



Food for Thought

Vegetarian & Vegan Society (VegSA) Inc.

Newsletter

Issue 1/22 MARCH 2022

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VegSA News

70th Birthday Celebration



On Sunday January 16th about 20 people enjoyed lunch and cake at Veggo Sizzle 4/465 Pulteney St, Adelaide for a happy birthday celebration of VegSA. We caught up with friends old and new. The food was excellent as well as the customer service. Thanks to Anne Sanders for making the healthy vegan cake (no fat or sugar, but still quite tasty – see P5 for recipe). Don Dispain, our oldest attending member, was invited to cut the cake as we hummed “Happy Birthday” through our masks. Anne also outlined a little of our history with a hint at the road ahead. Another successful event.

VegSA AGM May 1st at The Joinery 111 Franklin St Adelaide

The annual general meeting of the Society is important, not only as an essential component of the Society's management, but also as an opportunity to air significant issues both amongst our members and with like-minded visitors.

At our meeting on May 1st we shall have a speaker from **Doctors For Nutrition** (Dr Heleen Roex has spoken to us before in 2017.) Doctors for Nutrition advocates for a whole food plant-based diet on the basis that studies, including mega studies, demonstrate that this is the best for human health and 寿 longevity. However, on this occasion, we shall not be debating the value of the whole food plant-based diet, but looking at the essential steps needed to **ensure that medical practitioners** know this and **are ready and prepared to help patients with advice on their diets**. Yet doctors currently do not have this as part of their general training!

Many of us have experienced the frustration of trying to talk to a doctor about health issues whilst on a vegetarian/vegan diet. We also know of people who could be helped by changes in diet. Doctors have status and authority and are in a good position to help people who would benefit from such a change, but the doctors need the right information. How can this be achieved? Perhaps, in discussion with Heleen, we can find ways that can help to achieve this.

Our business meeting will be in the morning of Sunday May 1st, followed by a shared lunch and discussion with Heleen in the early afternoon. Come and help us look at this issue See **Diary Dates P8** for details.

FROM OUR READERS

Simone asks: **WHICH PRODUCTS ARE GOOD TO OBTAIN SUFFICIENT VITAMIN B₁₂?**

In my on-line search for Vitamin B12 fortified foods in Australia I have found very little information as to which foods and which brands? There are vague references to fortified plant milks, soy sausages, soy burgers and yeast extracts but no examples.

I buy organic plant milks which do not have added VB12, neither does vegemite and certainly not all the processed foods in the Vegan section of supermarkets.

I have sent a message to Vegan Australia suggesting they do some market research. The section on their website "What every vegan should know about vitamin B12" gives no practical, useful information as to specific products and brands. They need to do the research and update their advice to vegan consumers.

I am interested in how vegan members of Veg SA obtain their VB12 requirements, an essential supplement. I am talking about foods, not pills.

VegSA Member Simone Hunter



Eateries Update

Zambrero Mawson Lakes Building A, UniSA, University Boulevard (off Mawson Lakes Boulevard).

On Sunday 30th January eight VegSA members and friends had a lovely (mostly vegan) lunch at Zambrero Mexican Restaurant at Mawson Lakes. Karin Basse (our Northern Area Coordinator) writes, "This was our first time at that Zambrero. I found my ordered meal very tasty, healthy and nutritious and also very affordable, as it included a small bottle of ginger beer and was still only around \$18".

Zambrero serves burritos, bowls and tacos with fillings mainly of rice, beans and lettuce with salsa and other flavourings (mainly plant based) plus a choice of proteins i.e. "cauliflower" for vegetarians and vegans, very good for a healthy snack. It was very quiet when we visited in the University break but in term time would be much busier. Zambrero does not serve hot drinks but a tea and coffee stall close by would usually be open too. Finding this Zambrero is not easy. See the address above. On University Boulevard head north. Building A is next to the roundabout. It is open daily 10:30am-10:00pm. Zambrero has more than 100 franchises across Australia. Find them on www.zambrero.com.au/locations or phone 02 9212 2166.

SA Veggo Eateries Changes

New

Lucky Ducks vegan restaurant and bar 206 Port Road, Aldinga 5173 Thu-Sun: 5pm 'til late. Proving popular. Bookings recommended but no phone number given. Presumably book via Facebook's Messenger.

