



Food for Thought

Vegetarian & Vegan Society (VegSA) Inc.

Newsletter

Issue 1/16 – March 2016

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The United Nations has declared 2016:

THE YEAR OF THE PULSES

Does this sound exciting? No, I didn't think it did! Nevertheless it is very significant.

Pulses, also known as 'grain legumes', are a group of 12 crops that include dry beans, dry peas, chickpeas, and lentils.

"Pulses can contribute significantly in addressing hunger, food security, malnutrition, environmental challenges and human health," says UN Secretary-General Ban Ki-moon.

"Pulses are important food crops for the food security of large proportions of populations, particularly in Latin America, Africa and Asia, where pulses are part of traditional diets and often grown by small farmers," says FAO Director-General José Graziano da Silva.

Pulse crops are one of the most sustainable crops a farmer can grow.

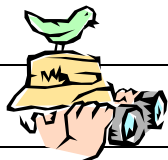
- Pulses have a lower carbon footprint than most animal sources of protein e.g. production of pulses emits only 5 percent of greenhouse gas emissions compared to beef production.
- Pulses use far less water than most other crops. Beef, pork and chicken use 43, 18, and 11 times as much water per kilogram respectively to produce as 1kg of pulses.
- Pulses save on fertiliser because they draw their own nitrogen from the air, so do not require the same application of nitrogen fertiliser as other crops.
- Pulses have a positive impact on soil quality because they help fix nitrogen in the soil. This contributes to successful rotation for other crops.

Pulses can contribute to human health in a number of ways.

- Pulses have great potential to...tackle many chronic health conditions, such as obesity and diabetes," says Huseyin Arslan, President of the Global Pulse Confederation (GPC).
- Pulses are the major source of protein for a large proportion of the world's population.
- They are also high in fibre and various vitamins and minerals and provide amino acids.
- Pulses are gluten free, low in fat and have a low glycaemic index.
- Pulses are a fraction of the cost of other protein sources, so affordable nutrition to more people.

For more information see: <http://iyp2016.org>

(SPROUTING is a great way to use pulses. See article on pages 3-4 including recipe using lentils)



VegSA News

REPORTS:

Vegewise Christmas Lunch - VegSA members and friends were again invited by the Holzer family to share a vegan Christmas lunch at Cudlee Creek. Although this is quite a distance for some it is always worth it: good food and good company. Thank you to the Holzers (Pauline, John, Tiffany and Isaac) for your hospitality and all the effort you put in to make us all welcome.

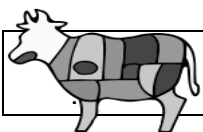
Vegsa Annual Picnic at Hazelwood Park - For once the weather was not against us for the annual summer picnic in Hazelwood Park. With a cool breeze and a modest 34° we were very comfortable on the grass in the shade of the tall gum trees. In addition to members, including four dogs, we were happy to welcome several visitors to share an interesting array of foods and talk by member David (an electrician by training). He spoke on the value of "Earthing" *where the positive electrons, which can build up in our bodies in the form of free radicals are balanced out by direct contact with the ground which is negative charged. According to research, Earthing can be beneficial against a range of complaints.*

David produces Earthing devices that are a fraction of the cost of the commercially produced equipment. VegSA are planning to invite David to come to our Northern Star group meeting to talk to us about and demonstrate the Earthing equipment. (See Diary Dates page 8).

Vegewise lunch at Ayla's Café - We were unhappy to see Joy Discovery finish up last year but delighted that the venue was taken over by the Rezaei family. They are keenly determined to promote plant based living, running the café full time plus including evening home deliveries. The café is undergoing a bit of a face-lift. However much of the menu remains familiar with, of course, some new offerings. D'Angelo coffee with organic soy milk is a speciality. Hours are now much extended so if you feel like a meal out (perhaps have visitors here for the Festival and Fringe) consider a visit to Ayla's,



Don't Forget: VegSA AGM to be held on **Saturday April 2nd at The Joinery** 111 Franklin St Adelaide. Following the business meeting and lunch we shall have a talk from Devashon Temple who has considerable knowledge of FERMENTED FOODS. See DIARY DATES and insert for details.



