

Food for Thought

Vegetarian & Vegan Society (VegSA) Inc.

Newsletter

Issue 1/13 - March 2013

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-VegSA News-



A Great Picnic at Hazelwood Park!

We managed to avoid February's blazing heat and the pouring rain (both of which had been a problem in recent years) to have a great day. The picnic is always a nice way to ease into a busy year from the relative relaxation of the summer break.

As usual everyone had brought a variety of delicious food to share. There was a great atmosphere of talking, children playing and sharing of ideas. Friends from VegSA and Adelaide vegans used it as a day to meet up - as well as some of the "old" crowd. See you at Hazelwood Park next year?

The next great VegSA event: Saturday March 23rd 12.30pm lunch at Green Room on High Street, 2 High Street Willunga (see diary dates page 10)



VegSA News

♦ **Dinner at Mitran Da Daba:** On February 23 VegSA members and friends dined at Mitran Da Daba. Everyone enjoyed ample food that was tasty but not over spiced. We also enjoyed some lively discussion in a very conducive atmosphere. This is a relatively new Indian vegetarian venue with simple home style cooking at very reasonable prices. Many dishes are vegan and others can be vegan to order. Service can be a little slow but worth waiting if you have the time.

Mitran da Dhaba 287e Anzac Highway Plympton. Open 5pm to late every evening except Wednesday. Ph 8297 7977 0430 316 107

♦ **VegSA Garage Sale:** Saturday March 16 9am - 4pm at 9 Grandview Dr Panorama
If you have goods to donate please deliver to above address after 5 March or e-mail vegsoesa@gmail.com or phone 8260 2778 to arrange a pick up or drop off point.
To date we have collected clothing, jams, bric-a-brac, books but why not have a clean out? Recycling your unwanted goods is great for the environment.....

"For each discarded item there is a larger ecological cost in terms of the power, land and water used in production toxic emissions released. For example: It takes around 1,800 gallons of water to grow sufficient cotton to produce the average pair of jeans and 400 gallons of water to create 1 cotton shirt. From Clean Technology Read more:

<http://www.care2.com/greenliving/great-reasons-to-shop-secondhand.html#ixzz2JyXXbmA4>



CONGRATULATIONS!

Don and Beryl Dispain on the occasion of their 60th wedding anniversary. We hope they have very much enjoyed their celebratory cruise.

Ravi Subramaniam and Rajlaksmi on their recent marriage, We wish them a long and happy life together.

♦ **Email addresses:** When you change email addresses please be sure to inform VegSA. Emailing is the quickest way to communicate anything urgent - however we do receive a lot returned undelivered.

BORROWING FROM THE VEGSA RESOURCE COLLECTION

(Sorry members only)

VegSA has an interesting collection of books and DVDs. Contact Kay Lewis our Librarian who lives at Hectorville. Phone 8336 9819 or 0429 819 991 or email:

kay.vegan@hotmail.com to make arrangements to collect items
(either at a VegSA event or by arrangement with Kay).

The usual loan period is one month, but can be extended if the item is not otherwise required. We hope to have an updated list of materials ready to post out with next issue of Food for Thought and will also add it to the website.

(See two new book reviews page 7)



In the Media 'The Drum' (ABC 24) mentioned recently that a large dog can create as much GHS (methane from meat production) in one year as driving 2 large cars!

Newsletter Acknowledgements: Editor: Anne Sanders. Assistant Editor and layout: Pam Marshall. Mail out: VegSA Members and Committee.



THE LAMYONG STORY

LAMYONG vegetarian and vegan products are becoming increasingly popular in Australia and are used in many of the vegetarian eateries around Adelaide and interstate. The list of products is varied and growing. To find out more about the Lamyong story VegSA spoke to Yin Keng Fong, Lamyong's representative in SA, John at Great Nature (Christies Beach) and Chris Neo at Lamyong's packaging and distribution in Sydney. Chris explained the philosophy behind Lamyong and some of its operation to editor Anne Sanders.

AS: Who was the Founder of Lamyong in Australia?

CN: My father, Boon Chong Neo

AS: So it was your father's idea. What motivated him to do this?

