



# Food for Thought

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

## Newsletter

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### DOCTORS FOR NUTRITION SYMPOSIUM ADELAIDE 2.2.20

#### "The Heart of the Matter"

For many years, ever since its foundation, VegSA and its allied organisations have been advocating, not only for an ethical (animal free), but also a healthy diet. Although our members mainly have better health records than the general population there are times when we need the services of medical professionals. Unfortunately, doctors are not generally trained to understand nutrition and to find one whose thinking aligns with our ethics has often been very difficult.

Since 1985 the **Physicians Committee For Responsible Medicine (PCRM)** in USA has been helping doctors to acquire the relevant knowledge (as well as opposing animal experiments, working to have healthy meals in hospitals and schools, demonstrating how a wholefood plant based diet can prevent and help to treat diabetes, etc). In 2018 the Australian registered charity **Doctors for Nutrition (DFN)** was set up by Lucy Stegley and Dr Heleen Roex-Haitjema (who, with her husband Alphonse, spoke at VegSA AGM in 2017). DFN's mission is "to inspire the healthcare sector, policy makers and society at large to adopt whole food plant-based nutrition as a powerful tool in disease prevention and care." DFN's recommendations are based on evidence over a wide range of studies.

In February 2019 DFN hosted a **Nutrition in Healthcare Conference** in Melbourne for practitioners and members of the public and in Adelaide on Feb 2<sup>nd</sup> this year held a symposium entitled **The Heart of the Matter**, which focussed on the relationship between cardio-vascular disease and diet. The keynote speaker (Dr Kim Williams) gave a detailed summary of the evidence that leads him to recommend a whole food plant-based diet (wfpbd) for the prevention and treatment of cardio-vascular disease. Evidence, both scientific and personal, from the other speakers, reinforced this information.



Dr Heleen Roex-Haitjema,  
co-founder of DFN

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## The presenters at “The Heart of the Matter” symposium were:

Keynote speaker: Dr. Kim Williams, a world renowned cardiologist from Chicago, USA

Panel of medical students, including a recently graduated student

Panel of local athletes

Panel of health practitioners: dietitian for DFN Deeni Betar-Young, Dr Adrian Griscti (DFN Ambassador for SA) with Dr Heleen Roex

Presentation by Co-founder Dr Heleen Roex and Dr Juliette Roex

Dr Adrian Griscti, local plant-based GP, medical educator and DFN's SA Ambassador

## Summary of Topics

The number one killer in developed countries is cardio-vascular disease, which currently affects one in twenty Australians and is largely due to contemporary diets, relying too much on fast food, refined grains and animal products. Animal foods contain no fibre, but cholesterol and other components, which causes inflammation in the arteries. This can show up for six to seven hours after a high fat meal, which is usually followed about four hours later by another meal! Damage to arteries shows up in children as young as ten years old and even affects babies whose mothers' diets include high cholesterol, i.e. from animal fats. By contrast, plant foods contain fibre, which reduces cholesterol, and antioxidants which counter inflammation. Cardio-vascular disease does not just cause strokes and heart attacks but also affects other areas of the body: eyes, kidneys, lungs etc, which in turn affects quality of life and longevity. When blood flow is affected oxygen supply is reduced affecting even one's ability to exercise. Improvement in performance and endurance, when on a whole food plant-based diet (wfpbd), was attested to by the panel of local athletes and also demonstrated by the experience of athletes in the film “**The Game Changers**” shown at the end of the symposium.

There is ample evidence that a whole-food plant-based diet is not only effective in countering such serious illnesses as diabetes and cardio-vascular disease, but is also a sound basis for general health. According to research quoted by the Student Panel, doctors are the most trusted people to give advice and, whilst a majority of them would like to give advice on diet, only 16% in the study felt confident in doing so. A major problem is that generally doctors have very little training in diet and nutrition. These students are advocating for a more holistic approach to medicine and particularly a mandated inclusion of nutrition education in medical training. This was obviously a major concern also of other speakers. Even health authorities like the Health Ministry of New Zealand have recommended intake of more fruit and veg and less meat, but progress is held back by adherence to tradition and the interference of vested interests, particularly the food industries, which, incidentally, have huge advertising budgets. Although these industries' associations are known to fund research it is often difficult to trace which vested interests are involved. Dr Roex-Haitjema warned against taking all study reports on face value.