'While there are profits to be made, animals will always be at risk'

Lyn White AM Campaign Director, Animals Australia 11 December 2015

VegSA's 'Food for Thought' Acknowledgments: Editor: Anne Sanders, Assistant Editor and Lay-out: Pam Marshall. Mail out: Committee and members. **THANKS** to VegSA members who contributed information.



SPROUTING SEEDS

by Ken Lawson

(KEN LAWSON, VegSA's sprouting 'guru' recently gave a talk on the subject at the One Planet Market at Payneham Community Centre* - see details below. This article is based on notes taken the talk and on some questions put to Ken by editor Anne Sanders).

WHY DO SPROUTING?

Seeds are storehouses of nutrients and these are enhanced when the seeds are sprouted. Economically, eating sprouts uses far less seed than is needed for cooked dishes. All seeds, nuts, and grains have phytic acid** in the hulls, which protects them from microbes, before they can start to grow. This also makes them indigestible to humans. By eating the sprouts we largely avoid much of this problem.

WHAT KINDS OF SEEDS ARE GOOD FOR SPROUTING?

There is a big range e.g. lentils and mung beans (easy, ready in about 3 days) alfalfa (lucerne), mustard, cress, broccoli, wheat, fenugreek. Chickpeas are more difficult and do better if soaked for about 30mins each time when rinsed. Use them at first sign of sprouting. Buy only good quality seeds, preferably Australian, as imported seeds, especially those from China, are very often irradiated and so will not sprout. Buy in bulk at any good health shop. Goodies and Grains (Shop 22 in the Central Market) has a good range. Seeds intended for planting are often chemically treated and so not suitable. If doing mixed sprouts use seeds that are of similar size e.g. alfalfa and mustard. Mixed seed packets often have seeds of different sizes; often not successful, as the seeds sprout at different rates!

EQUIPMENT

Sprouting can be done in trays, commercially designed sprouters or in jars. Ken prefers to use jars. Jars need to have straight sides so that water can drain out effectively. e.g. Vacola jars (available for about \$2 at op shops). Jars are covered with gauze or fine mesh. (Synthetic seems to work best). Holes need to be small enough to keep out insects. Covers are held in place with strong elastic bands. Seeds need to be rinsed regularly and jars will need to be supported so they can drain. Ken has racks that can support a number of jars but, if only using one or two jars, improvised supports are fine. An old milk bottle carrier can be useful. Make sure you have something to catch the drips!

HOW TO SPROUT (using jars)

1. Place dry seeds in jar e.g. approximately 1/2 cm for small seeds. 1½ for larger seeds. This is sufficient to make one 750ml jar of sprouts.
2. Add about 2/3 jar of water. *What kind of water?* Whatever you usually have for drinking will do. Cold water (not refrigerated) is OK, but for Mung beans only, use boiling water or some seeds will be hard and unsprouted.
3. Cover jar with gauze or fine mesh. Fastened securely with elastic band.
4. Place in a shady place. Darkness is not necessary, but keep seeds/sprouts out of strong sunlight.
5. Allow to soak for 6-8 hours, usually overnight. Do not leave for too long as otherwise seeds that have begun to open will "drown" and die.
6. Rinse off water and drain well. Discard the water.
7. Place jar on rack or support, ensuring that any surplus water can drain away. Place tray or bowl below to catch any drips.
8. DAILY (or more often in hot weather). Cover seeds with water and rinse well. A second or even a third rinse may be needed until the water from rinsing is clear. In very hot weather seeds may need a little more TLC. Use spray bottle to ensure they remain moist.
9. If jar becomes overcrowded, carefully fork some of the sprouts into another jar.
10. Sprouts should be ready after 3 – 4 days. If too many, refrigerate. Sprouts can become dry in the fridge, in which case rinse as usual and then allow a little time for sprouts to perk up.

GROWING SPROUTS in TRAYS. Some seeds are better grown in trays e.g. sunflower and wheat that are harvested by cutting off stems and leaves. Use potting mix (fine above and coarse below) or newspaper or vermiculite or good garden soil. For sunflowers, harvest as soon as the husks pop off.

