

Food for Thought

Vegetarian & Vegan Society (VegSA) Inc.

Newsletter

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VegSA NEWS

The last couple of months have naturally been fairly quiet although Vegewise group had a lovely Christmas get-together thanks to the Holzers at Cudlee Creek. It was great to meet up and share news with friends. Our Northern Star group, on a very hot evening in January, had dinner at Virsa Delight Indian Restaurant in Prospect. Unfortunately, in order to remain in business **Versa Delight** has had to change away from being completely vegetarian. However, like most other Indian eateries in Australia it still has a substantial vegetarian section. At Versa Delight on this occasion the food was particularly nicely cooked and well presented. (Virsa Delight's contact details on p7)

For our picnic on February 4th the temperature was 35°. (Only 1° below our cancellation temperature!) However there was a nice cool breeze and it was very pleasant under the trees. It was good to see several members of Animal Liberation there, also quite a few dogs. As hot weather always threatens at that time of year we need to consider whether we should move the event to a later date - and then risk rain! Meanwhile, there now is so much more access to vegetarian and vegan fare and so many other active groups that it is hard to fit everything in. For example, on the same day as our picnic, there was a whole vegan market at Plant 4 Bowden. (See more information about Plant 4 on P7.)

Friends from Animal Liberation SA joined us at the picnic and our dogs came too.



DON'T BUY CAGE EGGS

Val Maslin, a member of Animal Liberation SA, is so passionate about the plight of caged hens that she spends 3 to 4 hours several days a week at different supermarkets promoting their cause. Val wears a large placards saying, **"DO NOT BUY CAGED EGGS"**. The slogan is certainly noticed as people can be heard commenting.

Val does not approach people herself but many people approach her with questions and comments. Some mention that they are already vegan and ask questions such as, "What is the government doing about it?" New arrivals, especially from Asia are unaware that eggs in supermarkets often come from hens in cages as small as an A4 piece of paper, that they spend their lives standing on metal mesh with no room to stretch their wings, let alone get outside and follow any of their natural behaviours.

No supermarkets so far have objected to Val's peaceful demonstrations although at the Marion shopping centre she is only allowed to have small placards, one front and one on the back.

One problem Val sees for customers is that the labelling of caged or free-range is often not clear: can be on an obscure part of the box and not always in clear print. The term "free-range" is also not clearly defined. However, one bit of good news is that, starting in April this year, all labelling of free-range eggs will have to declare the actual

CONSULTATION ON AUSTRALIAN ANIMAL WELFARE STANDARDS AND GUIDELINES FOR

POULTRY. In response to an invitation for the public to contribute to this consultation Val has put in a detailed submission based on her research, including that:

1. There is a considerable conflict of interest in the administration of the Code of Practice.
2. The 10,000 hens per hectare allowed under the regulation is in contradiction to the recommendations of the RSPCA and scientists at CSIRO and these conditions are unhealthy.
3. Australia's failure to ban caged hens is years behind countries like Switzerland that banned them in 1992 and Germany in 2007.
4. Norway banned beak trimming (that is unnecessary in the right conditions) in 1974. So should Australia.

VEGSA also put in a submission (Closing date Monday 26 February 2018)

For Laying hens:

1. That cages confining laying hens be phased out over the next 3 years
2. That all hens have easy access to an outside environment with vegetation, sufficient space to move freely and to be able to exercise natural behaviours
3. That the stocking ratio be set at the standard recommended by CSIRO and RSPCA i.e. maximum 1,500 birds per hectare
4. That the recommendation to install CCTV cameras in all slaughter houses be implemented immediately
5. That beak trimming only be allowed for the necessary welfare of the individual bird.

stocking ratio: whether 1,500 birds to the hectare, as recommended by RSPCA and scientists at the CSIRO or 10,000 to the hectare, as preferred by many in the egg industry, or somewhere in between.

This project is obviously reaching members of the public. It would be great if others could do something similar in other places.

Thank you Val for your great efforts.



EASTER TREATS

Easter Sunday this year falls on April 1st with the Orthodox Easter this year falling one week later. Incidentally daylight saving also ends the morning of April 1st (no joking).

