



Food for Thought

Vegetarian & Vegan Society (VegSA) Inc.

Newsletter

Issue 1/23 March 2023

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VegSA and related events

For event coming up this quarter see Diary Dates on page 8 or otherwise see Events on our website at:
<http://vegsa.org.au/events/>

Unlike most years the "holiday period" this time has been particularly busy for VegSA and related groups. Way back in December the **Vegan Festival's picnic**, postponed from its planned October date due to wet weather, was only a one-day event (10 am-5 pm). With no admission charge, no barrier fence and mild weather, it was more relaxed and, according to a number of people, more enjoyable than the usually hectic two-day Vegan Festivals.

Unfortunately, in January due, to high temperatures, our Northern Star group had to cancel its lunch visit to Delicious Acai and Protein Bar at Mawson Lakes. This has been rescheduled to Sunday April 30th (See page 8 Diary Dates.)

Picnic at Hazelwood Park



With favourable weather, after a long break, VegSA was finally able to have an "annual picnic". Starting the year with a picnic at the beginning of February is a tradition that goes back at least into the 1980s. Because of bad weather in recent years it has been replaced by a café/restaurant event. However, on Sunday

February 5th the weather was perfect and seven VegSA members met in the shade of a great gumtree at Hazelwood Park. We were joined by seven visitors, mostly members of Adelaide Vegans.

The range of food was excellent and, with lots of chat and discussion, it was a very pleasant occasion.

Unfortunately we had overlooked that animal liberation members now hold their monthly meeting on the first Sunday of each month. As there is an overlap of membership, some could not make it to the picnic. We hope be able to avoid this next year, if the weather allows a picnic, by changing the date.

WE NEED A CALENDAR OF EVENTS TO COVER ALL OUR RELATED ORGANISATIONS!

On Friday 17th February a few VegSA members had lunch/a snack at **Dukes & Western - Vegan Bakery and Café**, recently opened at 647B Marion Road Ascot Park (formerly home of Salem Café). Carly has been baking cakes commercially (birthdays etc and wholesale) for the last couple of years and now has this comfortable little venue. As well as hot and cold drinks we had toasties with a choice of three ingredients from the menu and, of course, cakes. They were all tasty and reasonably priced. Open: Wed-Fri 9am-3pm, Sat-Sun 10am-2pm. Note one drawback - no toilet facility. <https://dukesandwestern.com>

VegSA events – continued from previous page

FOOD FOR THOUGHT MARCH 2023

Lunch at Veggo Sizzle

On January 16th a party of 24 members and friends lunched at Veggo Sizzle. The Adelaide Vegans group kindly changed its plans so that those of us who are members of both groups could be there. As usual the different dishes were much appreciated although service with such a large number was somewhat slow. One of our visitors, Ron Chapman outlined his plans to have a volunteer run vegan café in the hills similar to the one he had helped coordinate at Mylor. He outlined the difficulties they had experienced losing their venue and then struggling to find a new one. If anyone knows of something suitable (church or community halls with kitchens seem to be a fit) or if you are interested in the project please let VegSA know.

Picture (By Su Stephens)

When you pour hot chocolate sauce onto ice cream atop a hot chocolate brownie the effect can be quite startling, but the taste is very satisfying.



DUCK AND QUAIL SHOOTING PROTESTS

Disappointingly, open seasons to shoot native ducks and quails in South Australia were announced to commence on March 18th (ducks) and April 25th (quails). The inquiry, promised by the Labor government before it was elected in March last year, has so far not eventuated. Apparently, the law allows duck shooting to go ahead unless certain conditions (e.g. number of birds counted) are counter-indicated. It will require legislation to change this.

