



Food for Thought

Vegetarian & Vegan Society (VegSA) Inc.

Newsletter

Issue 3/14 – September 2014

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Handy Tips!

How to save loads of money while still eating organic, non-GMO foods!

1) Buy organic food ingredients in bulk

2) Grow some of your own:

Sprouting costs almost nothing but provides you with a high-value fresh source of greens for salads, smoothies etc. In small containers on a window sill or balcony, you can also grow a nice selection of culinary herbs.

3) Shop at more affordable food retailers

Organics at the supermarket or your local green grocer are sometimes cheaper and buying there will encourage more organics, eventually squeezing out conventional, genetically modified food products.

4) Buy local from farmers' markets

(Not always cheaper but often fresher and involving less food miles – Editor)

5) Combine your own ingredients to make mixes and snacks

Make your own granola or muesli mixes, trail mixes, cereals or snacks by combining bulk organic ingredients purchased at affordable prices, also gives you more control over what you get.

PLUS: Don't forget the long-term cost savings of protecting your health from such diseases as cancer, Alzheimer's and other diseases caused by pesticides, herbicides and GMOs.

(From http://www.naturalnews.com/046179_save_money_buying_organic_non-GMO_foods.html#ixzz38iQr9C7V)

VegSA UPCOMING EVENTS: *There are 2 major events coming in the next quarter:*

International Vegetarian Week

Sunday September 20th

Nth Adelaide Community Centre 3pm – 8pm: afternoon tea, entertainment & dinner

Vegan Festival

Sunday November 16th

Victoria Square 10am - 5pm Stalls, talks, kids activity, bands, lots of food.

See Diary Dates for more VegSA events– Page 8





VegSA News

We have had a fairly quiet 3 months. Su has organised a few lunches, Northern Group enjoyed a visit to the local Art and Craft Fair and Vegewise has continued to explore venues with good veg options. The Deli at Thebarton proved interesting. Although there are not a lot of veg options on the menu many could be made vegetarian or vegan. The decor is very innovative and ambience interesting.

The Committee has kept the admin side of things going but we still need to do some work on the website, especially the 'Links' page. If you have some favourite sites relevant to our aims (find "Objectives" from the Home page) - let us know. Some help with compiling this into relevant sections would also be very welcome. website: www.vegasa.org.au

More events are planned for the upcoming months - besides the various groups' regular events we have 2 major events: International Vegetarian Week and the Vegan Festival. (More info page 8)



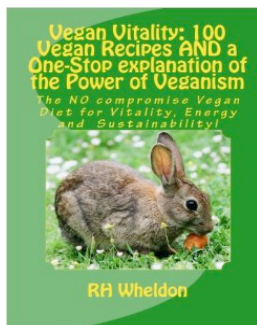
Shirley Macpherson (14.8.1924-12.6.2014) formerly life member of VegSA was farewelled by friends at her recent Funeral. Shirley had been a member possibly since the organisation (then Vegetarian Society) was formed. She was already a member when I joined in 1963 and to me was always an important part of the Society. She will be missed by those of us who knew her for so many years.

Anne Sanders (Editor)



Book Reviews

The following books are now available in the VegSA library:



VEGAN VITALITY- Captivating Cuisine for a High Energy Lifestyle

by Dianne Hill. Published 1987 by Thorsons, Wellingborough UK.

(Recommended by Librarian, Kay Lewis)

Vegan Vitality is an adaptation of recipes suitable for a cold climate, using mainly familiar and easy to manage ingredients. The introduction has a section on how to make your own non-animal milks, cream and cheeses and the appendix has other useful tips. It is definitely not a raw food book, but a useful guide to some more traditional style dishes.

"The book does not set out to convert the entire population, nor does it teach veganism in a 'holier than thou' tone. What it does intend though, is to present an informative but easy-to-understand introduction to veganism, both as a way of eating and as a way of life."

TO BE OR NOT TO BE VEGETARIAN - By Prof Alfred Poulos (self published Adelaide 2014)

Prof Poulos, after working in universities, hospitals and research institutes in several countries, became Chief Medical Scientist at the Adelaide Women's & Children's Hospital. His 65 page booklet looks at all necessary components of a vegetarian (and vegan) diet, including any potential deficiencies. Written, naturally, from a scientific/medical point of view this is an excellent and easily accessible summary.

