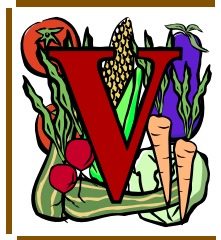


Food for Thought

Vegetarian Society of South Australia Newsletter Issue 3/08 – September 2008

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Facing Up to the Challenge, Facing Up to the 'V' Word

by Aishwarya Babu

Humanity, the environment, health, animal welfare, animal rights. If you care about any or all of these, you should seriously consider becoming a vegetarian. Let me start with the reasons that are not always associated with vegetarianism: humanity and the environment.

Every day, 840 million people around the world, including 200 million children, go hungry. Yet, 40% of the world's harvest is used to feed livestock, not people. What is shocking to consider is that during Ethiopia's last big famine, the country was forced to export desperately needed soy to Europe to feed farm animals. The same happened in Somalia's famine during the early 1990s. Think, if all this produce was used to feed people straight away instead of being fed through animals, how many millions of people would not have to starve each day?

When thought about logically, we see that there is just no logic in meat. You take crops like soy, oats, corn or wheat, which are all high in fibre and complex carbohydrates but without cholesterol and artery-clogging saturated fat. You then feed it to an animal and create something with no fibre or complex carbohydrates at all, but with lots of cholesterol and saturated fat. It's quite like running pure water through a filthy sewer system and then drinking it, isn't it?

Raising animals for food is simply much less efficient than growing vegetables, grain or beans. For example, a cow grazing on one acre of land produces enough meat to sustain a person for two and a half months, but soybeans grown on that same acre of land would nourish a person for seven years. This brings me to another reason to be a vegetarian; care for the environment.

I Separate My Plastics and Perishables...

Most of us try to be 'green' in our daily lives; we separate our plastics and perishables, we try to conserve energy and gas, and many of us have participated in tree planting to make our cars carbon neutral. If you sit down at the end of the day thinking that you've done your little bit to make the world a better place, but have chicken, pork, beef or fish for

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(This article is from the 2005 Commemorative Publication for the 80th Birthday of Satya Sai Baba by the Sri Sathya Sai Organisation of Australia and Papua New Guinea. Sathya Sai Baba respects all religions and does not attempt to convert any one. His teachings reflect his Hindu background which includes respect for all life and vegetarian living. We have received permission to print it in 'Food for Thought'. Although VegSA is not aligned with any particular religious group the article represents an excellent summary of "Why be Vegetarian?").

Ed.



Society News

SOUTH INDIAN FEAST on July 12th was very much enjoyed by a larger than predicted crowd. Thanks to Ravi for all his hard work and to Venkatesh Ganiger of Indian Grocery Town (761 Marion Road Ascot Park) and his family who went out of their way to provide the kitchen and a helping hand. The food might have seemed unusual to some but it seemed everyone enjoyed the atmosphere and the chance to meet old and new friends.

UP-COMING EVENTS

As last year October and November will be busy months for members of VegSA and related organisations starting with:

♦ **National Vegetarian Week: Sun Sept 25th–Sat Oct 5th** which is again being organised by Australian Vegetarian Society (NSW) with Sanitarium as major sponsor. The main thrust will be to promote cruelty free diets and lifestyle through the media. You can expect to see some adverts on commercial TV. VegSA will be contacting newspapers and radio stations to encourage their interest. If you would like to be involved or have suggestions, contacts, etc. please phone or e-mail VegSA.

♦ **Kindness to Animals Week:** VegSA will celebrate by participating in the 'Procession for the Animals' on **Friday 4th October**. This is an annual event organised by SA Federation of Animal Societies, aiming to draw public attention to Kindness to Animals Week, observed in a number of countries. Come and join members from several organisations as we highlight the need for better treatment for animals. SAFAS have available placards to carry and posters for cars - covering a range of issues. Walkers and drivers both welcome. The procession which is always orderly is held with the approval of the Adelaide City Council and is escorted by the Police, who determine the route. Walkers are requested to assemble in Hindmarsh Square opposite the RAA by 12.30pm, drivers one hour earlier to collect and mount poster. If bringing your own placards or if driving please contact the organizer on 8370 8539 as soon as possible, especially as parking spaces are pre-booked for the event.

