



Food for Thought

Vegetarian & Vegan Society (VegSA) Inc.

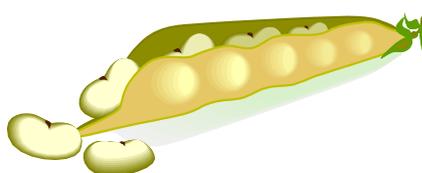
Newsletter

Issue 3/15 - September 2015

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-In the Media-

SOY: FOR AND AGAINST



Soybeans are complete proteins. Calorie for calorie they have twice as much protein as red meat and cheese and ten times more protein than whole milk. Soybeans are a good source of omega-3s and have more iron, calcium, phosphorous and B vitamins than eggs. Entire civilizations have been eating soy for generations without any ill effects and those civilizations have had lower instances of cancer and heart disease. None of those civilizations ate soy in the quantities that we eat now, or in such highly processed forms. Basically, they ate tofu, tempeh*, miso and the soybeans themselves

Most of the studies depicting soy's negative effects have been conducted on animals, and these basically are unreliable because relating the effects on animals to humans is like comparing apples to oranges. Then there's Monsanto giving his genetically modified soy to the tune of 90% of the total soy crop produced [in USA] and GM soy is not labelled.

The isoflavones and the phytoestrogens, which are the chemical compounds found in soybeans and other plant foods structurally resemble human estrogens. But in the studies conducted by those that are opposed to soy, they used an isolated, concentrated amount of soy isoflavones and the studies showing negative effects were conducted on animals that metabolize soy differently than we do. Also, when you take certain components of foods and isolate them and test them, they could prove to be harmful. However, if you eat them as part of the complete food, they are perfectly safe.

**See page 5 for tempeh cooking tip!*

(Source: "Natural News")

Anti-poverty Week Celebration

Saturday October 17th - 'The Joinery' 111 Franklin St Adelaide

(Conservation Council SA).

Join us as we celebrate Anti-Poverty Week with a special 3 course dinner to demonstrate that affordable nutritional meals can be created on a solely plant based diet.



Every year we have been approached by the co-ordinators of Anti Poverty Week suggesting we might like to contribute, perhaps as conference, exhibition etc. But we have chosen instead to work with other concerned groups. So this year we plan to make our own statement and ask that VegSA and members of other groups at CCSA attend - bring friends and family members to help spread the message.

(See Diary Dates page 8 and the enclosed booking form.....and book early).



VegSA News

VegSA Photo Gallery



Zen House Vegetarian Fusion



Shipa at Joy Discovery



Hello Dolly



Cherry Darling Bakehouse

Eatery Visits

In the last quarter we have had quite a feast of restaurant and café visits.

In July Vegewise visited **JOY DISCOVERY** (Bent St Adelaide). Then on August 1 we again visited for lunch following the protest against super trawlers. Joy Discovery is managed by followers of Sri Chimnoy. The atmosphere is peaceful and everyone agreed the food is great tasting and reasonably priced. Sadly we might lose Joy Discovery as the rents in the City are rising and it is hard to cover costs*

At the end of July fifteen VegSA and family members dined at **ZEN HOUSE VEGETARIAN FUSION** (462a Port Rd Hindmarsh). As most of us are aware Vegetarian Delight served the vegetarian community from this site for many years, so it was a relief that the proprietors of Zen House Yum Cha in the City were able to take over when the Vegetarian Delight venue changed hands, as there was a possibility that it might have ceased to be vegetarian. Zen House Vegetarian Fusion has a new look and a new extensive menu. We tried a range of different dishes. Everything was fresh and tasty and all were happy with their choices and with the relaxed, friendly atmosphere.

In July Vegewise visited **CHERRY DARLING** at Forestville before our very interesting visit to Seli Hoo Communal Household. Cherry Darling is essentially a vegan bakery supplying a number of other venues and with a small café/take away outlet. Ten people attended - which half-filled the café! - and our phone calls advising the owners we would be coming did not seem to have been received. However mid-week is not too busy so all was well. Their pies and pasties (all vegan, naturally) are good value. Everyone, including an omnivorous friend, agreed they were tasty although some people are uncomfortable with the "meaty" names on them!

In August Vegewise hoped to visit Hopes and Beans at Evandale. Unfortunately when we arrived it was unexpectedly closed so we drove a few minutes down the road to **HELLO DOLLY**, a Lebanese café and take-away, where much of the food is vegetarian with a number of vegan dishes, though the sweets all seem to have honey or milk.

* Vegetarian Garden in the Renaissance Arcade was also threatened with closure again due to rising rents. However VegSA has been told that Vegetarian Garden will continue at least to the end of this year. If in the City, perhaps try to put one or both of these two on your "to do" list.