CONCLUSION: It is difficult to lay down hard and fast rules, as each person needs to experiment with sprouting for themselves. In spite of what might seem like a tedious routine, **SPROUTING IS FUN!**

NOTES

***ONE PLANET MARKET** 9am to 12noon, 3rd Sat each month at Payneham Community Centre 374, Payneham Rd Payneham: native plants, produce swap, home-made preserves, café, LETS* (Local Exchange Trading System) etc. Is a project of Sustainable Communities SA. Contact Monica O'Wheel: mowheel12@gmail.com ph 0434 058 340 or see www.sustainablecommunities.org.au

*For LETS info see www.communityexchange.net.au

****PHYTATES** are formed when phytic acid, found within the hulls of nuts, seeds, and grains (and the principal storage forms of phosphorus in seeds) reacts with minerals, including calcium, magnesium, zinc and iron. Non-ruminant animals e.g. humans lack the enzyme phytase needed to digest phytates. Phytic acid will scavenge minerals, reducing their availability for nutritional needs with the potential for nutritional deficiencies. Nevertheless Phytates in these high fibre foods have shown some protective abilities e.g. against osteoporosis and Parkinson's disease, depression, inflammation and oxidative stress, helps control blood glucose response by slowing digestion. In addition to sprouting, options for reducing the concentration of phytates include: soaking in water, baking, fermentation and cooking.

Ken Lawson can be contacted via VegSA. See contact details on P1.

Gardener's Pie (Vegan Shepherd's Pie)

(Serves four)

You'll need an oven dish approx. 20X30cm

Ingredients: 4 medium to large potatoes (can be mashed or sliced), 1 1/2 cups red lentils or yellow split peas. 1 medium onion, 2 medium carrots, small to medium sweet potato, large slice pumpkin (about 250g), 1 tabs olive or coconut oil, seasoning to taste.

(NB: Vary vegies according to taste and availability.)

Method: Set oven to medium if using mashed potato, or slightly higher if using sliced potato.

1. Cook lentils or, if using magic cooker*, bring to boil in inner pot. Then leave in outer cooker for about 40 mins.
2. If using mashed potato wash, cut up and steam potatoes and remove skins.
3. Lightly cook onion in oil. Add vegetables (diced) in this order: carrots, sweet potato, pumpkin. Stir well to heat through. Add sufficient water to steam and cook lightly.
4. Combine lentils and vegetables and season to taste e.g. a shake of garam masala, few shakes of powdered coriander, 1/4 tsp Himalayan or Celtic salt, dessertspoonful tamari or soy sauce. Place in oven dish.
5. Prepare topping. Mash cooked potatoes. Add a little vegie milk and about 1/4 tsp Himalayan or Celtic salt. Spoon onto prepared vegies and fork down to cover vegies. Alternative method: slice potatoes very thinly and place in layers on vegie mixture.
6. Heat in oven for 15 -20 min. Medium for mashed potato topping, a bit hotter for sliced potato.

THE MAGIC COOKER is essentially an oversized thermos flask with a removable cooking container. See page 5 for more details and availability of this kind of cooker.



Stop Press!

Australian Labor Party Pledge to Ban Cosmetic Animal Testing and Trade welcomed by #BeCrueltyFree Australia

Proposed legislation a positive step towards ending cosmetics cruelty in Australia

22 February 2016 – #BeCrueltyFree Australia welcomed yesterday's announcement from Labor MPs Clare O'Neil, Tanya Plibersek and Stephen Jones that the Australian Labor Party has introduced legislation to ban cosmetics animal testing in Australia and the import and manufacture of newly animal-tested cosmetic products and their ingredients. The *Ethical Cosmetics Bill* was drafted following months of campaigning by #BeCrueltyFree Australia, the leading voice for a ban on cosmetics animal testing and trade, and will be read in the House of Representatives next week.

