

# Food for Thought

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

## Newsletter

**Issue 3/12 – September 2012**

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In

the Media:



### **Animal research provides a flawed model.**

### **So why not stop?**

The Conversation 6 August 2012

*Author Monika Merkes": Honorary Associate, Australian Institute for Primary  
Care & Ageing at La Trobe University*

*Recently, a group of scientists wrote an open letter in The Lancet (addressed to the UK prime minister and health secretary) pointing out that more than 90% of new drugs fail in clinical trials. Much of the research involving the development of new drugs still uses animals. Apart from moral questions about inflicting pain and death on animals for the purpose of medical research, there are an increasing number of questions about the suitability of using laboratory animals for research into human diseases and drug testing.*

The authors of the letter say part of the reason for this is the reliance on animal testing to predict drug behaviour in people. They claim that animal tests do this with the same probability as the toss of a coin. And they suggest that animal research be replaced with promising new technologies that increase clinical predictability as well as improving efficiency and cost. Other researchers have voiced similar concerns. An expert scientific group on phase one (screening for safety) clinical trials in the United Kingdom concluded that pre-clinical animal studies may not reproduce the intended pharmacological effect, may give misleading results and, most significantly, may not reflect toxicity in humans. Penicillin may not have seen the light of day if it had been tested in guinea pigs because it's fatal to them. In fact, this antibiotic stayed on the shelf for over a decade because it was not effective in the rabbits on which it had been tested.

While humans and other animals have biological and physiological similarities, differences at the molecular and cellular levels can result in different responses to drugs. The thalidomide tragedy of the late 1950s and early 1960s is a well-known example for the inappropriateness of animal research. Thalidomide had been tested on several animal species and found to be safe, even in large doses. Yet thousands of children worldwide were born with missing or shortened limbs after their mothers took the drug for morning sickness. The website of Humane Research Australia lists over 60 drugs, including thalidomide, that have been "successfully" tested on animals, but are toxic to humans (and rather paradoxically) animal testing was made mandatory by drug regulators after the thalidomide tragedy.



*cont'd page 4*



In the last 3 months, thanks to Su, Anthony and Corin and our Vegewise coordinators Pam and Joy, VegSA has enjoyed a wide range of events at different eateries in and around Adelaide. Some highlights were the visits to The Green Room at Willunga (see photo) and Let Them Eat at Croydon. Vegewise has continued to explore new ground (including Lime Shack at Port Adelaide and Wilson's Vegetarian Café in the City) and has plans for continuing the exploration this coming quarter.



## ◆ 60<sup>th</sup> Anniversary Celebration Lunch

We are now into what is usually a very busy time event-wise. In addition to our regular monthly get togethers we are celebrating our **60<sup>th</sup> Anniversary Celebration Lunch** at the North Adelaide Community Centre on October 7 which will include a 3 course (or equivalent) vegan meal and birthday cake. We are looking forward to seeing a number of our older and longstanding members and hope you will enjoy a review of our newsletter/magazine from the early '60s to the present day. See details on Diary Dates (page 8) and enclosed flier with booking form.

## ◆ World Vegan Day Adelaide

On November 18<sup>th</sup>. VegSA will participate in **World Vegan Day Adelaide** - as the organisers of the last four Festivals will not be available this year there will be no Vegan Festival in Adelaide in 2012. However, rather than let this important day go unnoticed a few members of Adelaide Vegans are planning a fun day to be enjoyed by vegans, aspiring vegans and others. If you are interested in a cruelty free life style please try to come along. Please pass this on to others who may be interested. See Diary Dates for details.

## ◆ In the VegSA Library

*The VegSA library contains some very interesting material both ancient and modern. It is interesting to see how ideas in many of the older books are still relevant today. VegSA members can borrow from the collection of books and DVDs for one month with the option of extension if the item is not required by another member. Contact VegSA for list of books etc. and arrange a pick up/drop off location. Here is a couple of recent additions.*

## Book Review: **The 80/10/10 Diet**

*By Dr Douglas N Graham 2006. Publisher: FoodnSport Press, Key Largs USA)*

*We've had the Low Fat/High Carb and the High Fat/Low Carb Diets and the High Protein diets. Now we have the 80/10/10 diet.*

