

Food for Thought

Vegetarian & Vegan Society (VegSA) Inc.

Newsletter

Issue 1/19

March 2019

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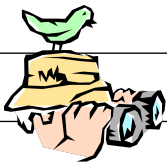
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VegSA News

As we started the New Year it seemed a good time to take stock and look at the direction we might like to take. Whilst writing, news keeps coming of the tragedy that is the Queensland floods. Whilst sad for the animals wild and domesticated and the people involved, this still serves to remind us of why we are opposed to animal husbandry.

Meanwhile, on the positive side our list of Vegetarian And Vegan Eateries has grown, even in the past few months (We have had enjoyable lunches Wombat Kitchen (See Eateries Update page 6.) Also the range of vegan products available continues to escalate.

When we look at the aims spelt out in our incorporation document in 1979

(when the organisation was already 27 years old) they included:

f) to facilitate the supply of vegetarian foods, d) to organise public meetings, lectures and discussion groups, establish libraries and publish and distribute literature, e) to establish and conduct a periodical magazine to further the aims of vegetarianism, and b) to spread the principles and advantages of vegetarianism and the ideal of a healthy, humane mode of life and to advocate, extend and organise vegetarianism in Australia.

at two of them, An Lac and Fuzzy

PHOTO

An Lac Mansfield Park 2/1

So, how much of this have we achieved? Did some of it happen because of, or just in spite of, our effort? We might never know, but could speculate that we were at least part of the progress we see today.

With regard to a **magazine**, we can say that the True Natural Health magazine that is distributed all over Australia, including to most of our members, grew indirectly out of a small publication we produced up to 1985.

Our **library** which has been well used is about to be dismantled as there is now so much information available online and in libraries.

As to extending and organising Vegetarianism in Australia, this aim reflects the isolation that we felt at the time as the only "Vegetarian" association in SA, even though there were other well-established groups interstate.

Continued P2

ACTIVITY SURVEY

VegSA would like the opinions of members about where VegSA should focus its attention. Please return your answers to VegSA by mail, email or phone (See P1 for contact details.), preferably by March 31st.

Your Name.....

Your contact details (optional).....

What do you think is most important? Please rank: 1 = Very important, 2 = quite useful, 3 = not useful.

- A. Social events for members (lunches, dinners, picnics etc).....
- B. Disseminating information to the public on the benefits of a plant-based diet.....
- C. Supplying information to members e.g. via magazine and newsletter.....
- D. Contact and cooperation with like minded organisations.....
- E. Suggestions of other activities.....

F. In which activities, if any, would you like to participate?.....

VegSA News – continued from P1

Another aim, perhaps most relevant for us today, was: c) to encourage cooperation between vegetarians throughout the world and cooperate with other organisations concerned with nutrition, positive approaches to physical and mental health and the preservation and improvement of the environment.

(Note: “vegetarianism” was defined in this document as “the practice of living on products of the vegetable kingdom with, or without, the use of eggs or milk” i.e. it included veganism even though that term, although coined in the 1940s, was not in common use here until much later.

Whilst some of our aims have been achieved, the environment in which we work today is very different. It will be interesting to know what VegSA members think about the way forward for the Society. You might like to **complete the questionnaire** above and return it to the Committee so we can discuss these ideas at the AGM.

HELP URGENTLY NEEDED – do you have SURPLUS FRUITor a bit of cash?

On Thursday 24th January 2019 Adelaide was hit with a temperature of 46 degrees. We have only one flying-fox colony in South Australia, Grey Headed Flying-foxes, which resides in Botanic Park. Flying-foxes do not cope well with heat and we may have lost 3,000 - 4,000. The **Fauna Rescue Bat Team** brought in to care just over 100 bats, most of them juveniles that cannot be returned to their mothers as most would now be deceased. Each bat will require up to 400gms of fruit per night, which adds up to a whopping 60kgs of fruit per night. Fauna Rescue is in desperate need of funds to buy fruit, high protein supplement and 2 chopping machines at approximately \$1,000 each and is asking for donations of money or suitable fruit: apples, pears, melons, bananas, mangoes etc. (Bats cannot manage berries or citrus). Gifts can be dropped off at several locations around Adelaide.

