



Food for Thought

Vegetarian & Vegan Society (VegSA) Inc.

Newsletter

Issue 1/21 MARCH 2021

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GREENS INTRODUCE BILL TO END DUCK SHOOTING

WARNING – distressing material included.

It's hard to believe that, after years (in fact decades) of protests, South Australian legislation still allows an annual open season for hunters to shoot native ducks and quails.

Late last year the Minister for the Environment and Water, David Speirs again signed off on a three-month open duck shooting season for 2021: March 20th to June 27th. (Happily, this year there is to be no quail hunting allowed.) Shooters may take up to 4 birds each day with shooting allowed from just before sunrise to just after sunset. Duck shooting is allowed on game reserves, on unalienated crown land and on private land (with the owner's permission). Meanwhile in Victoria, this year there is a much shorter season of three weeks with only two birds a day allowed. Hopefully this shorter season means a gradual phase-out of this horrendous activity. Victoria and South Australia are the only two states that regularly allow an open season to kill ducks and quails. Although it can still be allowed in Tasmania and the Northern Territory, other states and ACT have gradually each banned it over the preceding decades.



There is no need to control the number of waterbirds and, even if there was, there is adequate legislation that allows farmers to protect their crops. Apart from the birds that are killed a great many are hit by the spreading shot pellets. They may not be able to return to feed their young, often die slow, painful deaths or, at the very least, live on with shot in their bodies.

“RSPCA South Australia believes there is no justification for killing and injuring native waterbirds purely for recreation. South Australian polling (ReachTELL, 2020) suggests almost three quarters of respondents oppose duck and quail hunting and would support their MP to push for a ban. And an Australian study suggested at least one in four birds (25%) are wounded or crippled - not killed outright - by shot gun pellets. (Norman and Powell, 1981)”
<https://www.rspcasa.org.au/issues/duck-shooting/>

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In early December a group of people concerned about the declaration of a duck shooting season for 2021 met at the entrance to Minister Speirs' office as workers exited for lunch. The group, named SITTING DUCKS, gave a dramatised presentation outlining these issues. This is a novel way of describing the situation that concerned groups and individuals have been fighting against for years. On Friday March 12th around mid-day the group will present an installation on the steps of Parliament House. (See Diary Dates P8.) This is a lead-up to a **Bill to Ban Duck shooting scheduled to be presentation to Parliament by The Greens on March 18th.**



"Sitting Ducks" at entrance to Minister Speirs' office

Sitting Ducks (which comprises members from a number of concerned groups) will welcome help to hold banners etc and to generally show support at this event on March 12th. (See Diary Dates P8.) You can also approach your state MP and ask if he/she will support the Bill to end Duck and Quail Shooting or you can email Premier Marshall: premier@sa.gov.au or Minister for the Environment and Water: ministerspeirs@sa.gov.au

DO NO HARM

Thank you to Simone Hunter, VegSA member and long-time animal activist, who sent us this poem.

Ducks belong in wetlands
 Their place of peaceful rest
 Their presence graces wetlands
 Nature at her best
 Hunters invade wetlands
 With shotguns aimed to kill
 A lust for falling water-birds
 A momentary thrill
 A bag of broken bodies
 Lifeless ducks the spoil
 While fauna rescue carers
 With wounded ducks do toil

Wild creatures have a birthright
 To live their lives in peace
 Humans must respect them
 And cruelty must cease
 Make governments champion nature
 Put nature ethics first
 Politics must show it cares
 So ducks don't come off worse

Simone Hunter



From the Media

Vegan milk sales grow by 36% as dairy sales drop by 12%, USDA report says about 340 million gallons of plant-based alternatives are consumed annually, compared to about 3.2 billion gallons of cow's milk, [the Jamestown Sun reports](#)

<https://www.totallyveganbuzz.com/news/vegan-milk-sales-grow-dairy-drops-usda/?amp>

Milk Is Most Common Cause of Fatal Food Allergy Among Children in UK

Cow's milk is now the most common cause of fatal anaphylaxis in older children across the United Kingdom, according to data published in the BMJ. The authors tracked hospital admissions caused by food anaphylaxis and related deaths from 1998 to 2018 in the UK using national data. Hospital admissions caused by food allergies rose by 5.7% each year with the largest increase among children younger than 15 at 6.6%. Although case fatality rates decreased, results showed 26% of deaths were caused by cow's milk allergies, now the most common single cause of food anaphylaxis-related death in the UK. Results also showed a more than 300% increase in prescriptions for emergency anaphylaxis treatment. Similar hospital admission data have been reported in Australia and in the United States. The authors call for more education on the dangers of cow's milk allergies.