CN: My father has always said that being a vegetarian is good and wanted to share this idea to others. The easiest and most direct way is to actually sell vegetarian food so that people can easier become a vegetarian.

AS: Does this come from his own background: Culture or religion?

CN: I suppose it can be contributed to our culture and tradition where we would go to the temples to pray. From there, you come to know of monks and monks are vegetarian because that is the most practical approach to being compassionate.

AS: Is that because a number of people would spend time as monks or just that you respect the monks themselves?

CN: I think both, as nowadays you don't find many people becoming monks amid the many distraction of the modern world so these people should be respected. However you don't have to be a monk to be compassionate & vegetarian.

AS: Would you say that most of the monks would be vegetarian?

CN: I would say that all of the monks should be vegetarian. I have never heard of any monks who are not vegetarian.

AS: Does this go back to Buddhism or might it be from a Taoist tradition?

CN: I think it would be more Buddhism.

AS: Because Buddha particularly taught compassion.

CN: Yes and the basis of the compassion is to become vegetarian.

AS: My experience in Hindu and Sikh temples, in India and Australia, everything would be vegetarian

CN: Yes everything would be vegetarian as well.

AS: And that would be egg free?

CN: Yes, that would be egg free as well.

AS: I notice that Lamyong things, I think, are mainly egg free?

CN: Most of our products, I would say more than half of them, would be vegan. The rest of them may contain either milk or egg or both.

AS: I had noticed from the catalogue that the vegan range is becoming a larger and larger proportion. Is there a reason for that?

CN: I would think in Australia most of the people who are vegetarian are vegan.

AS. My experience is people are moving that way because of the problems with eggs and milk production and factory farming but I am not sure that everybody is able to carry it out 100%. Being vegan in a non-vegan world is hard because we do not even know what is in the glue holding our furniture together. However with labelling laws we are able to have more idea of what goes into our food, which brings me to the next question.

AS: Are you able to steer clear of genetically engineered stuff?

CN: Most of our soya beans are GMO free because they are actually sourced from Australia because of the protection and strict regulation we have for GMO free production. Soya is one of the main ingredients. After that we have mushroom and we have taro powder that most of our products are made from. The reason they use taro powder is because basically when it is used with foods it gives them a jelly like texture. Mostly the manufacturers use it to make the "vegetarian" sea foods.

AS: Do you find that people have any Problems with the Soya?

CN: With our products we try to be general so that most of the people eat them. For our products to be gluten free or soya free that will be difficult to produce. Some of our products don't have any soy in them. So for example mushroom chunks don't have any soy in them.

AS: Is that a vegan one?

CN: That is not vegan but we do have other mushroom products that are vegan.

AS: Some Indians would not have onion, mushrooms or garlic. That is another thing I notice, that Lamyong it is mainly flavoured with herbs and spices and not with onion and garlic.

CN: One of the reason we do not have onions is because in our Buddhist culture onion, spring onion, chives, leeks and garlic are not considered vegetarian.

[There is a story that explains this but we will need to keep this for another time - ed.]

AS: Was the Lamyong Range originally designed more for Chinese people living here or for the general vegetarian population?

CN: As mentioned earlier, we wanted to cater for the general population. But our products are shaped & taste very "Asian" because they are made in Singapore & Malaysia.

That is why we have [for example] Vegetarian Satay Sticks which is a very Asian food.

AS: So would you say that originally it sold more to Asians than to the general Population?

CN: Yes, it would be true and natural since we are Asian. The other reason is, when my father started this business, his English language wasn't very fluent and that why he tended to focus more on the Asian population where there's no issue with communication. But as the business has grown, we have other customers from other ethnic communities and religions so it's now more the general population.

AS: So he must be quite happy because the business is expanding.

CN: Yes, yes. I think he is happy for that but he's happier because there are more vegetarians.

AS: Why do many Lamyong products have names like "beef" and "chicken"?