VegSA's 'Food for Thought' Acknowledgments: Editor: Anne Sanders, Assistant Editor and Lay-out: Pam Marshall. Mail out: Committee and members. **THANKS** to VegSA members who contributed information.



VegSA Member Profile:

Anne Sanders

Anne Sanders has been a member of this Society for many years and has been Secretary of VegSA for the past 12 years. VegSA interviewed her about her interest in vegetarian and veganism.

VegSA: HOW LONG HAVE YOU BEEN VEGETARIAN/VEGAN?

AS: I became vegetarian on 1st January 1956.

VegSA: WHAT MADE YOU CHOOSE THIS LIFESTYLE.

AS: In brief Christmas! Growing up as a teenager with a single mother in the days before equal pay, we were not very well off, but in 1955 my brother had finished his National Service. I had started work on my first regular job and my mother had a new better-paid job. So, when it came to deciding what we could buy for Christmas dinner, a duck, a tongue and a ham were all suggested. We could not agree so bought all three! As chief cook I had it all staring me in the face and by New Year I felt I never needed to see another piece of meat.

VegSA: DID YOU FIND IT DIFFICULT BECOMING VEGETARIAN?

AS: Not really. It was a decision I had made for myself for my own reasons and I did not need any one else to give their approval. At high school I had had vegetarian friends and I used to sneak onto the vegetarian table as often as I could so the concept was not new to me. At home we had always leaned towards a healthy diet. My maternal grandfather had been a merchant seaman (He'd actually visited Tasmania around 1880 in a steam sailing ship.) and had brought his children up knowing the value of fresh fruit and veges. As number one cook in the household, I was able to make many of the decisions about what happened in the kitchen (unlike the situation for many other new vegetarian). There was also quite a nice range of vegetarian foods put out by Granose (The UK equivalent of Sanitarium) so life was not particularly difficult. A few months later my mother also became vegetarian. Gradually, over the years, bit by bit other family members followed suit.

VegSA: DID YOU CONSIDER BECOMING VEGAN?

AS: Not at that stage. Milk and eggs were considered the natural substitute for meat. (In fact one of my favourite snacks was poached egg with cheese on top.) In those days we had not even heard of battery hens or factory farming. This may have already started elsewhere, but in the UK, as far as we knew all farm animals were free range. The issue of bobby calves and day old male chicks generally did not come into our consciousness's, even though, I guess, they received the same fate as now. We had moved from our home town in the north of England to the London area so I did not have a social group. I used to go to London on my own, shop in Oxford Street and go to afternoon theatre performances. I would buy what I fancied at the Corner House cafes. At work I more or less kept my choices to myself, as I have most of my working life. I just let people know what I prefer and if they want to find out more I leave it to them. This might seem like a bit of a cop out, but as I said, I had made a decision for myself (I was not going to eat dead bodies.) but bear in mind that "VEGETARIAN" was considered pretty alternative in western societies in those days. My feeling is that vegetarians are often independent thinking and are accustomed to being somewhat isolated in our kind of society.

VegSA: HOW LONG HAVE YOU BEEN A MEMBER OF VEGSA?

AS: I migrated to SA in 1963 together with my mother. We knew no one in Adelaide, so we quickly joined the Vegetarian Society of SA (as it was then) and the Theosophical Society (where meals are always vegetarian). From then on the Vegetarian Society was the centre of our social life. We attended lunches, dinners, picnics and even music evenings. The following year the Secretary Doreen Becker (now Doreen Roos) moved to Queensland and my mother, with all here administration experience, took on that role, one she held for the next 25years. The Society had a single foolscap page newsletter called "Vegetandus"* produced on a Gestetner ink duplicator. I remember reading drafts of the text and turning the handle as we churned out the newsletter

WAS THERE ANYTHING ELSE SPECIAL ABOUT THE SOCIETY AT THAT TIME?

AS: Yes, for me, the *Young Vegetarians Group*. Actually it was more a group run by, rather than just for, the younger members. Typically we would book a venue like a youth hostel, invite everyone to come for lunch and possibly have a walk or a talk. Then those who wished, mainly the younger members, would stay overnight, share food etc and sometimes walk back to public transport the next day.



Young Vegetarians 1965

VegSA: WHAT HAPPENED TO THE YOUNG VEGETARIANS GROUP?

AS: It suffered from natural attrition! From the core group one returned to Germany; one moved to Israel and one to Canberra. I believe that Ken LAWSON who is still part of the Society spent time in Queensland and WA. I returned to UK for 2 years and then spent one year in India. There have been some efforts over the years to reinvent the group but without success.