♦ **Vegan Lunch at Bamboo Hut, 10/69 Gawler St Mt Barker Sat. Oct. 11th 12-2.30pm**
Come to Bamboo Talk Vegetarian and Vegan Cafe on October 11th. \$20 lunch (\$12 children) consisting of: Entrée – Spring Rolls and Cold Rolls, Main course - Self-serve Fried Rice, Bamboo Talk Curry, Sweet & Sour Vegetarian Pork (soy based), Rice and Tom Yum Egg Plant. Hot drinks and juice for children are also included. Ice-cream will be available for the children. Gawler Street is the 'historic street' of Mt Barker. It is a one way street. Bamboo Talk is in the lower section of the street on the left hand side at the Sale Yard Corner. Car parking is available in front and at the side of the Cafe. During lunch Sharon Lim will give a brief talk about her Cafe.



Lunch will be followed at 2.30pm by a **walk around Laratinga Wetlands**, Bald Hills Rd, with a member from **Birds S.A.** Over 60 species of birds use the wetlands as home and Laratinga is now a well known tourist attraction – proving that a beautiful environment can be created from a sewage farm! The walk is 2 kms long and will take about one hour (a shorter walk is available) Laratinga is located on the western edge of the Mt Barker township. For further information or if coming for walk only phone Alice on 8568 5181

Bookings with payment for lunch are essential (by Friday October 3rd) – a booking form is included with this Newsletter

Acknowledgements

Editor: Anne Sanders

Layout/Editorial: Pam Marshall

Mail-out: Committee

Disclaimer: *Opinions expressed in Food for Thought are those of the authors and not necessarily those of the Vegetarian Society of SA.*

Many Thanks to Chris Pyne (MP) office for photocopying

Facing Up to the Challenge, Facing Up to the 'V' Word (from page 1)

dinner, you have another thing coming because no one on a non-vegetarian diet can call themselves a true environmentalist. You might say, as far as the environment is concerned, eating meat is like driving a huge four-wheel drive, being a vegetarian is like driving a mid-sized car, and being a vegan is like cycling or walking instead.

Every year, factory farms produce billions of tonnes of animal waste; hundreds of times more than humans produce. Unfortunately, much of this waste ends up in our rivers and streams. Factory farming pollutes waterways across the globe more than all industrial sources combined.

Raising animals for food is also taking its toll on the world's forests. In some parts of the world, overgrazing of animals is what has caused the destruction of up to 85% of forest.

In highly industrialised countries like the United States, one-third of all the fossil fuels produced are used to raise animals for food, and this is a conservative figure. If all this energy is being used, all these fossil fuels are being burned, and all this manure is being produced, of course we are talking about serious air pollution!

Basically, our meat addiction is steadily poisoning and depleting our clean water, arable land and fresh air. In fact, raising animals for food requires more water than all other uses of water combined, and causes more water pollution than any other activity.

Does all this not make us hypocrites to claim we are living as environmentally friendly as possible, yet include meat in our diets? I think we all know the answer now.

"If slaughterhouses had glass walls, everyone would be a vegetarian"

(Paul McCartney)

What About Our Canines?

What is more, a diet inclusive of meat is by far the least healthy for us. To be frank, meat products are making people sick. They are ruining our later years and killing us. Dr T Colin Campbell, director of the world renowned 'China Project' (a long-term study of the relationship between diet and health) has said; 'The vast majority, perhaps 80 to 90 percent, of all cancers, cardiovascular diseases, and other forms of degenerative illness can be prevented, at least until very old age, simply by adopting a plant based diet.' In study upon study, the consumption of animal foods has been linked with heart disease, stroke, cancer, diabetes, arthritis, and other illnesses.

The ignorant may point to their teeth and mention something about 'canines' in defence of their right to eat meat. Isn't it funny how otherwise intelligent people can be so fixated on their sensory desires to the point that they delude themselves and make such obviously flawed points? Unlike carnivores, we *don't* have a jaw full of dagger-like teeth, we *don't* rip and swallow, we *don't* salivate at the sight of a dead carcass, we *don't* have relatively

continued overleaf...