BMJ. Published online February 17, 2021



Our southern social group has continued its monthly (Second Saturday) meet ups at Great Nature at Christies Beach. In January 15 members and friends met there for lunch. This included committee members who had met for a committee meeting there in the morning.

Our Northern Star Group has been on hold over the holiday period but expects to be active again this quarter.



Picnic lunch at Klemzig. As temperature conditions are so unpredictable in the summer we were grateful to be able to hold a picnic lunch at the Klemzig home of our member Jim Mitchell. There was ample room for the fifteen members and friends to move around outside and inside and to get together to share ideas. With relaxed COVID - 19 restrictions we were able to share an excellent lunch with a great range of different dishes. Particularly tasty were Rhiannon's Tofu Scramble* (see recipe below) and Ally's gluten free, sugar free vegan cake: recipe from Lisa Fabry's Divine Vegan Desserts! Ask VegSA if interested in the recipe.

Following lunch we had three brief presentations. David Law spoke about a **NEGATIVE ION GENERATOR**, a small electronic device bought cheaply from China over the Internet. It helps absorb negative ions, which is beneficial to health. Following its use David found that his health checks showed very positive results. He also felt better and had better sleep. If interested in knowing more you can contact David through VegSA.

Sue Andrews spoke about **LETS (Local Exchange Trading System)** whereby members trade goods and services without the use of cash. This helps to spread, as well as conserve, resources. LETS is active around Adelaide. The local group participates in the One Planet Market once a month (third Saturday) at Payneham. LETS can be contacted through the website: www.communityexchange.net.au or call Sue on 0435 128 820.

VegSA President Anne Sanders showed an article from **SURGE ACTIVISM**, an animal rights organisation in UK. This examines in some detail the relationship between animal husbandry and zoonotic diseases, suggesting that humans will continue to experience further pandemics if their relationship to animals for food and its consequences, especially land clearance, is not reversed. See: www.surgeactivism.org/covid19.

Our next general get-together will be on Sunday March 28th for an all-you-can-eat vegan lunch at Khichedi at Henley Beach.

FOR DETAILS OF EVENTS AND BOOKINGS SEE PAGE 8

AGM 2021

On Sunday April 25th we shall hold our AGM at The Joinery 111 Franklin St Adelaide. This is important because, as times are changing, the organisation needs to evolve. We shall show a little of the history of the organisation and consider where we are going before the general business: hearing reports and voting for the committee and subscription rates. The agenda with details is on the attached insert.

*RIXY'S TOFU SCRAMBLE.

Ingredients:

450g/500g block firm tofu
300g silken tofu
Half teaspoon turmeric powder (for colour)
Black salt to taste* (for egg flavour)
Nutritional yeast to taste
Black pepper to taste
Dairy free shredded cheese

* Black salt might need to be bought online as it is difficult to source.

Method

Heat oil in a pan over medium heat.
Break apart firm tofu into chunks and add to pan.
Add silken tofu, nutritional yeast and shredded cheese.

Mixed together and cook for five minutes.

After cooking mix black salt and pepper to maximise flavour

INTERVIEW WITH VEGSA TREASURER ANTHONY MCAULAY



AS: You have been a member of VegSA for quite a long time. What made you join VegSA?

AMc: I joined in early 2003. I was suffering from a relationship breakup and was looking to find like-minded people since I had never met any vegos in my life, let alone befriended any. I had been vegetarian 10 years at the time.

AS: How long have you been on the committee and in what roles?

AMc: I joined the committee because I wanted to make a difference and spread the word out there. I dreamed of an animal cruelty free world. I have been mostly Treasurer and President one or two of those years.

AS: Where did you grow up and is there anything about your early life that led you to be vegan?

AMc: I don't class myself as "vegan" because when I open myself up to self-examination I find hypocrisy in so many ways. For instance buying pet food to sustain a cat's life is hardly vegan, it still comes from evil places called slaughterhouses!. But when a stray, abused cat turns up on your doorstep what do you do? It causes a moral dilemma.

