

Food for Thought

Vegetarian & Vegan Society (VegSA) Inc.

Newsletter

Issue 1/10 – March 2010

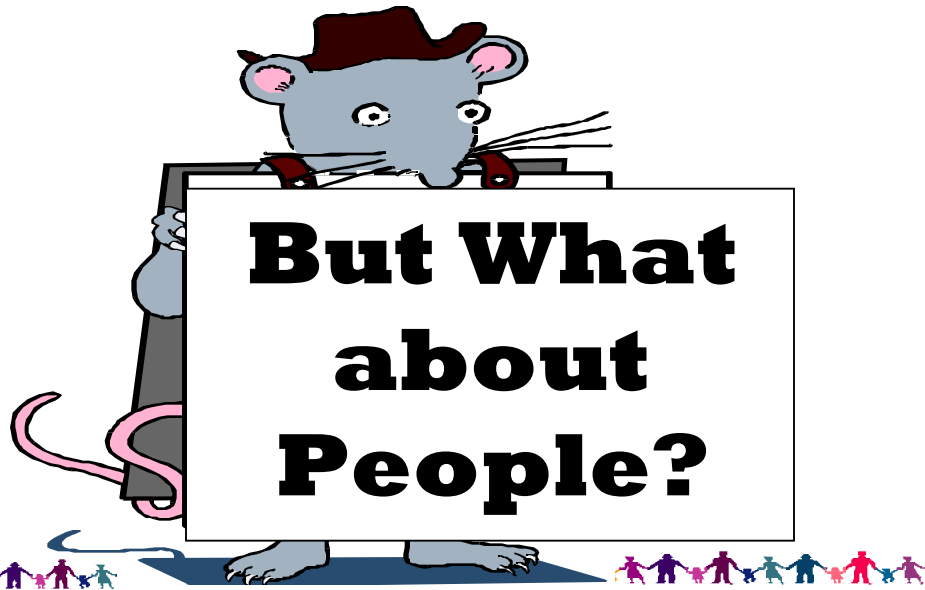
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From an article by Robert N. Wennberg (*Professor of Philosophy at Westmont College, in Santa Barbara, California*) *The Ark* Spring 2010

You must have heard this: 'Animals? You should be caring for people!'

A substantial portion of [the] USA population, indeed a controlling majority, is indifferent and in some cases hostile to animal advocacy in any form. This unease with animal advocacy is expressive of a feeling that our concern, passion, energy, and resources should be directed to the needs of humans

Rosemary Rodd makes the same point: 'The attitude will be familiar to anyone who has been involved in collecting money on behalf of animal welfare charities. Such collectors are frequent recipients of critical comments of the form, 'I wish you took some interest in children welfare.' (Rosemary Rodd, *Biology Ethics, and Animals*. Oxford: 1990, p.182).

Concern with animals, it may be feared, may so deplete our reservoir of moral concern that there will be too little left for humans. If history is a reliable guide, however, the nineteenth century would suggest that concern for animals does not have to so divert one's moral energies that one becomes less concerned with humans as a result. Indeed, many of those individuals prominent in the animal welfare movement were also passionately committed to the improvement of the human condition. Thus, William Wilberforce evangelical Christian and perhaps the single most powerful force for the abolition of the British slave trade, led the fight to outlaw bull baiting and was a founding member of the [UK's] Royal Society for the Prevention of Cruelty to Animals. Thomas Fowell Buxton, Wilberforce's successor as the anti-slavery leader in the British parliament, was not only a generous philanthropist and a prison reformer but also served with Wilberforce in the

Cont'd page 4



Society News

Planning Meeting Report:

The Committee met in January to make plans for the ongoing management of the Society. The main matters considered were:

- **Website** - needs to be brought up to date:
 - a. To be in line with new name and constitution changes
 - b. The benefits of becoming a member to be spelt out more clearly;
 - c. Caterers added to 'Eateries' list
 - d. 'LINKS' page to be checked out and brought up to date
 - e. Establish a Pay Pal account so that memberships etc. can be paid on line.



