

# Food for Thought

**Vegetarian & Vegan Society (VegSA) Inc.**

## Newsletter

**Issue 1/15 - March 015**

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## Raw Food – Natural Anti-Aging for the Skin!

Time to throw away those expensive jars of skin creams! The key to good skin is healthy nutritional eating. The following information is taken from an article in the online newsletter Natural News. Here's their best skin care tips:

- 1. 80% of your diet should be raw produce** - clean, whole, and highly nutritious fruits and vegetables. These foods are incredibly cleansing, contain a wide array of skin supporting nutrients, loaded with antioxidants, which helps slow down the oxidation process in your body (a key factor in ageing).
- 2. Water** - Since we are approximately 70% water, it only makes sense that proper hydration will contribute to more supple and ageless skin. Not only does it keep our body "moist", it is also key to cleansing toxins out of the body. *Think one glass of water to every 20lbs of body weight per day.*
- 3. Sweat and exfoliate:** Give your skin a good scrub to slough off dead skin cells and encourage new ones to generate. To exfoliate, look at loofah's, dry brushes, and natural exfoliating skin products.
- 4. Consume skin-promoting nutrients:** Vitamin, minerals and Omega 3 EFA's
  - Vitamin A - Good, whole food sources: carrots, apricots, kale, sweet potatoes, cantaloupe, spinach.
  - Vitamin C reduces free radical damage, which consumes collagen and elastin, fibers that support skin structure. Foods high in vitamin C include camu camu, acerola cherry, guava, kale, red and green peppers, and oranges.
  - Vitamin E is a powerful antioxidant that helps reduce the effects of excessive sun exposure on the skin. When applied topically, it can soothe rough or dry skin. Good sources of vitamin E include wheat germ oil, sunflower seeds, almonds, avocados, prunes, spinach, cabbage, asparagus, and astaxanthin.

Cont'd page 3



# VegSA News

## A note from the Editor

**WELCOME** to the first issue of Food for Thought for 2015. We hope you enjoyed the festive season and a break from usual routine. Meanwhile VegSA has hosted several events both in the CBD and outer metro area.

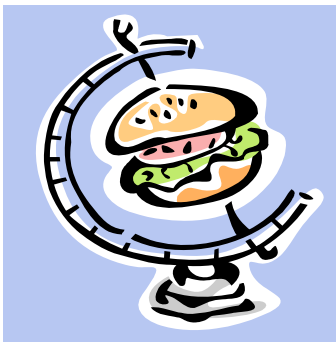
Our visit to Nettle Raw at Croydon was particularly successful (see report page 3). An important event this quarter will be our AGM. Whilst many people consider AGMs to be boring ours are usually quite lively. So far there is no outstanding issue on the agenda so the meeting should not be too long, but will allow time for discussion. VegSA is an incorporated body and as such the AGM is important. It is the main event for members to have their input. Come and share lunch and also enjoy Pam's 'Eco-Living' presentation. They are always fun. The AGM will be held on April 12<sup>th</sup> at the new Conservation SA Hub 111, Franklin St Adelaide. (see Diary Dates page 8)

What else can we do? You might have thought that, after 60+ years, VegSA (originally as Vegetarian Society of SA) might have worked itself out of a job and to some extent this is so. Vegetarian meals are on almost every café and restaurant menu. Meat substitutes are readily available in popular supermarkets and enormous amounts of info are available on internet and can be passed around, almost at a whim, on social media. But the battle is nowhere near won. Even though the word is getting out, still only about 5% of a population of this size is vegetarian (and what that means depends on how the question is asked!) However we are on the way and every bit we do counts. Just refraining from meat consumption is a great start. Here is something that encouraged me recently:

I was recently contacted by The Epilepsy Centre (The Epilepsy Association of SA & NT) and asked for a donation to help with an epilepsy mat (which detects fits a child might be having in the night). Naturally I asked, "Does any of your money get used for research involving animals and are you on the Humane Charities list?" To the first question the answer was "Definitely not", but the "Humane Charities list" seemed to be a new concept. However, I persisted, wrote to them with details of how to apply with the result that the Epilepsy Centre is currently the latest addition to the list. You can read more about the Humane Charities list on page 5. Meanwhile contact details for the Centre are:

**Epilepsy Centre (aka The Epilepsy Association of SA & NT)**

266 Port Road, Hindmarsh, SA 5007 Tel: 1300 850 08 Fax: 08 8448 5609  
Email: [enquiries@epilepsycentre.org.au](mailto:enquiries@epilepsycentre.org.au) Web: [www.epilepsycentre.org.au](http://www.epilepsycentre.org.au)



## Eating up the World

*The environmental consequences of human food choices*

Vegetarian Victoria's booklet EATING UP THE WORLD is a very useful tool. This well researched and comprehensive summary of the effects of animal husbandry (including fishing) on the environment has recently been reprinted with help from sponsors, including Animal Justice Party and Edgar's Mission. It presents facts and figures relating to land use and degradation, water, power and air quality with an extensive list of references. It demonstrates a strong case for the adoption of a plant based diet and life style, is compact and useful to hand out to others.

EATING UP THE WORLD can be picked up free at VegSA or Animal Liberation SA functions or can be downloaded from <http://www.vegetarianvictoria.org.au/cms/articles/eatinguptheworldv3.pdf>  
(NB: VegSA can supply copies if you are too far away to attend functions)

### Food for Thought Acknowledgements

**Editor:** Anne Sanders, **Assistant Editor and Lay-out:** Pam Marshall. **Mail out:** Committee and members. **THANKS** to VegSA members who have contributed information. Responsibility for all editorial comment is taken by A. Sanders, Institute Road, Montacute, SA 5134. Printed on 100% recycled paper by Tammy Franks MLC, Parliament House, North Tce, Adelaide SA 5000.

## Raw Food – Natural Anti-Aging for the Skin! (from page 1)

- **Omega 3 fatty acids** (EFA's) are responsible for skin repair, moisture content, and overall flexibility. Since the body can't produce its own EFAs, they must be obtained from the diet. Quality sources of omega 3's include hemp seeds, chia seeds and flaxseeds,
- **Zinc** controls the production of oil in the skin and some of the hormones that can create things like acne. Foods rich in zinc include pumpkin seeds, ginger, pecans, Brazil nuts, oats, and eggs.
- **Selenium** is an antioxidant mineral responsible for tissue elasticity, and helps prevent cell damage from free radicals. Good sources of selenium include Brazil nuts, wheat germ, garlic and brown rice.
- **Silica** strengthens the body's connective tissues. A deficiency can result in reduced skin elasticity and in the body's ability to heal wounds. Good food sources of silica include leeks, green beans, chick peas, strawberries, cucumber, mango, celery, asparagus, and rhubarb.

### **5. Also cut back or avoid processed foods, sugar, caffeine, dairy, gluten and alcohol**

Source: [http://www.naturalnews.com/048270\\_young\\_skin\\_nutrition\\_natural\\_remedies.html#ixzz3OkRpRhvR](http://www.naturalnews.com/048270_young_skin_nutrition_natural_remedies.html#ixzz3OkRpRhvR)



## VegSA Report: NETTLE RAW CAFÉ

On Saturday 17th January 18 people attended for lunch. Menu is all vegan and raw as well as no refined sugar and mainly Organic. Cosy with quirky décor and friendly service. I enjoyed the Vegan Reuben Club: Organic Sourdough bread with marinated organic tempeh, sauerkraut, onion, organic avocado and mayo. Others enjoyed the Raw Detox Salad Plate: Organic Hempseed Avocado, Sauerkraut, carrot, sprouts, greens, red cabbage and beetroot. Other food on the menu included:

**Falafels:** Raw Pepita/Coriander Falafels with hummus, garlic cream and salad with Tahini dressing.

**Raw Pasta Puttanesca:** Zucchini noodles with cherry tomatoes, basil, capers, basil, extra virgin olive oil, garlic, chilli and Hemp Parmesan.

**Raw Burger:** Burger with hummus, mayo +house made "cheez", cucumber pickles, tomato and rocket. A variety of raw salads, open sandwiches and breakfast options also.

Most of us enjoyed raw cakes for dessert; difficult to choose; I had the passionfruit cheesecake which was delicious. Coffee was very good with a choice of raw or coconut sugar for those of us that like their coffee sweet and Soy, Almond or Coconut milk.

A great selection of drinks including teas, smoothies and cold pressed juices.

Parking is easy and convenient to access on public transport; train; tram and bus options.

Staff were very friendly with good service.

Everyone enjoyed the delicious healthy food and company; we will certainly be visiting again soon.