SECOND VEGAN FESTIVAL IN ADELAIDE

Sunday 16th November 10am-6pm

Glenelg Primary School. Corner of Diagonal & Brighton Rds

- Live music, dance performances, cooking demos, activities for children, guest speakers, local art display, dance workshops and yoga classes
- Over 40 stalls
- Wheel-chair access, pet-friendly, smoke-free venue
- Admission (gold coin donation). Goodie bags available for first 500 visitors (\$3 donation)
- For further information please contact Kas Ward, Event Coordinator, Ph: 8322-9031, Mob: 0407-061-657, e-mail: kas@veganfestival.info

(Volunteers needed to help prior to the festival and on the day. See contact details above).

ASSISTANCE WITH FUNDRAISING FOR THE VEGAN FESTIVAL: If anyone is able to assist by selling raffle tickets, please contact Jaimi on jaimi@veganfestival.info or 0419031979. Please note that Jaimi works full-time, so if you call please leave a message she will get back to you as soon as she can. Your help will be very much appreciated.

Facing Up to the Challenge, Facing Up to the 'V' Word (from page 3)

short intestinal tracts for quick elimination of rotting flesh; for these reasons and hundreds more it is clear to see that we simply aren't cut out for a non-vegetarian diet. Notice how carnivores never develop atherosclerosis, no matter how much saturated fat they consume. and yet this disease kills almost as many human beings in the industrialised world as all other causes of death combined. If the distinction between us and them is not clear, someone must have really pulled the wool over your eyes.

A vegetarian diet will leave you happier, healthier and living an ultimately longer, fairly disease-free life. The suggested cholesterol level for a human to be 'heart attack proof' is below 150, but the average vegan's cholesterol count level is only 133. Compare this to the average meat-eater's cholesterol count level: 210.

The same is true for cancer. As much cancer is caused by diet as is caused by smoking, which is a lot! According to Dr. Campbell, 'no chemical carcinogen is nearly so important in causing human cancer as animal protein.'

If you aren't vegetarian. I'm sure you're wondering how you will get iron if you were to become vegetarian. The truth of the matter is, all your necessary iron and protein can be gotten from a fairly standard vegetarian and even vegan diet. In fact, quite recently I gave blood for the first time. Those that have done so will know before you go to give blood each time, you must first do the 'prick test' to make sure you have enough iron in your blood. What do you know, I was informed I had much more than even the average iron levels, and I have a vegetarian diet. This is only testament to the fact that vegetarians are in no way iron or protein deficient! A usual, balanced diet without the meat will not only provide you with all your essentials, but will be manifold times healthier than a non-vegetarian diet.

Would You Eat Your Pet?

I have no doubt given you ample environmental, humanitarian and health reasons to become a vegetarian, but now probably the most important reason is this: animal welfare. Every single person who consumes the flesh of another creature is responsible for the torture and death of thousands of animals. And it does not stop at just eating meat; if you wear animal products like fur or leather, go to animal circuses or buy products from companies that experiment on animals, the blood is on your hands.

Deep down, we all know this. No human being with any intelligence to speak of can pretend they don't know where the patty in their Big Mac comes from, yet we fool ourselves by pretending we don't, by ignoring the problem. Well wake up and smell the roses, because sticking your head in the sand will not make the problem go away. As Elie Wiesel once said, *'the opposite of love is not hate, it is indifference,'* and it is society's indifference or apathy to the plight of billions of animals around the world that is to blame.

So let me open your eyes. Animals on factory farms are treated like machines. Farmed animals experience horrific abuses that would be illegal if they were inflicted on dogs or cats: neglect, mutilations, genetic manipulation, and drug regimens that cause chronic pain and crippling, transport through all weather extremes, and inhumane slaughter. But if this is not acceptable for our domestic animals, why farm animals?

Chickens and turkeys raised for meat are kept in huge, overcrowded, putrid sheds. They're bred to grow so big that they develop painful bone and joint conditions and can barely move. Not that they would be able to anyway, as they are packed into spaces the size of file drawers, eight at a time. Most egg laying hens suffer a similar fate; they are put in highly artificial environments to further increase egg laying rates. They have their beaks sawn off with a hot blade (and often their tongues and faces are mutilated in the process) without pain killers so they do not peck themselves to death. They are fed antibiotics and hormones to make them produce larger eggs, more often. Throughout their lives they will never see daylight, grass or even touch their feet to the ground.

Cattle fattened up for slaughter are branded, often several times, have their horns and testicles cut out, all without painkillers. They are also confined to very small spaces in which they cannot even turn around, are transported in all manners of extreme weather conditions and with no food or water to slaughterhouses, where they have their limbs

hacked off, throats slit, skin ripped off their bodies, while still fully conscious and screaming in pain.