It was felt that the website should remain 'uncomplicated' and user friendly with no need to expand the materials radically, as there is already much relevant material on the internet, including other Vegetarian/Vegan Societies' sites. Ravi Subramanian (ozravis@yahoo.com.au) and Anthony McAulay (jimih75@adam.com.au) will work on the necessary changes with member Simon Cook. The Committee expresses its gratitude to Simon for maintaining the website and keeping it up to date.

- **Newsletter:** Intended as a supplement to the Natural Health and Vegetarian life magazine (the official publication for VegSA and 3 other vegan/vegetarian organizations). For many years (prior to 1985) VegSA produced its own small magazine sent to members all over Australia. When the NSW Veg Society was revived (after many years of inactivity) it was decided we would use its magazine for our members. [This evolved into the "New Vegetarian", later "New Vegetarian and Natural Health" and now "Natural Health and Vegetarian Life" magazine.] However it was soon realised that we needed, as a supplement, "SA Update" page covering local events, eateries etc. for local members. This single page has since been expanded into the current 8 page "Food for Thought" format. **The Purpose of the newsletter remains:**
 - a. To be informative: especially to alert readers of local events, products etc.
 - b. To complement the Natural Health and Vegetarian Life magazine.
- **Recommendations:**
 - a. Pictures and photos would improve the appearance and help to break up the text: ("One picture is worth a thousand words!"), but it requires some one to supply the materials. Extra pictures and photos also make it harder to fit all the relevant information into the newsletter.
 - b. The newsletter should not get any bigger! All agreed that the current small pictures put in by Pam Marshall during layout make the newsletter more attractive and also help to differentiate it from other newsletters.
 - c. Recipes have not usually been included in the newsletter as there are often many recipes in the accompanying magazine. However, these recipes are often quite elaborate and usually not vegan. Food for Thought will include some recipes, usually basic ones that can be helpful to beginning vegetarians/vegans and especially members recommendations and/or recipes contributed at a our events.
- **Planning for 2010:** This was the 'Cinderella' of the day – receiving some what less attention than it deserved. However we did make a start by considering a lunch or dinner event with a multicultural flavour for the middle of the year. Plus we have been assured that there will definitely be a Vegan Festival in November and the Parade for the Animals in October (if sufficient participants). The AGM will also be held in May. As usual, the planned events for next 3 months are on "Diary Dates" page 8.
- **Members' Contributions:** If you have recipes or pictures of VegSA events for the newsletter or suggestions for the website let us know. If you would like to contribute to a multicultural food event contact Ravi on 8357 6629 or ozravis@yahoo.com.au

New Committee Member: Joy Danielson was coopted onto the Committee at its meeting in December. It is great to have a new face and a new voice to help with decision making.

Deadline for next issue of 'Food for Thought' (June) MAY 9TH- articles and adverts

Society News (cont'd)



-VEGEWISE Group-

The Vegewise group continues to meet on the 3rd Tuesday each month. After sampling the offerings at each of the vegetarian eateries in the City the group is now spreading its net wider. (see Diary Dates page 8 for next 3 months' events). In spite of very hot conditions (only one degree below cancellation temperature), the December event at Pam Marshall's, from all reports, was much enjoyed with a great range of vegetarian and vegan dishes to share. The Group is very grateful to Pam for opening up her garden, putting up her gazebo and offering her home-cooked food. We hope her cats have recovered from the shock! The February gathering at 'Tea House and Coffee for Others' (255 Waymouth St, City) was a sumptuous array of vegetable dishes served with rice and noodles. Thanks Shirley!

NB: For coloured version of above photo view newsletter at www.vegasa.org.au

Contacting VegSA: You can contact VegSA by phone, e-mail or letter (see contact details page one). E-mails are usually checked at least every second day. Calls to the VegSA number (8260 2778) are automatically redirected to one of the Committee members. Best times to call are between 7.30am and 9pm. If unattended the answering and fax machine will take the call.