Su Stephens (VegSA Events Coordinator)

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**NETTLE RAW** - 10 Rosetta St West Croydon. Phone 0434 353 047 [www.nettleraw.com.au](http://www.nettleraw.com.au)

**Open:** Wed – Fri 8:00 am - 3:00 pm, Sat & Sun 9:00 am - 3:00 pm



## VegSA Member Profile: **Ken Lawson**

*Ken has been a long time member of VegSA (back from when we were the Vegetarian Society of SA) and is currently a member of our Committee. Our editor asked him a few questions.*

### **1. What first made you give up animals in your diet?**

As a child I was uncomfortable with the killing and eating of animals. I first met a group of vegetarians in the Theosophical Society in 1964, at around 20 yrs of age.

By 21 I decided to be vegetarian having introduced more plant based foods into my diet. My parents with whom I lived also went vegetarian soon after me, making life at home fairly easy. The Vegetarian Society of SA was active and supportive to anyone who was transitioning to being vegetarian. Here I was to meet some lifetime friends.

### **2. So you became vegetarian first, then when did you become vegan and how long have you been vegan?**

I questioned the practices of the dairy and poultry industries, where male calves and chickens were killed or fattened and killed and eaten and leather goods and by-products of the industry were consumed by us. I did not want to support these cruel practices by consuming these products. By age 22 I had given up all animal products in my diet and life. Soon I found others in Melbourne who called themselves vegan. I kept in touch with them for a few years and subscribed to the UK Vegan Society Journal which was the best source of information I could find. To my amazement my health improved dramatically as I was lactose intolerant. I had up till that time suffered long bouts of colds, flu, hayfever and chilblains every year. At 22 I experienced my first year without any of these debilitating ailments. I've now been vegan for 49 years this March.

### **3. How would you describe your current vegan diet?**

Always experimenting with plant based foods, I favour raw foods. At home I'd be 95% raw, though overall about 80% raw as I do enjoy eating out once a week and enjoy a portion of rice with a salad or other cooked dishes – all vegan of course. Love lots of fresh fruit in season and a variety of home grown sprouts which adorn my kitchen. Presently my figs are in season – that's my next meal.

Balance in meals nutritionally can be over a period of time not pertaining to each meal or each day. I'm often asked where I get protein and calcium from as a vegan. Nuts, sunflower seeds, buckwheat, chia seeds, quinoa, linseed, all pulses eg; lentils, chick peas, mung beans, green fresh beans, sprouted seeds eg; alfalfa, fenugreek, lentils, mung (all easy), tempeh (fermented soy product). Grains (though I'm off grains). Leafy greens eg; kale is very high in iron. Working as a tradesman, I had plenty of energy and still enjoy good health.

### **4. How do you manage when you are eating with non vegans?**

I always eat vegan when out at restaurants. I'll look at the menu, then if needs be, negotiate with staff or the chef on the basis of a salad or cooked meal of my choice 'veganised' (not just the meat etc taken off). Most places are pleased to oblige if spoken to respectfully. Vego restaurants are great. Many dishes there are vegan. At friends' homes most people know my needs or I will tell them in advance. Very rarely would there be nothing I could eat. I like to bring a plate if I can, to share. Occasionally have had something sweetened with honey, though usually avoid it. We can try our best to stick by our principals. It becomes easier with time.

### **5. I understand you are active with Adelaide Vegans. What is your role with that group.**

There are around 400 or more people online in Adelaide Vegans. We have weekly Friday dinners at vegan / vegetarian restaurants in Adelaide. I host 1 dinner a month at either Zenhouse Yum Cha or Meesu and attend most others. There is a website and they are on Facebook. There are picnics and occasionally lunch or dinner at 'vegan friendly' cafes etc.

**6. You seem to be busy with VegSA and Adelaide Vegans, but what are your other interests.**

Tending my garden, mostly fruit trees. Retired now, but active in voluntary work with **Technical Aid to the Disabled (TADSA)**. We make one off pieces of equipment for people with disabilities where nothing is commercially available. We work from our home workshops. My skills are plastics and metal work, fabricating, adapting and mounting equipment. Mentoring others and liaising with clients.

**Astro**; Alternative Science & Technology Research Organisation. Attend meetings and discussion groups and aim to integrate new knowledge into practical applications.