"It's time for Australia to join the growing number of countries worldwide which have banned this practice and said NO to cosmetics cruelty." **Voice your support for a ban on cosmetics animal testing and the sale of newly animal-tested cosmetics by visiting BeCrueltyFree.org.au**

More info: <http://www.humanerresearch.org.au/bcf/BCF%20Australia%20Media%20Briefing%202016.pdf>



In the Media

◆ Jumps Racing Enquiry

In September it was announced that the South Australian Government had established a Parliamentary Inquiry to review whether jumps racing should be banned. In January the committee called for submissions from the general public and 867 supporters (of the Coalition for the Protection of Racehorses) sent in submissions. The committee plans to announce their decision in July. This cruel sport is finally in the spotlight in South Australia and will hopefully get banned once and for all. Coalition for the Protection of Racehorses, PO Box 163 South Melbourne 3205, www.horseracingkills.com enquiries@horseracingkills.com



◆ HUGE VICTORY for clean food

Campbell's just announced support for mandatory nationwide GMO labelling. The company also says it will pull away from supporting the anti-labelling GMO front groups that block ballot measures. The company is also removing many chemical additives from its soups, joining the movement for food transparency that's fuelled by citizen science and social media awareness of what we're all eating. This announcement from Campbell's is a HUGE WIN for clean food.

Mike Adams, the Health Ranger January 10, 2016

◆ Denmark's organic action plan

Denmark's plan to turn the country into an organic country is the "world's most ambitious," according to the country's Food and Agriculture Minister Dan Jørgensen. They are the world's leading nation in organic food consumption. And since 2007, their organic exports have increased by 200%. As part of the plan, government land will be cultivated using organic and biodynamic methods only. The government will also support and finance people working and investing in this sector to develop new technologies and ideas. The first target is to increase the amount of food served by the government to the public to 60%. This means schools (beginning from nursery schools), hospitals, and non-privatized cafeterias. Another area that is a problem for many countries is food waste. Yet the Danish government cut its food waste by 25% over 5 years. Food is safer in Denmark, too. In the U.S., salmonella in chicken is legal, and Americans get more than 1.2 million illnesses a year from it. Yet Denmark goes years between reported illnesses from salmonella-contaminated chicken. Hopefully, more public institutions outside of Denmark will begin to see the value in increasing the amount of organic food from small farms, and improving food production for workers, consumers, the environment, and the future of our world.

◆ Healthy Nuts

We are only beginning to appreciate the enormous nutritional benefits of nuts. They are rich in high-quality protein, fibre, minerals, tocopherols, phytosterols, vitamin E, vitamin B6, folate, and phenolic compounds. Epidemiologic studies have linked nut consumption with reduced rates of heart disease and gallstones, as well as beneficial effects on hypertension, cancer, and inflammation. Recent studies have also indicated that nut consumption can help to prevent type 2 diabetes.



A study of Seventh-Day Adventists (a religious denomination that emphasizes healthy living and a vegetarian diet) found that those who ate nuts at least 5 times per week gained, on average, an extra two years of life expectancy. The nut eaters also experienced a 50% reduction in heart disease risk. Studies done on walnuts have found that they appear to be particularly protective against breast and prostate cancers.

Walnuts and many other nuts contain a number of potent nutrients that can help fight cancer and boost overall health. These include ellagic acid, a phytochemical antioxidant, and gamma-tocopherol, a type of vitamin E – both of which have strong anti-inflammatory and cancer-protective effects. These include ellagic acid, a phytochemical antioxidant, and gamma-tocopherol, a type of vitamin E – both of which have strong anti-inflammatory and cancer-protective effects.

Based on numerous studies, it appears that eating 1-2 ounces of nuts 5 days or more per week leads to tremendous health benefits.