Phone Redirecting Fault: Due to a "technical fault" there was a problem recently with phone calls to VegSA's number. It was rectified as soon as we were informed - however Telstra was unsure how long it had been a problem. If you tried to phone between 21.12.09 and 8.2.10 and had trouble contacting us on the 08 8260 2778 number, we apologise and would appreciate if you can let us know when you tried to call. **If you have difficulty contacting us on VegSA's number, please ring the Secretary on 08 8390 2314 or the Assistant Secretary on 0414 213 967.**

VegSA Membership Fees: Thank-you to members that sent their renewed subscriptions and to 7 new members who joined in the last 3 months. Remember: Your renewal date is shown on the address label when you receive the newsletter. It allows you plenty of notice to renew before the next mail-out. The society's constitution allows for your membership to extend for 2 months after renewal is due – so you will still receive the newsletter and maintain voting rights at meetings. For those who do not want to send a cheque/money order or use a credit card an alternative is an internet transfer direct to VegSA account: **BSB: 105-120 Account: 592102340. But be sure to indicate your name and reason for the payment in the transaction. Please e-mail or phone VegSA advising payment has been sent.**

VegSA 'Food for Thought' Acknowledgements: Editor: Anne Sanders

Layout/Editorial: Pam Marshall Mail-out: Committee.

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

Many Thanks to Chris Pyne (MP) office for photocopying

But What About People? (from page one)

RSPCA. Another evangelical, Anthony Ashley Cooper, the Seventh Earl of Shaftesbury, was a tireless worker on behalf of the insane and factory children, assisted Florence Nightingale in army welfare work, and served as vice president of the RSPCA. Frances Power Cobbe, called 'the grande dame of English anti-vivisection', invested much of her life in educating slum children. In the United States, Samuel Gridley Howe, Head of the Perkins School for the Blind, was a strong advocate of prison reform, improved treatment and care for the mentally retarded and promoted the abolition slavery, as well as serving as a director of the Massachusetts SPCA. Harriet Beecher Stowe, famed for kindling anti-slavery sentiment in her writing performed a similar function in sensitizing people to cruelty to animals. Additionally, as James Turner writes, 'The great clans of reforming Quakers - The Gurneys, the Peases - found themselves involved with animal protection as naturally as 'temperance and anti-slavery'. (See James Turner, *Reckoning with the Beast*. Baltimore: 1980, p.36). Certainly, it would seem, 'animal lovers' can also be 'people lovers'.

Many people object to efforts to help animals, especially organized efforts, and they do so on the expressed grounds that the energy thus expend ought to be directed to humans. Arguing that such concerns spring from a faulty understanding of love, Mary Midgley relevantly puts [it], 'One sort of love does not need to block another, because love, like compassion, is not a rare fluid to be economized, but a capacity which grows by use.'

(Mary Midgley, *Animals and Why They Matter* (1983), p.119).



In the Media

◆ TOO MUCH SALT IN VEGETARIAN "MEAT" PRODUCTS?

On Sunday Jan 3rd Sunday Mail published an article by Katphin Moo suggesting that some vegetarian, synthetic meat products contained far too high a level of salt. Congratulations to Karin (VegSA Committee member) for her timely response, which was printed the following week. VegSA's further comment: Whilst it is good to have available a range of meat analogues on the market, generally it is much cheaper to cook one's own lentils, beans, vege patties etc. and have control of the salt (if used), plus other ingredients including healthier herbs and spices.

It seems the renewed interest in limiting salt may have been a response to a recent report by the George Institute in Sydney:

Options worth their salt

AS a member of the Vegetarian and Vegan Society, I appreciate the information in Katphin Moo's article ("High salt levels can be a snag for vegetarians, say experts." 3/1).

However, he only mentioned one product. By contrast Lamyong's Vegetarian Ham contains only 56.7mg sodium per 100g, while most other meat alternatives contain about 400mg sodium per 100g - about a quarter of the recommended daily intake. Low-salt food does not need to be tasteless, if you replace some of the salt with tasty herbs and spices.

Just because of the very high salt content in some brands of vegetarian meat alternatives, there is no reason to stop being a vegetarian or vegan.