CN: Yes we come across that issue and I think the reason why we have that is because some of them are nuggets so there is no other way we can call it. We can't have Nugget number1, Nugget number 2, Nugget number3. It is not very attractive. OK, I pick Soya Nugget No. 1 today, Soya Nugget No, 3 tomorrow! In the name choice we have very little choice. That is why we put in names like "fish" or "prawns". But we have actually changed quite a few of the names already. So for instance our Soy Nugget is originally named "roasted chicken", but people get offended by the name chicken so we changed that name. At the moment we have over 400 products so we cannot have the name "Crispy soy Slice" for so many different products. It is also hard for the warehouse to pack. ("Which soya slice are you referring to?")

The other reason is we want to give the customer an idea about the products and how they can cook them. So if we give them a name that they know, like chicken, then immediately they say, "I can use that for vegetarian chicken rice or chicken patty" and then cooking our products will not be a problem. It's already a big step for ordinary people to become a vegetarian and we don't want cooking to deter them from becoming or continuing being a vegetarian.

To let our customers know how to cook our products, we even made a recipe book and it's free to download as well as hosting cooking classes when we have spare time. In the cooking classes, we tell our customers that you don't have to use our products to make a vegetarian meal. You can just use tofu and vegetables to cook a great dish. For people who still have that craving for "that" taste, they can be vegetarian and still have that taste. That's where our "chunky fish" or "prawns" come into place for these people. Once they move on and it becomes their diet it will change for them. For myself I was not born a vegetarian and it took me some time to change. But gradually once you have become used to the vegetarian diet you don't need meat any more.

AS: So it can act as a sort of transition?

CN: Yes it is bit like when you give up smoking you have a nicotine patch! They still satisfy some of their cravings.

AS: Would you say the business is growing?

CN: Yes, the business is growing and I think that there are a few reasons for it. One of the reasons is people can get more information from the internet. That's why they want to become a vegetarian. One of the things in Australia, the teenagers and young adults get quite involved with a lot of charity and social groups. A lot of them will participate in, say, cancer free, to be an advocate. When they do that they are usually more compassionate people and they will think about what they are eating. That is what I discovered. A lot of the vegetarians now a day are the younger generation

AS: That point about the internet is interesting. Young people have a lot of freedom these days. They research their ideas and put them into practice. Even if they cannot buy what they want in their local shopping centre they can get it all on line. So basically everything is accessible to them.

AS: Do you do on line orders?

CN: We do have an online shop. But one of the reasons we have difficulties is because we have frozen products.

AS: Do you have an agent in Melbourne like you have in Adelaide?

Actually that's the only agent we have. For the rest of the States we actually deal direct with our customers, because we know the products ourselves and the service we can provide. For myself I deal with Sydney, Canberra and Queensland.

AS: Are Lamyong products made here or are they imported?

CN: I would say that all of them are imported actually but even though they are imported they still have to go through us. We have to test them. We will modify them. With some of them we will request if they can make them vegan and some if they can lighten the taste because generally the people in Australia want the taste not that strong.

AS: Is this a family thing, you all have a say?

CN: Although it's a family thing, when we have a new product to sell we would cook them and let our staffs try them out to give us feedback. This becomes a factor as to whether we would sell this product or not. In addition, we cook vegetarian meals for our staffs to eat every Wednesday and Friday, so our colleagues who are not vegetarian can still enjoy our food. This idea originated from my Dad.

AS: How many staff do you have?

CN: Generally including the family ourselves we are about 10 people, 10 to 15 people.

AS: So for 10 to 15 people you are making quite an impact.

CN: My Dad says he will try his best to promote vegetarianism. That is why he started the business.

For more information see website: www.lamyong.com.au

Yin Keng Fong of 'Green Valley' (distributors of Lamyong products in SA) also emphasized their business is based on 'no harm to animals', that animals have souls and feelings and a right to life. There are now plenty of vegetarian options available with good nutritional value (vitamins etc). Being vegetarian is better for the environment as well as animals.

Green Valley distributes Lamyong products to many of the vegetarian eateries in SA, including **Zenhouse, Meesu, Vegetarian Garden, Vegetarian Delight, Pure Vegetarian, Vegie Village** and **Great Nature** and to some Asian Groceries, as well as selling direct to the public. For information, including names of stockists and to buy direct, email Yin: ykfong@lamyong.com.au or phone 8252 9098 mob 0416 880 388

'Great Nature' at Christies Beach sells a range of groceries, including Lamyong products, a variety of herbal teas and beautiful tea sets. The food they serve is all vegan, also onion and garlic free.