Everything Vegan 172 Goodwood Rd Goodwood Mon-Fri 9am-5pm, Sat-Sun 10am-3pm or shop on line at www.veganonline.com.au ph. 1300 GO VEGAN email: admin@veganonline.com.au

As well as the usual boxed chocolates Everything Vegan will have:

Plamil Easter Eggs (from UK), **Sweet William* Easter Bunnies** and **Sweet Treat Caramel filled Eggs**.
Get in early, as they tend to sell out nearer to Easter.

Coles/Wooworths: Sweet William Bunny Faces (pack) in Easter area. **ALDI: Hollow Bunnies 120g**

Lindt's Dark Chocolate Gold Bunny has managed to hop into nearly every supermarket in South Australia. It has even multiplied. There are those with red, green or brown ribbons, all neatly segregated. Note: The bunnies with red or green ribbons contain milk. It is the one with the **brown ribbon** that only "may contain tree nuts and milk" i.e. from possible cross contamination, but is **usually milk free**. However milk-free chocolate is popular, and last year sold out before the rest. Don't wait until Easter. Hop in and grab one/some now. Cost approx. \$4.90 for 100g.

Late news: sumofus.org is petitioning **Lindt** to have all its cocoa free of rain forest destruction.

Greek Lentil Soup "Fakes"

Recipes adapted from Sophia DeSantis's "Veggies Don't Bite": www.veggiesdontbite.com

In the Greek Orthodox Church there is fasting with no animal products consumed for the 40 days leading up to Easter. Lentil soups are popular. They are also a great standby for the winter months as lentils are filling and a good source of protein, fibre and iron.

Ingredients

- 1-cup brown lentils (dry), best soaked in hot water for 3-8, hours.
- 1 medium sweet onion
- 2 large carrots (optional)
- 2 sticks of celery (optional)
- 4 cups veggie broth plus extra for sautéing
- 2 - 4 tablespoons tomato sauce
- 3 garlic cloves
- 3 bay leaves
- Himalayan pink salt, ground black pepper & dried oregano to taste
- **Traditional toppings to drizzle on top:**
vinegar or lemon juice

Instructions

Rinse the lentils, or soak as above, and add them to a pot. Cover with water and bring to a boil. Cook for about three minutes or until half done. Strain and set aside.

1. Peel and chop the onion, carrots and celery and slice the garlic cloves.
2. In the pot sauté the onion, carrot and celery with veggie broth (or use olive oil if preferred) until semi soft. Add the garlic and sauté for about one minute.
3. Add lentils and tomato sauce and stir for one minute.
4. Add the 4 cups of veggie broth, bay leaves, oregano, salt and pepper to taste.
5. Bring to a boil and simmer over very low heat until lentils and vegetables are cooked, about 15 minutes. Check periodically to see if more broth is needed.
6. Serve with topping as above (optional). Servings: 4 servings

Notes

You can use any colour of lentils: green are the most "al dente"; brown are a little softer and red are the most soft but likely to go mushy. Make sure to check lentils while pre-cooking as they vary in cooking time.

Baby or toddler food. Blend soup with immersion or baby food blender. If baby is still sensitive to acidic food do not include tomato sauce.



Products on the Market

GLUTEN'S FREED BAKERY 413 Magill Road St Morris ph: 0407 912 849

Is a new bakery (opened in September 2017). All products are gluten-free, lactose-free, nut free and some items sugar-free. All are vegetarian and most of them vegan. Everything is baked onsite (so no cross contamination) from seasonal and locally sourced ingredients. There is a good range of cakes and biscuits and some savoury items. Baker Kellie says, "*We cater for those people who have real problems and who cannot find these products anywhere else*". As some people have problems with other flours, such as maize starch or potato she only bakes with olive oil and rice flour, which can affect the texture. Prices are reasonable and compare well with "conventional" products'. There is a small bar for coffee and snacks.

Open Monday to Friday 8-4 and Saturday 8-12 email: receptionmbu@gmail.com www.glutensfreed.com.au

SANITARIUM FROZEN DESSERTS so much sugar, totally decadent, delicious!