Booklet costs \$10 + \$2 postage. Contact Prof Poulos on alfredpoulos@esc.net.au

How to borrow books from VegSA Library: Members can borrow books and DVDs by contacting our Librarian Kay Lewis (ph 8336 9078, mob 0432242379). Kay lives at Hectorville but arrangements can be made to collect items for loan at VegSA events or through other Committee members i.e. within the Metropolitan area. Loans to members in rural areas would require special arrangements.

ACKNOWLEDGEMENTS:

Editor: Anne Sanders, **Assistant Editor and Lay-out:** Pam Marshall. **Mail out:** Committee and members.

THANKS to VegSA members who have contributed information. Responsibility for all editorial comment is taken by A. Sanders, Institute Road, Montacute, SA 5134. Printed on 100% recycled paper by Tammy Franks MLC, Parliament House, North Tce, Adelaide SA 5000.



VegSA Member Profile:

Pam Marshall

Pam, as assistant editor, corrects errors, organises the layout of the newsletter and adds the little pictures that give Food For Thought its distinctive look. However, her involvement with VegSA is only one aspect of Pam's efforts for animals, community and the environment. We asked Pam a few questions about her life and her current activities.

FFT: *Tell us about your early life and the things that led you to your current interests.*

Pam: I was born and raised on a farm in country South Australia. From a very young age I felt concerned about the plight of animals and the environment. Even in my short time, I've noticed a significant change in the natural habitat and wildlife in country SA. I also watched my grandparents practice basic survival skills that were being forgotten or lost in the rush toward consumerism. I thought it important to write about these skills and encourage continuation of that knowledge as it reflects our connection to what the earth provides. Plus in terms of my support of vegetarianism what I witnessed and experienced on the farm in my childhood regarding the attitude toward and treatment of animals (seen merely as a 'money making commodity') lead me to question whether this approach to life on earth was acceptable. Plus I began to realize that our planet has its limitations on how long it can sustain the human race and it's environmentally extravagant 'consumer lifestyle' and short-term 'profit and progress' attitude. It is stripping the planet not only of its resources but the dignity and rights of all its living beings – humans and animals alike.

FFT: *What do you feel is the antidote to this decline?*

Pam: Focusing on being more 'sustainable' on the planet but also knowing more about the basic living skills of life - self-reliance, resourcefulness and respect for all living things (i.e. working with the planet as opposed to against it). This connects us with the earth, what it provides and the source of what sustains our survival and, in return, makes us less dependent on consumerism and commercialism.

FFT: *Is there any particular incident or situation that led you to feel this way/ led you to this position?*

Besides the reasons outlined previously, having chosen to not work full time for some years so that I would have the time to practice what I truly believe in meant living on a very low income. Surviving day-to-day was not only very difficult but taught me much about the basic skills of life and a respectfulness toward materialism and 'money'. I became aware of the unnecessary extravagance of our society and the 'power and control' consumerism had over people's lives (through, in part, very powerful advertising techniques). I felt that people were being exploited and duped by consumerism and the demands of 'profit and progress'. It made me even more determined to educate and encourage others to change their lifestyle so that it is more respectful toward themselves, the environment and its living beings.

I see it that I'm an 'extremist' trying to integrate my ideas and view of society into the mainstream. It can be difficult (more-so in the early years) and I have been met with opposition many times. I found it particularly encouraging in 2008 when I became a finalist in Biz-Womens Awards for business achievements for **The Self-Sufficiency Shoppe**. For me, it proved that I was making some head-way!

FFT: *You have been working for some time to put these ideas into practice. How did this all evolve?*

Pam: Originally I trained as a general nurse at the Royal Adelaide Hospital – which has given me a bit of valuable medical knowledge. I then worked in mental health for twelve years co-ordinating a rehabilitation unit that focussed on alternative approaches to dealing with mental health. An important part of its programme was intense 'group-work' and social and living skill development. I planned, organised and ran structured groups for people with limited skills and learnt quickly how to maintain their attention and make the experience of learning enjoyable! Surprisingly it was this experience in mental health that later became a very valuable asset when speaking publically, planning and running my workshops for **The Self-Sufficiency Shoppe**.