VegSA's Southern Group meets there once a month for lunch. We spoke to John, who with his wife Sarah, runs Great Nature. His family came from Taiwan, where a quarter of the population is vegetarian and simple vegetarian meals are available everywhere. In the big hospitals there would be a vegetarian as well as a non veg. restaurant, which leads many doctors and nurses to become vegetarian.

John also emphasized the importance of compassion and that 'mock meats' make it easier for us to join in social eating and even participate in barbeques! John will be happy to talk to groups about his knowledge and philosophy. He and Sarah also run cooking classes from time to time.



Products on the Market

♦ **Macro Butter Spreads:** Soy 500g- \$2.68 at Woolworths. It is P.O.F.V. (i.e. palm oil free & vegan). Bev Luff * of 'With Compassion and Soul' has been emailing the company back and forth for 2 months now and finally has all the answers to proclaim Macro Soy Spread Margarine POFV. See:

<http://www2.woolworthsonline.com.au/Shop/ProductDetails?Stockcode=372522&name=macro-butter-spreads-soy>. *Bev organizes a non-profit organization which raises money distributed to 18 organisations to help animals globally. See web-store at www.withcompassion.com.au

♦ **Melrose Care Omega 3 Table Spread.** Made in Australia from canola and flaxseed oil, no hydrogenated fats. Dairy, GM and gluten free. Contains Vit D2. 360g Cost \$5.70 at 'A Life Abundant Health Foods', Magill. Further info: www.melrosehealth.com ph 0398 747 800 Melrose Health Supplies 4 Redland Dr Mitcham Victoria 3132

(Note: either of the above could be useful for "divine vegan deserts" recipes— see page 7)

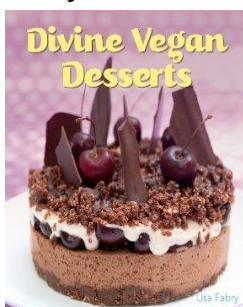
♦ **Vegan Sandals at “Birkenstock in the Hills”** 73 Main St Hahndorf , ph 8388 7426.
Open 10am-5pm, Sat & Sun to 4.30pm. *VegSA understands they stock some vegan items. Birkenstock’s website also mentions several non-leather materials. If coming to lunch at The Seasonal Café on April 20th (see Diary Dates page 10) we could call in and see.*

♦ **AUSSIEMITE Yeast Extract:** Marmite was difficult to get for a while when Sanitarium had problems with its NZ factory so we tried **Aussiemite:** made in SA, includes B₁₂ and is Non-GM, Gluten-free and vegan. Less stiff than Marmite or Vegemite so easier to use. Approved by Coeliac Australia and The Vegetarian Society UK. Available in supermarkets. More info: <http://aussiemite.com.au> or ph 1800 005 181. 58 Golflinks Road Stirling SA 5152.

♦ **BULK NUTRIENTS** sells products on-line for body builders and others, including **Vital Green, Spirulina and Protein Powders** at below shop prices with a flat rate for postage of \$12. Spiruline (with organic certification and analysis) cost \$49/1kg. Pea protein (one of the most readily absorbed plant proteins), unflavoured and with no sweetener or other additives, comes in 1,2,5,10 and 20kg packs. Costs \$19 for 1 kg up to \$279 for 20KG. 5kg (inc postage) costs \$91 which is \$18.20 per kg compared to \$60 - \$65 per kg for other brands in some shops. See www.bulknutrients.com.au or Ph. 03 6266 4725 Fax 0362679931 Postal address: 7 Crabtree Road, Grove, TASMANIA



Book Reviews *(Recent additions to VegSA library)*



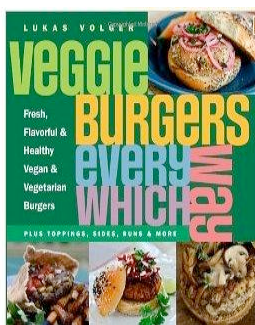
Divine Vegan Desserts by Lisa Fabry

Full page photos by Heidi Linehan. Publisher: Wakefield Press* 2012.
ISBN 9781862549166 rrp \$24.95.