SO GOOD COCONUT VANILLA FROZEN DESSERT

Ingredients: Water, coconut cream (21%), liquid sugar, maltodextrin, glucose syrup, inulin, emulsifier (471), stabilisers (410, 412, 407), vanilla bean (seed and extract) (0.2%), natural flavour, salt. **(May contain tree nuts)**. Free of dairy, gluten, lactose, preservatives, artificial colours or flavours. Cost \$7.34 for 475ml.

SO GOOD ALMOND SALTED CARAMEL FROZEN DESSERT

Ingredients: Water, Liquid Sugar, Maltodextrin, Almonds (7%) (Almond Butter, Roasted Almonds), Glucose Syrup, Salted Caramel Flavoured Syrup (5%) [Glucose Syrup, Sugar, Water, Thickener (1442), Salt, Coconut Oil, Natural Flavour, Caramelised Sugar Syrup, Acidity Regulator (330)], Inulin, Canola Oil, Natural Flavour, Emulsifiers (471, 477), Caramelised Sugar Syrup, Stabilisers (412, 410), Salt.

Cost \$7.34 /475ml at Foodland. For more information contact Sanitarium Health and Wellbeing Locked Bag 7 Central Coast MC NSW 2252 ph: **1800 673 392** Mon–Thurs 9am–5pm, Fri 9am- 12md AEST or see www.sanitarium.com.au/products/so-good/frozen-desserts/so-good

TASMANIAN MADE WATER KEFIR available at **Go Vita Healthfood Store** in the Central Market.

On tap at \$6.50 for 340mls (\$19+/litre), passionfruit flavour and strawberry with rosemary flavour.

JAMU, stall 69 Adelaide Central Market (New at end of 2017) has cold pressed juices, smoothies, bowls and some fruits, mainly vegan, occasionally honey. See www.lovejamu.com.au for menu. Email: jamuacm@gmail.com

ONYALIFE REUSABLE PRODUCE BAGS - 8 Pack \$19.95, 5 pack \$15.95

Reusable produce bags for carrying fresh fruit and veggies in colourful holder pouch.

Each bag:

- Is made from up to 10 recycled plastic drink bottles (rPET)
- Weighs just 10 grams, but can carry up to 2 kilos
- Measure 30cm wide x 25cm high with 2cm gusset along the bottom and draw string tie.
- Is made from see through mesh to see exactly what's inside at a glance
- Has a 12 month Manufacturers Warranty
- Its packaging is made from post-consumer recycled material and printed with water based inks

Other uses: bags for fruit trees, colanders to wash fresh leafy greens, laundry bag, nut milk bag, herb drying

Order or see list of suppliers on www.onyalife.com/product/reusable-produce-bag Stockists include:

Ecolateral 411 Magill Rd St Morris, SA and **Lightfoot Eco Store** 257 St Vincent Street Port Adelaide

Email: info@onyalife.com ph: 08 9331 7137 9.00am–4.00pm WST PO Box 5, Fremantle WA 6959

SEE ONYALIFE'S WEBSITE for a list of environment-friendly products – some quite surprising!

Acknowledgments: Editor: Anne Sanders. Proof reading: VegSA Committee. Mail-out: VegSA Committee and Members

OTHER ORGANISATIONS

NATURAL HEALTH SOCIETY (SA) VOTES TO CLOSE

On February 9th members of the Natural Health Society (SA) were asked to vote on the dissolution of that organisation and the distribution of its funds. As it proved impossible to form a new Committee that resolution was passed and its final meeting will probably be held in April this year.

The Natural Health Society (SA) has been active since 1964 (yes, 54 years!). Over these years, at least as far back as most of us can remember, it has produced annually 11 newsletters and held meetings on eleven months of the year, passing on information on alternative health from around the world. Its speakers have introduced those who attended meetings to not only a range of ideas but also to a range of alternative health practitioners. Many of us have benefited from these introductions.

During this time there has been considerable cooperation between VegSA and Natural Health Society SA (not to be confused with Natural Health Society in New South Wales that produces our True Natural Health magazine and with whom we also work cooperatively). Unlike its counterpart in New South Wales the Natural Health Society in SA has not had a vegetarian policy. Nevertheless most speakers have taken into account that there were always vegetarians and vegans in the audience. The newsletters, a source of information on natural therapies, rarely mentioned anything that was not vegetarian.