Reassuring was the address by SA GP Dr Adrian Griscti, who himself had suffered high blood pressure but, after reading T. Colin Campbell's “The China Study”, found he could bring it under control using a wfpbd. Since then he has been able to help a number of his patients to recover in the same way. However he suggests that if you're coming off medication you do it in consultation with a medical practitioner. It is also suggested that, if transferring to a plant-based diet, don't just get rid of the animal ingredients. Make sure you include the necessary nutrients. Some people taking on a plant-based diet find they lack energy. Sufficient calories, especially if living an active lifestyle, are important. Dr Griscti also suggested that blood tests (personalised to one's individual situation) can be a very helpful tool. Dr Griscti recommended the internet sites listed below\* for further information.

**Food** – lunch and snacks – served at the symposium were naturally all wfpbd supplied by **Plant B Life** and **Francesco's Cicchetti**.

## COMMENT

Whilst much of this information might be familiar to VegSA members (including those who read the True Natural Health magazine), it is highly gratifying to know that there are medical practitioners who are actively advocating a whole food plant-based lifestyle.

DFN has representatives (“ambasadors” and nutritionists) in each Australian state and in New Zealand as well as some highly respected advisors overseas.

DFN has a very extensive website with information, resources, event notifications etc., well worth exploring: [www.doctorsfornutrition.org](http://www.doctorsfornutrition.org) DFN is also on Facebook, Twitter and Instagram.

DFN is developing a **database of healthcare professionals** who share its commitment to using whole food plant-based diet for health. If you are looking for a plant-based practitioner, DFN can provide links to any that they are aware of in your area. See contact details below

[Alternatively, for lists of local practitioners, contact Vegan Australia – see below.]

**Doctors for Nutrition welcomes new members: practitioners, organisations and interested supporters. Join via website or other contacts.**

**DFN contacts:** General enquiries, email: [contact@doctorsfornutrition.org](mailto:contact@doctorsfornutrition.org)

By mail: Doctors for Nutrition 6 Todd St Pt Adelaide 5015. Also through Facebook

**Additional websites recommended by Dr Griscti**

[www.nutritionstudies.org](http://www.nutritionstudies.org)

[www.forksoverknives.com](http://www.forksoverknives.com)

[www.wholeplantbasedhealth.com.au](http://www.wholeplantbasedhealth.com.au)

[www.nutritionfact.org](http://www.nutritionfact.org)

[www.pcrm.org](http://www.pcrm.org)

**Vegan Australia** <https://www.veganaustralia.org.au/search?q=practitioners>



## VegSA News

### AGM AND LUNCH 19.4.20

On Sunday April 19<sup>th</sup> VegSA members are invited to attend their AGM, and afterwards lunch, both at Joy of Flora at Croydon. See diary dates (P8) for details. Note this is not our usual meeting place in the city.

We had hoped to make this a very quick general meeting. However that might not be possible, as we have to discuss possible changes to membership fees.

Unfortunately, due to rising costs in production and postage the Natural Health Society in New South Wales is having to charge more for our magazines, in fact almost twice as much! If VegSA tries to absorb all these costs we shall be very short on funds to run the Society. We have little choice but to increase our membership fees, at least for those that include the magazine. At the meeting we will explain the cost involved before voting on the proposed changes. (See the enclosed AGM noticed for exact proposal.) We hope to have a quorum by the time notified but if not, the meeting will start (and therefore probably finish) a bit late! Try to be on time please. If you cannot make it to the meeting (it is not mandatory!) please feel free to come for lunch (Joy of Flora's offerings are pretty good.) Even though it is à la carte, please book (see P8) so that we know numbers for seating.

### BOOK REVIEW – HOW NOT TO DIET

By Dr Michael Greger, published by Bluebird Books for Life. Cost \$35 at DFN symposium

**How Not To Diet** is a sequel to Dr Gregor's award-winning best seller **How Not To Die** (published 2016) which demonstrates how to counter 15 major causes of death. In **How Not To Diet** he explains the mechanism by which the body and brain control hunger and, backed by thousands of studies, what really helps us control or lose weight. Quite predictably he suggests a whole food plant-based diet (wfpbd) as optimum for attaining and maintaining a healthy weight - better nutrition, more fibre enabling excretion, more chewing etc. Most FFT readers on a wfpbd are not noticeably overweight. Nevertheless, this easy to read material is fascinating.



## Products on the Market

### EVERYTHING VEGAN CLOSES

Sadly, we have to report that our leading vegan retailer **Everything Vegan** will be closing on or before the end of March, depending on when stock is cleared. It seems that super markets are responding to demand and are able to stock a wide range of vegan products (and often sell at cheaper prices), but not, of course, stock the range, especially of non-food items, that we have seen at Everything Vegan. Unfortunately Everything Vegan's online store **Vegan On Line** will also close.