Meanwhile in Victoria there is a strong hope that the Parliament will disallow the open seasons for the future. If this happens there is some optimism that South Australia will follow suit. Several groups in South Australia: Animal Liberation SA, South Aussies for Animals, The Greens, Animal Justice Party, Animals Australia etc, with help from groups like VegSA and individuals, are taking action to try to end this once and for all. Animal Justice Party has organised a petition and Animals Australia has organised two petitions, one to the Victorian Premier and then (with encouragement from SA), one to the South Australian Premier, Deputy Premier and local South Australian MPs. The Deputy Premier Susan Close is also Minister for Environment and Water whose department is responsible for administering the open season regulations.

If the open seasons go ahead, as we fear they might, South Aussies for Animals will be visiting one of the wetlands to get video and photo footage. Animal Liberation SA will be holding a protest (details later) and some of its members will be visiting one of the SA MPs who belongs to a group that supports duck shooting to try to persuade him to vote for its abolition.

On Monday 13th March - Adelaide Cup Day - Animal Liberation SA will demonstrate outside the Morphettville racecourse from about 10am to 12 noon. They will also attend the Oakbank Easter meeting. Although jumps racing is hopefully out of the way, whips and tongue ties are still cruel.

VegSA members may be alerted of some of these events by email as details are currently unclear. To contact Animal Liberation SA or South Aussies for Animals see Resources on page 8.

Until 26th March SA Government is seeking input for **changes to the Animal Welfare Act** to remove anomalies in its welfare provision. To contribute see: <https://yoursay.sa.gov.au/animal-welfare-act-review>

For current petitions see:

<https://actionnetwork.org/petitions/ban-duck-shooting-in-south-australia> (Animal Justice Party's)

<https://animalsaustralia.org/latest-news/duck-shooting-sa/> (Animals Australia's)



Products on the Market

WINTER SOUPS

Heinz Plant Protein

Six plant protein-based soups comprised of vegetables, beans and legumes. 330g Single Serve Packs (easy to heat for a quick snack). 15gm of Plant Protein per Serve. Cost \$4.70ea at Woolworth.

Available in 6 variants:

7 Veg Soup With Quinoa

Moroccan Style Chickpea Soup with Smoked Paprika

Mexican style corn and black bean soup with sweet potato and coriander

Smoky Spanish style Tomato Soup with Lentils

And Vegetarian Red Lentil Dahl with Coconut Cream (to eat with rice).

These all have whole beans and/or lentils that make them more satisfying and more filling.

For example **Butter Chickpea With Capsicum** contains a total of 69% vegetables (including Legumes), Chickpeas (33%), Tomatoes (24%), Water, Coconut Cream (6%), Red Capsicum (3.8%), Carrots, Onion, Brown Sugar, Pea Protein, Green Beans, Corn Starch, Canola Oil, Spices (Including Cinnamon), Salt, Garlic Paste, Ginger Paste, Yeast Extract, Spinach, Herbs, Natural Colour (Paprika Extract), Rice Flour, Mineral Salt (Calcium Chloride).

All ingredients appear to be vegan. However Heinz's write-up says "Suitable for vegetarians" and suggests that some might have milk. Contact: H. J. Heinz Co. Australia Ltd, 2 Southbank Boulevard, Southbank, VIC. 3006.

Ph. 1800 037 058 www.heinz.com.au or www.plantprotein.com.au

Made in New Zealand.

*Regrettably, these are in **plastic pouches**, but labelled for disposal in the Red Cycle system at Coles and Woolworth, currently suspended whilst a means of using more of the plastic is found.

"FREE FROM GLUTEN" biscuits by Woolworth are all MILK, EGG and SOY FREE.

They include: Ginger Nut 155g, Scotch Fingers 160g, Chocolate Scotch Fingers 160g, Chocolate Chip 160g, Double Choc Chip 160g, Arrowroot 205g, all each \$2.70. Mint Creme 145g \$3.50, Choc Chip Mini Cookies (8 Pack) 200g \$4.00. All made in Australia with between 40% and 55% Australian ingredients.

*Inside plastic tray is recyclable (Category 1 PET). Outside wrapping will probably have to wait for Red Cycle or go to landfill.