**The Theosophical Society's** principals of 'the unity of all life' and 'the brotherhood of humanity' is a central part of my thinking. The unity or oneness of all life includes animals and their welfare. I only attend a few meetings there now; mostly their 'science group'.

**The Natural Health Society of SA.** Lectures on health aspects of life.

**Folk dancing- bush dancing** mostly with several groups when I can. Recently participating with the band Inesheer in Japan at Hakodate 2014 Music and Dance Festival.

Life is too short. So much more one can do ☺



## In the Media

◆ **CSIRO study: "effects of vitamin d-enriched mushrooms, vitamin D and mushroom controls on cognition and mood in older adults"**.

The CSIRO is conducting a study commencing April 2015. Previous studies have found that adequate Vitamin D status correlates with better cognition and also a link between consumption of some mushroom species and better cognition. CSIRO will investigate if Vitamin D-enriched mushrooms can deliver these benefits, possibly better than either factor taken separately. Participants will be 60-90 years old, not currently taking Vit. D supplements. *Note: All Vit D and capsules used are veg sourced.* 3 visits to CSIRO over 6 months will be required, some tests and capsules, which could be the substances being tested or a placebo. There is a small reward in the form of a Coles/Kmart voucher. If you or someone you know may be interested contact: **Ms Julia Weaver - CSIRO Food & Nutrition**

**Flagship** Phone: [08 83038876](tel:0883038876) | [julia.weaver@csiro.au](mailto:julia.weaver@csiro.au) | [www.csiro.au/nutrition-trials](http://www.csiro.au/nutrition-trials) Nutrition & Health Research Clinic Level 3, SAHMRI North Terrace Adelaide 5000 PO Box 10097, Adelaide BC

◆ **NEWS FROM HUMANE RESEARCH AUSTRALIA:**



**Could you offer a home to an animal that has been used in experimentation?** The new "Australian code for the care and use of animals for scientific purposes" now includes the following:


***"Opportunities to re-home animals should be considered wherever possible, especially when the impact of the project or activity on the wellbeing of the animal has been minimal and their physiological condition and behavioural attributes indicate that they can be introduced to a new environment with minimal, transient impact on their wellbeing."*** Excerpt from Australian code

for the care and use of animals for scientific purposes. (Page 67, Clause 3.4.2)


For those animals unfortunate to be caught in the research industry, there has rarely been a happy ending. If the experiments they are subjected to don't kill them, they are often "disposed of" by a lethal dose of barbiturate. Now the new code could make a real difference. The variety of animals used in

Australia includes mice, rats, dogs and horses, so the level of commitment varies greatly in term and housing space. Some of these animals may also have endured a stressful life and so may require extra care. HRA is associated with Beagle Freedom Australia – a network of groups and individuals who offer sanctuary to ex-laboratory animals. If you think you have what it takes to provide a retirement for these very special animals, (most likely smaller animals) please contact HRA and let them know what type/size animals you would be able to adopt, and they will keep your details for if/when re-homing

opportunities arise and then pass them on to the rescuers at Beagle Freedom Australia.  Note that strict conditions must be met to ensure these animals are placed in appropriate homes and applicants will therefore be screened by the rescuers. 

Humane Research Australia recently moved to : 200 Alexandra Parade, Fitzroy, Vic 3065  PO Box 517, Heathmont, Vic 3135  Phone (03) 9418 3988 [www.humanerresearchaustralia.org.au](http://www.humanerresearchaustralia.org.au) email: [info@humanerresearch.org.au](mailto:info@humanerresearch.org.au)

### ◆ **New Humane Charities App Provides an Easy Way to Support Cruelty-Free Health and Medical Charities**

Melbourne 22nd Dec. 2014. Humane Charities Australia has just announced the launch of the brand new **Humane Charities App**, which provides a listing of Australian charities that do not fund nor engage in animal research. Unfortunately, many popular health charities fund animal research, often without making this clear to the public. *According to the Humane Charities' announcement only 13% of Australians would donate to a health or medical research charity if they knew it was funding animal experiments and polling shows that over 80% of Australians believe the number of animals used in research is too high, with more than 70% supporting the development of alternatives.* By donating to a Humane Charity listed on the App, consumers will be directing vital funding towards organisations that do not fund animal testing, and contributing to the advancement of human health whilst sparing animals. "Humane Charities" is a website which lists charities that do not contribute any funds towards research involving animals (vivisection). By consulting the Humane Charities List you can be confident that your donations are supporting organisations that do not fund cruel and unnecessary animal experiments. **Visit <http://www.humanecharities.org.au> or download the app available FREE** on the Apple iTunes App Store and Google Play store. 