Contains more than 70 “sweet” recipes, using only “natural” ingredients (no additives) and varying in complexity from Anzac Biscuits and Bliss Balls to raw Black Forest Gateau. The book, written here (by a previous owner of Bliss Café) uses familiar ingredients with explanations about those that are less familiar. Lisa has researched her material and worked at it hard to be able to give us detailed instructions and lots of hints . For

those who love sweets and want to do them the vegan way this could be a veritable journey of discovery. One pleasing feature is the presence of some traditional favourites like baked apples, bread pudding and Eccles cakes, also favourite dishes from various vegan eating places Lisa has visited around the world, including Adelaide’s own Bliss Café. Divine Vegan Desserts is a comprehensive and very practical guide and would make an excellent gift for any one with a sweet tooth who wants to experiment. Just one criticism: for my taste the sugar and other sweeteners needed to be reduced, but we always adjust recipes to our individual taste, don’t we?

*(Available from **Wakefield Press** (see below) and **Bliss Organic Café**, 7 Compton, St Adelaide. Lisa also has a blog with more recipes on www.divinevegan.com)*



Veggie Burgers Every Which Way by Lukas Volgar

Publisher: Wakefield Press 2010 ISBN 9781862548961 Cost \$14.95 at Go Vita. Munno Para. Same price from Wakefield Press.

If you have ever wanted to make your own burgers here is a comprehension collection of how to do it, using a wide range of ingredients. Originally published in USA, just a few unfamiliar terms crop up. About half the recipes are vegan (labeled “V”) and many of them gluten free (labelled “GF”). Includes recipes for accompaniments: salads and sauces etc. and buns. This is a well presented book with plenty of illustrative photos.

***WAKEFIELD PRESS** is located at 1 The Parade West, Kent Town (just round the corner from Kent Town PO and Bunnings). Worth calling in and looking at their specials as well as some of the other fascinating titles they have on sale. Free postage & packaging for mail orders over \$29.90.

See: www.wakefieldpress.com.au ph 08 8362 8800

P.O.N.D. (Protect Our Native Ducks Inc)

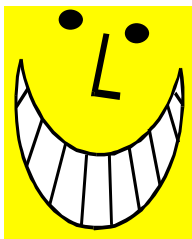
A group dedicated to promoting the welfare of native ducks in South Australia, with an immediate aim of ending duck shooting in this state. During drought years we heard little of this "sport". Many people thought it had been stopped as it has in 3 other states. But recently Minister Caica (now Minister Hunter) Minister for Sustainability, Environment and Conservation announced the opening of the annual SA shooting season. It is not necessary to control duck numbers – climate conditions will do this quite adequately – and if protecting crops is an issue then there is sufficient legislation to cover that also. Not only are ducks killed but many more are injured and left to die and their ducklings left to starve.

POND and its supporters will continue to pressure MPs. We are all asked to contact the Minister to register our objection. See letter on www.pond.org.au or contact:

Protect Our Native Ducks Inc. PO Box 462, Marden South Australia 5070

PS: VegSA will have protest letters available for members at events. Letters from country members & friends would be particularly helpful. Copies can be posted if preferred.

(See VegSA contact details page 1)



The Laughing Room

A journey, guided by laughing, into happiness, compassion and positivity

At the Reading Room - 153 Hindley Street, Adelaide

6pm every Friday, Saturday, Sunday & Monday until 25 March.

After Easter on Mondays only. \$10 entry or \$7 conc. (VegSA members \$5).

Contact Frazer Kirkman: 0413 700 718

Meditation with vegan dinner: Frazer also runs on most Tuesdays from around 6:30-7:30pm at Eden Hills. Contact Frazer Kirkman on 0413 700 718 for details. 1st Tuesday of the month: workshop on habit change. 2nd Tuesday: compassion meditation. 3rd Tuesday: happiness and laughter session. 4th and 5th Tuesdays: varies each month. The compassion meditation brings about greater peace and love for others, and is a great way to help people discover love for other animals and find motivation to become veg.