KARIN BASSE - Salisbury Downs

◆ AUSTRALIA URGED TO LIMIT SALT CONTENT IN FOOD, ESPECIALLY FAST FOOD AND PROCESSED MEATS *From an article by Danny Rose, AAP February 03, 2010*

AUSTRALIA has been urged to follow other countries and limit the salt content of foods to rein in high levels found particularly in fast food and processed meats. Prof Neal, senior director at the Sydney-based George Institute for International Health, said Australia's efforts in comparison were "piecemeal and progressing too slowly". There is overwhelming evidence that the current high levels of salt consumed in Australia cause high blood pressure, the leading cause of stroke and a major factor in heart disease," Prof Neal said.

Most Australians eat eight to ten grams of salt a day but could live healthily on just one to two grams. There is also growing evidence this excessive intake can lead to stomach cancer, osteoporosis, obesity, kidney stones and kidney failure. A recent US study also found that a reduction of three grams of salt per person per day would prevent the deaths of 92,000 Americans from related disease each year.

"Many people recognise that salt is bad for health and have stopped adding salt during cooking or at the table, but this will only get them so far," said lead researcher Jacqui Webster. "With some three quarters of the salt we eat hidden in everyday foods such as bread, processed meat, and take-away foods, it is very hard to make the large reductions needed.

◆ **GM FOOD LABELLING LAWS:** “Lax labeling laws have made it almost impossible for Australians to avoid products with genetically-modified ingredients should they want to, a consumer group says. Supermarkets were full of foods with ingredients now likely to be derived from GM crops such as soy, corn, canola and cotton. CHOICE senior campaigner Clare Hughes said. A government review of food labeling laws is under way”



◆ **DUCKS IN DANGER: DUCK SHOOTING UP-DATE:**

Animal Liberation SA (ALSA) is continuing its campaign to have Recreational Duck Shooting banned in SA as in WA, Qld and NSW. Through door knocking and info stalls they have collected nearly 5000 signed post cards to be sent to the main candidates in each of the marginal electorates, asking them to support the ban. When door knocking it is interesting that young people, especially those with young children are the most keen to sign. Also, people that live near the River who have had first hand encounters with ducks, are generally more sympathetic. A majority of people approached are in favour of the ban.

On Wed. Feb 10th East Torrens Messenger printed a story about Suzanne Pope of ALSA and the abandoned ducklings she cares with Fauna Rescue. No mention was made of the impending announcement of the upcoming Recreational Duck Shooting season. But on Friday 12th (7am ABC radio) dates for duck and quail shooting seasons were announced. No other mention seems to have been made on radio and it is hard to find any mention in the newspapers. However FFT has confirmed that the Minister has approved a season for duck shooting from March 27th to June 27th and for quails from April 3rd to July 15th, bag limits 6 ducks per person per day (max 2 Pacific black ducks) and maximum 12 quails. The Minister claims that these limits are well down on the highest previous maximum bag size but does not mention the average or previous minimum. *(It seems the Minister is well swayed by the opinion of the minority)*

◆ **CHEMICAL LINK BETWEEN PLASTIC BOTTLES AND DIABETES AND HEART DISEASE:**

A new study has confirmed a link between heart disease and a chemical used in plastic bottles, containers and food packaging. Bisphenol A (BPA) increases the risk of cardiovascular disease and contributes to diabetes. The chemical acts as a synthetic oestrogen and can leach out of bottles when heated. Most manufacturers have already stopped using the chemicals in babies' bottles.

◆ **MELBOURNE MEDICAL BREAKTHROUGH MEANS PIG LUNGS COULD BE TRANSPLANTED INTO HUMANS**

from an article by Grant McArthur, Herald Sun, February 02, 2010. PIG lungs could be transplanted into humans to overcome a shortage of donor organs after a Melbourne medical breakthrough. Scientists from The Alfred hospital have kept pig lungs alive and functioning with human blood, paving the way for animal-human transplants in as little as five years. The breakthrough came after scientists at Melbourne's St Vincent's Hospital were able to remove a section of swine DNA called the Gal gene, which made the pig organs incompatible with human blood. Human DNA was added to the engineered animals to control blood clotting and rejection in humans.