COMPARE!

McVitie's Digestives 400g cost \$ \$4.40 at Coles Supermarkets. Made in England from local and imported ingredients: Wheat Flour (52%) (Wheat Flour, Calcium, Iron, Niacin, Thiamin), Palm Oil Sugar, Wholemeal Wheat Flour (12%), Partially Inverted Sugar Syrup, Raising Agents (Sodium Bicarbonate), Salt, Acidity Regulator (Malic Acid). The packet also gives numbers E503ii, E500ii, both benign, 296 prohibited for infants.

Belmont Biscuit Co. (ALDI's brand) Digestives 400g from Aldi's cost \$2.19. Packed in the Netherlands from imported ingredients: Wheat Flour 48%), Palm Oil (sustainable), Sugar, Wholemeal Wheat flour(14%), Inverted Sugar Syrup, Raising Agents: Sodium Carbonates, Citric Acid, Ammonium Carbonates; Salt.

The packet also gives numbers: 500, 503, 330 which are reported as OK by Chemical Maze. (App from Apple or Google or see: <https://chemicalmaze.com/chemical-maze-book/>)

Jo at **Darlin' Dal** makes a range of **lentil-based dishes** (as seen at the Vegan Festival's picnic). These are designed to be, not only healthy, but "medicinal", good for the gut and helpful, especially to children, with allergies. All organic, plant-based, with locally sourced ingredients, they come in biodegradable packaging at \$18 for 500g and \$12.50 for 350g. They can be picked up (pre-ordered or drop in) from 462 Grange Road, Fulham Gardens, SA on Friday's & Saturdays 10am-6pm and at Adelaide Farmer's Market on Sundays 8.30am-1pm (Enter via Rose Terrace Wayville.) See website for product descriptions and more information. Pre-order at www.darlindal.com ph. 0499 001 660. email: hello@darlindal.com

VegSA 'Food for Thought' Acknowledgments:

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

With **THANKS** to all those who have contributed.

AN INTERVIEW WITH SHANNAKA HOUGHTON AT CURIOSITEAS

In early February Editor Anne Sanders talked to Shannaka Houghton who has taken over the café space, previously the home of Vego and Lov'n It at Level 1, 240 Rundle St Adelaide.

VegSA: When did you come to run Curiositeas here?

S.H. We've been here since July 2022.

Relaxed setting at Curiositeas

VegSA: And what made you decide to run a vegetarian or vegan tearoom?

S.H. I myself am vegetarian and lactose intolerant so that excludes dairy for me anyway and as the person preparing the food, obviously I need to have things that I can consume myself for testing purposes, so that was a big factor for me, but taking over this location is really what sealed the deal for me, knowing that it has been an all vegan menu, because I felt a great deal of responsibility taking over such a loved space for the vegan community and I wanted to make sure that there was still this space where they can go and know that everything on the menu was an option.



VegSA: Do you find that people come here because they were used to having Vego and Loving It here?

S.H. Absolutely, I have people coming here, especially people who have moved interstate actually and have a lot of people coming back here who maybe even haven't visited in the last ten, fifteen, sometimes twenty years, who come here and remember that Vego and Lov'n It was here at that time and they want to visit a place where they used to come.

VegSA: And do you get very busy?

S.H. It really varies. So we'll have days where we're quite quiet and then sometimes with no rhyme, no rhythm to it, it will just all of a sudden get incredibly busy. So I think that's just the nature of Rundle Street.

VegSA: And you decided to make it vegetarian/vegan?

S.H. So, yeah, initially when I was planning the menu I was thinking that, because I wanted to have a tea room and offer high teas there would be people who were coming here as well, coming for that tea experience who are not necessarily vegan and not used to vegan dairy alternative options. so thinking of how I could make that more enticing for them. In the end the only thing that I've kept vegetarian is dairy milk for drinks and all the cheese and all the cream we use is vegan and people have really embraced that, even if they were not used to having vegan food. So I have been really happy.