Natural Health Society (SA)

Meeting & Lecture: 7.30pm on 1st Tuesday each month (except Jan)

At Unley Citizens Centre 18 Arthur Street Unley.

April 2nd: Sandra Stuart and Anthony Medcalf of Herb Society SA. Discussion and presentation of Herbs and Salvias: Growing and Uses. Plants and books for sale.

June 3rd: Marni Morrow: Practising Nutritionist, Herbalist, Naturopath and Homoeopath: Vegan - a Way of Life or a Detox. ph 82979533. www.marnisclinics.com



Community Market

Clarence Park Community Centre 74 East Avenue, Black Forest

Monthly (1st Saturday) - 10.30 am to 12.30pm

Dates: April 6, May 4, June 1, July 6, Aug 3, Sep 7, Oct 5, Nov 2, Dec 7

Second-hand goods & clothing, homemade & home-grown produce, craft items, plants, massage, food, hair-dressing and more

Community Café: offering organic coffee, tea, homemade food (cakes, slices, muffins, quiches, and more) – with a smile! (all vegan/vegetarian)

Food Co-operative: Wholesome, nutritious food at low prices. Nuts, dried fruit, seeds, pulses, beverages, flour, grains, pasta, honey, free range eggs, oils, and more.

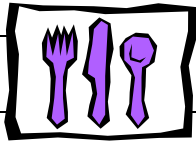
Most foods locally & organically grown. Bring your own jars & bags for discount.

Fresh food Co-op: Pre-ordered fresh, organic fruit and vegetables

Urban Orchard: Home grown fruit and vegetable exchange

Everyone Welcome! Come along and enjoy a morning of 'alternative retail therapy'

For info contact Pam 8374 2531 or sislets.coordinator@gmail.com



Cooking Classes

◆ Natalie Playford of 'Cooking Up a Storm'

Natalie offers private and party-style vegetarian cooking classes, at your home, at a time to suit you. Visit www.cookingupastorm.com.au or phone Natalie on phone 8386 1672 or 0403 555 011. Natalie also conducts classes for WEA.

Practical Fabulous Vegetarian (includes vegan) - Sun March 17th 1pm (4 hours)

Cost: \$89. Booking: www.wea-sa.com.au OR phone WEA 8223 1272.

◆ Eastwood Cooking Classes - Raw Food Classes 2013

Three classes each month (different topics). Cost \$297.00 per month. "Beginner" to "Master Chef" Time: 11am-3pm 37 Glen Osmond Road Eastwood, SA

Contact: 0403 890 169 <http://urbanrabbit.net/Class>



Eateries Update

Good news! We have 2 new veg. eateries to add to our list.

◆ THE SEASONAL GARDEN CAFE:

79 Main Road Hahndorf, South Australia Phone: 0439 341 0724 Open 8am - 5pm 7 days (except days of extreme heat). Locally sourced organic ingredients - as much as possible including their own produce. Uses rennet free cheeses, Paris Creek milk and yoghurt with non-animal milk available, plus fresh juices, fair trade coffees and teas. Vegan, gluten free and raw meals available.. See: <https://www.facebook.com/TheSeasonalGardenCafe>

Thank-you to member Ewan Pettigrew for letting us know about Seasonal Garden. VegSA plans a visit there soon – see Diary Dates page 10

◆ TWO BIT VILLAINS:

128 -130 (upstairs) Adelaide Arcade ph 8232 4883 Open 10am-7pm Mon – Thurs, Fri to 9pm, Sat to 5pm, Sun 12pm - 4pm. Offers mainly light meals. Also has retro clothing and other gear. See <http://two-bitvillains.com/> *Thanks to Adelaide Vegans for info.*

◆ VEGGIE VELO: (as seen at Vegan Day Adelaide, Nov 2012)

Manu works from his mobile bicycle at various locations around Adelaide serving veggie burgers, juices etc. For locations see: www.facebook.com/veggievelo Ph 0479 010 539

CHANGES:

HEAVEN FIELD is currently closed, not clear about any plans for reopening.

KATTA: is now only open 4.30-8.30pm Tues – Sat, but will open for lunch (min 4 people) by arrangement. Shop 1 467 Fullarton Road, Highgate ph. 7225 4166, 0425 354 691

ADVENTIST DEVELOPMENT AND RELIEF AGENCY (ADRA) – weekly vegetarian dinners.