Profits from Everything Vegan have been supporting **Freedom Hill Sanctuary** in the Adelaide Hills. It was affected by the Cudlee Creek bush fires which started on December 20th, although, fortunately, all the animals were safe. Freedom Hill will be following its previous plan to relocate to a safer place at Monarto. VegSA would like to very sincerely thank Kym Henley for setting up and running Everything Vegan and Vegan on Line. It has not only made available a great range of products, but also educated many people as to what vegan alternatives are possible.

We hope to be able to visit Freedom Hill in its new location sometime soon.

### ALDI STORES - SOME BASICS AND SOME TREATS

ALDI now has about 18 stores in the SA Metro area, plus stores at Pt Pirie, Nuriootpa, Kadina, Berri, Victor Harbour and Murray Bridge.

They have a surprising number of basics at reasonable prices, including its ranges of "**JUST ORGANICS**", "**OH SO NATURAL**", "**SIMPLY VEGETARIAN**" and "**HAS NO**" (gluten free). Whilst you can find some great deals unfortunately you might not find them when you want to restock as it seems not all items are kept in regular stock.

**FRUIT AND VEGETABLES.** There is a reasonable range, much of it loose, but some (sadly) in plastic wraps. **FRESH NECTARINES** were \$2.99 for 1kg at Newton ALDI on 19.2.20.

**SIMPLY VEGETARIAN SAUSAGES** \$4.69 for 300g: water, vegetable protein (22%), vegetable oil, seasoning (Contains soy and vegetable gums 412\* and 407\*), tapioca and potato starch, oats, sugar, breadcrumbs (Contains yeast extract, onion powder, mineral salts 508\*), fermented rice, spice, garlic powder and salt. Pack contains 5 sausages of reasonable size. Reviews are generally very positive.

**SIMPLY VEGETARIAN BURGERS** \$4.69 for 280g: cooked brown rice 55%, mushrooms 10%, wheat gluten, onion 8%, soy protein 3.8% - natural colour (150d\*), vegetable oil, soy sauce, red capsicum 1.9%, potatoes 1.9%, molasses, natural flavours, tapioca starch, tomato paste, salt, potato fibre, spices.

**COCOLICIOUS COCONUT YOGURT natural or vanilla flavour** 500G \$4.99: Coconut milk 93%, Dextrose from maize, cornstarch, tapioca starch, thickeners (406\*, 410\*) Live yoghurt cultures.

**YOCONUT** vegan, gluten-free frozen desert several flavours. \$4.99 for 375g: coconut cream, water, sugar, tapioca starch, dextrose, emulsifier (471\*) vegetable gums (410\*, 412\*, 407\*), natural flavour, salt. Check individual flavours for other ingredients - flavouring, colour etc.

#### JUST ORGANICS

**Coconut flakes** \$3.99 for 200g, **Gogi Berries** \$4.69 for 150g, **Spirals** (pasta) \$1.59 for 100g. Other dried fruit from time to time.

#### FAIR TRADE CHOCOLATE ALDI'S MOSER ROTH BRAND

\$2.99 FOR 125g, each pack with five small individually wrapped sections. Vegan varieties: 70% Cocoa, Finest Dark, Orange and Almond, Sea Salt, Roasted Hazelnut (made in Germany)

**DARK CHOCOLATE** (Vegan) \$2.69 for 100g (made in Belgium)

"**HAS NO**" cake mixes - \$2.29 for 400g – are all vegan (depending on what ingredients you add when mixing), but are comparatively high in sugar.

**HILLCREST CHOC, ALMOND AND BLUEBERRY NUT BAR** 45g \$1.29: 33% peanuts, 9% almonds, 4% currants, 2.2% blueberries, 2% cashews, 1% pecans, 0.6% minimum cocoa solids, glucose syrup from maize, sunflower seeds, pepitas, sugar, vegetable fat, emulsifier (322\*), salt, vegetable oil (including sustainable palm oil), natural flavour, ricebran syrup, golden syrup, psyllium husk.

Very crunchy, not over sweet. Usually to be found in the isle next to the check-out line.

## PLANT MILKS

**INNER GOODNESS ALMOND MILK** unsweetened \$1.79 for 1L contains 2.5% almonds.

**INNER GOODNESS LIGHT SOY MILK and REGULAR SOY MILK** each \$1.09 for 1L.

**INNER GOODNESS LONG LIFE RICE MILK** \$1.59 for 1L contains rice flour 15%, water, vegetable oil, mineral salts (calcium phosphates), acid regulator (potassium carbonates).