In UK I joined in social events with the London Vegetarian Group (mainly walks). Things had progressed there: more products and more veg eating places and the vegetarian groups there were quite active. India of course was vegetarian heaven. The default in all eating places, even street food was vegetarian and all my friends there were vegetarian. I was not vegan at the time and did not worry too much about the use of milk in chai and sweets. Pity that people there with some disposable income are eating more meat, but some groups are fighting back and there is a developing vegan movement.

VegSA: WHEN YOU RETURNED TO AUSTRALIA DID YOU RENEW ACTIVITIES WITH THE SOCIETY?

AS: For the first year I was a long way away on the West Coast, working as preschool teacher on Koonibba Aboriginal Reserve, 525 miles from Adelaide. I came to the City occasionally for week-ends but did not have much opportunity for participation. The following few years I spent doing a similar job at Point Pearce on Yorke Peninsular and I was able to come to the City most week-ends and join in the Society's events. We were all being faced with issues like live exports and factory farming. My mother was heavily involved in activism, especially after she retired. She had now become vegan. This had a big effect on my thinking, as we lived with these issues every day.

VegSA: WERE YOU ALSO VEGAN?

AS: When I lived on my own I was able to stick to a vegan diet. Even so I was learning all the time about some of the hidden ingredients. Later I married a vegetarian and we also brought up our two children as vegetarians so it was more difficult to be strictly vegan, but they all knew about veganism from my mother. Later after the children left home I became stricter about it: don't usually buy anything that is not vegan and read labels very carefully.



VegSA Committee 2010

VegSA: WHEN DID YOU JOIN THE COMMITTEE?

AS: I have been on the Committee on and off during the years and have been Secretary since 2003.

VegSA: WERE YOU EVER ABLE TO INTRODUCE IDEAS ABOUT VEGETARIANISM INTO YOUR WORK AS A TEACHER?

AS: Not directly. I always emphasised a healthy diet whenever possible and of course I would not have been including meat. In preschools where children are offered a snack it was always fruit and veg pieces. At Koonibba I had snacks on sale to the school children at lunch time and these were healthy alternatives: dried fruits etc

VegSA: HAVE THINGS CHANGED MUCH FOR VEGETARIANS OVER THE LAST FIFTY YEARS?

AS: Yes, I would say so. When we arrived here there was one vegetarian café run by Sanitarium (Seventh Day Adventists) in the City, compared to the 25 or so we have in and around the City today. The word "vegetarian" did not appear on menus as it often routinely does today and "Vegan" was a word, though coined in the 1940s, might as well have been in a foreign language. Sanitarium produced some, mainly tinned, meat alternatives, but there was nothing like the vegetarian and vegan protein and

savoury products there are in the shops today, although we never relied much on commercial products, which is one reason why we became smarter at producing our own vegetarian dishes. There is also the raw food movement. Natural health practitioners have always advocated a mainly raw diet, but this has not always been obvious in vegetarian cuisines. I try to eat as much raw food as possible but do not usually manage the 80/20 ratio recommended by the raw food gurus. Of course, we did not have the Internet and all correspondence came in by mail to our PO Box and cash was all paid into the bank and accounts paid by cheque – no Internet transfers, not even card payments.

VegSA: DO YOU HAVE ANY ADVICE FOR PEOPLE TAKING UP A VEGETARIAN OR VEGAN LIFESTYLE?

AS: I do not like to give advice. (My family might disagree about that!) I think that it depends on what motivates people and their success depends to a great deal on the strength of that motivation. I prefer to have information that we can hand on so that others can make up their own minds.



In the Media

◆ DEMONSTRATION AGAINST SUPER TRAWLERS IN AUSTRALIAN WATERS

On Saturday 1 August Animal Liberation SA staged a demonstration against the Federal Government allowing “Super Trawlers” fishing in Australian waters. In spite of extremely wet weather the demo was well attended, including by the media. Currently, ships above a certain length are not allowed in Aust waters. However restrictions are according to length not ship capacity. The ban is also only atemporary ban and could be reversed in the future. These super trawlers, with huge nets take more in bi-catch, including dolphins and the other sea mammal than they take in their targeted species. If people want to eat fish why disturb and potentially destroy the whole ocean environment?

Thank you to Animal liberation SA for bringing this issue out so conspicuously into public view.