The 7th Day Adventist Church's aid agency ADRA holds a weekly, free, 3 course vegetarian dinner at its centre at Brahma Lodge. Everyone is welcome. Members from VegSA Northern Group have participated. Dinners are substantial and satisfying with good quality ingredients, eaten in a calm, peaceful atmosphere. For further info contact Dave Hamilton at ADRA 1800 242 773.

(VegSA Northern Group is negotiating with ADRA about the possibility of organizing a joint event to take place somewhere in the Northern suburbs during Anti-Poverty Week in October. Contact VegSA if you have any ideas or suggestions or would like to be involved)..



VegSA Diary Dates

Upcoming VegSA Events:

- **VegSA Garage Sale** - Saturday March 16 9am - 4pm at 9 Grandview Dr Panorama (Goods wanted for donation - see page 2 for more details)
- **Lunch at the 'Green Room'** - Saturday March 23rd 12.30pm, 2 High Street Willunga (see enclosed insert for details).
- **Lunch at the 'Seasonal Garden Cafe'** - Saturday April 20th at 12:30pm 79 Main Road Hahndorf (a la Carte menu).
*Bookings essential for both events. Contact Su * (See Southern Group, below) by Wednesday before event.*
- **VegSA Annual General Meeting** - Sunday May 5th plus cooking demonstration and shared lunch 11am-3pm North Adelaide Community Centre

Vegewise Group 3rd Wednesday each month - 12 noon. Bookings essential phone Pam 8374 2531 or email pam@theshoppe.com.au. (No bookings - event will be cancelled)

- **March 20 - Hello Dolly** 103-111 Payneham Rd St Peters
- **April 17 - Charminar (Indian)**, 235 Anzac Highway, Plympton
- **May 15 - Vego & Love'n It**, 240 Rundle St, Adelaide

Southern VegSA Group - 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: vegsu2003@yahoo.com.au

Northern Vegetarian Group - Lunch at **Red Lime Shack** - Saturday May 18th 12.30pm. 158 St Vincent St Port Adelaide. Book with Karin 8260 2778 / 0466 973 236 and afternoon tea at **Carrot Heads** (optional).

VegSA Meetup group - an online group that organises events to suit its members and/or joins in with other VegSA events. See <http://www.meetup.com/VegSA-Meetup/>

Other Activities

Adelaide Vegans brings vegans together for networking and social gatherings. Dinner every Friday evening at various veg'n restaurants in the Adelaide CBD plus monthly picnics. **Bookings essential** for dinners For info or to book see 'Events' page at www.adelaidevegans.org or contact Shane: 0410 481 290 or swardshane@yahoo.com For picnic info contact Morgaine 0435519477

Adelaide Vegans' Picnic - Sunday, 24th March - to celebrate autumn equinox (with dogs) 11:00am - 5:00pm, Botanic Park, Plane Tree Drive, "under/near a tree" opposite Friends Gate. Bring: Vegan salad, fruits, snacks to share (label if organic, raw, raw organic), plate and cutlery, water bowls, toys, rugs, and plenty of love for beloved furry ones!!! Please book (to help with organizing) via Events page (as above). **Not a member of Adelaide Vegans? No internet? See phone numbers above or ph VegSA**

Ban Live Exports Action - Sunday March 24th (next scheduled event). Contact Animal Liberation SA ph 08 8340 8878, animal-lib-sa@gmail.com or www.animalliberation.org.au

Walk with the Animals Sunday April 7th at Bonython Park. Animal Liberation's annual event to raise funds and awareness of Animal Lib's campaigns on factory farming. 30-40 stalls (food, vegan products, information etc), live entertainment and a morning dog walk around the Torrens River. Stallholder enq: olivia.pilla@gmail.com or animal.lib.sa@gmail.com by 8/3/13. Info: Lisa Wilson on 0407 720 240 or lisa@petlet.net.au.

VegSA (Vegetarian & Vegan Society of Sth Aust.)
Box 311 Kent Town 5071 ph 8260 2778 email vegsocsa@gmail.com