VegSA would like to extend its THANKS to the Natural Health Society (SA) Committee and all those who have helped to organise its activities over the years.

We would especially like to thank ex-Secretary Elinor Dunstone who has been responsible for creating the monthly newsletter on her mechanical typewriter over many years (i.e. decades) and with whom VegSA has had considerable and useful interaction.

We would also like to thank Jim Mitchell who has done a mammoth job in helping to keep the Natural Health Society (SA) going and will have an enormous task in helping to complete the closure of the organisation.

THE GOOD NEWS is that two members of the Natural Health Society (NSW) attended the meeting on Feb 6th and gave an out line of its activities. Thank-you to Elizabeth and Richard for making the journey. They suggested that NHS (SA) members might like to join the NSW Society and get the True Natural Health magazine from there. They could, of course, if they agree with its principles, join VegSA, whose members mostly get the magazine as part of their membership.

AT THE CELEBRATION MEETING ON APRIL 3RD it is proposed to collect names and contact details of people who would like to meet up and explore Natural Health topics.

Post Script. The above news is also a wake up call to other Societies like VegSA who are attempting to survive in this increasingly electronic age. Ed

ANIMAL LIBERATION SA (ALSA) On Sat 24th February, just as we go to press, ALSA is holding a quiz night with all money raised going towards its Real Cost of Dairy campaign. Dairy cows are almost continuously pregnant and their calves usually removed a day or two after birth and slaughtered soon afterwards. To support the campaign or learn more about ALSA see Animal Liberation's contact details on P8.

ANIMAL JUSTICE PARTY SA held a rally on Sat 17th February in Elder Park to **promote legislation to ban Duck Shooting in SA**. According to speaker Geoff Russell there has been agitation for this ban for many years with the vast majority of people, when asked, saying they were in favour of it. The only way forward is to have a representative (for animal rights) in parliament. Several people at the rally have been involved in monitoring duck shooting and rescuing injured ducks. Shotguns do not aim straight at a target but splay out pellets, sometimes hitting a number of birds with possibly 50% injured and left to die. The RSPCA/SA's representative said that RSPCA is in favour of a ban or, if that is not possible, at least stricter regulation to reduce the carnage. AJP has candidates in 4 lower house electorates and is hoping for a seat in the Upper House.

SA ELECTION: Neither the Labour nor Liberal Party are planning a ban on Duck Shooting, although there are members in both parties (including Stephen Marshall) who are in favour of a ban. Greens, of course, support a ban and so far SAFirst has nothing on its website.



Book Review

HOW A MAN LIVED IN THREE CENTURIES The Complete Guide To Natural Health by Roger French published by Natural Health Society of Australia (NSW)

Eric Storm was born in March 1896 and died in February 2000. After an early life of high living and becoming seriously ill in his early 30s Eric came in contact with members of the natural health movement. **From then he took on a healing and healthy lifestyle, also became active with the Natural Health Society of Australia.** This book follows Eric's progress but also gives an extensive description of what those wishing to follow a healthy lifestyle needs to know. It is written in a clear, down to earth style, partly biographical, but with an enormous amount of useful information, covering topics from chemical contamination to diet, detox to heart disease. It is a great reminder for those of us who are already on this path and would be of particular value to any one wishing to improve their health status. With a comprehensive index it is a compendium of very useful information.

VegSA has 2 copies of **How A Man Lived in Three Centuries**, which will be for sale at \$25 each at the upcoming Annual General Meeting (see detail on P8). It would make a great gift.

Author Roger French has been the Health Director of the Natural Health Society of Australia (NSW) for 35 years and is the editor of the True Natural Health magazine.

CLASSES AND COURSES

Natalie Playford of Cooking up a Storm runs classes for WEA: WEA classes for this quarter:

QUICK and TASTY VEGETARIAN (suitable for Vegans), 7th April, 1-5pm

NATURALLY SWEET (cooking without using refined sugar) 6th May, 1-5pm

Bookings and enquiries: www.wea-sa.com.au ph. 8223 1979.

Natalie also offers private classes. Contact her on ph. 8386 1672 / 0403 555 011.

THE CANCER CARE CENTRE

Cooking Class With Natalie From Cooking up a Storm

Some yummy, easy vegan dishes that you can cook at home using a variety of plant proteins with easily sourced ingredients.