Jan 18, 2016 Ocean Robbins, co-author of "Voices of the Food Revolution"



Products on the Market

♦ **INDIAN SPICE CENTRE - SPECIAL OFFER:** (at Rostrevor and Daw Park) are offering **5% off** to VegSA members. CASH ONLY. Contact VegSA for proof of current membership. Situated at 159 St Bernard's Rd Rostrevor (Foodland Shopping Centre), ph 8365 0266 and 592 Goodwood Rd, Daw Park ph 8177 1377. Indian Spice Centres stock everything you need for Indian dishes, including spices, a comprehensive range of pulses and rice, sweets and some vegetables. Open: 9am - 6pm Mon, Tues, Wed, and Fri. Thurs: to 7pm. Sat: 9.30am – 5pm. Sun : 10.30am – 6pm

♦ **DAIRY FREE YOGHURTS:**

Nudie Coconut Yogurt - natural flavour (vegan) 500g. Ingredients: coconut, water, cornflour, cultures. Cost \$6.99 at Woolworths. Also vanilla and blueberry flavoured 170g tubs at \$2.99, but the info does not indicate they are vegan. See www.nudie.com.au ph 1800-46-68343 email: nudie@nudie.com.au. Mail address: The Purple Palace 77 Corish Circle Eastgardens, NSW 2036

No Udder Coconut Yoghurt - "suitable for vegans and vegetarians" 400g. \$6.00 at Coles. Ingredients: coconut extract (57%), water, stabiliser (modified corn starch and pectin), sugar, live yoghurt cultures. This is creamier and possibly tastier than their almond yogurt.

No Udder Almond Yoghurt - also "suitable for vegans and vegetarians" 400g. \$6.00 at Coles. Ingredients: Almond milk 89% (water, almond oil, almond nuts), sugar, stabiliser (modified corn starch), dietary fibre (inulin), calcium, natural flavour, live yoghurt cultures.

♦ **COCONUT BASED PRO-BIOTIC DRINK:** **No Udder** also sells a **coconut based pro-biotic drink** - "suitable for vegans and vegetarians". Ingredients: water, coconut cream (17%), sugar, stabiliser (modified corn starch, pectin, guar gum), live culture (*Lactobacillus paracasei*). NuLac Foods 54-60 Cambria Rd Keysborough Vic 3173 www.noudder.com.au

♦ **BIO CHEESE** – vegan - No soy, palm oil, gluten, dairy or GMOs. Available in 2 flavours "original" or "Cheddar", in block (200g) or slices, from fridge section at health shops. Cost \$8 Available from Organically Grown 85 St Bernards Rd Magill ph 8364 1699. Product of Greece. Aust. distributor: Oliana foods P/L Victoria ph 1300 739 233 www.olianafoods.com.au

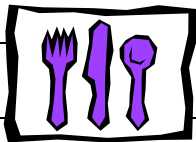
♦ **THE FRESHNESS RAW MIRACLE BAR:** Vegan, preservative and gluten free 45g bars. 4 varieties e.g. Gogii, almond and acai. \$3.50 ea at Go Vita or Mixed box of 12 (\$36), box of 20 (\$59) plus fixed postage of \$15 from Freshness Fine Foods 20 Sloane Street, Marrickville NSW 2204 Ph: (02) 9557 4711 Email: sales@freshness.com.au www.freshness.com.au

♦ **SEEDS AND BEANS ORGANIC EXTRA DARK CHOCOLATE:** e.g. Mandarin and Ginger 72% cocoa, Fairtrade, Hand Made in England. 85g bar cost \$8.50 at OXFAM 24 Charles St Adelaide. Australian Contact: Organic Seed and Bean Company 638 Ferntree Gully Rd, Wheelers Hill Vic 3150

♦ **NATURSTYILE HAIR COLOUR.** Range of colours. "Against Animal testing". Free from ammonia, and resorcinol. ("Resorcinol has known high irritation level and is association with various skin conditions including contact dermatitis and other more fatal conditions. Ammonia is a very cheap aggressive ingredient that quickly opens the hair cuticle.") www.downtoearthorganics.com.au) Available on-line - various sites - or from health shops & pharmacies. Cost \$19.95 (health shop Parabanks - Salisbury).

♦ **MAGIC COOKERS** are essentially oversized thermos flasks with removable cooking pots. Bring food to the boil in the insert and place in cooker where it will cook in its own heat. Typically takes about twice as long as conventional cooking. Useful for lentils, soups etc. Very useful to take for shared meals (e.g. VegSA events) as food will stay hot for hours. Can be left to cook without attention and uses no fuel apart from initial heating (a few minutes). There are a number of thermal cookers "on line", starting from about \$99 for 6L pot. They are also available from some Asian stores.