Moved

Cocina Comida moved on January 28th from Pirie Street to 16 Ebenezer Place, Adelaide

Open Wed-Thu: 12pm-3pm, 5pm-9pm, Fri-Sat: 12pm-3pm, 5pm-10pm (Closed Mon-Tues)

Booking not needed, but contact via Facebook or Instagram.

Let Them Eat is back in the Central Market, now at shop 23 -24.

Closed (but both intending to continue catering in some form)

The Lost Deli 38 Charles Street, Norwood

The Village Groove Café Port road Aldinga from Sun Feb 20th

Advertised for sale

The Green Room on High St, 2 High St Willunga. thegreenroom.highst@gmail.com

Agent: Raine & Horne Corporate Business Sales 35 Dequetteville Terrace, Kent Town SA 5067.

ph 08 8361 3074 <https://businesssales.rh.com.au/>

VegSA 'Food for Thought' Acknowledgments:

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

THANKS to all those who have contributed.

ALTERNATIVE “MEAT” PRODUCTS

Whilst it is very pleasing to see the rapidly growing range of alternative meat products it is important to note that not all of these products are made equal. As manufacturers everywhere, including Australia, have jumped on the bandwagon and are catering for the growing number of vegetarian and vegan customers it is useful to see the list of ingredients in these products, including those with reference numbers ⁽¹⁾ and check them for possible health issues. (See Resources below.)

Many of these products use TVP (textured vegetable protein), a by-product from the extraction of oil from soy and other legumes. Rather than the slower and more expensive process of pressing out the oil, this is generally done by soaking the legumes in the chemical hexane, which is highly toxic. The hexane is then drained off leaving a residue that is considered too small a quantity to be dangerous. However, the main danger from hexane is in the processing. Airborne hexane can cause mild to extreme symptoms - from depression, dizziness, giddiness, slight nausea, headache to dermatitis and irritation of the eyes and throat. Chronic (long-term) exposure is associated with polyneuropathy with numbness in the extremities, muscular weakness, blurred vision, headache, and fatigue.⁽²⁾ Note: **Organic products do not use hexane**, but labels that state the product is “made with organic ingredients” may not be all organic and may use ingredients that have been exposed to hexane.

Whether or not they are using hexane, products might include other ingredients that can be contraindicated for human health. These are mainly used to enhance taste or texture. In addition to the common allergens that affect some people (gluten, milk, soy etc) and high levels of fat, sugar or salt, check by name or INS (International Numbering System)⁽¹⁾ for any ingredients that might affect you including, for example, **Sodium bisulphate** (INS 222), used as a preservative: can cause asthma, hives and skin irritation and **Carrageenan** (INS 407), used as a stabiliser or gelling agent: suspected of being associated with irritable bowel syndrome and bowel cancer. Carrageenan can contain **MSG** (Monosodium Glutamate, INS 621), which causes very unpleasant symptoms in some people including dizziness, headache and heart palpitations. If the MSG is in minute quantities it does not have to be declared. These are just a few of the ingredients which we might choose to avoid.

It is best to choose products with a minimum number of ingredients, where possible organic. The best option, of course, is to make your own dishes at home with ingredients that you trust.

Some products that seem to have safer ingredients:

Also see Products P5.

WILDLY GOOD ORIGINAL VEGGIE BURGERS 250g i.e. two burgers. \$6.00 at Woolworth

Ingredients: Chickpeas, Carrot (14%), Wheat Flour, Sweet Potato (10%), Celery (10%), Zucchini (8%), Herb and Spice Blend (Dehydrated Vegetable Powders (Onion, Garlic, Tomato), Natural Flavours, Yeast Extract, Salt, Spices, Herbs and Herb Extracts (Mustard, Thyme, Rosemary), Vinegar Powder), Potato, Split Peas, Corn (3%). Allergen: Wheat. Made in Australia from at least 75% Australian ingredients. (Has a nice texture but a mild taste, so probably best served with something to add flavour.)