Cost: \$70 (Copies of recipes and tastings included)

Thursday April 26th 12 noon till 3pm Bookings Essential as numbers are limited

76 Edmund Ave Unley ph. (08) 8272 2411

Email: admin@cancercarecentre.org.au

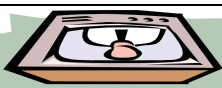
FOOD FOR LIFE NUTRITION EDUCATION + COOKING DEMONSTRATIONS

5 week course every Thursday 7-9 pm May 31st – June 29th

Heleen Roex-Haitjema, a medical doctor who is certified as a Food for Life Instructor by the Physicians Committee for Responsible Medicine (pcrm.org) in USA, will be running a series of classes demonstrating **the scientifically proven powerful health effects of plant based nutrition.**

Cost: \$145 for **five 2hr weekly classes** held at Fullarton Park Community Centre, 411 Fullarton Rd Fullarton.

Information: Heleen: heleen@drroex.com or 0432 994 909 **Booking:** www.trybooking.com/TSFD



In the Media

A recent article by Food Revolution pointed out that the number of vegans in the U.S. has increased by 600% in the last three years from 1% in 2014 to 6% in 2017. Non-dairy milk sales had increased by 61% since 2012 with conventional cow milk seeing a decline. Jemima Webber via hello@livekindly.co



Eateries Update

South Australia's **first vegan pizza bar**, **The VSpot** opened recently at 385 Magill Rd St Morris (parking at rear) ph. 8431 9668 Email: askus@vspotpizzabar.com.au

There is an extensive menu, many items using vegan cheese and/or fake meats with other fresh ingredients, also a few pasta dishes priced between \$8 and \$10. Pizzas are \$9 (small), \$12 (medium) and \$15 (large). Medium can be made gluten free at \$15. Delivery is to many eastern suburbs for \$5. See website:

Vspotpizzabar.com.au Facebook / Instagram @VSpotPizzaBar **VSpot is open:**

Sun, Mon, Wed, Thurs 4.30pm-9pm Fri, Sat 4.30pm-9.30pm

Salem Café 2/647 Marion Road, Ascot Park ph: 0403 518 360 **opened late in 2017. Is all vegan with many gluten free options.** All "meats", "cheeses" and sauces are made in-house, where possible using seasonal and local produce. Main offerings seem to be exotic sandwiches (\$12) but with a wide range of sweets and drinks.

Open: Thurs-Sun 9am-4pm. Delivery available on UBEREATS.

www.facebook.com/salemcafeadelaide website: www.salem.cafe

Antonio's Quality Meals Unit 1/1 Acrylon Road Salisbury South ph: 0434 056 208 or 0449 607 278 is a frozen meals delivery service. Although most dishes are not animal free, there are currently 6 vegetarian and 13 vegan dishes. Main dishes are \$7 (350g to 400g) or six for \$36, sweets \$4 (200g). Delivery \$10. Minimum order \$46 including \$10 delivery. Order previous day on line or by phone for delivery on Wednesday, Friday or Sunday. See www.tonysmeals.com.au/products-range

Virsa Delight 276 Main Nth Rd Prospect. Eat in, take away, delivery, Good veg options. Order in house, by phone **7225 5959** or on line: www.virsadelight.com.au Mon – Wed 4pm–12am, Thurs - Sun 11am-2am

Plant 4 Bowden Market

5 Third St, Bowden. Ph. 0415 064 950 **Wed 4pm-9pm, Fri**

from 5pm - late, Sat 9am-3pm Plant 4, previously a warehouse at the former Clipsall factory is part of a State Government urban development plan. The large open space is connected with a mezzanine floor by steep stairs and lift.

There is great range of food stalls with plenty of vegan and vegetarian choices from a number of ethnic cuisines. Much of it is cooked fresh in front of you. Other stalls include new and recycled clothing, jewellery, Liv-a-Little Gelato, fresh bread, Beach Organics' fresh herbs and spices, a bar, also kids zone and usually live music. Outside, the dog-friendly Bowden Green hosts an occasional outdoor cinema. (Friday, 9 March "The Goonies" - rated PG - starts at sunset.)