Contact **FAUNA RESCUE OF SOUTH AUSTRALIA INC.** Phone: (08) 8289 0896. Email: info@faunarescue.org.au, facebook and PO Box 241, Modbury North SA 5092

FOR EMERGENCY RECUES do not use email but phone: **Wildlife Hotline** (24 hrs) 8289 0896, **Koala Rescue Hotline** (24 hrs) 1300 562 527, **Bat Rescue** (Microbats & Flying Foxes) (24 hrs) 0475 132 093

NEWS CLIP Television series “Our Planet” – made in collaboration with the World Wildlife Fund (WWF) and narrated by David Attenborough – highlights both the beauty and struggles of the world in matters like climate change, overfishing, and deforestation.

Meat and dairy production are leading drivers of these issues as well as water loss, species extinction, rising sea levels, and pollution. Recently, the United Nations stated that tackling meat is the world’s most “urgent” problem, and research from the University of Oxford in the UK uncovered **that the single best action a person can take to help the planet is to adopt a vegan diet.** Live Kindly e-newsletter. 7.1.19



Products on the Market

PHOTO

Vegan Fruchocs were introduced last year by Robern Menz (71 Glynburn Rd Glynde, 2/80 Main St Hahndorf and 203 Main Rd McLaren Vale.), also **Dark (vegan) Chocolate Block**. The humectant 422 used is plant glycerine and the soy lecithin emulsifier is non-GM. There are also vegan Apricot Coconut Balls. All Robern Menz products are Gluten free. These vegan products all contain dried fruit with preservatives 220 and/or 202. (Regular Fruchocs include milk and their polish is shellac made from insects.)

Vegan Fruchocs 500g cost \$8.95. **Dark Chocolate Fruchoc Block** 125g costs \$3.95. **Apricot Coconut Balls** 200g cost \$3.15 at **Glynde Factory**. (Discount available with free Robern Menz membership.) Open Mon – Sat 9am – 5pm ph 8368 7733. Also now available at Foodland and other supermarkets at similar prices.

The Raco Review frypan (recommended by one of our member)

is very good for easy and healthy, fat free, non-stick cooking, lightweight with a ceramic, non-stick interior, PFOA and PTFE free, no cadmium or lead.

20cm and 26cm diameter twin pack at Target, for \$45. Recommended retail price according to Raco website is \$69.99.) See: www.target.com.au

Just wholefoods Organic Falafel mix: Chickpeas, rice flour, garlic powder, herbs and spices. Mildly flavoured, easy to prepare. 120g Cost \$4.50 at Everything Vegan. Also at Foodland Norwood. Info on: www.justwholefoods.co.uk Imported from UK by Vegan Perfection 93 Kathryn Rd Knoxfield Vic 3180

Everything Vegan 172 Goodwood Rd Goodwood will have a **range of treats for Easter**. Although Easter is later in April it is good to get in before every thing sells out. Goods will be in store from around mid March.

Ph 8273 4659 or order on line from: www.veganonline.com.au All profits from both sources support **Freedom Hill Sanctuary**.

PHOTO

Vegan Wares is ceasing manufacturing shoes because, we were told, it is very difficult to recruit shoemakers. They will outsource production to shoemakers in Australia using the same materials and continue to source quality products from over seas. Business is planned to be mainly on line with pop-ups and stalls at events. Currently Vegan Wares has reduced prices as it clears its current stock. Whilst still comparatively expensive, we can say from personal experience, that Vegan Wares shoes, wallets etc last and last for years. The shop is at 78 Smith Street, Collingwood Vic. ph 03 9417 0230
Email: veganw@veganwares.com

Vegan wine: www.barnivore.com is a website that tells you if alcohol is vegan or not, and you can filter the site to show just the vegan options. (Answer to a question on Adelaide Vegans Facebook page.)



THE SIMPLE MARKET

We would like to thank proprietors Fabian and Melanie for taking part in this recent interview.

VegSA: Can you tell us a bit about your background and what led you to setting up this business?