Soulfresh Global Pty Ltd 4/28-50 Cyanamid St Laverton Vic 3026 ph. 1300 458 423

AMAZONIA CERTIFIED ORGANIC* TENDER JACKFRUIT 300g for \$7.99 from Go Vita. Ingredients:

Jackfruit*, Tomato Sauce* (Organic Tomato*, Coconut Jaggery*, Chilli*, Lime*, Rock Salt, Ginger*), Tomato*, Soy Sauce* (Soy Beans*, Purified Water, Rock Salt), Coconut Sugar*, Tamarind*, Sunflower Oil*, Vegetable Stock*, Sesame Seeds*, Coconut Jaggery*, Garlic*, Ginger Powder*, Rock Salt, Oregano*, Paprika*, Black Pepper*, White Pepper*, Himalayan Pink Salt, Rosemary*, Thyme*, Garlic Powder*. ***Certified Organic.**

See: <https://australianorganicproducts.com.au/products/amazonia-tender-jack-pulled-jackfruit-curry-300g>

Amazonia Specialities 1A Gold Coast Rd Miami, Qld, 4220 ph. 1300 851 050, email: info@amazonia.com

References

(1) Bill Stathan's **The Chemical Maze** as a phone app from the App Store or Google Play. **The Chemical Maze Shopping Companion** (pocket size) now out of print, but available 2nd hand, including from online book-sellers. **The Chemical Maze Bookshelf Companion** available from <https://chemicalmaze.com>

(2) **The Cornucopia Institute:** www.cornucopia.org assesses Organic products. USA based.

Tom recently rang the VegSA phone to see if we could give him some help to improve his diet.

Tom's story is interesting and, whilst it is a tough one, as Tom says he "can see light at the end of the tunnel."

WARNING: the section on the Philippines might upset some readers.

VegSA: We understand that you are keen to follow a plant-based diet. This is quite popular these days for health, environmental and for animal welfare concerns. What would you say are your main reasons for following a plant-based diet ?

Tom: For me it was the health reasons as I found out I am a diabetic and I don't buy the fact that I'm going to be on medication for the rest of my life so I gave plant-based diet a try and my sugar levels came down.



Tom (far right) joined us for our 70th birthday lunch.

VegSA: And are you finding that that is happening, that things are improving?

Tom: Yes, yes.

VegSA: That's good to know. Do you have any other concerns?

Tom: The environment, something never really interested me, but it is slowly getting a grip on me and animal welfare, slowly I'm getting to know what things are like.

VegSA: But your number one concern that led you in this direction was a health issue? But, as for all of us, it brings in all the other elements. So, what would some of your experiences be that have led you in this direction?

Tom: It took me a long time for me to get there. When I found out I'm a diabetic, I tried to control it, didn't do a very good job, found myself getting sick about 10 years ago. Then, when I was in hospital for a little while, that's when they put me on medication and I've been trying to work out how to get off it ever since. Slowly I'm getting there. I can see light at the end of the tunnel but it's taking a while to get there.

VegSA: And did you have any experiences with animals that made you think that this was a good way to go?

Tom: It did in the Philippines. My wife is a Filipino. The carnivals in the Philippines are very different than here in Australia. They are the biggest pork eaters in the world and they don't even bother buying the end product from the supermarket. A lot of them just buy the animals from the farmer and do the deeds themselves. And it's not a very unusual thing to see a pig being slaughtered over there. For myself I couldn't bear to watch it so I didn't bother watching it but hearing the screams and the yelping of the animal at the time turned me right off from eating pork and bacon and ham, though I wasn't a vegan at the time.

VegSA: But that helps to convince you that this is a good way to go?

Tom: Yes, I don't have a strong affection for animals but if I see the slaughter it'll turn me off from eating all those animal products, though I will come off it anyway because of health.

VegSA: So how do you think a plant-based diet will impact your health?

Tom: I've lost a lot of weight since I've been on a plant-based diet. My sugar levels have come down. They need to come down more and I think that there's other things I need to get out of my diet to help this happen. Yes, it has helped.

VegSA: That's good to know and what kind of problems are you facing in managing your diet.

Tom: Well, it would be a help if my wife and kids were are on the journey with me as then we can do it as a team but at the moment I'm doing it as a solo artist and that's a lot harder.

VegSA: So you're finding you're needing to cook for yourself? Prepare your own food?

Tom: Prepare my own food. Do my own shopping.

VegSA: And are you finding things that are useful and helpful, products that you can use?

Tom: Yes, yes.

VegSA: So you are on the track and do you think that groups like the VegSA and Adelaide Vegans can be helpful for you, and in what way?

Tom: When they talk about nutrition.

VegSA: Anything else?

Tom: [thinking about plans for the next visit to the Philippines]



Products on the Market

COLES NATURE'S KITCHEN CURRIED PUMPKIN & CORN BURGER \$3.75 for 250g i.e. two burgers. Made in Australia from at least 80% Australian ingredients: Pumpkin (39%), carrot, sweetcorn (15%), wheat flour, ground chickpea, curry powder (1%), herbs and spices, wheat fibre.