FARMERS MARKETS: The Show Grounds Market on Sundays 9am- 1pm (enter off Leader St) has been recommended for fresh food. We have also enjoyed the Willunga Market. If you know of good "Farmers Markets" near you please let us know. See VegSA contact details on page 1.



Eateries Update

♦ **AYLA'S CAFÉ** 13-15 Bent St Adelaide ph 8223 5994 open Sun - Thurs 8am – 8pm. Friday & Sat 8am - 9.30 pm. Meals also delivered after 4.30pm.

♦ **POLLEN** 185 4/185 King William Rd Hyde Park ph 8271 0528
Changed Hours: Tues – Fri 8am – 4pm. Sat 9am- 4pm. Sun 10am -2pm

♦ **GELLATISSIMO** has sorbets suitable for vegans. Franchises situated at: 101 Gouger St Adelaide Phone: (08) 8211 7774 or 280 Rundle St Adelaide (08) 8232 4882 or 1/198-200 The Parade (08) 7225 4320. For enquiries also ph: (02) 8845 0100 e-mail: info@gelatissimo.com.au

♦ **THE PARADE SHOP** 8/9 Gouger St sells vegan ice cream.

♦ **COMBI** 17A Leigh St Adelaide ph 0499 039 504 specialises in raw organic smoothies and juices, many of which are vegan. Open 7.30am–4pm. Mon–Friday www.wearecombi.com.au (Payment by card only)

♦ **Great Nature to change ownership:** Due to family circumstances John, whose family has run Great Nature at Christies Beach for years, wishes to pass on this well-established business. If you know anyone interested please get them to phone John on 8186 0228.

VegSA relies on members and friends for information about new venues that are either all vegan or vegetarian with good vegan options or omnivorous with good vegan and vegetarian options. If you come across this information please let us know by phone or letter, but preferably by email so we can copy and paste info into the newsletter. Please give us the following info (if possible) - name, address, phone number, email address and website of the business.

Please inform VegSA of changes to venues on the **VegSA Eateries list**. See web site: www.vegsa.org.au



Cooking Classes

♦ Cooking up a Storm

VegSA Member Nat Playford of Cooking up a Storm (www.cookingupastorm.com.au/) continues to run private, individually designed classes, also hands on classes with WEA:

Saturday 9th April, Vegetarian Banquet Sunday 8th May Quick and Tasty Vegetarian

Saturday 25th June Gluten-Free All 1pm - 5pm. Bookings: WEA: 8223 1272 or www.wea-sa.com.au

♦ Food for Life Nutrition and Cooking Classes

Heleen Roex-Haitjema is a medical doctor who discovered the vegan lifestyle through doctors such as USA's Dean Ornish and Caldwell Esselstyn. She is Certified as a Food for Life Instructor by the Physicians Committee for Responsible Medicine (pcrm.org) and is currently running a series of classes in the Fullarton Park Community Centre (411 Fullarton Rd Fullarton) dealing with health and diet as well as recipes.

Dr Heleen is very enthusiastic as well as well qualified to promote the health, environmental and ethical advantages of a plant based diet. Cost is \$125 for five weekly 2hr lessons. If you or any one you know are interested in future courses contact Heleen Roex on hsroex@mac.com or 0432 994 909

♦ Ananda Marga Detox Retreat

Good Friday 25th March 10am until Easter Monday 28th March 2pm. 4day detox with fruit/vegetable juices and evening broth on Saturday and Sunday, delicious vegetarian/vegan alkaline meals on the Friday and Monday. **Programme** includes meditation and kiirtan (singing), yoga classes, wellness classes , healthy cooking class, fun activities, creative activities, free time, walks on the beach, time for sharing and making new friends. Treatments include infra-red sauna, steam bath, sun bath and mud pack (depending on weather), other personalized treatments. Trained Yoga Therapists Didi Ananda Devanistha, Mahima Light and Vimukti Warr.