NOTE: This list contains Australian medical and health-related charities only. If your favourite charity is not listed there and does not fund animal research, please encourage them to download the application for listing from the 'apply' section of the website or contact HRA

**Ph Toll-Free:** 1800 HUMANE **Email:** [info@humanecharities.org.au](mailto:info@humanecharities.org.au) [www.humanecharities.org.au](http://www.humanecharities.org.au)  
**Mail to:** Humane Charities Project Officer % Humane Research Australia PO Box 517 Heathmont, VIC 3135



## **Cooking Classes**

### ◆ **ANIMAL LIBERATION SA**

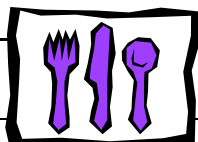
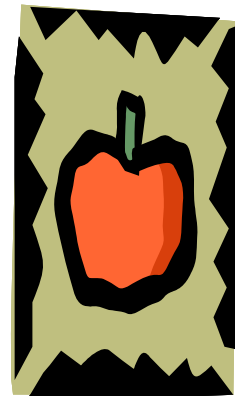
ALSA has recently moved its office to Unit 9/70 Walkerville Ter Walkerville (Not 9/71 as we said last time!). As this is an upstairs office with no lift members meetings (2pm, 1st Sun each month) are at the Box Factory, 59 Regent St South Adelaide - off Halifax St. ALSA will hold a *Vegan Cooking Demonstration* from 1 - 5 PM on 2<sup>nd</sup> Sunday of March, May July and September and on 22<sup>nd</sup> November and a *Fashion Parade* on Sunday March 15<sup>th</sup> (Gold coin donation). Bookings to Annette in the office. 10am- 2pm Mon, Wed and Friday. Ph 83421103. More events: [www.animalliberation.org.au](http://www.animalliberation.org.au)

ALSA is continuing its *billboard campaign featuring Louis the calf and mother Blossom* bringing the horrors of the dairy industry to the notice of the public. ALSA would especially welcome financial contribution to keep this campaign going. The 'Louis' billboard will also be featured in a Springer Law textbook later this year. **Animal liberation and Animal Justice Party Quiz Night** Sat 28.3.15 – see Diary Dates P8

*Other Cooking Classes and Food Preparation Demos:*

◆ **COOKING UP A STORM:** VegSA member Natalie Playford conducts classes for WEA and also private and party-style vegetarian cooking classes at your home at a time to suit you. For WEA classes see [www.wea-sa.com.au](http://www.wea-sa.com.au) or to discuss and book your own class phone Natalie on 0403 555 011 or 8386 1672 or visit [www.cookingupastorm.com.au](http://www.cookingupastorm.com.au)

◆ **FERMENTED FOODS:** Learn how to make raw foods rich with enzymes & probiotics to enhance gut flora and fauna e.g. KimChi, fermented vegetables, liquid probiotics, Devashon Temple conducts demonstrations at his home in Little Hampton. \$30 for 4 1/2 hours. Contact Devashon on 0421 595 191. *If sufficient people are interested VegSA will organise a session for members and friends with Devashon. Phone or email VegSA if interested.*



## Eateries Update

◆ **POLLEN 185** is the latest addition to our Veg Eateries list. The food is vegetarian, raw/vegan. Committee member Denise visited recently and reports, "I went to Pollen 185 for lunch recently, it is very small, however they do have several vegan options. The day I went \*they ran out of coconut water and a few other ingredients\* but I did enjoy the meal." Also reasonably priced." \* Denise added that she went quite late in the day. VegSA hopes to visit Pollen soon. Hours **Mon – Fri** 7:00am-4:00pm **Sat** 8:00am-4:00pm **Sun** 9:00am-4:00pm 4/185 King William Road, Hyde Park Phone: 8271 0528. [www.facebook.com/Pollen185](http://www.facebook.com/Pollen185)