Here Dr Graham suggests that the human diet should be based on 80% carbohydrates, 10% protein and 10% fat and that the optimum source of this nutrition is raw fruit (plus some soft green leaves for extra minerals). Although he suggests that the best fruit and veges are produced on soil nourished from veganic compost (rather than from organic fertilizers including animal matter) he thinks it better we eat non-organic raw food rather than cooked organic fruit and veges. A diet of raw fruit contains a large proportion of water and fibre, which means it is necessary to eat a large quantity in order to obtain sufficient calories. The books' seasonal daily diet plans typically suggest about 8lb fruit and 1/2lb veg (lettuce, cucumber, cabbage) per day - which is quite a lot to afford! The 80/10/10 book should be of interest to any one on, or attempting, a raw vegan diet, and other very useful information for the general reader. An interesting read!

Price: \$42.95 from New Dimensions (TS ) Bookshop, 310 South Terrace Adelaide.

Ph 8223 4977. Open weekdays 10am – 6pm, Sat and Sun 10am – 4pm

## Book Review **THE COMPLETE FAMILY VEGETARIAN DIET**

*Matthew Steele: Methuen Haynes, North Ryde Aus, 1996*

Matthew Steele is a naturopath who suffered a serious accident. Although this book was published in 1996 what it has to say is very much up to date and relevant to today. In addition to general health it deals with specific conditions: cancer, diabetes, blood pressure, etc. A very practical book with straightforward explanations of how the body works and how we can work with it to improve health. It would be a good resource to have on hand as a reference. Unfortunately it seems to be out of print, but is available for loan to members of VegSA.

### ♦ **VegSA Member Profile:** **JEANETTE CASEY**

*Jeanette is a qualified naturopath specialising in Nutrition and Herbal Medicine. She writes:*

"At the age of 10 I became a vegetarian and developed a subsequent interest in nutrition and a healthy lifestyle throughout my teenage years leading on to studying Naturopathy.

After graduating with a Diploma of Naturopathy specialising in Nutrition and Herbal Medicine, I completed a post grad Diploma in Integrated Iridology. I combine this with Live Blood

Analysis which I perform at each consultation. The Live Blood Analysis enables the client to see their actual blood cells on a screen enabling the effect of diet and lifestyle to be seen at a cellular level. There are over 50 different signs which may be seen in a sample and it is particularly useful for assessing the nutritional status of each person.

I treat a wide range of health conditions from hormonal imbalances, immune system conditions, digestive disorders, skin, migraines, stress management, to those who just want to stay well and ensure they are doing the best nutritionally and lifestyle wise for their individual circumstances. My patients range from a few months old to 90 + yrs and I enjoy assisting them in embracing a healthy lifestyle and diet, and find it particularly rewarding assisting those who choose a vegan / vegetarian diet to ensure it is done in a balanced, nourishing manner. I have a special focus on raw and fermented foods.

As well as nutrition and herbal remedies I also use Australian Bush Flower Essences as it is important to treat the body, mind and soul for optimum results. I specialise in Fertility management, having recently completed a course in Sydney with Australia's leading fertility experts, and am looking forward to integrating this knowledge into my practice."

*Practice locations: 967 South Rd, Melrose Park 0412 107 088 7225 2067  
and Suite 1, 101- 103 Rowley Rd, Aldinga Beach, 8557 8300 0412 107 088*



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*Attention Vegsa members:*

### **More Profiles Wanted**



We would like to follow up with more profiles. Do you run a business related to health, animal welfare or the environment? VegSA would like to hear from you. Email [vegsocsa@gmail.com](mailto:vegsocsa@gmail.com) or phone editor on 83902314



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# In the Media

## Animal research provides a flawed model. So why not stop?

(continued from page 1)

In their book "Sacred cows and golden geese" Ray Greek and Jean Swingle Greek write that they could not find instances of advances that could be credited to the animal model despite searches of medical literature. Most drug advances are due to clinical observations by doctors and nurses on their human patients. Humane Research Australia provides a fact sheet with a range of alternatives to animal-based research. They include: a greater focus on prevention, epidemiology (the study of human populations), autopsies, in vitro research (using tissue and cell cultures) and computer modelling.

**Genomics** (the study of the chromosomes of an organism), **proteomics** (study of proteins, particularly their structures and functions), **nanotechnology**, **phage display** (a method of quickly evaluating a huge range of potentially useful antibodies and then producing large quantities of the selected ones) and **microfluidic chips** (silicon microelectronics), are all new technology alternatives to animal testing that are worth considering.