The possibility of animal-to-human transplants - xenotransplantation - has divided the medical ethics community. But with 200 Australians on transplant waiting lists dying in the past year, Dr Glenn Westall said the world-first discovery meant pig-human lung transplants were a real prospect. The Federal Government is developing guidelines for xenotransplantation after a moratorium on the

Chemical linked to diabetes

A NEW study has confirmed a link between heart disease and a chemical commonly used in plastic containers, bottles and food packaging.

The UK research, to be released this week, is expected to provide further evidence that bisphenol A (BPA) increases the risk of cardiovascular disease and contributes to diabetes.

Most manufacturers of babies' bottles have stopped using the chemical, which acts as a synthetic oestrogen and can leach out of bottles when heated.

Food Standards Australia New Zealand chief scientist Dr Paul Brent said BPA levels in packaged foods and drinks did not pose a "significant health risk". Australian Medical Association Victorian president Dr Harry Hemley called for Australian-based research into the health effects of the chemical.

The Advertiser 10/1/10

practice expired on December 31. But medical ethicist Assoc Prof Nicholas Tonti-Filippini said such transplants had the potential to bring animal diseases into the human population. He said the creation of genetically modified pigs was not ethically acceptable. "It is basically a human-pig, a hybrid, or whatever you want to call it. It is about whether the community is prepared to accept a part human, part animal.



◆ **HOME-GROWN FRUIT AND VEGETABLES NOT ALWAYS SAFE:** From 'The Australian', 24 October 2009 <http://www.theaustralian.com.au>

"An increasing number of Australians are growing their own vegetables. They're digging up their lawn or joining community gardens, and their children are growing vegies at school. They're not alone. In the US, the grow-your own movement is spearheaded by Michelle Obama, who has become an advocate of home-grown, healthy food. One of the first things she did after moving into the White House was have some lawn dug up and replaced with a vegetable garden.

However, Ravi Naidu, managing director of the Co-operative Research Centre for Contamination Assessment and Remediation of the Environment, warns intending vegetable gardeners to first check the health and history of their patch of dirt. The risks range from lead paint scrapings in inner-city backyards to cadmium in agricultural soils and industrial contamination from petrol, oil and other chemicals. "Australians eat quite large amounts of home-grown produce," says Naidu, an environmental scientist specialising in risk assessment and contaminants. Yet, as Naidu notes, residues of arsenic, lead, cadmium and DDT can linger in the soils for decades, posing serious dangers to human health. "If you look at our urban environment, it is expanding rapidly and that expansion leads to the construction of houses, some on potentially contaminated sites used to dispose industrial waste on former landfill sites," he says. He points out that arsenic was used in Australia to control parasites in sheep and cattle. "There are still thousands of toxic dip sites scattered across the landscape, many in areas that have now become suburban. Arsenic is also a concern in areas of old gold diggings, such as Victoria's Golden Triangle, around old rail tracks and orchards." Cadmium is another harmful agricultural legacy. "If your soil has been subjected to super-phosphate fertiliser over a sustained period, potentially you would have cadmium present in the soil and it would be transferred from your soil into your vegetables."

Another issue facing home gardeners-- conscious of the water restrictions in most cities and towns-- is the safety, or otherwise, of using grey water from sources such as showers, laundries and kitchens. While there's active research into commercial recycled water, little work has been done on household grey water. Regulations vary from state to state, but all agencies recommend against using kitchen or dishwashing water on the garden because it can contain food particles, grease and oil. They also warn against irrigating with water used to wash nappies or other faecal-soiled items. SA Health advises people not to use grey water "to irrigate fruit, vegetables, or areas where fruit can fall to the ground and be eaten". It warns that grey water can contain disease causing bacteria, viruses, protozoa from nappies and other soiled clothing; chemicals from soaps, shampoos, dyes, mouthwash, toothpaste, detergents, bleaches, disinfectants and other products such as boron, phosphorus, sodium, ammonia and other nitrogen-based compounds. Then there's dirt, lint, food, hair, body cells and fats, traces of faeces, urine and blood.