LET THEM EAT has all vegetarian or vegan products, cooked from scratch using fresh ingredients, free of preservatives and chemicals. Two vegan products are **Beetroot and Caramelised Onion Fritter** and **Kimchee and Sweet Potato Fritter**, each about 180g, cost \$6.50. Full details of ingredients not available, but staff always helpful if you have special needs. Venues open shopping hours according to location: Burnside Village, Adelaide Central Market, Golden Grove, James Place Adelaide, Norwood Place, Westfield Marion. Their products are also available at IGA Hutt Street Adelaide and Foodland stores at Nuriootpa, South Brighton, Glen Osmond Road Frewville, The Parade Norwood, Fiveash Drive Pasadena, Main North Road Salisbury Park and Main North Road Sefton Park. Email: enquiries@let-them-eat.com.au or ph 8352 1334

EASTER IS COMING. Get in early before all those vegan treats are snapped up!

PETA (People for the Ethical Treatment of Animals) recommends: **PANA ORGANIC**. These Australian made vegan, gluten-free Easter eggs come in Milk Chocolate, Almond, Macadamia and Salted Caramel and are available across Australia at Woolworth and Target and online from Vegan Grocery Store and Flora and Fauna. (Note: might not be in all stores yet, but, if they are, might be selling fast.)

Great Nature 3/48 Beach Road Christies Beach also has stock selling fast. Contact via Facebook Messenger or ph. 8186 5037.

Date and Mixed Fruit Cake (as served at VegSA 70th birthday)

Vegan, Whole Food Plant-based (No oil/fat, refined sugar or salt)

Ingredients

| | |
|------------------------------------|----------------------------------|
| 200g sultanas | 1 cup (250ml) fruit juice |
| 2 cups (275g) dried dates, chopped | ½ tsp bicarbonate of soda |
| 440g can fruit in natural juice | 2 cups (300g) self-raising flour |

Method

1. Preheat the oven to moderate (180° C/160° fan-forced).
2. Oil a 20 cm square baking pan.
3. Cut up dates.
4. Boil the fruit, dates, undrained fruit salad and juice together for 10 minutes. Then allow to cool for 5 minutes.
5. Mix bicarbonate of soda into the flour and sift them both into the fruit mixture. Carefully stir them in until the mixture is combined.
6. Spread the mixture into the oiled pan and bake in a moderate oven for 1 hour or until cooked. i.e. when you poke a skewer into it and the skewer comes out with no moist, uncooked cake sticking to it. The cooked cake will also sound hollow when you tap the bottom of the pan.
7. Cool the cake in the pan.



S.A. DUCK AND QUAIL SHOOTING SEASON

Sadly, again this year, the SA the Minister for Environment and Water (David Speirs) has declared an open season to shoot our native ducks and quails: ducks 19 March to 26 June, quails 30 April to 31 July. Even though three out of the seven species allowed are assessed as in declining numbers, the daily bag has increased from last year. Animal Liberation SA (contact details on P8) has staged a demonstration at Parliament House and in Rundle Mall and will continue to do so until near the opening of the season i.e. S.A.'s election day. Meanwhile, if you can, contact candidates in your electorate and ask them if they will support a Bill to end slaughter of ducks and quails, as in other states.

BOOK REVIEW.

I AM ONE, A BOOK OF ACTION

By Susan Verde. Art by Peter Reynolds

Pub. Abrams Books 2020. Cost \$19.95 from New Dimensions Bookshop 310 South Terrace Adelaide Starts by showing that every small action we take can have an effect. Although aimed at young children (possibly four years old and upwards) "I am One" has a message for all ages, adults included. As the quote from the Dalai Lama, which inspired the book, says, "Just as ripples spread out when a single pebble is dropped into water, the actions of individuals can have far-reaching effects."

The story consists of less than a dozen sentences, spread over twenty-seven pages accompanied by pictures (in water colour, gouache, ink and tea), each of which tells a story in itself. Reading age is possibly around year three level but the message and pictures can also appeal to older and younger children. This is a book that can encourage children to consider the importance of their actions and also boost their self-esteem. The Author's note at the end includes a meditation that could also be helpful.

Editor's comment The message of I AM ONE reminds us that, although we did not know it at the time, what we have done, as individuals and as groups, has contributed to a greater acceptance of our lifestyle: the rapidly growing supply of suitable products and the number of veggie eateries and now, finally, the growing acceptance, especially by environmental groups, of the effect that animal husbandry has on the environment.