Human organs on a chip, described as "cutting tiny grooves into silicon and plastic substrates, introducing living cells into the spaces, and hoping the end result will mimic a particular biological system, like a human organ", are reportedly close to practical application. The aim of this research is not to make replacement organs for transplant, but to replicate an organ's functions to make the chips useful in testing substances for toxic and therapeutic effects. Organs on a chip have so far been developed for the human lung and intestine. And this technology could help shorten the time it takes for new treatments to move to human testing and approval for general use.

ABC's 7.30 Report looked at a supercomputer in Melbourne. Professor Peter Taylor, the Director of the Victorian Life Science Computation Initiative at the University of Melbourne said, "One could imagine that if our ability to model how, say, drugs interact with their targets and how they affect an organism as a whole, then *we could basically avoid any sort of animal testing*. We could do it all in silica, if you like, in the computer. In the United States, the National Institutes of Health recently suspended all new grants for biomedical and behavioural research on chimpanzees after an expert committee concluded that most such research was unnecessary. And the US National Research Council recommends animal-based tests be replaced as soon as possible with human cell-based assays, in silico (computer) models, and an increased emphasis on epidemiology.

\*<http://www.thelancet.com/journals/lancet/article/PIIS0140-6736%2811%2960802-7/fulltext>  
<http://theconversation.edu.au/animal-research-provides-a-flawed-model-so-why-not-stop->

## ◆ AUSTRALIAN STUDY REASSURES DOCTORS ABOUT VEGETARIAN DIETS

From 'Adelaide Now' June 4 2012

Australian doctors are being assured their patients will benefit if they adopt a diet that's free of meat. An Australian-first scientific research review, published June 4 in the Medical Journal of Australia (MJA), has found vegetarians receive more health benefits than risks from their plant-based diet. The MJA supplement examined deficiencies traditionally thought to affect those who have adopted a vegetarian diet and found they are receiving adequate levels of protein, iron and zinc, and are less likely to suffer from heart disease, colorectal cancer, type 2 diabetes and obesity.

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





## ♦ GM LABELLING INADEQUATE IN AUSTRALIA

From True Food Network <http://www.truefood.org.au/newsandevents/?news156>

A poll published by Australia's National University recently revealed that 96% of Australians would prefer genetically modified (GM) foods labeled.

**What's currently GM labelled and what's not?** In Australia, only a small portion of foods containing GM components is labelled. The law does not require manufacturers to label the GM content in:

- Highly refined foods (cooking oils, margarines, sugars etc), which covers most processed foods
- Foods made at bakeries, restaurants and takeaway stores
- Animal products (meat, milk, eggs) from animals that have been fed GM feed.

Even the implementation of this unsatisfactory law is lacking. In 2010, state government health agencies admitted they hadn't done any testing within the previous five years to check for food company compliance with labeling.

**YOU CAN TAKE ACTION:** Email new Health Minister Tanya Plibersek and let her know that 96% of Australians want GM products labelled - that includes closing the loopholes.

email: [Minister.Plibersek@health.gov.au](mailto:Minister.Plibersek@health.gov.au)

## ♦ TRIPLE CHEMICAL RESISTANT GM SOY IN OUR FOOD?

FSANZ (Food Standards Australia New Zealand) has recently sent out a notification regarding a type of GM soy which is tolerant to 2,4-D, glufosinate ammonium, and glyphosate. This variety of GM soy has been engineered to withstand spraying of all three of these chemicals. With current labeling laws, if FSANZ approves this GM soy for use in the Australian market, we will be unable to determine which foods contain it.

Find out more at <http://www.foodstandards.gov.au>

## ♦ ANTHOCYANIN INTAKE DECREASES TYPE 2 DIABETES RISK

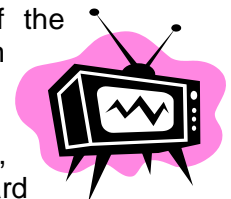
A newly published study suggests that consumption of anthocyanins, a type of antioxidant found in darkly pigmented plant foods such as berries, plums, and eggplants, significantly decreases the risk of developing type 2 diabetes. This study examined the diets of over 200,000 American men and women who were part of the Nurses' Health Study and Health Professionals Follow-Up Study. Diets were evaluated for multiple classes of antioxidants including anthocyanins, flavanols, flavones, and others. Researchers then looked at who developed type 2 diabetes based on the amounts of antioxidants consumed. They discovered that consuming anthocyanin-rich fruits decreased diabetes risk; eating more than five servings of apples or pears per week, or two servings of blueberries decreased the risk of developing type 2 diabetes by 23 percent, compared with those who ate these foods less than once per month. The mechanisms for decreased risk are a bit unclear, but it appears anthocyanins can alter genes in a way that improves insulin sensitivity.