Compare **ALDI's rice milk with Woolworth's MACRO ORGANIC RICE MILK** \$1.65 for 1L: organic brown rice 15%, water, organic sunflower oil, plant calcium, sea salt.

**ALDI Customer Service Phone Number:** 13 ALDI (13 25 34).

**MAIL:** ALDI Stores PO Box 82 Enfield Plaza SA 5085 [www.aldi.com.au](http://www.aldi.com.au)

\* 412 = guar gum, 407 = carrageenan 150d = caramel, 406 = agar, 410 = locust or carob bean gum, 322 = lecithin, 471 = mono- and di-glycerides of fatty acids,. **The Chemical Maze\*\*** rates 406, 322, 471, 508 and 410 as good, 412 as safe in food, but considers 407 as possibly unsafe and 150d not recommended.

## HERBS OF GOLD VEGAN VITAMIN D3

**Vegan Vitamin D3** has been either unobtainable or, more recently, only obtainable from overseas by mail order. Now a number of companies are getting in on the act and it is available more locally.

**HERBS OF GOLD VEGAN VITAMIN D3** \$24.50 for 120 capsules or \$41.50 dollars for 240. Dosage one capsule daily. Available in health shops and pharmacies or on line. See website below.

**Herbs of Gold**, an Australian company, established in 1989, specialises in "therapeutic herbal and nutritional supplements". Close to 90% of Herbs of Gold's products are now vegetarian or vegan with an increasing number of vegan products, which are clearly labelled with its vegan logo. A list of the company's **Vegetarian And Vegan Products** is easy to find on the website: [www.herbsofgold.com](http://www.herbsofgold.com)

Herbs of Gold also has a naturopath available to answer questions either via the Internet or by phone. Contact: Herbs of Gold Pty Ltd 1/102 Bath Rd, Kirrawee, NSW 2232. ph. 1800 852 222

## **\*\*THE CHEMICAL MAZE BOOKSHELF COMPANION**

Your Guide to Food Additives and Cosmetic Ingredients, plus section on Household Products.

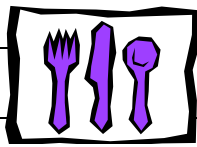
Bill Statham and Lindy Schneider. Pub: Possibility.com

Chemical maze pocketbook listing food additives by number and name was first produced by Bill Stanton in 2001. It is now superseded by a phone app. available from the Apple Store or Google play for around \$10.99. However there is now **The Chemical Maze Bookshelf Companion**. This lists the same additives by name (cosmetics) or by number (food). These are identified as considered **safe and/or beneficial (2 smiley faces)**, **safe for most people (1 smiley face)**, **caution advised (?)**, **best avoided (1 sad face)**, **potentially hazardous (2 sad faces)** with a brief description and further information. There is also a new section showing about 20 household cleaners with potentially harmful ingredients and suggestions for safer home-made substitutes.

**The Chemical Maze Bookshelf Companion** is available on line for \$19.95 plus postage (about \$5.50 to SA metro) from [www.chemicalmaze.com](http://www.chemicalmaze.com)

The original Chemical Maze Shopping Companion is available - used - from Amazon for about \$11.00.





## Eateries Update

### VEGSA VISIT TO AN LAC AT SEMAPHORE

On Sunday February 16<sup>th</sup>, instead of our usual annual picnic VegSA members and friends had lunch at An Lac at Semaphore, as we had decided not to risk hot weather and possible cancellation. This turned out to be a good decision. 13 members and friends came to lunch and half of us afterwards enjoyed a bracing, i.e. very windy, walk on the jetty.

Savory dishes



Serving ourselves to the range of dishes to suit personal choice meant no-one went hungry. Everyone we spoke to felt very satisfied.



An Lac has a great range of dishes, some traditional Vietnamese, all vegetarian, many of them vegan and all onion and garlic free. These include salads, fresh fruit, sweets, cooked vegetables, some with veggie meats. They are not only nourishing but also very filling. It is serve-yourself to all-you-can-eat. At \$17 per head for lunch (drinks extra) who can complain?