However, according to Blazey, there's another option. He says home-grown vegetables use far less water than commercial scale production, and estimates a 7000-litre rainwater tank would provide enough supplementary water for most coastal gardeners. He's so convinced of the environmental and health benefits of backyard vegies that he wants a government-supported campaign to encourage the growing of fruit and vegetables in Australian backyards. What's more, Blazey thinks Kevin Rudd and Therese Rein should follow the Obamas' lead, embrace the times and set up a vegetable garden at the Lodge. "The Queen herself has started a vegetable garden, so it is up to the Rudds to do something," he says.



-Recipe-

Quick and Simple Banana Cake.

At this time of year bananas often ripen faster than we can eat so why not make a cake!

Combine 1 cup plain flour, 1 cup semolina, teaspoon cinnamon powder and desert-spoon low allergy baking powder*. (Can use Orgran 'NO EGG' instead.)

Mash 2 or 3 very ripe bananas and stir flour into banana.

Add quarter cup vegetable oil and half cup sultanas.

Mix to soft dropping consistency with rice, oat or soya milk. (Note: rice milk is sweeter than soya milk - which might require a little sweetening.)

Pour into oiled loaf pan and bake for about 30mins 180° C.

*NB: To make low allergy baking powder - combine 3 table-spoons cream of tartar, one table-spoon bicarbonate of soda and one table spoon rice flour or corn flour. Store in glass jar and use as for regular baking powder. Note that this mixture does not have the harsh taste of regular baking powder so you can use more (even though it is quite a bit more expensive).



Products on the Market

◆ PAPPA NUTAL CHICK PEA GOURMET VEGETARIAN BURGER (500gr)

Ingredients: vegetables, chick-peas, bread crumbs, herbs, spices, garlic. No preservatives, genetically engineered ingredients, artificial colours or flavours. Nutritional Products Australia P/L1&2, 4 Clare St, Bayswater, Vic 3153, Ph 03 9729 6833 Cost: \$5.49 at Coles. Note: *sodium content 150mg per 100gr.

* On the subject of salt/sodium intake see page 4 'In the Media'

◆ **QUINTABS-M High Potency Multi Vitamin tablets** (all vegan). Of course we should get the nutrition we require from the food we consume via a healthy diet. However at times of stress a little support may be needed. Quintabs have 100% or more of daily requirements of Vitamins A, C, D and B (inc B12) with varying percentages of minerals. Approx \$35 from Bliss Organic Cafe, 7 Compton St Adelaide, Ph 82310205, eat@blissorganiccafe.com or by internet from www.crueltyfreeshop.com.au

◆ **Cinnamon**, we are told, "helps to maintain healthy blood glucose levels". **GLUCOPTIN** tablets are animal, gluten and GMO free, contain 200mg cinnamon twig bark extract (equivalent to 3000mg fresh twig bark). Cost \$24.95 for 30 tablets (Dosage: one a day) Available at Go Vita, Newton.

*Search for "Cinnamon and blood sugar" on internet to see some of the studies that suggest that this spice can be helpful in lowering blood lipid, as well as blood glucose levels.

◆ **WASTE NOT, WANT NOT** 107 Goodwood Rd, Goodwood (close to bus stop 4 and a few minutes walk heading south from tram stop 3) parking in Goodwood Rd or at rear off Rosa or Florence Streets, e-mail wnwshop@gmail.com Ph/fax 8272 5133.

The store has an excellent range of vegetable oil soaps, environmentally friendly cleaners, vegan cosmetics etc., also fair trade coffees and artifacts, including hand-made children's toys and "alternative fabric" clothing, books, shopping trolleys in striking colours, reusable bamboo party ware, and lots more. Waste Not Want Not was established around 10 years but recently taken over by proprietor Gary. It's quite an 'Aladdin's Cave' of environmentally friendly goods.

Valè: LEN MEDLIN (VegSA Member)

VegSA would like to extend condolences to the family of Len Medlin who died recently at the age 95. Len who took a great interest in diet, meditation and other related fields, was active with the Society for many years. Older members of the Society may remember attending events at his home in Renown Park. He and his wife Lorna are remembered with affection and our thoughts go out especially to Lorna.