Fabian/Melanie: About 8 years ago we first went vegetarian, and in the last few years vegan. The first thing we noticed when we went vegetarian was that our grocery bill dropped enormously, so we decided to reinvest this into organic fruits & veggies. People often buy “fancy” (yuck, looking back now) meat, but then have veggies that are sad, with no flavour and eat them because they feel they have to rather than want to. We think that if more and more people were able to experience full flavour veggies & fruits, as a starting point, they’d automatically reduce animal exploitation, and celebrate the veggies as the centrepiece of the meal. For over 8 years we dreamed of opening up a neighbourhood organic grocery, somewhere where we did not have to walk past aisles of meat, somewhere where organic fruits & veggies were as affordable as possible, and somewhere with minimal packaging. Melanie was studying, and Fabian had quit his job, and one night Fabian walked his dog past the vacant old building, and they felt it was a right fit. Turns out it had been a Greek Greengrocer between 1955-1973.

VegSA: Can you give us a brief description of the range of products you have for your customers.

F/M: We focus on wholefoods, so as well as fruits & veggies, you’ll find unpackaged nuts, seeds, grains, flours, olive oils, as well as fermented foods including tempeh, tofu, krauts, kimchis, kombuchas. We also have a section for cleaning that is in bulk, where we encourage guests to bring their own containers. What you won’t find is strange preservatives & additives, mock heavily processed meats or vegan cheeses that have strange colours & gums.

VegSA: Where do you source most of your produce?

F/M: All our fresh produce is certified organic & Australian. Each week over 80% comes from South Australia, and within that, majority coming directly from organic or biodynamic farms in the Adelaide Hills.

VegSA: Do you think it is important to encourage people to follow a healthy plant-based diet or do you think that just being vegan is sufficient?

F/M: We think everyone is learning and on a journey. We think a lot of people perhaps start out eating just vegan foods which is great, but eventually join the dots between packaging (landfill that destroys animals & pollutes their environment), organic (herbicides/pesticides/fungicides/synthetic fertilisers impacting animals & their environment), and whole foods.

Eating vegan is great, but if you try it, by eating organic plant based whole foods, you feel great, and have as little impact as possible.

VegSA: I have read that, in the UK by the end of 2019, it is predicted that 22% of the population will be following a meat free diet. It seems there is a similar trend in Australia. Do you have some idea why this is happening?

F/M: 22% is incredible, that’s so exciting! It’s happening because people deep down know that something is wrong. People deep down know that exploiting animals is not the right thing to do and now people are finding out that it’s also not necessary, whether people first discover going meat free for health, environmental, or compassionate reasons,

VegSA: Do you think that this will be sufficient to help us make the changes that we need to make?

F/M: Yes. We have huge hope; we see it with our guests all the time: kids coming into the store educating their parents & grandparents about the impacts of packaging. People understanding what the run off of herbicides & pesticides does to the land & oceans. However, we think globally the understanding of

petrochemical pesticides & the impacts on animals, environment as well as us, is still very limited. It's common for one to think just about farm animals, and by reducing the consumption of farm animals, we are doing our bit. However, another aspect to consider is the long-term environmental impact to the habitat of wildlife.

VegSA: Besides selling to the public I understand that you have also held events in your downstairs meeting room. Can you tell what some of these events have been?

F/M: We've had book readings, kimchi workshops, sauerkraut & kombucha making demonstrations, yoga classes, meditation, gut &

PHOTO

mental health lectures, chocolate making demonstrations, documentary nights, live music fundraisers for vegan associated causes. The aim is to bring the community together and share knowledge & skills.

VegSA: We hear you had a disastrous flood in that downstairs cellar area late last year. Have you managed to recover from this?

F/M: Yes, SA Water had a burst water main, which flooded our event space, offices & storage space. We are lucky that we have such a great & compassionate community. Our community have been understanding that we might have some products missing due to limited storage space, or that there might be more boxes around the place. It's been an extremely frustrating process, but we can see the light. We are looking forward to hosting many more classes including tie-dye workshops & knife sharpening.

VegSA: Are there any of the products you sell that you would particularly like to recommend to our readers? Are you having any special items for Easter?

F/M: We'd recommend trying the difference between biodynamic & conventional produce one time if you haven't already. Try a veggie that you perhaps haven't tried before. We don't have any special items for Easter. For Easter, we will be sharing a nice wholefoods meal together with family or friends.

The Simple Market is at 44 Henley Beach Road Mile End.