My thinking, and indeed my moral compass is shaped from growing up on a dairy farm. As early as 7 I was thinking "why do my father and uncle pull the baby calf away from the mother hours after birth, tie them to a tree and then send them off to be slaughtered 2 weeks later if they are born a boy, which sadly most of the time they were? This is so wrong." If the calf is female it would also get separated from it's mother, raised in a separate paddock to be the next cows in the milking herd. Not really having any friends, I would spend my time becoming attached to the calves. Of course it would always end in tears!

I dropped meat from my plate as soon as I reached 18. Milk was a more difficult vice to end. I had been brought up to believe that it was healthy to our body. What a load of rubbish. It took someone to point out "how much sense does it make to feed from the mammary glands of a different species?". Then Durianrider pointed out that there was blood and pus in milk. I didn't know that. Fancy working in the industry and not knowing that?! A few years ago I dropped dairy and eggs and noticed within weeks the arthritis in my elbows disappeared.

AS: Which area of veganism interest you most: health, environment or animal rights?

AMc: Animal rights.

AS: What are some of your other interests?

AMc: Music, guitars, renovating buildings, gardening, road tripping Australia.

AS: Where did you go to school? Did this help you in developing your current philosophy?

AMc: I went to several primary schools, the closest being Kangarilla with a population of about 50 where I did not fit in. The other boys would be talking about dairy farming and hunting they did on the weekend. I was not interested so didn't have many friends. I was more interested in girls! A shock was about to befall me... high school was an all boys school called Saints of about 1500 students I think. The first two years involved lots of bullying. Thank goodness I kept my mouth shut about animal rights or it would have been worse. Going to a school based on conformity had the opposite effect on me, I couldn't wait to get out of that stupid uniform, grow my hair long and do the exact opposite to what Society expected of me.

AS: What are some of the highlights of your time with VegSA?

AMc: I think the Vegan Festival event. Most people don't realize we actually started that, in 2006 I think, until Grace Love took over and made it monumental. But we had the original idea.

AS: What changes have you seen over the last decade or so in the vegetarian/vegan scene in SA?

AMc: Social media has taken over. People can't hide from the truth of how food gets to their plate any longer. Also, the growth in the animal rights movement is heart-warming. Activists like Adelaide's own Joey Carbstrong are hassling people in the streets and showing them what atrocities are happening on an hourly basis out of

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the public view. People like this will never get "Australian of the Year" but look at the good they are doing in the world.

AS: Do you think the progress you describe (of the vegetarian/vegan scene) has been due at all to the efforts of groups like VegSA?

AMc: Yes I think all these groups have helped the plant powered movement spread by offering information and support to existing vegos and people new to the movement.

AS: Anything else you might like to add?

AMc: I really hope factory farming and wet markets are soon to fall in the wake of this pandemic. (Sadly according to Klaus from PBN only 2.7% of 2020 stories about COVID-19 mentioned how it began!) I read today that an entirely plant-menu Starbucks has opened in Seattle...things are changing for the better at exponential growth rates.



Products on the Market

SAMS'S ROYAL GOLD WHEAT FREE FLOUR (gluten free): chickpeas, sorghum, millet, moong, maize, lentils, rice tapioca, xanthan gum. 1kg cost \$4.50. Mixes well with other flours, very slight lentil taste.

At **Indian Spice Centre** (next to Foodland) 159 St Bernards Road Rostrevor 5073 ph 8365 0266.

Manufacturer: Sam Mills Pty, 3/58 Gawler Rd Virginia SA 5120 info@royalgoldmills.com.au ph 8380 9700

EASTER OFFERINGS

Sweet William Hollow Chocolate Easter Bunny 120g : Raw Cane Sugar, Cocoa Butter, Soy Flour, Cocoa Mass, Maltodextrin (from Maize), Cocoa Powder, Chicory Fibre, Emulsifiers (Sunflower Lecithin, E476). Not available online. Now available in Aldi, Big W and selected IGA/Foodland stores.

Sweet William Easter Bunny Multipack 155g 12 individually wrapped Bunny chocolates (ingredients as above) (Not available online.) Now available in Coles, Woolworths, Target, Big W and selected IGA/Foodland stores. Foodland stores can order from SA Distributer: avotrading.com.au ph 8395 7548.

Sweet William chocolate is vegan, free from gluten, GMOs, preservatives, nuts, artificial colours, cholesterol.

