and inherent cruelty) that does occur. Unexpectedly, rather than waiting until the season was over, the SA government announced an inquiry into “Hunting of Native Birds” with submissions due by 19th May. The Greens and SAFA both organised zoom meetings to help people making submissions. Due to a number of other select committees also currently working, we understand that this committee might not report before the end of the year.

Somewhat unexpectedly, Victoria went ahead with an open season, but much shorter than SA's and with a much smaller bag (number of birds each hunter can take each day). Taking advantage of the earlier start, some hunters did actually come from Victoria to shoot in the wetlands in SA.

Meanwhile the South Australian Parliament is continuing with **amendments to the Animal Welfare Act**, including broadening the definition of “animal”. The Federal Parliament is working on **legislation to phase out live sheep exports**, not if, but when and how, with a cut-off date for submissions being May 31st. 2023.



Products on the Market

VITAMIN D. As we come into winter there will be less sunshine and possibly, with colder weather, a temptation to stay indoors more. We will absorb less vitamin D from sun on our skins, so we might want to up our vitamin D intake. Current recommendations are 600 international units (IU) each day for most adults, and 800 IU for people 70 and older. (<https://www.everydayhealth.com/vitamin-d/>)

VEGETOLOGY Vit D3 2500iu (62.5µg) cholecalciferol (lichen sourced). 60 tabs \$19.71, 3 boxes each \$15.70 each, 6 boxes \$13.80 each from: www.vegetology.com/supplements/vit-d3-2500iu

VEGETOLOGY Vit D3 1000iu. 60 Tablets A\$17.73, 3 boxes \$14.80 each, 6 boxes \$12.41 each. Free Worldwide shipping with orders over A\$130

Vegetology in the UK was one of the first companies to produce a vegan D3. Some VegSA Committee members have ordered in bulk from Vegetology to get the discount rates. Now Vegan D3 is available in Australia from companies like Herbs of Gold.

Herbs of Gold D3 1000IU 120 vegan capsules (lichen sourced), each with 25µg cholecalciferol. RRP \$26.50, but shop around for specials.

From **Natural Food Barn** 23/171 Glynburn Road, Firlie 120 caps cost \$21.20.

PLANT MILKS.

Why do we have plant milks? Is it just to make our tea and coffee look normal or is there some nutritional value? Plant milks vary considerably, some seeming to have very little food value whilst others have useful ingredients and additives. They also vary considerably in price. Below are a few of the more reasonably priced products (UHT), mainly from Woolworths. (Coles has similar prices.)

MACRO* CERTIFIED ORGANIC RICE MILK 1L. Cost \$1.65 at Woolworths. Ingredients: filtered water, organic brown rice (14%), organic sunflower oil, mineral salt (calcium carbonate), sea salt.

MACRO* ORGANIC SOY MILK 1L. Cost \$1.60 at Woolworths. Ingredients: filtered water, organic whole soybeans (17%), organic sunflower oil, organic sugar, organic rice syrup, mineral salts (calcium carbonate), sea salt.

WOOLWORTHS ORIGINAL SOY MILK 1L. Cost \$1.15. Ingredients: water, soy protein (4%), maltodextrin, canola oil, sugar, acidity regulator (phosphoric acid, potassium citrate, magnesium carbonate), emulsifier (450), mineral salt (calcium chloride), natural flavour, vitamins A, D2, B12.

PURE HARVEST ORGANIC OAT MILK 1L. Cost \$2.80 at Woolworths. Ingredients: filtered water, organic whole oats (minimum 15%), organic hi oleic sunflower oil, plant calcium, sea salt.

PURE HARVEST ORGANIC RICE MILK (unsweetened) 1L. Cost \$2.60 at Woolworths. Ingredients: filtered water, organic brown rice (min 14%), organic hi oleic sunflower oil, plant calcium, sea salt.

PURE HARVEST ORGANIC SOY UNSWEETENED 1L. Cost \$2 at Woolworths. Ingredients: filtered water, organic whole soy beans (minimum 15%), organic hi oleic sunflower oil, plant calcium, sea salt.

PURE HARVEST ORGANIC OAT CREAMY 1L. Cost \$3 at Woolworths. Ingredients: filtered water, organic whole oats (minimum 9%), organic hi oleic sunflower oil, plant calcium, sea salt.

SANITARIUM SO GOOD ALMOND UNSWEETENED 1L. Cost \$2.90 at Woolworths. Ingredients: filtered water, ground almonds (2.5%), minerals (calcium), emulsifier (sunflower lecithin), natural flavour, salt, mineral salt (sodium bicarbonate), vegetable gum (gellan), antioxidant (ascorbic acid), Vitamins B12, B2, B1. All ingredients are of non-animal origin.