Pigs on factory farms spend their entire lives on concrete floors in crowded pens. Like most farmed animals they are drugged and bred to make them grow so fast that those that don't die from the sheer stress that such rapid growth puts on their hearts, can barely walk. Piglets get their teeth sawed in half and tails cut off, once again without painkillers. This is of course so that they are unable to fight and bite each other out of sheer stress, while they are being raised to die. In slaughterhouses, they too are fully conscious while their ears and tails are mutilated, while they are put into scalding water to remove hair and even electrocuted. What is most shocking is that all I have described so far is not only fact, but it is routine. This is the norm; even more extreme cases exist.

Slaughterhouses are not the only places in which unspeakable cruelty to animals is commonplace. On fur farms in Asia, foxes, rabbits and other animals are skinned alive for their hides. SKINNED ALIVE. Others have their necks snapped or their skulls bashed in while fully conscious. Right here in Australia, in a barbaric process called 'mulesing' sheep kept for merino wool have their rumps sliced off with no sedation whatsoever. Why? Originally this was done to prevent maggots from breeding under the tails of sheep, however as one can imagine a gaping wound does not do much to solve the problem, and indeed just as many if not more sheep die from the effects of mulesing than those that would die otherwise. Most Australian farmers now only conduct mulesing for tradition's sake; even they agree the process has no real benefit to the animals. Indeed, the exact opposite is true. Yet the practice continues.

It should not be very hard for us to agree that what we are doing to animals around the world by supporting such practices is wrong. Animals are God's creatures too. They suffer and feel pain just like you and I; they are social, intelligent and maternal. They have their own language, they reason, they dream and they are loyal. Countless studies around the world have proven all of these things. We may all be all be savvy with other forms of prejudice, from sexism to racism, but prejudice against animals is totally overlooked. Those of us that are already vegetarian or vegan may think they have already done their part, but the fact is there is still so much we must do before cruelty to animals ceases to exist.

'The World is a dangerous place to live, not because of the people who are evil, but because of the people who don 't do anything about it'

Albert Einstein

It is by far time that we take action against animal cruelty, and vegetarianism is the most logical first step. What we must all realize is that these things only continue because of our support; the choice is in our hands. Even small changes can make a big difference, be it buying free range eggs, opting for 'pleather' instead of leather or just supporting campaigns against animal cruelty. We can all do our part.

'Many' people have to kill the animals because of your non-vegetarianism. You are responsible for the death of those animals. They are killed because you eat them. This is a sin. What a sin to kill innocent animals and eat them..'

Sai Bab

(Article has been shortened slightly – for a full copy please send stamped addressed envelope to VegSA marked "Satya Sai Article". You can copy the article if you want for others (please acknowledge the source). Copies will be available at the Vegan Festival).



FEARNSIDE FAMILY'S FAVOURITES - 15 simple vegan recipes. Produced by her children and grand-children to celebrate Mick/Emma's 100th birthday in May 2008, this little book contains dishes used to celebrate family functions. From fresh lemonade to vegan lasagne all are very straight forward. An ideal present for a vegan friend. Cost: \$3 (plus \$1 postage for 1 to 3 copies/\$1.50 for 3 to 6 copies). Send cheque or amount in 50c stamps to VegSA. Proceeds from sale donated to VegSA funds.



IN THE MEDIA

♦ MOBILE PHONES, SLEEP AND HEADACHES

From Personal Health Solutions e-mail newsletter "NaturalNews"

Extended exposure to the radiation of a mobile phone, even when not in use, can cause headaches and disrupt the body's ability to enter deep sleep, according to a study conducted by researchers from Wayne State University in the United States and the Karolinska Institute in Sweden, and published in the peer-reviewed online journal *Progress in Electromagnetics Research Symposium*.

Researchers conducted an experiment on 36 women and 35 men, of whom 22 and 16, respectively, had previously reported symptoms that they blamed on use of mobile phones. The remaining 33 participants had not reported any symptoms.

All participants were screened carefully by doctors to make sure that they had no underlying medical condition that might interfere with the results. They were all recruited specifically for the current study. During two different sessions, the participants were exposed either to real or sham radiation for three hours, but were not told which they had been exposed to. The radiation was equivalent to that emitted by a mobile phone, giving an average exposure of 1.4 Watts per kilogram. It included simulations of a phone being both in use and inactive but still turned on. Researchers collected data on the participants before, during and after each exposure.