VegSA Diary Dates

VegSA Dates:

◆ **VEGSA PICNIC - Sun. March 21st - 12.30 pm - Botanical Gardens - Hackney**
 (from Plane Tree drive enter at 'Friends' Gate, follow path short distance to small rotunda on right (just past creek) or from North Terrace follow path towards Friends Gate, find rotunda on left). Bring food to share (Vegetarian or vegan), own cutlery, crockery, seat or rug. Every one welcome: Friends, family etc. Further Info: VegSA or 0414 213 967



◆ **LUNCH & ANNUAL GENERAL MEETING - Sunday May 16th**

Clarence Park Community Centre 72-74 Forest Ave Black Forest.,
 Black Forest Room (in the 'House Next Door'). Visitors welcome

Transport: Next to Clarence Park Rail Station or Buses 296 or 297 Stop 10

12 noon: Lunch – bring vegetarian/vegan food to share. **1pm** - General Meeting
1.30 -Talk by naturopath John Reuters: "Do Vegetarians Live Longer?"

◆ **VEGEWISE Group: Meets 3rd Tuesday each month – 12 md** (unless otherwise stated)

March 16th – Good Life Organic Pizza 170 Hutt Street, Adelaide.

April 20th – Quiet Waters 75 Hindley Street Adelaide

May 18th – Vego to Go Shop 12 Norwood Mall Norwood

Everyone Welcome! Contact: Joy 8326 0564 or 0428 832 605 or email Pam:

pam@theshoppe.com.au for info & bookings

◆ **VegSA Northern Social Group** - Meets approximately every 2 months. Next get together: Saturday April 24th 12.noon, 5 Enford St, Elizabeth. Demonstration of Thermomix Machine with tastings. Places limited to see this all -purpose machine in action, so bookings needed asap Contact Karin 82817694 0414 213 967 .

◆ **VegSA Southern Monthly Social Get-together** - 2nd Saturday of the month from 12 noon. Great Nature 3/48 Beach Rd, Christies Beach. No Booking but check details with Su: 8326 1062 email:veg-su2003@yahoo.com.au

Other Groups:

Adelaide Vegans Get-together: www.adelaidevegans.org - 1st and 3rd Fridays 6pm at different Adelaide Eateries. See website for upcoming venues and bookings (essential for numbers) or contact: Shane: swardshane@yahoo.com 0410 481 290, Steve: steve-lancaster@live.com 0435 119 182. Wade: wade.shiell@student.adelaide.edu.au 0422 507 864. All other Fridays at Pure Vegetarian, Market Plaza Food Court. (no booking needed). Sun March 21.3.10 Botanic Garden (see VegSA dates above for details). Contact Carmen: 82657747 or 0438796841

Animal Liberation SA is continuing its popular **COOKING DEMONSTRATIONS** this year at Glandore Community Centre, 25 Naldera Street, Glandore 1 till 4 pm Sundays: May 16th, June 20th, July 25th, August 15th, September 19th, October 17th and November 21st Delicious samples to taste. **ALL VEGAN.** Cost \$10/\$5 Contact Di Cornelius ph 82963802 e-mail: diphilcorn@gmail.com

Addis Ababa Cafe: Monthly Vegetarian Banquet - 4/462a Port Rd West Hindmarsh 6.30 pm. Last Wed. each month. \$25 (*cash only*) Variety of tasty, traditional Ethiopian vegetable & bean dishes. All you can eat! Bookings: Ph 8241 5185 zed_wondimu@optusnet.com.au

Natural Health Society (sa) 1st Tuesday each month 7.30pm: Meeting & lecture at Unley Citizens Centre, 18 Arthur Street Unley. Members \$2, visitors welcome \$4/\$3. Information: Secretary 8277 7207 website www.naturalhealthsa.com.au April 6th: Graeme Cogdell: "Healing through Quantum BioEnergetics". May 4th Peter Ruehmkorff on dowsing and radionics.