VegSA: So you were happy with the way things are going here?

S.H. Veganism is aspirational and that's where I'm heading, so why not have that as your goal?

VegSA: Would you consider moving?

S.H. The accessibility is certainly an issue. The city is convenient for public transport, but not so good for parking for people who are driving. Also we've got a lease for 3 ½ years so we can't do anything before that.

VegSA: Are you planning any innovations?

S.H. We are thinking of having a picnic basket that people can hire and take away with a picnic lunch to enjoy in the Botanic Park or in the Park lands, but we have not got that quite ready yet.

VegSA: Do you think you'll be busy during the fringe and the festival?

S.H. Yes, yes, I think that's going to be the busiest time for us and I'm looking forward having a very busy period during that time.

VegSA: Do you have anything special planned for that time?

S.H. We are a Fringe venue so we will have some events during that time and we're extending out opening hours as well.*

VegSA: We look forward to that and hope that it works out really well.

Is there anything that you would recommend that you think would be particularly good at the fringe?

S.H. We are hosting The Doomer and the Boomer. It is on at here at **Curiositeas** on March 1st, 3rd & 5th at 7pm.

Curiositeas is at: Level one, 240 Rundle Street Adelaide ph. 0434 919 734 email: hello@curiositeas.com.au
website: <https://curiositeas.com.au> **Open:** Tuesday–Saturday 10:30am–4:30pm

*Extended opening hours during the Fringe will be every Friday 4:30pm–7pm starting February 24th.

The Doomer and the Boomer is a comedy show (with songs) about the catastrophes facing the planet.

Tickets are \$20/\$12 on sale at: <https://adelaidefringe.com.au/fringetix/the-boomer-and-the-doomer-af2023>

The Adelaide Fringe is from 7 February to 19 March 2023. See: adelaidefringe.com.au



Eateries Update

Closed/closing or changing

Crux at 5/292 Military Road, Semaphore Park permanently closed from 9th February.

V Spot Diner 385 Magill Rd, St Morris SA 5068 will also finish trading on 27th February.

Gluten's Freed: bread, cakes, pastries all gluten free, nut free and vegetarian with many vegan options.

Since late 2022 it no longer has its eat-in venue at Evandale, now only pre-order with pick up from across the road at 126 Portrush Rd, Payneham South on Monday, Tuesday and Friday 12pm to 6pm. Order by phone, preferably 24 hours before on: 0407 912 849 or online at: <https://glutensfreed.com.au/order-online/>

Juiced Life, formally in Rundle Place Adelaide, is currently doing on-line orders only. <https://juicedlife.com.au>
ph. 0411124129. Mon-Fri 9am-5pm, Sat-Sun 10am-5pm. Looking for new premises.

Sky Restaurant 41-43 Commercial Rd, Port Adelaide, sadly is now serving meat. Was a vegan favourite!

New (or not previously on VegSA Eateries list)

Dukes & Western - Vegan Bakery and Café, recently opened at 647B Marion Road Ascot Park (previously home of Salem Café). Can order on line minimum 72 hours (3 days) before picking up during trading hours: Wed-Fri 9am-3pm, Sat-Sun 10am-2pm. <https://dukesandwestern.com>

The Gator Club, new all vegan cafe at 33 Payneham Road, College Park, Corner of Marlborough St, near bus stop 5. Two-hour parking in Marlborough St. Also coffee van at events. Options include toasties, salads, cookies and various hot & cold drinks. Open: Tues-Sat 7.30am-3pm, Sun 8am-2pm

email: Latergator.adelaide@gmail.com <https://www.latergatorvan.com> and <https://www.thegatorclub.club>