*Woolworths took over Macro Wholefoods Market in about 2009.

Continued Next page

PLANT MILKS – continued from previous page.

SANITARIUM SO GOOD LONG LIFE REGULAR SOY MILK 1L. Cost \$2.20 at Woolworths. Ingredients: filtered water, soy protein (3.5%), corn maltodextrin, vegetable oils (sunflower, canola), cane sugar, minerals (calcium, phosphorus, magnesium), acidity regulators (332, 450), antioxidant (ascorbic acid), vitamins (B12, D2, A, B2, B1), natural flavour. All ingredients are of non-animal origin.

VITASOY RICE MILK UNSWEETENED 1L. Cost \$3.30 at Woolworths. Ingredients: Filtered Water, Whole Brown Rice (min.13%), Sunflower Oil, Mineral (Calcium Phosphate), Sea Salt.

VITASOY PREBIOTIC OAT MILK 1L. Cost \$3.90 at Woolworths. Ingredients: filtered water, whole oats (min 15%), prebiotic fibre (chicory root fibre), oat flour, sunflower oil, mineral (calcium phosphate), sea salt.

VITASOY SOY MILK CALCI PLUS 1L. Cost \$3 at Woolworths. Ingredients: filtered water, organic whole soybeans (minimum 15%), barley flour, raw sugar, barley malt, sunflower oil, minerals (calcium phosphate, calcium carbonate), sea salt, vitamins (vitamin D, vitamin E, vitamin B12).

FROM ALDI

INNER GOODNESS ORGANIC SOY MILK REGULAR 1L. Cost \$1.49 at ALDI. Ingredients: filtered water, organic soy beans (13%), organic rice syrup, organic sunflower oil, sea salt.

INNER GOODNESS RICE MILK 1L. Cost \$1.99 at ALDI. Ingredients: water, rice flour (15%), vegetable oil, salt, acid regulator (501).

INNER GOODNESS OAT MILK 1L. Cost \$2.09 at ALDI. Ingredients: filtered water, whole oats (15%), sunflower oil, sea salt.

QUICK SNACKS!

SOUTH AUSTRALIAN GOURMET FOOD COMPANY - CLASSIC ITALIAN MINESTRONE SOUP 430 g. Cost \$3 at Woolworths. Ingredients: water, vegetables (33%) [tomatoes 10%, peas, carrots 6%, celery 6% , onions, beans (9%)], potato starch, natural flavour, tomato paste, vegetable oil, garlic, herbs, salt. Made in Australia from at least 79% Australian ingredients. The company does also make soups with animal ingredients and this soup comes in a plastic package, so you might prefer to make your own. So see recipe for Greek Lentil soup on page 5.

VILLI'S VEGETARIAN PASTY 150g is vegan and halal with a good vegetable filling. Cost \$4.95. With flaky pastry, unfortunately, the fat content it is high at 13.5g per pasty, of which 7.5 g is saturated. Good for an occasional treat perhaps. Ingredients: potato, trombone, wheat flour (thiamin, folic acid), water, margarine (vegetable oils, water, salt, emulsifiers (E471, E472c), antioxidant (E304), natural flavour), turnip, swede, carrots, onion, potato fibre, salt, pepper, natural colour (E100-curcumin).

All E numbers check out as OK on the **Chemical Maze App**: <https://chemicalmaze.com>

ANIMAL LIBERATION'S T-SHIRTS AND HOODIES

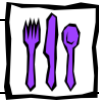
Animal Liberation S.A. has long and short sleeved t-shirts for children and adults and hoodies, all from 100% natural materials. Prices: t-shirts \$20 child's, \$30 adult's, long sleeve \$40, short sleeve hoodie \$45, long sleeve hoodie \$60, hoodie with zip \$65. Order via the website. (See Resources P8.) Currently Animal Liberation is updating its website so you might need to contact by phone or email.

Animal Liberation also has Goodwill (vegan) Wines and car wind-shield shades with the strong message:

"A vegan diet is the single biggest way to reduce your impact on Planet Earth".

Joseph Poore





Eateries Update

CLOSED

Zenhouse Vegetarian Yum Cha, Bent St Adelaide was scheduled to close in June, but due to a “landlord request” closed on 6th of May. VegSA has had a long connection with Zenhouse Yum Cha, as have other veggie groups like Adelaide Vegans. It is sad to see it go from the CBD, but the team will continue to work with its sister establishment **Zenhouse Vegetarian Fusion** at 462 Port Rd, West Hindmarsh. Open: 5.30pm-8.30pm daily. ph.08 8340 8488. Email: zenhousecafe@gmail.com www.zenhouse.com.au

Cocida Comida, Nazareth Place Adelaide closed mid-March.