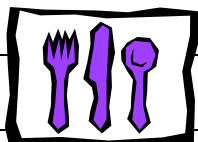
Wedick NM, Pan A, Cassidy A, et al. *Dietary flavonoid intakes and risk of type 2 diabetes in US men and women. Am J Clin Nutr. 2012;95(4):925-933* (PCRM report July '12)

## ♦ GOOD NEWS FOR RECYCLING OF OLD TVS AND COMPUTERS

A new National Television and Computer Recycling Scheme, part of the Government's new Product Legislation Stewardship legislation, enables South Australian householders and small businesses to drop off unwanted TVs and computer products for recycling free of charge. DHL Supply Chain will operate a free, ongoing recycling service at the Beverley Centre for televisions, computers, and computer products such as printers, keyboards, mice and hard drives. (Other electronic waste, such as mobile phones, is already covered by schemes like the voluntary recycling scheme MobileMuster.) The centre is open Mon to Sat 8am-4pm, Sun 10am-4pm. Address: 2-6 Toogood Ave Beverley, but the Beverley Waste and Recycling Centre is likely to be very busy in the first few weeks! Services under the new scheme will be progressively rolled out across Australia, hopefully boosting television and computer recycling rates to 30 per cent in 2012-13 and 80 per cent by 2021-22.

<http://sustainablecommunitiessa.com/author/ddinali/>





## Eateries Update

**New: MITRAN DA DHABA** (North Indian Vegetarian) 287e Anzac Highway, Plympton. Open daily, except Wednesday, 5pm-midnight. ph 8297 7977 or (Eddy) 0430 316 107 email: mitradadhaba@gmail.com (Vegans catered for).

*Changes:*

**Heaven Field** 283 Gouger St Adelaide ph 70730006 [www.heavenfield.com.au](http://www.heavenfield.com.au)

Change to opening hours: Sat /Sun 11.45am - 9.30pm Now open Fridays 5.30pm - 9.30pm

**Ms Chowki** "An Indian Experience"! 1/490 Main North East Road Blair Athol ph 8349 8506 Now combines with "Fennels" next door and is serving non-veg as well as vegetarian dishes. However the veg and non-veg kitchens are totally separate. There are some lovely looking sweets, but unfortunately all seem to have milk in them.

*Non-veg venue with good veg options:*

**Tandoorie@Light Square** 157 Waymouth St Adelaide ph 8212 1885. Offers larger vegetarian than non-veg menu. Food can be made mild, medium or spicy. For sweets - has great suji halva made with oil not gee. Open daily 11am to late except Sunday 3pm to late. Proprietor is vegetarian.

Translation Service: **VEGAN AND VEGETARIAN RECIPES IN MULTIPLE LANGUAGES**

**Recedemia** - based in Canada - has created a site that has Vegetarian and Vegan recipes in multiple languages: [www.recedemia.com](http://www.recedemia.com). It is based on the same platform as Wikipedia i.e. the public can have input. The vegan section has about 800 versions and the vegetarian section at least twice as many. See: [http://en.recedemia.com/wiki/Category:Vegan\\_Recipes](http://en.recedemia.com/wiki/Category:Vegan_Recipes)  
[http://en.recedemia.com/wiki/Category:Vegetarian\\_Recipes](http://en.recedemia.com/wiki/Category:Vegetarian_Recipes) Recedemia is listed on the Toronto Vegetarian Association website: <http://veg.ca/content/view/175/112/>

**Help Wanted:** VegSA hopes to add Recdemia's 2 websites to the 'LINKS' page on the VegSA website. Our Committee members are hard pressed to keep up with everything and would appreciate help from members to update the Links page. Do you have any favourite sites to recommend?

### Vegan/Vegetarian Cooking Demonstrators Wanted

The Cancer Care Centre has approached VegSA to help provide a series of Vegetarian Cooking Demonstrations. The Cancer Care Centre (not to be confused with the Cancer Council) is an independent organisation that supports people affected by Cancer through information, alternative and complementary therapies, meditation etc.