Earth Cafe at 208 St Vincent street, Port Adelaide. Vegetarian with many vegan items: toasties, smoothies, smoothie bowls, chia and oat puddings etc, hot and cold drinks. Uses local, fresh or minimally processed ingredients whenever possible. Open: Mon-Fri 7.30am-4pm, Sat-Sun 8am-4pm

ph 0499 427 260 email: hello@earthcafe.com.au <https://earthcafe.com.au>

48 Flavours Gelateria 295 Magill Road, Trinity Gardens 5068. (By bus stop 9). Of the more than 48 products, 15 are clearly labelled "vegan". With emphasis on fresh ingredients. Products are grouped together and labelled "Gluten-free", "Contains nuts", "Contains dairy", "Contains egg", "Halal" or "Vegan", showing ingredients and ingredient numbers. All of the numbers we checked looked safe on the Chemical Maze app (except in Green Apple Sorbet). Scoops are rinsed between each serve. Ph. 8331 1739. <https://www.48flavours.com.au/our-flavours>. **Also at** 4A 269 Seaview Road Henley Beach 5022, 78 Gouger St Adelaide 5000, 11a 3 Liberator Drive Paralowie 5108. All stores open 12 noon to 10 pm daily.

Continued next page.

Eateries Update continued from previous page.

Recommended

It is interesting to see the number of vegan items now appearing on the menu of non-veg places. Whilst it is always reassuring to be eating in an establishment where we know everything is animal free, there are times, especially when further from the metropolitan area, when there are no vegetarian or vegan places. The following have been recommended by members and friends:

Ceylon Caterers 10A Forest Ave Rostrevor SA. Sri Lankan and south Indian, easy to find vegan options. Uses coconut cream, rather than animal milk cream as in many north Indian places. Wheelchair accessible. (Don't know about toilets.) Open: Mon-Fri 4.30am-9pm, Sat-Sun 11am-9pm. ph 8117 5143. www.ceyloncaterers.com.au

Dial a Curry Shop 1/449 Main North Rd, Enfield. North Indian with what seems to be unlimited roti. Also delivery and takeaway. Wheelchair accessible. Open: Mon -Fri 8am – 11.45pm Ph 0416 527 444. Email: info@dialacurry.com.au <https://dialacurry.com.au>

Vista Pizzeria 968 North East Road Modbury, including roadside collection. Offers 15 vegan entrees and 75 vegan option pizzas (including variable sizes), compared to 80 conventional pizzas. Open: Wed-Thurs 4pm-11pm, Fri-Sun 4pm-11.59pm ph. 8265 2262. Email: Ehsan@iflymedia.net <https://vistapizzeria.com.au>

Nanna Jane's Café 13-15 Robert St, Maitland, South Australia. Have always been good at adapting menu items. Open: Mon-Fri 8am-3pm Ph 0407 773 935. Email: vintagecountryreflections@gmail.com

Rundle General Store with Coffee shop 186 Rundle St, Adelaide ph. 0403 894 227. Organic fruit, vegetables, pantry goods etc. Cafe food is gluten, dairy, soy and refined sugar free, organic and much of it vegan.

Cooking Classes Courses and Camps

WEA Courses at 223 Angas Street, Adelaide SA 5000.

Enrolment and enquiries: ph. 8223 1979. Fax: 8232 3690. Website: <https://www.wea-sa.com.au/subjects>

SOURDOUGH BREAD MAKING \$123.00 Sat April 29th 10am 4hours

THE AUTUMN VEGETARIAN A\$99.00 Wed March 15th 6pm 3hours

WAGASHI, JAPANESE SWEETS (vegetarian and vegan friendly) A\$95.00 Sat March 18th 9.30am 3hours

Ananda Marga Meditation and Yoga Retreat 21-23 April 2023. Longwood Retreat Centre near Mylor.