Sweets and fruit



### JIM DANDY CAFÉ AT THE SALISBURY HUB - 34 Church St Salisbury

Salisbury Council has a new administrative hub incorporating Council and other services, meeting spaces, children's area, the **JIM DANDY CAFÉ**, library with printers, a 3D printer, computers and more. The **Jim Dandy Café** has a limited menu but includes at least one vegetarian and one vegan dish. Reviews are praising the coffee. Café is open 8am - 5pm every day. See Facebook or Email address: [salisbury@jimdandy.com.au](mailto:salisbury@jimdandy.com.au) Our Northern Star group plans to visit there soon – see Diary Dates P8.

### SOME DON'T TAKE CASH!

One of our Committee recently called at CRUX café at 2/292 Military Rd Semaphore Park for a quick snack. She was surprised to find that she could not pay by cash.

Apparently Staazi & Co. - food truck and currently also located at 224 Grenfell Street in the City- also does not take cash.



## Cooking Classes and Courses

**Natalie Playford of COOKING UP A STORM runs classes for WEA.**

Sat March 14th **Autumn Gourmet Vegetarian**

Sunday, 3rd May **Quick and Tasty Vegetarian**, (suitable for both vegans and vegetarians)

Sunday, 17th May **How It All Vegan, Dairy-Free And Gluten-Free Vegetarian**,

Saturday 13th June **Winter Gourmet Vegetarian**.

All classes take place from 1 - 5pm. Bookings and enquiries: [www.wea-sa.com.au](http://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 COURSE 5 MARCH - 2 APRIL 2020**

\$160 for 5 Thursday nights in a row from 7-9 pm. Limited places.

Fullarton Park Community Centre 411 Fullarton Road, Fullarton, SA 5063

**Booking link:** [HTTPs://trybooking.com/BHJSS](https://trybooking.com/BHJSS)

High quality nutrition program by the Physicians Committee for Responsible Medicine, brought to you by Dr Heleen Roex, Certified Food for Life Instructor. Providing research based plant based nutrition information combined with cooking demonstrations and tastings. Especially in relation to chronic diseases, such as heart disease, high blood pressure, high cholesterol levels, Type 2 diabetes, bodyweight, cancer, osteoporosis, auto-immune diseases such as arthritis, MS and Crohn's disease.

Dr Heleen Roex is a paediatrician (non practising), educated in the Netherlands. She holds a Certificate in Plant-Based Nutrition through eCornell University and has qualified as a Food For Life instructor with the Physicians Committee for Responsible Medicine in Washington DC. Dr Heleen Roex is the co-founder and Chair of the charity Doctors For Nutrition, 'bringing food back to healthcare'. [www.doctorsfornutrition.org](http://www.doctorsfornutrition.org)

### **MUSIC'S ALCHEMICAL DANCE IN BIOLOGY**

Geometry of sound. Cymatics in Water, Resonance & Waves, Harmonic theory, Our Muscles as standing Waves, Music in our cells, Music Harmonics & Damping, 3d Gif pictures to take home

SAT 14th Mar 10am - 2.30 Cost \$30 Venue 52 William St Littlehampton

Contact – Devashon 0421595191 - txt or ph. to book in.

Bring lunch to share & USB for extra info to take home.

### **FROM THE MEDIA**

#### **Dairy Linked to Early Death**

Adults who consume the most dairy, compared with the least, are at the highest risk for early death, according to a study published in the *BMJ*. Among 217,755 participants from three large Harvard cohorts, the Nurses' Health Study, Nurses' Health Study II, and the Health Professionals Follow-up Study, those who consumed the most dairy products had the highest risk for total mortality, cardiovascular mortality, and cancer mortality. The researchers also found that when dairy is replaced with beans, whole grains, or nuts the risk for death decreases. When dairy is replaced with red and processed meat, the risk increases. Replacing meat with dairy may explain why some studies find a reduced risk for death with dairy consumption. However, the most protective diet excludes both meat and dairy.

References: Ding M, Li J, Qi L, et al. Associations of dairy intake with risk of mortality in women and men: three prospective cohort studies. *BMJ*. 2019;27:367:l6204. [Pcrm.org](http://Pcrm.org) 2.12.19.