Sweet William Pty Ltd Unit 26 30-32 Perry Street or PO Box 637 Matraville NSW 2036

ph 1300 656 223 or 02 9316 7177 customerservice@sweetwilliam.com.au

Great Nature Vegetarian Snacks and Groceries at Christies Beach "will have HEAPS of Easter goodies arriving soon", as well as its usual range of groceries, frozen meals etc. plus eat-in and take-away fresh meals. Shop 3/48 Beach Road, Christies Beach ph: 8186 5037 also on Facebook

Veggie Paws has treats for dog to order online: veggiepaws.com.au The website also lists SA stockists.

RIXY'S LITTLE NIBBLES

VegSA member, Rhiannon (Rixy) Symons, makes sweet treats and savoury dishes to order CURRENTLY DISCOUNTED are Bliss Balls: 12 for \$15, Banana Bread loaf \$15, Chocolate Hearts 3 for \$10.

Rixy uses only top class ingredients and everything is vegan. Rixy offers free delivery within 10km (from Windsor Gardens) for orders of \$15 or more. Contact: rixyslittlenibbles@gmail.com

FUSSY VEGAN PRO is an application (app) for mobile phones. It can be downloaded to your phone for \$14.98 from the App store (requires iOS 13) or \$12.99 from Google Play (requires Android 4.1 and up).

The app can scan the barcode on grocery and other products to check whether that product is vegan or not.

It has an extensive database of Australian and New Zealand grocery products, beer, wine, spirits, stationery etc.

Includes Vegan Beauty Guide, Vegan Alcohol Guide, Vegan Footwear Guide and Vegan Pet Guide.

Is updated with new product listings each day. Can search products by barcode, brand or product name.

100% ad free. "All products in our database have been comprehensively checked by a human to ensure that our vegan status rating is accurate for each product."

More information: www.fussyvegan.com.au



Eateries Update

Khichedi India Restaurant 1 Henley Beach Road, Henley Beach South offers an all-you-can-eat VEGAN LUNCH for \$17p/p on Sundays from 11:30am – 2:30pm. Booking essential.

Otherwise open evenings (normally omnivorous): Tues. Wed. Thurs. Sun. 5pm - 9:30pm. Fri. and Sat. 5pm - 10pm. Closed Monday, open all Public holidays.

email: khichidihb@gmail.com <http://www.khichidi.com/> ph 8235 9911

VegSA plans to have lunch at Khichedi on Sunday March 28th Details and booking details on P8 .

Vego's cafe upstairs at 240 Rundle Street (the old Vego and Love 'n It, now owned by Cherry Darlings) would love our support. Their menu, which lists a great variety of burgers, wraps, Mulligatawny soup, salad, juices, smoothies and sweets can be viewed on their Facebook page. (Click on the 'Menu' tab.) They also have specials listed on their FB and Instagram pages e.g. sandwiches, pies, meal-deals.

They have changed hours due to popular requests and are now open for dinner Friday night. The new hours are Mon. Tues. Thurs. 11am - 3pm, Friday 12 - 3pm and 5 - 8pm, Sat. 11am - 4pm, closed Sunday and Wednesday. See: <https://www.facebook.com/vegoadelaide/> ph 8423 6606. email: vegoadelaide@gmail.com

Cocina Comida New Vegan Mexican Café in the City – Report from VegSA and Adelaide Vegans member. Adelaide Vegans recently had their weekly get together at the new (pronounced Co**see**nah Co**mee**dah) Mexican café at shop 4/205 Pirie Street, Adelaide. Cocina Comida was going to be on a regular roster for Adelaide Vegans but diners can only be seated for 1 hour on a Friday night with new customers booked for 5, 6, 7 or 8pm. The food is fresh and tasty and ideal for a quick take away. Cocina Comida have 3 main choices,

1. **Burritos** \$13 - 12" (30cm) flour tortilla (like a thin soft flat bread) filled with cabbage, beans, coriander, fried onions and a choice of filling and salsa, then rolled up like a wrap.

2. **Nachos** \$14 - crispy tortilla chips with beans, corn, coriander, gooey cheese and a choice of filling and salsa.

3. **Tacos** \$12 - pair of 6" (15cm) crispy folded tortilla filled with cabbage and choice of filling and salsa. The fillings are 'beef' and black bean, 'chicken', marinated 'pork', 'choriso', or sweet potato.

Tomato based salsa can be no heat, hot, smokey (chipotle) hot or extra hot. There is also a salsa verde (green salsa). Cocina Comida supplied water at the table and at that stage had only a small selection of commercial drinks. Now has a liquor licence and will be having extra evening openings at least during the Festival Fringe.