Upon questioning after the exposure, neither the radiation nor the control group was able to guess which group they were in any more accurately than by chance.

Participants took longer to reach stage 3 sleep when exposed to radiation than when exposed to sham radiation, and stayed in stage 4 sleep for a shorter time. These stages of deep sleep are believed to play an important role in helping the body recover from everyday stresses. Participants who had not previously reported any symptoms were also more likely to report experiencing headaches while being exposed to real radiation than to sham radiation.

♦ THE MISSING LINK IN THE GARNAUT REPORT

In an article in the Melbourne Age July 10, 2008 Geoff Russell, Peter Singer and Barry Brook point out that PROFESSOR Ross Garnaut has managed to write a 548-report on climate change in which he mentions Australia's largest current contribution to climate change precisely once - in the glossary, where we find a definition of "enteric fermentation". They argue that the real climate change culprit is methane gas from cows and sheep and that Prof Garnaut has completely miscalculated this effect. Geoff Russell (of Animal Liberation) is a mathematician and computer programmer. Peter Singer is Professor of bioethics at Princeton University and Laureate Professor at the University of Melbourne. Barry Brook is Sir Hubert Wilkins professor of climate change at the University of Adelaide. To follow the whole analysis read the article on: <http://www.theage.com.au/opinion/the-missing-link-in-the-garnaut-report-20080709-3cjh.html?page=-1>



Book Review

♦ SKINNY BITCH IN THE KITCH By Rory Freedman and Kim Bardnour.

Publisher: Running Press, London. Printed in Australia by Griffin Press.

Cost \$22.95 at Cosmic Pages (may need to be ordered)

Original, healthy, practical and TOTALLY VEGAN, the kind of recipes you would like to give to any one setting out in the kitchen, male or female (although definitely feminist orientated). Uses international cuisine with some innovative twists to old favourites (Try Tofu Ricotta or Waldorf Wheat Berry Salad). As it is intended to help people adapt from more conventional to healthier and more ethical eating there are a number of recipes using meat substitutes. Easy to follow with a Comprehensive index and useful conversion tables
WARNING: contains strong language, might not be suitable for your 10 yr old niece.



Products on the Market

♦ Vegetarian Glucosamine 750mg capsules from 'Golden Glow'

May help to reduce joint inflammation associated with osteoarthritis and improve joint mobility. Helps maintain the structure and function of healthy cartilage in the joints. Effective aid in the management of osteoarthritis and may temporarily relieve joint pain, may help to repair and rebuild damaged cartilage and help to reduce joint swelling. Each capsule contains: Glucosamine Hydrochloride (derived from *Aspergillus niger*). No added yeast, gluten, lactose, artificial flavours, colours, sweeteners or preservatives **or ingredients of animal origin**. Cost: 1 bottle (90 capsules) \$19.90 or 2 bottles (180 capsules) \$38.90. Usual dosage: Adults: two capsules daily with food

'Golden Glow' is a mail order company selling mainly of supplements. Postage costs: \$3.50 whatever the quantity ordered. Orders leave promptly if received before 5pm EST. For free catalogue or phone orders 1300 36 36 56 or see www.goldenglow.com.au. (All suitable items are marked "V" in the catalogue to indicate no animal derived content).

♦ **Vegan Glucosamine Powder:** MELROSE produces vegan Glucosamine powder that some VegSA members have found useful in dealing with joint pain. It is available in health food shops for around \$29 for 150gr. Take 1.5gr once or twice daily. For details contact: Melrose Laboratories, 4 Redland Dr Mitcham Vic 3032 ph 03 98747800 www.melrosehealth.com.au Both Golden Glow and Melrose give free naturopathic/nutritional advice that can be accessed via their phone numbers.



Vegetarian Cooking Classes

♦ ANIMAL LIBERATION SA*: "COMPASSIONATE COOKING" DEMO

Di Cornelius and her team are presenting a series of vegan cooking demonstrations at *A.L.S.A. Office, 19 Green St Brompton 1 - 4 pm \$5.00 p/p

Sunday 21st September: Refreshing "Recipes For Warmer Days": Summer Soups, Salads and Deserts. **Sunday 23rd November: "Cooking For The Festive Season,"** share a cruelty free Christmas with your family and friends.