FFT: *Tell us more about the Self Sufficiency Shoppe*

Pam: I eventually left a promising career in nursing to pursue my ambition of 'working for the planet'. I began researching and writing on topics related to sustainability, self-sufficiency and environmental

responsibility. I next set-up The Self-Sufficiency Shoppe - a retail outlet in South Road, Thebarton. It lasted about five years – but discovered it was not a very viable option and did not have the impact I had hoped in educating people to change. So I closed it and worked mainly from home writing, researching and developing a series of workshops that offered the knowledge and skills necessary for people to make changes to their life. The essence of my workshops is to educate people about ways to use ‘alternatives’ to commercial products which, in turn, lessens the impact on the Earth’s resources (i.e. – by using such things as bicarb soda, vinegar, soap, etc. – see flyer included with this newsletter). This approach to what I wanted to do worked well and has become far more successful than I could have expected.

I now run regular workshops for numerous councils including Onkaparinga, Marion, Tea Tree Gully, Mt Barker (Hills), Adelaide City, schools, specific groups and others. I offer numerous sustainability oriented topics including: Green Cleaning, Natural Skin Care, Natural Hair and Body Care, Old Time Kitchen Skills, Soap-Making, Backyard Self-Sufficiency, Herbs, Making Jams & Chutneys, Natural Pet-Care and many more (for both adults and children) - 15 different workshop topics in all. All my workshops are ‘hands-on’ encouraging people to make and take home products – I bring all the ingredients so that it’s do-able and easy and starts them on the road to a new approach to their lifestyle. The workshops have become very successful and are now often fully booked within a couple of days of advertising (there’s a list of upcoming workshops on The Shoppe website). Most of my time now is spent running workshops and, of course, travelling – city and country – to various venues – which I absolutely enjoy!

FFT: *I understand that the Self Sufficiency Shoppe is also an on-line business. What are the products you are offering?*

Pam: Yes – I’ve also developed an extensive web-site – www.theshoppe.com.au - containing quite a bit of free downloadable material – recipes, ideas, suggestions, etc. plus all my publications (100 in all) are available for download. Some of the workshops are also available in PDF format (for people to do at home). Plus for educators and teachers I’ve made available ‘Workshop Presenter Packages’ so they can educate others on the topics I offer. I’ve also accumulated over 1,500 email contacts who are currently receiving regular workshop updates, Shoppe Newsletters, and other information. The newsletter is free – people can subscribe via my website: www.theshoppe.com.au Plus I regularly speak on radio and at events and meetings about topics related to sustainability.

I’ve also developed a line of products based on the workshops that reflect my philosophy of ‘unprocessed and uncomplicated’ (sustainable) is the way to go for the future. I’m hoping to make them more broadly available soon (at present they are only available via my workshops and speaking engagements).

FFT: *I’ve noticed your recipes and information appear to be vegetarian friendly. Is this mainly because of your concern for animals or because of an awareness of the wastefulness of resources involved in meat production, or both?*

Pam: Both. I see it that I ‘plant a seed’ in people that will grow to bigger things. I, in a subtle way, inform and educate people about the consequences of their actions and involvement in ‘consumerism’. For example in my ‘Natural Skin Care’ and ‘Body Products’ I talk about how most (if not all) commercial products are tested on animals so that YOU – the consumer can enjoy the benefits of ‘safe’ products. You’ll be surprised how many people had not considered this fact when purchasing products – after attending one of my workshops they surely now do! Using talc for example is exploiting the earth to procure products for personal beautification (talc is a mined substance). In Soap-Making I emphasize using non-animal based ingredients as opposed to animal based. And the array of chemicals used in cleaning, for example, have an adverse effect on not only the environment but human and animal health. In the Natural Pet Care workshop I talk about the ‘big business’ of selling pet care products for profit and the hundreds of test case animals that have been mistreated in the name of profit and progress. In many cases people come to my workshops because they are not happy about consumerism, it’s effect on the planet and their lifestyle and as a consequence they are looking for change. At the end of every workshop, talk or speech I say: “Just one small change in habit or lifestyle is a huge step toward taking responsibility for the circumstances we have created on the planet”.