Meditation twice a day, gentle yoga classes and deep relaxation, yogic dances, uplifting workshops and songs, bush walks, delicious and nutritious vegetarian/vegan food. A yogic nun will give classes and teach meditation. Fees: \$275, \$250 (concession) Contact Mahima: 0466984686 email: mahimalight@gmail.com

Vegan Palooza Adelaide 1st July 12 noon-6pm. Vegan food, vegan friends, “an event for compassionate foodies” with food, information stalls etc. Undercover at MAB Innovation Hub, Tonsley, MAB Eastern Promenade, Clovelly Park SA. Entry from Marion Road via Alawoona Ave or from South Road via Tonsley Blvd. Train via Tonsley Station. Free Parking. No Dogs. \$5 Entry. For applications for stall holders and for volunteers see: <https://veganpalooza.info> Email: lea@anyexcuse.net More details later.

Vegan Camp Out Australia 2023 Friday 24 November. 69 Cooks Rd, Glenworth Valley NSW 2250. Tickets: Full weekend pass, includes camping: Adult \$125.00, Child (5-15) \$70.00.

Car Parking Pass (per vehicle) \$ 25.00. Caravan/Campervan parking (no power) \$ 60.00. Caravan/Campervan Pass with Electric Hook Up (per vehicle) \$120.00. See: <https://vegancampout.com.au>

From the media (continued next page)

The NSW PHAA [NSW branch of the Public Health Association of Australia] wants the new government to commit to expanding and diversifying the public health workforce, to promote prevention efforts.

“Thirty-eight per cent of illness, disease and early deaths can be prevented, along with one in 10 hospital admission days,” the NSW PHAA said.

https://thenewdaily.com.au/news/state/nsw/2023/01/30/public-health-experts-government-nsw-election/?utm_campaign=Morning%20News%20-%2020230131&utm_medium=email&utm_source=Adestra



From the Media

The way we treat animals and nature is a major threat to public health. Three quarters of the new infectious diseases threatening humans arise from the way we interact with animals and nature. The Party for the Animals believes that we must do everything we can to prevent a new pandemic and to protect human health. And this is possible. If we help farmers switch to sustainable agriculture, do away with intensive livestock farming, and finally give nature the protection it deserves, together we can ensure that we do not have to experience another pandemic like COVID-19. Because a safe world for animals is a safe world for people. Party for the Animals, The Netherlands <https://www.partyfortheanimals.com/en/who-we-are>

The Food and Agriculture Organization of the United Nations designated 2016 as the International Year of Pulses and February 10th as World Pulses Day so as to broaden public awareness of the crucial roles that pulses play in increasing global food security, protecting biodiversity, and mitigating climate change. <https://awellfedworld.org/pulses>

The European Patent Office (EPO) has revoked a European Union (EU) patent held by Impossible Foods, maker of the Impossible Burger. In the U.S., Impossible's fake meat products are manufactured with GMO yeast-derived soy leghemoglobin, a controversial ingredient that may not be safe to eat. GMWatch has long argued that GMO developers cannot tell patent offices that their product is novel, non-obvious and has an inventive step - all requirements for a patented invention - yet tell regulators and the public that the same product is natural, nature-mimicking or able to arise in nature or from natural breeding. If it's patented, it can't be natural, and if it's natural, it can't be patented!

https://childrenshealthdefense.org/defender/eu-revokes-impossible-foods-fake-meat-patent/?utm_source=salsa&eType=EmailBlastContent&eld=71b08967-8feb-40be-adf9-2937efc0092c

The U.S. Food and Drug Administration will no longer require all new drugs to be tested on animals. This comes from the FDA Modernization Act 2.0 that was passed through the omnibus bill in late December. It had bipartisan support. This doesn't necessarily mean that new drugs will be tested on humans first. There are other technologies available to them such as human biology-based test methods and cell-based methods. South Aussies for Animals: southaussiesforanimals@googlegroups.com

Research conducted on a remote North American demographic by the University of Chicago found our gut bacteria changes from season to season to 'align' with the foods we're meant to be eating at that time of year. Furthermore, a comparative study concluded digestive microbes have drastically declined in variety and abundance within modernised populations when compared to traditional cultures such as the Hadza Hunter-Gatherers of Tanzania. celeste at www.thelifestylemedicco.com.au from the website of Doctors for Nutrition: <https://www.doctorsfornutrition.org/a-snack-for-every-season/>

A study conducted in part by scientists at Oxford University's Cancer Epidemiology Unit indicates that vegetarians develop some cancers, including bladder and stomach cancers and leukemia, up to 45% less than persons who eat red meat, that's nearly half the risk! The study was published in the British Journal of Cancer earlier this year.