A PANDEMIC OF OUR OWN MAKING?

The COVID-19 pandemic has once again drawn attention to the interactions of humans and animals, both farmed and wild, and the potential adverse consequences that can arise from that engagement. It's alarming that in the last 20 years there have been recurring outbreaks in so-called zoonotic diseases, such as Severe acute respiratory syndrome (Sars), H7N7 bird flu, H1N1 swine flu, and Middle East Respiratory Syndrome (Mers).

Factory farming represents an ongoing, significant danger to human health, since viruses can mutate in intensively-farmed animals and then jump to humans. There are eight or more variants of avian flu now in circulation, 'all of which are able to infect and kill humans and are potentially more severe than Covid-19', according to a recent article in The Guardian newspaper.*

The article cites virological research to the effect that with more than 20 billion chickens and nearly 700 million pigs being farmed at any one time, there is a high chance of new flu strains developing and variants emerging and spilling over to humans. Moreover, the overuse of antibiotics, overcrowding, and the genetic similarity between animals, ends up providing 'ideal conditions for many bacteria, viruses and other pathogens to emerge, mutate, spread and then jump into humans'.

There is a long history of animal-human interaction. According to Michael Greger, M.D., author of the book, Bird Flu: A Virus of Our Own Hatching, the industrial scale rearing of 'poultry, cattle and pigs in high-intensity, crowded, confined, entirely unnatural conditions may be the most profound alteration of the human-animal relationship in 10,000 years'.

*'Factory Farms of disease: how industrial chicken production is breeding the next pandemic', The Guardian, 18/10/21.



From the Media

Diet-related conditions worsen COVID-19 cases, and children experiencing the effects of unhealthy eating that used to be reserved for adults—obesity, high blood pressure, high cholesterol, and type 2 diabetes—can benefit greatly from reducing meat and dairy consumption and increasing the amount of plant-based foods they eat. A better diet will improve children's lives not only in the pandemic but for years to come.

3.2.22, Physicians Committee Online info@pcrm.org

Italy could ban fur farming and shut down all active operations over the next few months.

Animals currently farmed in the country include foxes, raccoon dogs, chinchillas, and mink.

So far, COVID-19 outbreaks have been confirmed on approximately 465 mink farms across 12 countries, and studies indicate that the susceptibility of this species, in particular, to the coronavirus, combined with the cramped, unsanitary conditions of factory fur farming in general, make the industry a high-risk environment for this and any future pandemics. The ban would see Italy's remaining fur farms discontinued by June 30, 2022, and sets out three million euros in compensation for farmers and workers affected by forced closures.

Liam Pritchett Staff Writer (U.K.) <https://www.livekindly.co/italy-announces-nationwide-fur-farming-ban/>

Tom Colicchio backs vegan meat company

Founded in 2016, the Colorado-based startup creates vegan steak and chicken breast from the mycelium of a mushroom commonly found in nature, according to the website. Called Meati, the mycelium-based proteins look, cook, and taste similar to animal-derived meat. "Our process is nearly 20 times more productive per acre than soy," said co-founder and CTO Justin Whiteley. "At scale, we could produce the meat equivalent of nearly 4,200 cows per day." Unlike the animal agriculture industry, no antibiotics, growth hormones, or pesticides are used. In addition to meat, it is now being used to make leather, houses, foam, and more. As it pertains to food, a number of other companies are utilizing mushrooms to make meat, such as Atlast Food Co., which uses mycelium to make bacon, and UK-based brand Quorn, which uses mycoprotein, a fermented ingredient derived from a fungus. Audrey Ejoli 19.11. 21

www.livekindly.co/top-chef-tom-colicchio-backs-mycelium-meat-producer/

Taiwan's Duck Egg Industry Could Be Going Cage-Free

Taiwan's duck industry will no longer be able to use new battery cages. The country has outlawed the enclosures from its duck farms. Taiwan is the first country in the world to ban battery cages for laying ducks. Considering the scale of the country's duck egg sector, the impact of the ban will be far-reaching. A staple in Asian cuisine, Taiwan's duck egg industry is valued at more than \$60 million, according to the animal protection organization **Environment & Animal Society of Taiwan (EAST)**. With more than 400 duck farms, the country has approximately 2.16 million egg-laying ducks, reports Taiwan's Council of Agriculture. Altogether, the ducks lay upwards of 500 million eggs each year. Of the 400 farms, around 60 use battery cages. However, duck egg producers have started to transition their practices to incorporate the use of battery cages. According to EAST, the country doesn't have provisions for enriched cages—which are bigger, with nesting areas and perches. This means that the ban, which went into effect on December 30, 2021, effectively ends the use of new cages in the country's duck farming industry altogether. A phase-out date for existing cage duck farms has not yet been set.