◆ **ZENHOUSE VEGETARIAN FUSION** 462A Port Rd, Hindmarsh, Adelaide ph. 8340 8488  
As reported last issue the proprietors of **Zenhouse Vegetarian Yum Cha** in Bent St Adelaide have taken over the restaurant formerly run by Vegetarian Delight in Port Rd. Décor has had a bit of a facelift and the menu is varied a bit from both Zenhouse Yum Cha's and Vegetarian Delight's. Food is reasonably priced and tasty. Hours are Tues to Sun 5pm- 9pm *Note: OPEN ON SUNDAY EVENINGS!*

**CLOSED.** *We hear that Enliven Holistic Health Café, Brighton is closed.*

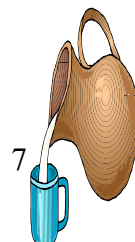
◆ **Naturalessence Health "Popup"** 9 Old coach Road, Aldinga, South Australia 5173 Veggie/vegan. Friday – 10am-9pm Sat-Sun 10am-5pm Eat in or takeaway. (Their cold rolls and peanut sauce are really good!). Ph: 0431 655 239

### Eating Out on Sunday?

Enquirers often ask VegSA where they can eat out on Sundays, especially in the evening. Of the vegetarian places in the CBD there is only Meesu open Sunday evening but a few others in the suburbs. All have vegan options but the variety of these varies. The following info is on our website, but PLEASE CHECK WITH VENUE as opening times are always subject to change.

Govinda's Restaurant <a href="http://www.iskonadelaide.com">www.iskonadelaide.com</a>	25 Le Hunte St, Kilburn ph: 8359 5120	Fri, Sat, Su. 5:30-8:30pm (\$10 all you can eat)
Eggless Desert Cafe	162 Goodwood Road, Goodwood ph 82720777	Wed & Thurs 8-11pm. Fri-Sat 8pm – 12.30am. Sun 7.30 -11pm
Meesu Vegetarian Kitchen <a href="http://www.meesu.pixnet.net">www.meesu.pixnet.net</a>	449 Pultney St Adelaide ph 83592605	Lunch Mon – Fri 11am – 2.00+pm Dinner 7 days 5 - 9.30pm
Sukh Sagar Indian Vegetarian Restaurant	4/85 Prospect Rd Prospect (in Foodland Mall) ph 7120 2030	Daily (except Wed) 11am – 10pm
Mitran da Dhaba	287e Anzac Highway Plympton ph 82977977 0430316107	Sun – Tues & Thurs – Sat 5pm – late Sun 11am - 2pm
Zenhouse Vegetarian Fusion	462A Port Rd, Hindmarsh, Adelaide ph. 8340 8488	Tues to Sun 5pm- 9pm

### Recipe – Seed and Nut Milk



**Ingredients:** 2 tablespoons raw shelled sunflower seeds, 1 tablespoons whole sesame seeds, 12 unskinned almonds. Grind to a very fine powder. Blend for 2 – 3 minutes with 1L warm water and sweetener (optional)

**Note.** This has a distinctive almond flavour. Try other nuts of choice and according to nutritional qualities. The recipe works quite well with cashew in place of almonds.

**Hard nuts such as Brazils** do not always grind easily so cut into smaller pieces. If using almonds you could try ground almond meal. It generally costs the same as whole almonds. Buy from a place with a good turn over to ensure freshness.

**Sweetening** recommended in the original recipe: 1 teaspoon honey, but often no sweetening is needed.

(From "The Vegetarians Guide to Diet & Salad" by Dr NW Walker pub Arizona 1971. The book gives an interesting insight into a raw food diet 1970s style with 79 salad suggestions, menus, nutrition contents of 65 fruits and veges and mineral content of the human body).



## VegSA Diary Dates

### Upcoming VegSA Events:

- ◆ **VegSA ANNUAL GENERAL MEETING Sunday April 12th** Conservation Council Hub 111 Franklin St Adelaide. 11am AGM 12.15pm shared lunch 1.15pm Interactive presentation -"Eco-Living Session" by Pam Marshall. (See enclosed AGM flier).
- ◆ **Green Room – Saturday 18 April 12.30pm** - 2 High Street Willunga
- ◆ **Vegewise Group - April 15 - Lemongrass Thai Bistro** 105 Goodwood Rd Goodwood (Bookings: Monday before event - Pam 8374 2531 email: theshoppe@tpg.com.au)
- ◆ **Northern Star Vegetarian Group: Saturday May 9<sup>th</sup> 12noon** meet at **FOODWISE ORGANICS** 7 Jetty Road Largs Bay (82427882) for lunch and organic shopping, then walk on the beach (weather permitting.) Bookings to Karin by Wed April 15th. Ph 8260 2778 or 0466 972 112 email:glad2bveggie@gmail.com
- ◆ **Southern VegSAGroup** monthly social get together: 2nd Saturday of the month from 12 noon. Great Nature 3/48 Beach Rd, Christies Beach. No Booking necessary but check in case of changes with Jill: 8386 1943 or Su 8326 1062
- ◆ **VegSA Mail-out workshops:** The week-end before 1st Monday of March, June, Sept and Dec. We are always grateful for help. email vegsoca@gmail.com or ph Secretary on 8390 2314.