Open Monday to Friday 10am to 5:30pm, Sat 10am to 4pm, Sun 11am to 4pm

ph 7080 1047, email: hello@thesimplemarket.com.au See: www.thesimplemarket.com.au

NEWS CLIP: MEAT FREE DIETS SET TO DOUBLE IN UK

New research by finance comparison website, finder.com, has found that 22 per cent of the population will be following a meat-free diet by the end of 2019. This figure equates to 12 million people, and will almost double as 6.5 million people in the UK population currently eat a meat-free diet. **Finder.com** has found that those choosing to be vegetarian will be living on the cheapest diet, with this lifestyle costing an average of £1,545 a year – a staggering £457 less than a meat eater's diet, costing an average of £2,002. Veganism was noted as the most expensive diet financially, coming in at £2,073 annually, but this works out at only £2 more per week. Whilst it comes in as the most expensive diet, veganism is renowned for its lower carbon footprint and overall environmental impact compared to those with animal products included.

The study also found that younger people are the most likely demographic to make this change, with only 63 per cent of post-millennials (those born after 1996), still eating meat. The lack of dietary change grows stronger with older generations – 94 per cent of those born before 1945 eat meat, and 86 per cent of baby boomers do, too. 30.1.19 [What are the vegans buying that costs so much more? Ed]



Eateries Update

IDLYPOINT SOUTH INDIAN CUISINE

VegSA member Ravi Subramanian has always had a passion for cooking and is qualified in Ayurvedic nutrition. He and his wife Rajlakshmi are setting up their new catering business with a range of South Indian dishes. Initially only available at weekends these dishes, which are very affordable and spiced to suit Australian tastes, can be pre-ordered and collected at **Express Deli** 1/33 Investigator Drive, Woodcroft ph 8322 1101. Order by 11am for pick up from 1pm, before 3 pm for pick up from 5pm. Larger orders (\$50 and above) can be collected from their home in Christie Downs, ph 0401 310 996. Functions also catered for.

IDLYPOINT will be catering for **lunch for VegSA members and friends on Sunday March 31st**. Booking please by Wed March 27th. See Diary Dates P8 for details.

FUZZY WOMBAT KITCHEN opened last November at 48 Cliff Avenue Port Noarlunga South, serving snacks and hot meals, which are **all vegan and gluten free**.

VegSA's Southern Social Group had lunch there in December and reported that about 10 people attended with a great choice of dishes and generous portions. There is seating inside and out with local art for sale displayed on the walls and water bowls for dogs.

Definitely recommended. **Open:** 8:30am - 4pm
Tuesday to Sunday. Contact via Facebook, ph. 0435 269 685

email: fuzzywombatkitchen@hotmail.com

PHOTO

"Fuzzy Wombat" breakfast.

AN LAC VEGETARIAN AND VEGAN BUFFETS

Our Northern Star Social group recently organized for members and friends to meet for lunch at An Lac at Mansfield Park. The buffet offers a wide range of vegetarian dishes and for \$17 p/p we were all very satisfied. Many of the dishes are vegan, although it is not always clear which label applies to which vegan dish. It was good to meet up with friends there after the Christmas - New Year break. The venue is light and airy (see photo p1) and easy to find – i.e. the first building on the left after turning off Grand Junction Road - and parking is convenient. We hope to go there again fairly soon to try some of the dishes we missed this time.

Note At both the Semaphore and Mansfield Park venues **Lunch is now \$17** Monday to Friday as on Saturday and Sunday. The landline at Mansfield Park was currently not working. Use mobile: 0434 541 358.

METTA SOL Friends Cindy and David set up this plant-based Vietnamese eatery late last year at 98b Goodwood Rd Goodwood (just north of tram line, entrance off Railway Ter.) All vegan and mostly gluten free. VegSA has not had an opportunity to visit yet but have heard good reports Open: Tuesday – Friday 7.30am to 3pm, Saturday 8am – 2pm.
www.mettasol.com.au Email: eat@mettasol.com.au

CAFE CRUX, opened in August 2018 at 2/292 Military Rd Semaphore Park. All vegan.
Open 7am - 3pm Tues to Friday and 8am - 2pm Sat and Sunday. More info on Facebook.