Venue: Josephite House, 1 Everard St, Largs Bay, across the road from the beach. All single rooms with individual heating/cooling split systems. **Price** \$425/380 concession. Early-bird /bring a friend by March 5th \$380/\$350 concession.

Contact: Mahima Light 0466 984 686, 8337 3882 **Facebook:** Ananda Marga Adelaide



VegSA Diary Dates

Upcoming VegSA Events:

♦ **Sat April 2 - VegSA AGM:** 11am Business, 12.30 shared lunch, 1.15 Talk by Devashon Temple on "Fermented Foods". The Joinery 111 Franklin St Adelaide. (See AGM Notice insert).

♦ **Sunday April 17 12md Lunch at Nettle Raw** 10 Rosetta St West Croydon. Bookings to Su: vegsu2003@yahoo.com.au or ph 0433553779 by Thurs April 14th

♦ **Saturday May 21 12.30 Lunch at The Green Room** 2 High St Willunga bookings to Su; vegsu2003@yahoo.com.au or ph 0433553779 by Wed May18

♦ **Vegewise Group** (Meets second or third Wed 12md - Bookings by Monday before event)

March 16 11.30am. Visit VegSA member Thelma at Charles Young Aged Care Facility. Lunch at the facility's café. Bookings and info: Anne 8390 2314, vegsoca@gmail.com by Mon am March 14

April 13* 12md -The Middle Store, 118 Winston Ave Melrose Park.

May 18* 12md - @ Thai Restaurant, 9/580 Goodwood Road, Daw Park (parking at rear).

**Bookings by Monday before event (for both events): Pam 8374 2531 email: pam@theshoppe.com.au*

(New venue suggestions welcome – contact VegSA with your ideas)

♦ **Northern Star Vegetarian Group:** Meets 2 or 3 times each quarter. Sunday April 24th 12 md VegSA member David Law will talk about the healing power of "Earthing" and demonstrate his Earthing devises. Venue TBA. Bookings: Karin Ph 0466 972 112. email: glad2bveggie@gmail.com

♦ **Southern VegSA Group** monthly social get together: 2nd Saturday of the month from 12 md at **Great Nature** 3/48 Beach Rd, Christies Beach. No booking necessary but check in case of changes with Jill: 8386 1943 or Su vegsu2003@yahoo.com.au

Other Upcoming and Regular Events:

♦ **Sunday April 10 2pm - 4.30pm Theosophical Order of Service.** The Ups and Downs of Aging: difficulties, solutions, support Services. Two expert speakers. Generous VEGETARIAN afternoon tea (with some vegan options). Theosophical Society 310 South Ter. Adelaide. Suggested Donation \$10. All proceeds to go to Hutt Street's Aged City Living Project. For Info: Anne on 83902314

♦ **Animal Liberation SA:** 1st Sunday monthly - General Meeting. For details contact ALSA office: Mon, Wed. Fri - 10am – 2pm animal.lib.sa@gmail.com ph 0498 622 497 www.animalliberation.org.au PO Box 554 Walkerville 5081 (Note changed address and phone number.)

♦ **Adelaide Vegans:** Brings vegans together for networking and social gatherings. Dinner Friday evening at various vegetarian restaurants. (Occasionally at weekends or at other places with good vegan options.). Bookings essential to enable the venue to reserve a table. For details and booking see 'EVENTS' page at: www.adelaidevegans.org or ph. Ken 0415 382 121

♦ **Meetup Group** - Adelaide Social Vegetarians: a 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 for any one who is not familiar with Meet-up and who would like more info. contact Corin: coco39@internode.on.net

♦ **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 \$4 /\$3 conc. Members \$2 "April 5th Video by Dr Michael McGregor "What is the best way to prevent Death".

♦ **Vegan Outreach** - a USA organisation with branch in Aust. will distribute leaflets on value of Vegan Living at University of Adelaide, Flinders University, TAFE SA Adelaide and University of Adelaide on following dates 04/04, 05/04, 06/04, 07/04 respectively. *If you would like to help contact see:* www.veganoutreach.org

VegSA - P.O. Box 311 Kent Town 5071 Ph 0466 972 112 e-mail: vegsoca@gmail.com