FFT: *Your community involvement does not end with The Shoppe and your many workshops?*

Pam: I co-ordinate the **Inner Southern LETS System (SISLETS)**. LETS is a world-wide alternative trading system for bartering goods and services. Anything that steps out of consumerism and ‘profit and

progress' mentality is a good thing and should be encouraged and supported. It's interesting that when 'money' is taken out of the equation people become more community-minded and giving. SISLETS holds a monthly market at Clarence Park Community Centre – everyone is welcome. Website:

<https://sites.google.com/site/sisletssa>

I come from an abused back-ground, it has taken me many years to develop my self-confidence and worth and wade through all the 'mis-messages' of my youth. As a consequence I am a Board member, treasurer and volunteer at the **Womens Community Centre SA** in Stepney (www.facebook.com/wccsa) – because I believe strongly that empowering women is a part solution to improving the state of the planet and the future.

I regularly offer **vegetarian catering** to individuals and community groups. (It helps encourage and educate people about how good non-meat food can be and that maybe - just maybe – eliminating meat and animal products from their diet might be an option!)

I grow trees for **Trees for Life**. Plus my backyard contains many native trees planted to specifically attract birds and to help preserve & sustain native S.A. plants.

I am very compassionate about the **welfare of animals** and support numerous animal organisations. My home is a refuge for unwanted or neglected animals. Over the last 14 years, for example, I have cared for and desexed (via the C.A.T.S. low cost desexing programme) 13 stray cats (many of which still frequent my property for food and care) and have taken some to the Lonsdale RSPCA too ill or feral in nature to re-home. On this basis I presented a submission to Mitcham Council about the recently instigated 'Cat By-Law'.



It's my belief that more people should be involved in supporting the community and community ventures – not only does it build a better community but gives people purpose and hope for the future. Consumerism and commercialism is, in a lot of ways, undermining the cohesiveness of 'community'.

FFT: *And what about the future?*

Pam: I'm currently organising funds and working on setting up '**The Sustainability Supermarket**' in suburban Adelaide along the lines of the People's Supermarket in Britain. My plan is to offer only locally produced, sustainable items, bulk foods, etc. I'd like it to run partly in conjunction with SISLETS where goods are made available via an alternative trading system and people can exchange their own home-grown produce, crafts, etc. Membership of SISLETS will also act as membership of the supermarket. Members can, in turn, help run and maintain the supermarket. I anticipate that it will have a Café (vegan/vegetarian of course). Plus I'd like the supermarket to be 'educational' in offering information, recipes, etc. on how to cook and utilise the sustainable goods on offer – I've discovered in my workshops that people would like to do things differently, but lack the knowledge and encouragement to do so. Plus I see the supermarket as a base offering workshops, not only my own, but on other sustainable topics: veganism, vegetarian, healthy eating, lifestyle change, etc. so that we live more within the means of our planet and have a 'future' to speak of – not only for ourselves but our children and their children.

Contact Info: Pam Marshall - The Self-Sufficiency Shoppe, Web: www.theshoppe.com.au
P.O. Box 390 Park Holme 5043 email: theshoppe@tpg.com.au Phone: (08) 8374 2531

An Invitation to VegSA members; If you run your own enterprise/business VegSA would like to know more about you for inclusion in the newsletter (and possibly later on the website). Please email or snail mail your information to VegSA (*see contact details page one header*)

New Ways to Fitness – PILATES - *Special Offer for VegSA members!*

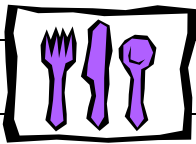
Denise Ness is offering VegSA members 10% discount on any purchase of Pilates or Personal Training.

Denise is a qualified Pilates instructor and Personal Trainer registered with Fitness Australia and specialised in working with Older Adults. Her business, based in Collinswood, is called "New Ways to FitNESS". New Ways to FitNESS provides mat-based classes designed to improve balance, increase strength, flexibility and improve overall quality of life. Exercises are designed for all levels of fitness and will be modified to suit individuals. Pilates is a functional and effective way to keep your body healthy.