JOY OF FLORA New vegan café at 10 Rosetta St, West Croydon ph. 0411294330. Home style food, fresh salads, juices, smoothies, bowls, raw and baked cakes Wed - Sun 7:00am - 3:00pm

HOT VEGAN GOURMET meal delivery

Based in McLaren Vale, plant-based food delivery business, currently delivers to southern and south western suburbs, but plans to extend. Orders taken up to midnight on Tuesdays via website, delivered frozen in insulated box or bag throughout Fridays. Each dish (400g+) costs \$8.50. Minimum order of \$59.50 (any combination of 7 of these meals), free delivery. Payments by credit cards and PayPal. website: www.hotvegangourmet.com.au ph. (08) 72883199

EATERIES UPDATE (continued)

JAMU Adelaide Central Markets stall 69, "passionate about creating food that not only nourishes ... but looks and tastes great as well." Juices, smoothies, bowls and cakes/slices. All vegan except honey in a few items. Open Mon – Sat mainly market times. Contact ph 0467 493 119, m.me/jamuadelaide

THE FOOTPRINT EXPERIENCE CAFE

VegSA is a member of the Conservation Council of South Australia, which operates The Joinery at 111 Franklin Street Adelaide. The Footprint Experience Café is part of that complex and in line with its ethos sets out to "demonstrate how simple choices can have positive impacts on the environment and the future of our community". Although not totally vegetarian it offers a good range of vegan options: juices, smoothies, bowls, salads, slices etc, using seasonal produce and often native herbs. Downstairs at the "old bus station" this is a cool venue, well worth trying if looking for somewhere to eat in the City. Also does catering. **Open** 7.30am – 3.30pm Monday to Friday. ph 7222 4056 mob 0434 675 863 email: melissa2thefootprintexperience.com.au

Cooking Classes and Courses

Natalie Playford of Cooking up a Storm runs classes for **WEA: This quarter:**
QUICK AND TASTY VEGETARIAN (suitable for vegans) April 7th 1-5pm. Cost \$107.00

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

Natalie also offers private, individually tailored classes. Contact her on ph 8386 1672 or 0403 555 011.

FOOD FOR LIFE NUTRITION EDUCATION + COOKING DEMONSTRATIONS

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 runs a series of classes demonstrating **the scientifically proven powerful health effects of plant based nutrition.**

Classes run one evening a week for 5 weeks at Fullarton Community Centre 411 Fullarton Rd Fullarton.

Current series: Thursdays 7th March - 4th April. 7 - 9pm Cost \$150 (Possibly booked up)

Future courses: 22 July to 19 August and 7 November to 5 December. Enquire early with Heleen: ph. 0432 994 909 heleen@drroex.com

* **The Physicians Committee for Responsible Medicine** is a longstanding organisation consisting of medical professionals who agitate for the reduction and eventual abolition of animal testing in USA. They have also been able to demonstrate that a plant-based diet can greatly reduce symptoms of type 2 diabetes and other chronic illnesses. See website: www.pcrm.org VegSA also has copies of its printed magazine, "Good Medicine" you can see at our events.

When we last contacted Heleen she was attending a "**Nutrition in Health Care**" conference being run in Melbourne by Doctors for Nutrition (of which she is a co-founder). For information about this group and its aims see the website: www.doctorsfornutrition.org

NEWS CLIP: VEGAN PATTY STEALS THE SHOW

The Consumer Electronics Show (CES) held in Las Vegas last week produced some of the best and wackiest innovations in tech to date. We saw foldable phones, roll-up TVs, indestructible pantyhose and wireless charging phone cases to name just a few. But at the end of the convention, some unlikely guests stole the show. Impossible Foods, a plant-based food company backed by Bill Gates, won three 'Best of CES 2019' awards and beat all other tech companies by being awarded the 'Best of the Best' title with its burger.

The 'Impossible Burger' that is a vegan alternative to a traditional beef patty looks, tastes and cooks like a regular beef patty, but with none of the health downfalls or environmental impacts.