Cancer Care Centre has for some time been offering vegetarian cooking demonstrations as part of its support for people affected by cancer. In the past these have been run by VegSA member Natalie Playford of Cooking up a Storm and then more recently by Di Cornelius, Animal Liberation's Healthwise vegan cooking demonstrator. Neither of them is able to continue at present and there has been a short lull in what had been a regular activity.

VegSA is not able to offer any one to do a whole series of classes, but is looking for up to half a dozen people who can each manage one or two sessions. The first session planned for Nov 2nd will be a general introduction plus food prepared for lunch. Other sessions could be "Healthy Sweets", "All Vegan", "Going Raw", "Vegan/Vegetarian Christmas" or whatever the cook would like to offer that is healthy. Classes are usually held in the morning of the 1<sup>st</sup> Friday of each month, except January. CCC is not able to pay wages but covers cost of ingredients and travel costs. If you think you would like to help please contact VegSA. We look forward to hearing from you ASAP.





## Products on the Market

### ◆ **Meatless Vegan Jerky:** Teriyaki (and other flavours).

(Net wt. 1.0 oz/28 g). Cost \$3.30 from A Life Abundant 587 Magill Rd Magill ph 8333 3144  
Importer: Primal Spirit Foods Ph:03 04845 1810 [www.primalspiritfoods.com](http://www.primalspiritfoods.com)  
Ingredients: non-gmo vital gluten (wheat protein), water, naturally brewed soy sauce (water, non-gmo soybeans, sea salt), expeller pressed canola oil, licorice root, unrefined evaporated cane juice, sea salt, natural vegetarian spices. no msg added - vegan / kosher, no preservatives. *WARNING: though taste might be a little strange at first, apparently this product can become addictive! It is also very filling.*

### **Soy Cheese and Yoghurt**

*Super hype a few years back turned soy into "the new meat" and due to subsequent excess use, soy has gained a bad reputation. For some people - sensitive to soy - this is probably deserved. But for others, as for all things gastronomical - please consume in moderation. Here are a couple of products that might appeal:*

◆ **Kingland Soy Yogurt** (several flavours) at Goodies and Grains (\*see below) \$3.80 for 250 g. Also pack of 4 mixed flavours at some supermarkets.

Made in Australia by King International, 606 Boundary Rd, Archerfield Qld ph 07 3277 7899.  
Email: [kingintl@kingintl.com.au](mailto:kingintl@kingintl.com.au)

◆ **Kingland Soy Cream Cheese** \$6 for 250g, at A Life Abundant\* (see above) or Goodies and Grains\*\* (see below) and in some super markets - fridge section. Great with soup, on pasta, in lasagna etc

Kingland also makes 'Pureland' products. *"All Kingland and Pureland products are made with soymilk from non-GMO certified organic whole soybeans and are free of hydrogenated oils, gluten, lactose and eggs"* More info: [www.kingintl.com.au](http://www.kingintl.com.au)

Note: VegSA member Yin Keng Fong of Green Valley foods (that supplies Lam Yong products etc to eateries and grocery stores) contacted King International and was assured that all their products are free from animal ingredients. Some products use vegetable oil. It would be worth checking whether that includes palm oil.

*The best kind of soy product is the one you sprout or cook yourself. Organic soy beans cost about \$6.60/kg from \*Goodies and Grains, Shop 22 Central Market Plaza ph 8212 2324 or try Clarence Park Community Coop which is open 10.30 – 12.30 Mon, Tues and Wed (except in school holidays) and Saturday at Clarence Pk Community Centre. Costs \$1 to join!*

**No longer available:** Soyganics' Soy Yogurt and Soylati. Soyganics was recently amalgamated with another company and now the soy products machine has also failed. No more of this product for some time, perhaps forever.

## Up Coming Events

◆ **NATURAL HEALTH SOCIETY (SA):** Meets 7.30pm 1st Tues each month (except Jan) Meeting & lecture at Unley Citizens Centre, 18 Arthur Street Unley. Further information: Secretary 8277 7207. website [www.naturalhealthsa.com](http://www.naturalhealthsa.com) **Oct 2nd** Jane Heard and Jenny Putna: "Accessing your intuition for health and wellbeing". **Nov 6th** Tim Marshall (lecturer and author on organic gardening): "New Organic Gardener". **Dec 4th** Jesse Sleeman: "Herbs and Diet for the prevention and treatment of autoimmune diseases and cancer".