### Other Upcoming and Regular Events:

- ◆ **Pure Veg Food + Wine Fair 2015 - Saturday the 14 March,**  
From midday, live music, cooking demonstrations, delicious food and local wines. Hosted in the vibrant atmosphere of The Market Shed on Holland. Whether you are looking for an early lunch, a fancy dinner, drinks or something in between, you will be sure to find something to delight in. Located at 1 Holland street Adelaide. \$3 entry on the day with children under 10 free. For more information email purevegfoodandwine@gmail.com or visit the facebook page /purevegfoodandwine.
- ◆ **Quiz Night - Saturday 28 March at 6.30 for 7pm** Animal liberation and Animal Justice Party, Goodwood Community Centre 32-34 Rosa St Goodwood. \$10 prepaid or \$15 at the door. BYO vegan food. Bar available – no BYO alcohol. Raffles, door prizes etc. to book ph 83421103 or email [animal.lib.sa@gmail.com](mailto:animal.lib.sa@gmail.com) or on line at [www.amimalliberation.org.au](http://www.amimalliberation.org.au)  
(To join the VegSA table contact Denise on 0400253195 or [denisephilness@gmail.com](mailto:denisephilness@gmail.com))
- ◆ **Adelaide Vegans:** Brings vegans together for networking and social gatherings. Dinner: Friday evenings at various vegetarian restaurants. Bookings essential to enable the venue to reserve a table. For details and booking see 'Events' page at: [www.adelaidevegans.org](http://www.adelaidevegans.org) or contact Shane: [swardshane@yahoo.com](mailto:swardshane@yahoo.com) Ph 0410 481 290. **Occasional Picnics** (warmer months) Ph Ken 8431 6862
- ◆ **Adelaide Social Vegetarians,** a Meetup social group for vegetarians and vegans of all ages to meet like-minded people, make new friends and enjoy great company. Coordinator Corin writes, "We meet regularly for dinner or lunch at various cafes & restaurants (city and suburbs) that cater for vegetarians and vegans. We are an inclusive and supportive group and welcome anyone" including anyone "who is not yet vegetarian or vegan but who would like to adopt that lifestyle." To join visit:



<http://www.meetup.com/Adelaide-Social-Vegetarians> or contact Corin: [coco39@internode.on.net](mailto:coco39@internode.on.net) for any one who is not familiar with Meet-up and who would like more info.

♦ **Natural Health Society (SA)** Meeting and lecture 7.30pm 1st Tuesday monthly (except Jan). Unley Citizens Centre, 18 Arthur Street Unley. Regular Guest Speakers. Cost \$3, \$2 concession, \$4 visitors.

**March 3** Short AGM then Jaynie Morris will speak about her book "Against their Odds" a Person Survival Story. The book will be for sale. RRP \$29.95 Natural Health members' price \$19.95 **April 7 - TBA** **May 5** - Jeff Edgecombe (Naturapath) subject TBA

♦ **Organic and Sustainable Market** (SA's first certified organic market). 9am – 1pm every Saturday. Plant One, Fifth St Bowdon. [www.organicsustainablemarket.com.au](http://www.organicsustainablemarket.com.au)

♦ **The Theosophical Order of Service** works along side the Theosophical Society where all events are vegetarian. **TOS annual fundraising dinner and entertainment:** Sunday May 3 5.30pm at 310 Sth Ter. Adelaide \$15. Some VegSA members will attend. Contact Anne 83902314 or Ken 84316268

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**VegSA** - P.O. Box 311 Kent Town 5071 Ph 8260 2778 Mob 0466 973 236 e-mail: [vegsocsa@gmail.com](mailto:vegsocsa@gmail.com)