The Market is a project of the adjoining IGA supermarket and the Ceres Group, that operate the Market Shed on Holland

(www.facebook.com/The-Market-Shed-on-Holland-6652). **The IGA is open 7:30AM-**

8:00PM daily ph. 0407 912 849.





VegSA Diary Dates

♦ **Sat March 31st/Sun April 1st End of Daylight Saving in SA** ♦ **Sun. April 1st Easter Sunday**

Upcoming VegSA Events:

♦ **Saturday April 28th 10am for 10.15 start VegSA AGM at The Joinery 111 Franklin Adelaide.** (See attached agenda.) **12.30pm Shared lunch. Bring vegan food. 2pm Speaker (to be confirmed).**

♦ **Vegewise Group** (*Usually meets third week each month - with some exceptions - at a vegetarian or veg friendly location. Bookings generally needed 2 or 3 days before event.*)

Friday May 4th 12.30pm Salem Café 2/647 Marion Road, Ascot Park. Book by Wed. 2nd with Joy 8326 0564.

♦ **Northern Star Vegetarian Group:** Meets occasionally according to demand. Contact Karin (See below)

Sunday March 25th 12.30pm Shared lunch at Yin and Neo's 5 Enford St Elizabeth. Bring vegetarian-vegan food to share and ideas for future events. Contact Karin ph: 82833012 Email: glad2bveggie@gmail.com

♦ **Southern VegSA Group** monthly social get together: 2nd Saturday of the month from 12md at **Great Nature** 3/48 Beach Rd, Christies Beach. Check in case of changes with Su vegsu2003@yahoo.com.au

♦ **VegSA Mail out workshop.** Help always appreciated. Meet fellow members and share ideas. Next workshop Saturday May 26th at the Joinery 111 Franklin St Adelaide, followed at 1pm by VegSA Committee meeting, which members are welcome to attend as observers. Contact Anne vegsocsa@gmail.com or ph.8390 2314 if able to help.

Correction. Animals Australia's AGM and national Animal Activists Forum cannot be held in Adelaide in 2018 due to no suitable venue being available at the time required. Will be in Sydney, hopefully in Adelaide sometime soon.

Other Upcoming and Regular Events:

♦ **Animal Liberation SA (ALSA):** Members' meeting is generally 1st Sunday each monthly 1pm at The Joinery, 111 Franklin Street, City (old Bus station). If you think you would like to join ALSA or know more about its work for animals email: animal.lib.sa@gmail.com or phone 0401 870 957. Also see www.animalliberation.org.au

Saturday March 31st and Monday April 2nd (Easter Weekend) Protest against Jumps Horse Racing at Oakbank SA. See ALSA website and www.horseracingkills.com (Coalition for the Protection of Racehorses i.e. CPR) or CPR's facebook page for events notices or ph. 03 9016 3277

♦ **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 - Adelaide Social Vegetarians:** a social group for vegetarians and vegans of all ages including anyone who would like to adopt that kind of lifestyle. Meets regularly for dinner or lunch at cafes & restaurants that cater for vegetarians and vegans. To join visit: <http://www.meetup.com/Adelaide-Social-Vegetarians> or for more info: Corin: coco39@internode.on.net

♦ **Plant-based Divine Event Monday April 2nd 12-4 pm Fox Creek Wines** 90 Malpas Rd McLaren Vale. Live music, milkless cheese platters, vegan wine, Free event. For info email: GEORGY@FOXCREEKWINES.COM

♦ **Natural Health Society (SA) Tues April 3rd 7.30pm at Unley Community Centre, 18 Arthur Street Unley** **Celebration of its 54 years of service.** Bring plate of food to share. For info ph. 8277 7207

♦ **Premiere of DOMINION: Astor Theatre St Kilda Vic. Thursday March 29th** Australian documentary feature-length film exploring the morality and validity of our dominion over the animal kingdom, drawing heavily on Aussie Farms' Depository of documents using drones, hidden and handheld cameras. Funded by Voiceless and Crowd funding.

Coming to SA: Thu 12 April 2018 6pm Capri Theatre Goodwood

May 2018 Flinders University

see www.dominionmovement.com/

For more events in SA and around Australia see Vegan Australia's website:

www.veganaustralia.org.au/events