### ◆ **PRACTICAL SUSTAINABILITY IN THE HOME - Free Community Event.**

**Wednesday 10 October 2012 7pm.** Ways to replace consumer products with simple, safe household alternatives to benefit both you and the planet - information, demonstrations. Clarence Park Community Centre (Clarence Room), cnr East Ave and Canterbury Terrace, Black Forest, No bookings necessary. Enquiries: [pam@theshoppe.com.au](mailto:pam@theshoppe.com.au)



# VegSA Diary Dates

## VegSA Dates

### ◆ Upcoming VegSA Events

**Spring Wild Flower Walk** at Montacute. Saturday September 22<sup>nd</sup> 11.00 am (Wear strong walking shoes.). 12.30pm **Shared Vegan Lunch** at Sanders' place. For directions email VegSA or contact Anne: 8390 2314.

**VegSA's 60<sup>th</sup> Birthday lunch** at Nth Adelaide. Sunday October 7<sup>th</sup> – see below

**Lunch at Bliss\*** Saturday October 27<sup>th</sup> 12.30pm 7 Compton St Adelaide.

**Dinner at Katta\*** Saturday November 24<sup>th</sup> 6.30pm 1/467 Fullarton Rd Highgate .....then

**Supper at Eggless\* Dessert Cafe** 162 Goodwood Rd Goodwood

**Lunch at Sarah's Sisters'** Sunday December 15<sup>th</sup> 12.30 117 Semaphore Rd Semaphore

\*Bookings essential by Wednesday afternoon prior to the event: Su: 8326 1062

email: vegsu2003@yahoo.com.au or contact VegSA



### Special Event: VegSA 60th Birthday Celebratory Lunch.

Sunday October 7<sup>th</sup>. 12.15 for 12.30 start. North Adelaide Community Centre  
Tynte St Nth Adelaide Book by Friday September 29 (Please see enclosed flier)

### ◆ Vegewise Group *3rd Tuesday each month - 12 noon (unless otherwise stated) at a vegetarian eatery or one with good veg options. Bookings are essential see below.*

**September 18 - Tandoorie@Light Square** 157 Waymouth St Adelaide

**October 23 - Let Them Eat Vegetarian Cafe:** 18 Elizabeth Street, Croydon.

**November 20 - Montezuma's Mexican Restaurant,** 134 Melbourne Street, Nth Adelaide

Please note: Bookings essential phone 8260 2778 or email pam@theshoppe.com.au

### ◆ Northern Vegetarian Group *Contact Karin 8281 7694 or 0466 972 112,* **Saturday November 3rd** 9am-1pm VegSA Info stall at One Tree Hill Market. Lunch venue to be decided.

### ◆ Southern VegSA Group monthly social get together: **2nd Saturday of the month** from 12 noon. Great Nature 3/48 Beach Rd, Christies Beach. No Booking but check details with Su: 8326 1062 email: vegsu2003@yahoo.com.au

## Other Activities

◆ **ADELAIDE VEGANS:** *Brings vegans together for networking and social gatherings.*  
**Dinner every Friday evening** at various vegetarian restaurants in the Adelaide CBD. Bookings essential for dinners to enable the venue to reserve a table. For details and booking see 'EVENTS' page at: [www.adelaidevegans.org](http://www.adelaidevegans.org) or contact. John: [jbrasted@internode.on.net](mailto:jbrasted@internode.on.net) ph 0428 225 712 or Shane: [swardshane@yahoo.com](mailto:swardshane@yahoo.com) ph 0410 481 290. **Raw Picnic** last Sunday each month (weather permitting) except Dec. Adelaide Botanic Garden ph Morgaine 04355 19477.

◆ **WORLD VEGAN DAY ADELAIDE.** Sunday November 18<sup>th</sup> Adelaide Vegans invites all interested in a humane lifestyle to celebrate. Fun, food and information. 10am-3pm at Hillcrest Community Centre, Queensbough Ave Hillcrest. For further info call Anne on 8390 2314 or email Liv: [olivia.pilla@gmail.com](mailto:olivia.pilla@gmail.com). Also see Events and Forum on [www.adelaidevegans.org](http://www.adelaidevegans.org)

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