Open Tues - Fri 11am - 3pm, Fri 5 - 9pm, Sat 12 - 9pm. ph 8123 4533 email: cocinacomida83@gmail.com

Zambrero. One of our long time VegSA members has found that the Zambrero cafes (especially the one at Semaphore) has some very good vegan and vegetarian options particularly for snacks or light meals. The main offerings are BOWLS, NACHOS, TACOS and BURRITOS with a range of optional fillings and sides (sauces etc). Many of the basic items are vegan and/or vegetarian although the choice of fillings includes meat. There's a limited range of sweets but Choc Hazelnut Bar with cocoa, cranberries, crunchy hazelnuts and buckwheat looks enticing.

For every burrito or bowl purchased Zambrero donates a meal through its Plate 4 Plate Scheme, usually through school programs in other countries or through Food Bank in Australia and has donated over 40 million meals worldwide since it was established in 2005.

Zambrero has 22 locations in SA: Elizabeth, Mawson Lakes, Golden Grove, Modbury, Blair Athol, Greenacres, Semaphore, North Adelaide, Norwood, Brickworks, Rundle St, Hindley St, Gawler, Henley Beach, Unley, Glenelg, Blackwood, Flinders Uni, Reynella, Mt Barker, Colonnades, Seaford, Murray Bridge, Port Lincoln. For more information see: www.zambrero.com.au ph (02) 9212 2166

We will try to put the list of Zambrero addresses on the VegSA website Eateries list.

VEGAN MEALS IN HOSPITAL

One of our members recently spent a few days in the Lyell McEwin (Public) Hospital. She reports that there were no difficulties in ordering vegan meals (unlike a few years ago) and that the food was "quite nice".

EATERIES (CONTINUED)

Totally Vegan by Charlie

Vegan café at 4/476 Payneham Rd, Glynde (parking behind via Florence St). All 170s buses to Glynde Corner. Charlie has been running her vegan business for about four years catering for a range of different occasions, from birthdays to large office parties or functions as well as producing a range of sweet treats. Early in February this year she extended the business and opened the café at Glynde with savoury dishes as well as the sweets, hot drinks etc. The café is open Tues - Sun 10am - 4pm, closed Monday. ph 0403 051 274 email: totallyveganbycharlie@gmail.com Also see: www.totallyveganbycharlie.com.au

Simply Veg 'n Vegan (formerly Dosa Plaza) moved late last year from Mawson Lakes to Montague Farm Shopping Centre: Shop 1, 2 Montague Road Pooraka 5095. There they have taken over and completely refurbished the erstwhile Foodland's premiss. This was achieved with considerable difficulty due to COVID-19 restrictions. They now have a large open space and have gone from more takeaway during the restrictions to more eat-in meals. The menu includes, not only north and south Indian, but also Chinese style dishes. Vegan items are also highlighted in a separate menu section.

Simply Veg 'n Vegan is open Thurs -Tues 11:30am - 2:30pm and 5pm - 10pm, closed Wednesdays. For bookings and information contact via Facebook or ph: 8262 1414.

VegSA's Northern Star Group plans to visit there for lunch later this quarter. See P8 for more details.

V Spot Pizza Bar – Vegan pizza bar 385 Magill Road, St Morris

Continues serving pizzas and also sweets including sweet things in the pizzas. However, it is looking for a buyer, hopefully one that will keep the place all vegan.

Open: Sun, Mon, Wed, Thurs 4.30pm - 9pm Fri, Sat 4.30pm - 9.30pm, closed Tuesday. Last orders taken thirty minutes before closing. ph: 8431 9668. www.facebook.com/VSpotPizzaBar

www.vspotpizzabar.com.au

Vegetarian Delight in Adelaide's Southern Cross Arcade will be closed permanently from February 26th along with the rest of the arcade.



From the Media

The more people there are on this planet, the more pressure we'll place on the environment and those with whom we share it. As we cut down rainforests to create grazing land for cattle or soy plantations for animal feed, humans will come into contact with animals carrying zoonotic diseases. www.surgeactivism.org/ourmission

How to sustain a world population of 10 billion people? Without destroying the planet

The production of meat has doubled in the 30 years from 1988 to 2018 and increased four-fold since the mid 1960s. By 2050, global meat consumption is projected to reach between 460 million and a staggering 570 million tons. 570 million tons would mean a consumption of meat twice as high as in 2008.p

Meat has a much higher "energy footprint" than any other food. It takes 75 times more energy to produce meat than corn. And it takes an area of vegetation 7 times the size of the EU to produce food for the cattle and other livestock animals in Europe.