Duck eggs are also popular in the U.S. Taiwan exports more than half of its duck eggs to the country—more than any other. From 2016 to 2020, 81.4 percent of Taiwan's duck egg exports to the U.S. were shipped to California. However, on January 1, 2022, the state's Prop 12 initiative (which closed loopholes present in a similar ban passed in 2015) took effect, making it illegal to sell eggs—including those from ducks—that were raised in battery cages.

Audrey Ejoli 15.2.22 <https://www.livekindly.co/taiwan-egg-industry-cage-free>

Something like **30 to 40 percent of all edible food** in North America actually ends up **in the trash**, which in landfill is creating methane, which really contributes to global warming. Dakota Kim Live Kindly Interview with Carleigh Bodrug.

The UK government is facing a legal challenge over factory farming over pandemic and climate concerns. "With three out of four infectious diseases being zoonotic and originating from animals... Factory farms pose a serious risk and potential to cause another deadly pandemic. Eating animals is unnecessary for individual health. However, a whole food plant-based diet has been proven to have numerous health benefits, including minimizing the risk of chronic conditions such as heart disease, obesity, type 2 diabetes, and high blood pressure. These same conditions are increasing the risk of a poor outcome from COVID-19." Dr. Shireen Kassam founder of **Plant-Based Health Professionals** [UK] <https://plantbasednews.org/tag/factory-farming/>



VegSA Diary Dates

EVERYONE IS WELCOME TO ATTEND VEGSA'S SOCIAL EVENTS

- ◆ Sunday 27th March at 12.30pm **lunch at Sky Vietnamese Restaurant** 41- 43 Commercial Rd, Port (fully vegan) Adelaide. VegSA has had very good reports about meals at Sky. Book by Thursday January 13th with Su: email: vegsu2003@yahoo.com.au text/ph 0468 397 219
- ◆ Sunday 10th April 12.30pm **lunch at Simply Vegan and Veg Shop** 1, Montague Farm Shopping Centre, 2 Montague Road Pooraka. Book by Thursday April 7th with Karin: phone/text 0416 899 813 or email: info@vegsa.org.au.

VegSA AGM

Sunday 1st May at The Joinery 111 Franklin St Adelaide

10.30am Business Meeting: reports, elect Committee, vote on subs etc

12.15pm Shared lunch (Covid restriction, if any, to be confirmed nearer the time)

1.30pm Discussion with Dr Heleen Roex from Doctors for Nutrition on

“How to ensure that medical Practitioners are informed about and able to give advice on Healthy (plant based) Diets.”

We can help by having material from Doctor's for Nutrition when we visit a medical practitioner.

- ◆ **VegSA's 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: phone/text 0416 899 813.
- ◆ Second 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 or vegsu2003@yahoo.com.au
- ◆ 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 Sunday May 29th. Check with Anne: 0466 972 112 or email vegsocsa@gmail.com Also 1pm, VegSA Committee meeting. Members welcome to participate (but only Committee vote). Bring lunch or, regulations permitting, food to share.

Resources

COOKING CLASSES: Next **Food for Life Course** will be November 7th to December 5th. Contact Coordinator Dr Heleen Roex: heleen@drroex.com or phone 0432 994 909.

WEA Vegetarian Cooking Courses on hold as the teacher, VegSA member Nat Playford, is currently involved in another project.

VEGAN PALOOZA (scheduled for May) cancelled, possibly postponed to October.

- ◆ 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 Nutrition is working to ensure that medical practitioners of the future are trained in sound basic knowledge of nutrition. Meanwhile Doctors for Nutrition has prepared a pack of evidenced-based information on whole food plant-based nutrition across all life-stages. This can be seen and ordered from its website. However if ordering these resources, please make sure you hand them to your doctor who needs this educational material. For more information as well as ordering material go to: www.doctorsfornutrition.org
- ◆ 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 adverts: www.onegreenplanet.org
- ◆ Messy Veggies website is a guide to vegan eating, products for either Adelaide or Melbourne plus interesting/informative videos. Venues are listed by suburb or township. See: <https://messyveggies.com/adelaide/>

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