Be the body you want to be!! It's Your Responsibility!!

(Denise is a member of VegSA and has recently joined the committee)

Phone 0400 253 195 email: newwaystofitness@gmail.com web: www.newwaystofitness.com.au



Eateries Update

New Venues:

- **ZENHOUSE VEGETARIAN FUSION** - 462A Port Rd, Hindmarsh. Phone 8340 8488, The cook at Vegetarian Delight after serving SA's vegetarian community for many years has retired. The good news is that, rather than becoming an omnivorous establishment, it has been taken over by our good friends at Zenhouse and renamed Zenhouse Vegetarian Fusion. **Open:** Tues to Sun 5pm- 9pm
- **CHERRY DARLING** - 5 Aroha Tce Forestville (*Opposite tram stop 4 between East Tce & Victoria St.*) Phone 0413 902 290. This new 100% vegan bakery and cosy café has an extensive range of savory pies and sweet baked goods. **Open:** Tues-Sat 9:30am-4:30pm, <https://www.facebook.com/pages/Cherry-Darlings-Bakehouse/212676942128104>
- **NETTLE RAW** - 10 Rosetta St West Croydon. Phone 0434 353 047 www.nettleraw.com.au **Open:** Wed – Fri 8:00 am - 3:00 pm, Sat & Sun 9:00 am - 3:00 pm. All raw vegan cuisine: sweets, salads, burgers, soups (can be heated to 40°). Teas and coffees. Has very good reviews.
(*Note: Vegewise to visit for lunch on October 16 - see Diary Dates page 8*)
- **CO-OP COFFEE SHOP** - 129 Currie St Adelaide email: coopcoffeeshop@gmail.com Vegan-Vegetarian. **Open:** Mon – Fri 8:00 am - 4:00 pm for breakfast, lunch, coffee. The first of its kind in Adelaide, run by the workers, not for profit, all about ethical food and supporting local activists. They serve ethically sourced coffee and tea, a combination of vegetarian, vegan, gluten free, organic and locally sourced food for lunch and snacks and welcome everyone to visit for a chat!

Closed:

- **VEGGIE VILLAGE**, Waymouth St Adelaide (*closed - possibly reopening at another location*)
- **CARROT HEADS**, Port Adelaide. (*End of lease. Delia continues to make pies, pasties etc for other shops. Hopes she might be able to reopen café later, possibly at another location*).

RAW FOOD CLASSES (with Urban Rabbit at Bliss Organic Café 7 Compton St Adelaide)
Dates: 2nd, 16th, 30th September, 14th October, 28th October, 11th November
\$85 per class or 3 classes for \$240. Bookings: Urban Rabbit 0403 890 169
email: urbanrabbit12@hotmail.com <https://www.facebook.com/events/625158527538083/>



Products on the Market

♦ **SOME TASTY VEGAN PRODUCTS AVAILABLE AT YOUR LOCAL SUPERMARKET**

During the winter weather one of our members has had a good look around in Coles, Woolworth's and Foodland and has found a range of animal free products for good quick meals. (*See table next page*)

Please Note:

- Some items might not be available in all stores, but most stores are happy to order in for you.
- MACRO is a Woolworth's health brand which they acquired when the Macro stores closed. *Not all Macro products are animal free.* Check labels.
- All ORGRAN and LEDA products (Not shown on table) are *vegan* and *gluten free*. They are in Health sections of most supermarkets.