VegSA Acknowledgments: Editor: Anne Sanders. Proof reading: VegSA Committee. Mail-out: VegSA Committee and Members. Thanks to those who have contribut



VegSA Diary Dates

EVERYONE IS WELCOME TO ATTEND VEGSA's SOCIAL EVENTS

- ◆ Sunday March 31st 12md. **Lunch by Idlypoint** (see P6 for details) at Express Deli, 1/33, Investigator Drive, Woodcroft.
Mixed vegan platter including rice with lentils, mixed veg in coconut gravy, corn fritter, lentil pancake and sweet rice fritter.
Cost \$15. Book by Wednesday 27th March with Su: vegsu2003@yahoo.com.au ph or text; 0468 397 219.
Also see VegSA Facebook page or contact VegSA (see contact details below).
- ◆ Sunday April 28th 10am **VegSA AGM*** – see attached flier – followed at 12.30pm by shared **vegan lunch** – then 1.30pm brief presentations by and discussion between **several animal activist groups**. * If no quorum by 10.30am, AGM will start at 10.35am with a reduced quorum.
- ◆ **Northern Star Vegetarian Group**: Meets once or twice per quarter. Contact Karin: see below
email: glad2bveggie@gmail.com or ph.8283 3012
- ◆ **Southern VegSA Group monthly social get together** 2nd Saturday of each month at **Great Nature** 3/48 Beach Rd Christies Beach.
No need to book but **Check in case of changes** with Su: vegsu2003@yahoo.com.au or Jill ph 0401 621 287
- ◆ **Vegewise Group** *Usually meets monthly, mid week. Currently on hold, as it is in need of a coordinator.*
- ◆ **VegSA Quarterly mail-out workshop**. Usually at the Joinery 111 Franklin St Adelaide. Meet fellow members and share ideas Help always appreciated. Followed at 1pm by VegSA Committee meeting. Members are welcome to participate but may not vote.
For details of next workshop contact Anne on 0466 972 112 or email vegsocsa@gmail.com

Other Upcoming Regular and One-Off Events

- ◆ Fri March 15th 11am at Parliament House North Terrace **Adelaide School Strike 4 Climate**
 - ◆ Sunday March 17th **Garage Sale** at Dr Alyssia Lu's clinic. **535 Cross Roads Plympton**. All money to be donated to animal shelters and sanctuaries in Adelaide. Donation can be dropped off there any time before. Help will be appreciated to set up and serve on the day. Alyssia's mother's healthy vegan dumplings will be for sale. For information see: <https://www.facebook.com/groups/377295105962927/permalink/783526048673162/>
 - ◆ Sunday March 17th 10:30 am - 3pm **Dogapalooza dog-friendly mini music festival**, raising funds for independent, no-kill animal rescues. Orphanage Park Cnr Goodwood Rd & Mitchell St, Millswood. Live music, stalls etc. Pre-purchase tickets \$18, Concession \$16. \$20 at the gate. Kids 12 and under cash, dogs FREE! Dogs remain on leash but free range areas near by.
 - ◆ Sunday, 14 April 11am - 6pm **Vegan Palooza** all vegan event – stalls etc. at MAB Innovation Hub, Tonsley MAB Eastern Promenade, Clovelly Park SA. See website: www.veganpalooza.info Email: lea@anyexcuse.net
 - ◆ Saturday April 27th: 6pm, Capri Cinema: "**Avengers - End Game**". Fund raising for SA Fauna Rescue's Bat Rescue Team organised by **Animal Activists South Australia**, which promotes & advocates veganism, animal rights & animal welfare issues through various campaigns & fundraising initiatives. See updates on its facebook page.
 - ◆ **Animal Liberation SA (ALSA)** conducts demonstrations and campaigns e.g. against animal abuse. **Members' meeting** 1st Sunday each month. ALSA will **demonstrate against Jumps Racing at OAKBANK on Saturday (20th April) and Monday (22nd April)** of Easter Week-end. See website for information: www.animalliberation.org.au or email: animal.lib.sa@gmail.com or phone 0401 870 957.
 - ◆ **Adelaide Vegans**: Brings vegans together for networking and social gatherings most weekends - dinner on Friday or lunch at lunch on Saturday, usually at vegan or vegetarian establishments, sometimes at 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. AV website has recently been updated. **If you are a member of AV and have not reregistered you need to do so to get full access.**
 - ◆ **Meetup - Adelaide Social Vegetarians**: 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 contact Corin: coco39@internode.on.net
- For more events in SA and around Australia see Vegan Australia's website: www.veganaustralia.org.au/events**

VegSA - P.O. Box 311 Kent Town 5071 ph 0466 972 112 email: vegsocsa@gmail.com