CHANGED HOURS

Veggo Sizzle 4/465 Pulteney St, Adelaide. Now open: Monday-Thursday 5pm- 9pm, Friday-Sunday 12pm-9pm. Email: info@veggosizzle.com.au ph. 08 8918 1513 www.veggosizzle.com.au

RECOMMENDED

FASTA PASTA When Veggo Sizzle was unexpectedly closed at lunch time one week-end a small group of us tried Fasta Pasta, a few doors away on the corner of Pulteney St and South Terrace. FP has five dishes on its Vegetarian and Vegan list, of which two are vegan. It also has a range of salads and a vegan lemon sorbet: **EASY PEASY LEMON FREEZY**. Ingredients: water, sugar, glucose (maize), lemon concentrate 13%, food acid (330), vegetable gums (461, 412, 410, 466, 440), flavour. (All numbers read as OK on the Chemical Maze app. See P8 for information on The Chemical Maze)

GREEK LENTIL SOUP "FAKES" (About 4 serves).

Recipe adapted from Sophia DeSantis's “Veggies Don’t Bite”: www.veggiesdontbite.com

Ingredients:

1 cup dry brown lentils, 1 medium sweet onion, 2 large carrots and 2 sticks celery (optional), 2 tbs tomato sauce, 3 garlic cloves sliced, 4 cups veggie broth, bay leaves, oregano, Himalayan pink salt and ground black pepper to taste.

Instructions

1. Rinse lentils and soak for 3-8 hours. Drain. Cover with water. Bring to a boil. Cook for about three minutes or until half done. Strain and set aside.
2. Peel and chop onion and optional vegetables. Sauté with veggie broth (or use olive oil if preferred) until semi soft.
3. Add lentils, tomato sauce and garlic. Cook and stir for one minute.
4. Add veggie broth, herbs and spices.
5. Simmer over very low heat until lentils and vegetables are cooked, about 15 minutes. Check periodically to see if more broth is needed. **Serve** with a drizzle of lemon or vinegar (optional).

BOOK REVIEW

RECIPES FOR YOUR PLANT-BASED JOURNEY

Free from Animals Australia: www.animalsaustralia.org.

Reflecting a range of national cuisines, these are the sorts of dishes that would convince most people that vegan cuisine is not boring. Here are fourteen plant-based recipes using natural ingredients – only one suggests “vegan hot dogs or sausages” and no mention of TVP or other shop bought meats. The instructions are straightforward. However each recipe has a comparatively large number of ingredients, possibly because it includes a range of natural flavourings - herbs and spices. For those who wish to be fat free, it often uses oil for sauteing and only occasionally suggests substituting water. It also often uses tinned lentils or beans rather than suggesting that we cook our own pulses. This is a small book (A5 size when closed) so the font size is comparatively small to read when cooking. However, there should be something here for anyone who wants to cook “plant based”.

Cooking Classes and Courses

WAGASHI, JAPANESE SWEETS Mon 6.00pm 17 July 1 sess x 3 hrs, WEA Centre, 223 Angus St, Adelaide. Wagashi are traditional Japanese confections made from plant-based ingredients. They are healthy, **vegan and vegetarian friendly**. Learn how to make Nerikiri, white bean paste with sweet and mochi rice cake, Dango, sweet dumplings and Daifuku, mochi rice cake stuffed with sweet fillings served with Matcha green tea or Japanese green tea. This is a demonstration and hands-on course. Students need to bring tools for Nerikiri. Costs vary depending on quality choice. Fees: A\$95.00. Course code: 37027B.

TRADITIONAL TURKISH VEGAN CUISINE Fri 10am 16th June 1 session x 3hrs, WEA Centre. Learn how to make stuffed vegetables (variety of vegetables used), Turkish style okra stew, saksuka and spiced pumpkin desert. This is a demonstration and hands-on course with tastings. Fees: \$99. Course code 37031A. **SEE:** www.wea-sa.com.au or phone 8223 1979.



At the **Sustainability Fair at Uraidla** in March most of the catering was animal free. (See picture of two vegan vans.) Other stalls also reflected an awareness that using animal products is bad for the environment, including a stall selling vegan “edible cutlery” (see: useneat.com.au.)