Meat consumption around the world: The top meat-eating countries are (kilos per person per year):

The US: 124 kilos, Australia: 122 kilos, Argentina: 109 kilos, New Zealand: 101 kilos, Spain: 100 kilos.

On the other end of the spectrum, a number of African countries consume less than 20 kilos of meat per person a year.

<https://www.theworldcounts.com/populations>

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Editor: Anne Sanders, **Proof reading and Mail out:** Committee and members.

THANKS to all those who have contributed.



VegSA Diary Dates

EVERYONE IS WELCOME TO ATTEND VEGSA'S SOCIAL EVENTS

- ◆ Sunday March 28th 12pm Vegan lunch, all-you-can-eat for \$17, at **Khichedi Indian restaurant**, 1 Henley Beach Road, Henley Beach South. Bookings needed by Wednesday March 24th to Su: text/ph 0468 397 219 or email: vegsu2003@yahoo.com.au
- ◆ Sunday April 25th VegSA AGM – see below
- ◆ Thursday May 6th Lunch at **Simply Veg 'n Vegan**, Shop 1 Montague Farm Shopping Centre 2 Montague Road Pooraka. Book by Monday May 3rd with Karin (for VegSA's Northern Star Group): phone/text 0416 899 813 or email: info@vegsa.org.au. Northern Star Group meets once or twice each quarter for a shared meal either at a member's home or at a vegetarian or vegan eatery. For further details contact Karin. See above.
- ◆ 2nd Saturday each month at 12.30pm **VegSA Southern Social Group's** get-together at Great Nature 3/48 Beach Rd Christies Beach. No need to book, but check in case of changes, with Su: ph 0468 397 219 vegsu2003@yahoo.com.au or Jill ph. 0401 621 287
- ◆ **VegSA mail-out workshop.** Usually Quarterly at the Joinery 111 Franklin St Adelaide. Meet fellow members and share ideas. Help is always appreciated. Next mail-out is planned for Saturday June 27th at 10.30a.m. Check with Anne: 0466 972 112 or email vegsoca@gmail.com and, at 1pm, VegSA Committee meeting. Members welcome to participate (but not able to vote). Bring own lunch or, regulations permitting, food to share.

Sunday April 25th VegSA AGM at The Joinery 111 Franklin St Adelaide

12.00pm socialising and shared lunch (regulations permitting) otherwise bring own lunch.

1.15pm Short presentation on **Early History and Traditions of the Society** compared to now.

1.30 Business meeting: reports, confirming subscription rates, voting for Committee. (See attached flier.)

Other events

ACTION AGAINST DUCK SHOOTING

Friday March 12th 12 -1pm. **Sitting Ducks Protest and Installation** steps of Parliament House, North Terrace Adelaide

Saturday March 20th 11am Animal Liberation SA* protest in Rundle Mall near the Rundle Mall Balls.

ACTION AGAINST JUMPS HORSE RACING*

Monday March 8th at Morphettville Racecourse - Adelaide Cup

Easter Saturday (April 3rd) at Oakbank

* See Animal Liberation SA contact details below for further information.

VEGAN FILM FESTIVAL

Fri - Sat May 28th - 29th Palace Nova Eastend Cinemas, 3 Cinema Place Adelaide.

Showing mainly recently made short films reinforcing various aspects of the vegan message.

Entries closed Feb 1st but see www.veganfilmfestivsl.net for further details.

Resources

- ◆ **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 or phone 0401 870 957 or email: 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 them to reserve a table. For details see 'EVENTS' page at: www.adelaidevegans.org or ph Ken 0415 382 121. Also interesting and useful information on the Adelaide Vegans Facebook page: <https://www.facebook.com/groups/7023024642/>
- ◆ **Doctors for the Environment Australia** is a group of medical practitioners and medical students which promotes a plant based diet for "both improved health and environmental benefits". See: www.dea.org.au
- ◆ For more events in SA and around Australia see **Vegan Australia's** website: www.veganaustralia.org.au/events
- ◆ **One Green Planet** has very good articles even though it has lots of ads: www.onegreenplanet.org

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