Vegetarians (those who eat mainly plant matter, dairy and eggs) and vegans (those who eat only plant matter and consume no animal products of any kind) have lower cholesterol and generally have a lower body mass index (BMI) than meat eaters, and are at much lower risk for developing ischemic heart disease. <https://explore.globalhealing.com/vegetarians-and-cancer/>

Dr Webb [of the Sporting Shooters' Association of Australia] also expressed that the wounding of animals during legitimate, legal hunting activities can be minimised by various means, but not avoided altogether. It is equivalent of incidental catch in fishing operations and should perhaps be treated in a similar way. Hunting as a method of obtaining wild food produces no greater risk to the mortality and conservation status of wild ducks than the farming methods used in all forms of animal (poultry, livestock and fish) production systems. [!!!!] https://www.ssaa.org.au/?ss_news=animals-australia-leads-campaign-against-nsw-duck-hunting
Sporting Shooters' Association of Australia (SSAA) News 24.9.2012



VegSA Diary Dates

EVERYONE IS WELCOME TO ATTEND VEGSA'S SOCIAL EVENTS

- ♦ Wednesday March 22nd 12.30pm Lunch at **Joy of Flora** 10 Rosetta Street West Croydon. **Book by Sunday March 19th** with Su: email: vegus2003@yahoo.com.au or text/phone: 0468 397 219
- ♦ Saturday April 1st at 12.30pm Lunch at **Joy of Flora** (with Adelaide Vegans). **Book by Wednesday March 29th** with VegSA. Contact detail at bottom of this page.
- ♦ Sunday April 30th 12noon VegSA's Northern Star group: **Lunch at Delicia Acai and Protein Bar** 3/ 9-11 Hurtle Parade, Mawson Lakes. **Book by Thursday April 27th** with Karin: phone/text 0416 899 813 or 7185 1746 or email: info@vegusa.org.au.

♦ Sunday April 16th

VegSA Annual General Meeting

at The Joinery 111 Franklin St Adelaide

10.30am Business Meeting (See enclosed Agenda)

12.15pm Shared Lunch. Bring vegan food to share (or, if you prefer, bring your own)

1.30pm Speaker: Ravi Subramanian on

“Diet, Lifestyle and Chronic Disease Prevention”

- ♦ **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 or email VegSA (address below).
- ♦ **VegSA Southern Social Group: Second Saturday each month** at 12.30pm 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 vegus2003@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 28th. Check with Anne: 0466 972 112 or email vegsoesa@gmail.com. Also, at 1pm VegSA Committee meeting. Members welcome to participate (but only Committee members can vote). Bring lunch or food to share.

For other groups' events see P1 and P6.

VegSA would like to thank members who have renewed their membership and also those who have given a donation to the society. These amounts, however small (or large), help to keep the organisation afloat (funding the website, membership of Conservation Council etc) and help to keep membership fees down.

Resources

- ♦ **Animal Liberation SA** (ALSA) conducts demonstrations and campaigns for animal rights and 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 alternate 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. There is 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” that you can hand to any doctor who needs this educational material. This is available from the website where there are also many useful articles. See: www.doctorsfornutrition.org and <https://www.doctorsfornutrition.org/articles/>
- ♦ **South Aussies for Animals** works to improve conditions for animals in SA, including animals in laboratories. Contact: suzanne.pope@gmail.com
- ♦ 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

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