♦ **WARNING: Arnott's now putting cochineal/carmine into Tim Tams**

We were alerted to this via an email contact (Thanks Ben!). VegSA has also checked with Arnott's and has a letter confirming it is so. As part of a move towards "natural" ingredients, Arnott's is taking harmful artificial colours out of Tim Tams, but is *now using cochineal/carmine, a beetle-derived colouring*. While Tim Tams were never vegan, the latest change is obviously a concern to vegetarians. You can complain to Arnott's Biscuits Ltd 24 George St, Nth Stratfield NSW 2134 Email address: consumers@arnotts.com Phone: 1800 242 492

Some Tasty Vegan Products available at your local Supermarket

(Information kindly supplied by a VegSA member)

Brand	Product	Weight	Available at *	Comments
Australian Eatwell	Vegetable Burgers with Whole Lentils	500g	COLES	No oil
Coles Vegie Fix	Mexican Sweet Potato	325g	Only at COLES	Brown rice + veggies
Finefettle Flats	Dry Carrot & Pepitas	18g	WOOLWORTH	
Finefettle Flats	Dry Pear & Hazelnut		WOOLWORTH	
Larder Fresh	Roast Carrot, Kale & chickpea Burger	250g	FOODLAND	Gluten, onion, garlic preservative free
La Zuppa	Italian Minestrone	540g	COLES & WOOLWORTH	
La Zuppa	Moroccan, Chickpea pumpkin soup, ,	420g	COLES & WOOLWORTH	
Mrs May's slow dry roasted snacks	Pomegranite Raspberry crunch	142g	COLES & WOOLWORTH	
Pitango (In fridge)	Organic Soup: Pumpkin & Ginger	600g	COLES & WOOLWORTH	Olive oil, Gluten free, no preservatives
Pitango (In fridge)	Organic Soup: Minestrone	600g	COLES & WOOLWORTH	NZ, olive oil, no preservatives
Pitango (In fridge)	Organic Soup: vegetable & quinoa	600g	COLES & WOOLWORTH	
Sunfresh Ready, Fresh, Go	Mograbia, Carrot & Cranberry	300g	FOODLAND WOOLWORTH	Uses Australian grown vegetables
Sunfresh Ready, Fresh, Go	Moroccan Couscous	300g	FOODLAND WOOLWORTH	Uses Australian grown vegetables
Sunfresh Ready, Fresh, Go	Quinoa, Coconut & Coriander	275g	FOODLAND WOOLWORTH	Uses Australian grown vegetables
Sunfresh Ready, Fresh, Go	Spiced Quinoa, Carrot & Chickpea	300g	FOODLAND WOOLWORTH	Uses Australian grown vegetables
Sunfresh Ready, Fresh, Go	Tabouleh	200g	FOODLAND WOOLWORTH	Uses Australian grown vegetables
Sunfresh Ready, Fresh, Go	Lentil and Chickpeas	200g	FOODLAND WOOLWORTH	Uses Australian grown vegetables
Sun Rice (Ready cooked)	Rice & Quinoa	275g	COLES & WOOLWORTH	No artificial colours or flavours or preservatives
Brown Rice	Ready cooked	250g	COLES & WOOLWORTH	
Macro	Mixed vegetable burgers(2)	250g	Only at WOOLWORTH	
Macro	Moroccan burgers vegetarian (4)	500g	Only at WOOLWORTH	
Tilda Legendary rice:	chilli, coconut & lemongrass	250g	FOODLAND WOOLWORTH	Basmati rice
Uncle Ben's	Express Tomato & Basil Rice	250g	All above locations	No artificial preservatives colours, flavours or GMOs
Uncle Ben's	Express Mexican Style Rice	250g	All above locations	No artificial preservatives colours, flavours or GMOs
Yumi's In fridge	Falafel- ready cooked	225g	COLES	Preservative 202, No artificial colours or flavours



VegSA Diary Dates

Upcoming VegSA Events:

- ♦ **VEGETARIAN WEEK CELEBRATION: "Mostly Mediterranean" - Saturday Sept 20th 3pm - 8pm.** North Adelaide Community Centre, 176 Tynte Street, Nth Adelaide. (See booking form and flier)
Cost: \$20 (whole event) or \$6 afternoon tea only or \$15 dinner only. **Bookings** by Mon. Sept 15.
Phone 8326 1062 or 8260 2778 or email: vegsu2003@yahoo.com.au
- ♦ **The Green Room** 1 High St Willunga. Sat Oct 18th Lunch at 12.30pm Bookings please to Su by Wed 15th ph 8326 1062 or email: vegsu2003@yahoo.com.au
- ♦ **Café Komodo – Sat Oct 25th 12.30pm Lunch with our Northern Group (see below for info)**
- ♦ **Vegewise** (Meets 3rd Wed 12md - Bookings essential by Monday before event)
September 17 - Hello Dolly 103-111 Payneham Rd St Peters
Bookings: Pam 8374 2531 or theshoppe@tpg.com.au
October 15 - Nettle Raw 10 Rosetta St West Croydon. *Bookings: Anne 8390 2314*
November 19 – Clay & Coal Indian Restaurant 482 Goodwood Rd Cumberland Park
Bookings: Pam 8374 2531 or theshoppe@tpg.com.au (NOTE: If no bookings - events cancelled)
- ♦ **Northern Vegetarian Group: Saturday October 25th 12.30pm Café Komodo 118 Prospect Rd, Prospect.** Info and booking Karin 8260 2778 or 0466 972 112 email: glad2bveggie@gmail.com
- ♦ **Southern VegSAGroup monthly social get together: 2nd Saturday of the month from 12 noon.**
Great Nature 3/48 Beach Rd, Christies Beach.
No Booking necessary but check in case of changes with Jill: 8386 1943 or Su 8326 1062
- ♦ **VegSA Mail-out workshops:** The week-end before mail out on or about 1st of March, June, Sept and Dec. We are always grateful for help. This is also an opportunity for socialising and sharing. If you think you'd like to help please email vegsocsa@gmail.com or phone Secretary on 8390 2314.

Other Upcoming and Regular Events:

- ♦ **VEGAN FESTIVAL** 10am – 5pm Victoria Sq Adelaide. see www.veganfestival.org and enclosed flier.
- ♦ **Adelaide Vegans:** Brings vegans together for networking and social gatherings. Dinner Friday evenings at various vegetarian restaurants. Bookings essential to enable the venue to reserve a table. For details and booking see 'Events' page at: www.adelaidevegans.org or contact Shane: swardshane@yahoo.com Ph 0410 481 290. **Raw Picnic** last Sunday (warmer months) Ph Ken 8431 6862
- ♦ **Interfaith Symposium: "Healing and Harmony".**
Sunday 21 September 1.00 - 7.30 p.m. Hawke Centre, UniSA City West Campus North Tce Adelaide
Waged - \$40 Concession \$25 includes afternoon tea and vegetarian dinner
The Multifaith Association of South Australia Inc. www.multifaithsa.org.au Ph 0409 319 966
- ♦ **The-Market-Shed** Sundays 9am-2pm 1 Holland Street Adelaide - also accessible from Gilbert Street behind IGA. Offers a great range of organics including snacks. Vegan stalls include: Live a Little Artisan Gelato, Bona Foods, Raw Life, Raw Karma, Nutrish & Delish and Beach Organics
<https://www.facebook.com/.../The-Market-Shed.../665281516833656/>
- ♦ **Animal Liberation SA:** Campaigns on animal rights including rallies against Live Exports and Jumps Horse Racing. Regular members' meetings at 19 Green St, Brompton. ph 8340 8878 See website for more info: www.animalliberation.org.au email: animal.lib.sa@gmail.com or find on Facebook
- ♦ **Shepherd's Lodge Adventist Church,** Brahma Lodge enter from McIntosh Cres. Each Thursday at 6.30pm. 2 course (sometimes 3 course) meal. Salads, cooked veges, etc (vegetarian, mainly vegan) plus sweets. FREE but donations accepted. Further information ADRA (Prospect). Ph: 08 8269 2177
- ♦ **The Black Cockatoo Arthouse** DIY Grassroots Pop-Up Cinema, using local community halls in the , McLaren Vale area. Music Venue & Community Space. *Vegan snacks on sale at events.*
Contact: PO Box 777 McLaren Vale Email: blackcockatooarthouse@gmail.com
- ♦ **Natural Health Society (SA)** Meeting and lecture 7.30pm 1st Tuesday each month (except Jan). Unley Citizens Centre, 18 Arthur Street Unley. Regular Guest Speakers. Admission \$4 (visitors).

VegSA - P.O. Box 311 Kent Town 5071 Ph 8260 2778 Mob 0466 973 236 e-mail: vegsocsa@gmail.com