For information on the Fair see: www.sustainabilityfair.com.au



From the Media

Funding for alternatives in NSW

The NSW Government has committed \$4.5 million for alternatives to animal research and \$2.5 million to rehoming animals from research. This is the most significant funding seen in Australia and we hope a sign of changing times. <https://mail.google.com/mail/u/0/#inbox/FMfcgzGslkqTjTqfZXpdTvcmjxTJtJWM>

Right to Release Legislation

The Animal Research Amendment (Right to Release) Act 2022 was passed in late November. In short, this builds upon existing guidelines to require researchers to rehome dogs and cats after the conclusion of their use in research or after three years of use, whichever occurs first.

<https://mail.google.com/mail/u/0/#inbox/FMfcgzGslkqTjTqfZXpdTvcmjxTJtJWM>

The Southern Hairy-Nosed Wombat is the faunal emblem of South Australia, and though it was once widespread in semi-arid regions of our state, the species is now restricted to isolated populations. Today my bill that would make it explicitly illegal to bury wombats alive has passed the Upper House. Tammy Franks MLC March 9th 2023 [various amendments included to make the administration easier – Ed.]

www.facebook.com/TammyFranksMLC/posts/pfbid021odvLRHdRnD3pzn4fH2xoykijQoXXE9LpHRkJetoM4B5rvVkbzuPuMAJcn2q4Ggal

Continued next page

FROM THE MEDIA (continued)

Although plenty of durable, stylish and warm vegan materials are already available, PETA US is setting out to save sheep by **encouraging the development of a vegan wool** that is visually, texturally, and functionally akin to or better than sheep's wool. The group is offering a US\$1 million award (approximately AU\$1.5 million) to the first entrant who creates such a material and has it adopted and sold by a major clothing brand. This opportunity is open to applicants worldwide. <https://www.peta.org.au/news/vegan-wool-challenge/>

Researcher, Dr Miranda Ween, and her colleagues have found **evidence that e-cigarette users may be more susceptible to Covid and 19 infections than non-smokers**. The researchers found that exposing healthy lung tissue to e-cigarette vapour increased activity of key enzymes that helps the virus enter the lung cells. RAH Research Fund newsletter Autumn 2023. www.RAHresearchfund.com.au

The Australian Government has committed to phasing out live sheep exports from Australia by sea. The government intends to implement the phase out of live sheep exports by sea in such a way as to provide certainty to industry, minimise disruption and maximise opportunities. Minister for Agriculture, Fisheries and Forestry, Senator the Hon Murray Watt has appointed an independent panel to consult with stakeholders. In conducting the consultation, the panel will consider:

- potential mechanisms to phase out live sheep exports by sea
- a suggested timeframe and options for implementation
- potential ways to support the transition, including but not limited to, consideration of markets, processing facilities and other opportunities.

The US is the largest exporter of used clothing and worn goods in the world, according to UN data. It not only sends massive quantities of clothing to African nations, but also exports millions of dollars-worth of second-hand clothing to Chile, Guatemala and Mexico. In fact, when East African nations proposed a ban on second-hand clothing imports earlier this year, the US threatened to review trade agreements with those countries, according to New York Times. Most of the clothing donated globally - 70%, the non-profit organization Oxfam told the Guardian - eventually finds its way to Africa. As a whole, the continent of Africa imports about \$1.2 billion worth of worn clothing and shoes a year, according to the Overseas Development Institute think tank.

<https://www.globalcitizen.org/en/content/tunisia-used-clothing-export-charity-donation/> Dec. 14, 2017

People who consumed foods from the plant-based Mediterranean and brain-focused MIND diets had fewer of the hallmark signs of Alzheimer's - sticky beta-amyloid plaques and tau tangles in the brain - when autopsied, a new study found. The MIND diet is short for Mediterranean-DASH Diet Intervention for Neurodegenerative Delay. "Doing a simple dietary modification can actually delay your onset of Alzheimer's disease", said study author Puja Agarwal, an assistant professor of internal medicine at the Rush University Medical Center in Chicago. Leafy greens, the darker the better, should be eaten every day of the week. Berries are also stressed over other fruits. "The combination of different nutrients and bioactives in green leafy vegetables make them unique," Agarwal said. "They are very rich in many bioactives, flavonoids and lutein, which is important for brain health."

"We still need to really tease apart what exactly is happening," she said. "But overall, these diets are rich in the essential nutrients and bioactives which reduce overall inflammation and oxidative stress in the brain and probably leading up to less accumulation of amyloid plaques and tangles."

<https://edition.cnn.com/2021/05/05/health/mediterranean-diet-memory-loss-dementiawellness/index.html>

VegSA 'Food for Thought' Acknowledgments:

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

THANKS to all those who have contributed.