#### **Employers etc in UK must respect the needs of vegans.**

An employment tribunal [in UK] has ruled today that ethical veganism is a philosophical belief protected by law. For example, an employer requiring its staff to wear safety footwear must consider the needs of vegan employees and a school providing meals must offer vegan options for children who require them. The legislation lists the nine categories under which individuals can claim that they have suffered unfair or discriminatory treatment [including] religion and belief. [The Vegan Society's representative was able to claim that] Veganism is a serious, important, cogent and genuinely held moral belief that nonhuman animals have basic rights. [www.vegansociety.com](http://www.vegansociety.com) 1.1.20



# VegSA Diary Dates

## EVERYONE IS WELCOME TO ATTEND VEGSA'S SOCIAL EVENTS

♦ Monday March 16<sup>th</sup> 11.30 VegSA's **Northern Star Vegetarian Group** will visit the new Council HUB at 24 Church St Salisbury (near Parabanks Shopping Centre). After looking around they will go for a light lunch at the HUB's **JIM DANDY'S CAFÉ**. Vegetarian and vegan food is assured if we know in advance. This is a new venture that we would like to support. Meet near the cafe. Contact Karin by Friday 13<sup>th</sup> email: [info@veggsa.org.au](mailto:info@veggsa.org.au) or phone/text 0416 899 813.

## ♦ Sunday April 19<sup>th</sup> 10.30am VegSA AGM at Joy of Flora

10 Rosetta Street West Croydon to be followed at 12.30pm by lunch (a la carte). See enclosed flier for details, committee nomination and proxy forms. If you can't make the AGM come to lunch. Invite friends too. Book for lunch by Thursday April 16<sup>th</sup> with Su: [veggsu2003@yahoo.com.au](mailto:veggsu2003@yahoo.com.au) or phone/text: 0468 397 219

♦ **Southern VegSA Group monthly social get-together** at **Great Nature** 3/48 Beach Rd Christies Beach. No need to book but check in case of changes with Su or Jill ph. 0401 621 287

♦ **Vegewise Group** which regularly met mid-week is currently on hold. However our Northern Star group usually meets mid-week (see above). Everyone is welcome to attend its events.

♦ **VegSA mail-out workshop. Quarterly** at the Joinery 111 Franklin St Adelaide. Meet fellow members and share ideas. Help always appreciated. Next mail-out is planned **Saturday May 30<sup>th</sup> at 10.30a.m.** Check with Anne: 0466 972 112 or email [veggsocsa@gmail.com](mailto:veggsocsa@gmail.com) Followed at 1pm by **VegSA Committee meeting**. Members welcome to participate (but not able to vote).

## Contacts and resources

♦ **Animals Australia Starter Kit**. Has any one ever asked you why you are vegetarian/vegan, why you don't eat animals or even perhaps how you can possibly stay healthy on that kind of diet? Animals Australia has a starter Kit which answers a lots of questions, nicely presented with lots of illustrations. You can download it from their website: <https://vegkit.com/download/> Animals Australia's SA support group has printed copies. Contact: [mlamming@bigpond.com](mailto:mlamming@bigpond.com) for more information.

## ♦ Sunday, 14 June 2020 at 10:00 Animal Activists SA will host Stop Live Transport - International Awareness Day

See Animal Activists SA's Facebook page for more information. **Animal Activists SA** advocates a vegan lifestyle, organises protests, fund-raises for animal rescue groups and has organised Adelaide's Vegan Festival Parades.

♦ **THE RAVEN CORPS** is an organisation for young people aged 14 to 22. with a commitment to improving the food system by promoting the benefits of a plant-based diet and tackling problems like climate change, animal cruelty, ocean depletion, environmental racism and public health. The Raven corps is based in Portland USA, has several groups in USA and one in SA. For general information see: [www.theravencorps.com](http://www.theravencorps.com) or for SA chapter see: facebook: [@ravencorpadelaide](https://www.facebook.com/ravencorpadelaide)

♦ **Animal Liberation SA (ALSA)** conducts demonstrations and campaigns e.g. against animal abuse. Members' meeting held 1st Sunday each month at The Box Factory, Regent St South, Adelaide. (If driving enter off Halifax St.) See website for information: [www.animalliberation.org.au](http://www.animalliberation.org.au) or phone 0401 870 957 or email: [animal.lib.sa@gmail.com](mailto:animal.lib.sa@gmail.com)

♦ **Adelaide Vegans**: Brings vegans together for networking and social gatherings most weekends - dinner on Friday or 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](http://www.adelaidevegans.org) or ph. Ken 0415 382 121. AV website was recently updated. If you are a member of AV and have not reregistered you need to do so to get full access.

♦ Great collection of all the most notable **Vegan Documentaries** compiled by Benjamin McCormick alias Vomad (The Vegan Nomad) see: <https://vomadlife.com/blogs/news/essential-viewing-master-list-of-all-vegan-films-documentaries>

For more events in SA and around Australia see Vegan Australia's website: [www.veganaustralia.org.au/events](http://www.veganaustralia.org.au/events)

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