To register contact Di on 8296 3803 or diphilcorn@gmail.com

♦ COOKING UP A STORM

Natalie Playford of 'Cooking up a Storm' offers private vegetarian cooking classes, 4 different classes for WEA, seasonal gourmet Vegetarian classes at Willunga and 3 weeks courses at Cancer Care Centre. Check her website: www.cookingupastorm.com.au for details or phone 8386 1672 or 0403 555 011

♦ LEARN TO COOK FROM THE MASTER CHEF RAVI

Exotic & delicious cuisine of South India. Vegan & vegetarian food from a timeless culture For details and/or to register your interest for next batch e-mail: ozravis@yahoo.com.au

♦ **SEVENTH DAY ADVENTIST CHURCH**, Birdwood is holding a series of vegetarian cooking demonstrations. Next session in October will be "Budget Cooking". For details and bookings phone Judy Zilm on 8568 5130

The Black Cockatoo Arthouse

1 Park St, McLaren Vale SA 5171

Art Gallery - Studios - Revoluta Bookshop - Three Feathers Film Club

Open Fridays & Saturdays 10-4pm, Sundays 11-5pm Ph: 8323 9294

www.blackcockatooarthouse.blogspot.com/ email: blackcockatooarthouse@gmail.com

*For those who can get to McLaren Vale on a weekday evening Black Cockatoo Arthouse is showing a series of interesting "informative" films focusing on social or environmental issues each followed by **vegan supper**. Recent film offered for viewing: "Who Killed the Electric Car" - a new series of films are planned.*

Cost for film and supper are reasonable. Contact the organisers for details



-VegSA- DIARY DATES

Reminder: Vegan Festival FUND-RAISING QUIZ NIGHT!

Saturday, 13th September 6:30 for 7pm to 10pm

North Adelaide Community Centre Main Hall (behind library),
176 Tynte Street. **NOW BOOKED OUT!**

'SA Federation of Animal Societies' Parade For The Animals

Friday October 4th Meet Hindmarsh Square South West, opp. RAA

Drivers assemble by 11.30. Walkers: 12.30. Leaving 1.00 pm - returning to the Square by 2.00 pm

For further information, and if driving, contact SAFAS phone 8370 8539

(More information on page 2)

Lunch at 'Bamboo Talk' 10/69 Gawler St, Mt Barker

Saturday October 11th, 12noon

Entrée, main courses & tea/coffee: Adult \$20/Child (under12) \$12

Bookings with payment to VegSA by Friday October 3rd

(More information on page 2. Booking form included with Newsletter)

VEGAN FESTIVAL

Sunday November 16th 10am-6pm

Glenelg Primary School entry gold coin, lots of great vegan stuff to buy.

Food and products stalls, cooking demos, live entertainment, kids area etc, close to bus and tram, ample road side parking. **Come for the day, bring family and friends,**

SPREAD THE WORD! www.veganfestival.info *(More information on page 3)*

SOUTHERN VEGETARIAN SOCIAL GROUP

2nd Sat. monthly from 12 noon, Great Nature 3/48 Beach Rd Christies Bch

No booking needed but check info with Su on 83261062 vegsu2003@yahoo.com.au

ADELAIDE VEGAN GET-TOGETHER

1st and 3rd Fridays each month at different Adelaide Eateries

Bookings essential. Please contact John at jbrasted@internode.on.net

Or join Adelaide Vegans yahoo group via <http://adelaidevegans.org>

NATURAL HEALTH SOCIETY (SA)

1st Tuesday each month 7.30pm meeting and lecture

at Unley Citizens Centre 18 Arthur Street Unley

For more info: Secretary, 8277 7207 website: www.naturalhealthsa.com.au

Oct 7th: DVD - **Dealing with the Subject of GM organisms**

Nov 4th: Dr Liang Z Chem: **An introduction to Chinese Herbal Medicine and Accupuncture**

**NOTE: VEGAN-FRIENDLY EVENTS IN SOUTH AUSTRALIA ARE NOW ON THE
CALENDAR at www.veganfestival.info**



VegSA PO Box 311 Kent Town 5071 ph 8260 2778

www.vegsa.org.au vegsocsa@gmail.com