VegSA would like to thank staff at the office of John Gardner MP for printing this newsletter.



VegSA Diary Dates

EVERYONE IS WELCOME TO ATTEND VEGSA'S SOCIAL EVENTS

◆ Sunday June 11th 12.30pm VegSA's Northern Star group: **Lunch at Simply Vegan and Veg**, Shop 1, Montague Farm Shopping Centre, 2 Montague Road Pooraka. Book by Wednesday June 7th with Karin: phone/text 0416 899 813 or email: info@vegasa.org.au.

◆ Wednesday July 19th 12.30pm **VegSA Committee members will meet for lunch at Dukes and Western Vegan Bakery and Café** (previously Salem Café), 647B Marion Road Ascot Park. Members invited to meet the Committee and join in the chat. Please book by Saturday July 15th with Su: email: vegus2003@yahoo.com.au or text/phone: 0468 397 219

For info on Dukes and Western see website: www.dukesandwestern.com

VEGAN PALOOZA

Saturday 1 July 12noon-6pm MAB Innovation District 6 Eastern Promenade 1284 South Road Tonsley.
Gold Coin Entry. Undercover, Free Parking, Sorry, no dogs.

Following the successful event in 2021 the Vegan Festival Adelaide team is again organising the Vegan Palooza. This showcases local vegan food with mainly food stalls. Less hectic than the Vegan Festivals, this was very enjoyable last time. For more information: www.veganpalooza.info or Vegan Festival Adelaide Facebook page
If VegSA members and friends wish to meet up there please contact VegSA - details below.

HERBS AND THE VEGAN LIFESTYLE

◆ Monday Aug 7th 7.30pm Herb Society of SA Monthly Meeting
At the Findon Community Centre, 222 Findon Road Findon SA 5023
VegSA Committee/members will speak on: **HERBS AND THE VEGAN LIFESTYLE**
followed by a shared supper.

◆ **VegSA's Northern Star Group** meets once or twice each quarter for a shared meal either at a member's home or at a vegetarian or vegan eatery. For further details contact Karin: phone/text 0416 899 813 or email VegSA (address below).

◆ **VegSA Southern Social Group: Second Saturday each month** at 12.30pm get-together at **Great Nature** 3/48 Beach Rd Christies Beach. No need to book, but check in case of changes with Su: ph. 0468 397 219 or vegus2003@yahoo.com.au

◆ **VegSA mail-out workshop.** Usually Quarterly at the Joinery 111 Franklin St Adelaide. Meet fellow members and share ideas. Help is always appreciated. Next mail-out is planned for Sunday May 28th. Check with Anne: 0466 972 112 or email vegsoesa@gmail.com. Also, at 1pm VegSA Committee meeting. Members welcome to participate (but only Committee members can vote). Bring lunch or food to share.

RESOURCES

◆ **Animal Liberation SA (ALSA)** conducts demonstrations and campaigns for animal rights and against animal abuse. Members' meeting held 1st Sunday each month at The Box Factory, Regent St South, Adelaide. (If driving enter off Halifax St.) See website for information: www.animalliberation.org.au or phone 0401 870 957 or email: animal.lib.sa@gmail.com

◆ **Adelaide Vegans** brings vegans together for networking and social gatherings alternate weekends - dinner on Friday or lunch on Saturday - usually at vegan or vegetarian establishments, sometimes at places with good vegan options. Bookings essential to enable them to reserve a table. For details see 'EVENTS' page at: www.adelaidevegans.org or ph Ken 0415 382 121. There is also interesting and useful information on the Adelaide Vegans Facebook page: <https://www.facebook.com/groups/7023024642/>

◆ **Doctors for Nutrition** is working to ensure that medical practitioners of the future are trained in sound basic knowledge of nutrition. Meanwhile, Doctors for Nutrition has prepared a pack of evidenced-based information on "whole food plant-based nutrition across all life-stages" that you can hand to any doctor who needs this educational material. This is available from the website where there are also many useful articles. See: www.doctorsfornutrition.org and www.doctorsfornutrition.org/articles/

◆ **South Aussies for Animals** works to improve conditions for animals in SA, including animals in laboratories. Contact: suzanne.pope@gmail.com

Chemical Maze. App from Apple or Google or printed copy (out of print) only available on line or second hand see: <https://chemicalmaze.com/chemical-maze-book/>

◆ **One green planet** has very good articles even though it has lots of adverts: www.onegreenplanet.org

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Whilst VegSA makes every effort to provide accurate information to the best of its knowledge at the time of publication, these cannot be guaranteed. Always check for possible changes.