If you wish to register your concern write to:

- The Hon. Greg Hunt MP, Minister for Environment, PO Box 6022 Parliament House Canberra ACT 2600 email: greg.hunt.mp@environment.gov.au

- Senator Richard Colbeck, Parliamentary Secretary to the Environment Minister PO Box 6100 Parliament House Cabnberra ACT 6200 or email: senator.colbeck@aph.gov.au

NOTE: If you have time write letters and faxes as they generally receive more attention than emails

◆ OVER-PASS FOR KOALAS

About 260 koalas are killed on the NE Freeway each year (appr. 5 per week). The Freeway cuts through an area where koalas have previously been accustomed to moving freely. Overpasses have been tried in other states and apparently work successfully. Dr Sheridan Lathe of the Adelaide Koala and Wildlife Hospital is hoping, via a petition on change.org, to encourage local councils to set up overpasses here. Dr Lathe says that of all the koalas hit by cars about half die of their injuries. There is also trauma to the driver of the car as well as the danger to drivers swerving to avoid a koala. The petition can be accessed via the Adelaide Koala and Wildlife Hospital’s facebook page.

Report in Weekender Herald 26.6.15



Eateries Update

NEW EATING PLACES (See Diary Dates page 8 for upcoming VegSA visits to these venues)

◆ **Virsa Indian Delights Restaurant** - 276 Main North Road Prospects Ph 08 7225 5959
www.virsadelights.com.au Trading hours – Wed-Mon (closed Tues) 11:30 am to 10:30pm

◆ **Veggo Sizzle** - 358 King William St Adelaide ph 8321 7815 All vegan except cow’s milk in some drinks
Mon–Thurs 6.30am–9pm, Friday to 11pm, Sat 10am–11pm, Sun 10am-9pm

◆ **Health on Brighton** - 445 Brighton Rd Brighton ph 8296 0488. Health Shop with small café: all vegetarian: wraps, vegan pies and pasties, soups in winter. Open 9am–5pm Mon–Fri. 9am-2pm Sat

Tempeh Tip: Not everyone enjoys the taste of tempeh (reputedly one of the healthiest forms of soy). To get it to absorb other tastes: Cut tempeh in 1cm strips. Soak (or cook briefly) in 1 cup water and ¼ cup soy sauce. Softening allows the tempeh to absorb other flavours. www.compassionatecuisine.org



Products on the Market

◆ FOR COUGHS AND COLDS:

Hopefully our very cold (for SA) winter is about to turn into spring. One of our members has had a chest/throat infection and found the following information useful. All items are available at **FOODS FOR LIFE**, 58a Gawler Place, Adelaide ph 08 82271332 email: jason@foodsforlife.com.au

Fusion COUGH AND LUNG TONIC 30 tabs \$20.25 (also available as liquid). Fusion Health, 93 Centennial Cct, Byron Bay NSW 2481 ph 1800 550 103. www.fusionhealth.com.au

Brauer DRY COUGH MEDICINE 100ml \$15.95, 200ml \$21.95 Brauer, 1 Para Road (PO Box 234) Tanunda, 5352, Australia customer service **line** 1300 308 108 Phone (08) 8563 2932 www.brauer.com.au

Ki COLD AND FLU ATTACK FORMULA 30 tabs \$19.95. Martin and Pleasance, 7 Rocklea Drive Port Melbourne VIC 3207 ph: 03 9427 7422 Email: info@mandp.com.au www.martinandpleasance.com/contact

◆ Freshness Fine Foods VEGAN RAW SNACK BARS:

“Earth Bar” (wheat free), “Raw Miracle Bar” (gluten free) and other varieties. Cost \$3.50ea Available from ‘Go Vita’ Newton. Freshness Fine Foods, 70 Sloane St Marickville NSW 2204 ph 02 95574711 www.freshness.com.au

◆ All Natural HEARTY SOUP MIXES:

180g: Tuscan Bean, India Dahl or Moroccan Chickpea - each make about 2L soup. 25mins cooking time. Vegetarian, no GMOs, Preservatives or Dairy. Fairly highly spiced. Currently on sale at Reject Shops for \$1 per pack. However this is a discontinued line. ‘Best before dates’ vary from 5/9/15 to 1/11/15. VegSA contacted the All Natural Food Company – they have discontinued manufacturing the product because they did not sell well at normal price in supermarkets. So if you like to taste their soups get in there quick!

◆ **Special Note: EVERYTHING VEGAN** has moved from Wright St Adelaide to 172 Goodwood Road, Goodwood. Stocks packaged goods, fridge & freezer foods, cosmetics, pet supplies, sweets etc Ph 8373 4659 email: admin@veganonline.com.au www.veganonline.com.au
Profits go to help Freedom Hill Sanctuary.

◆ THE MITE - Y AUSTRALIANS?

Do you stir a spoonful of Vegemite into your hot winter soups or smear a scrape of Marmite onto a slice of toast? Many of us do, but there are other ‘mites’ available including an Aussie, OzE, Mighty and Promite. So we thought it would be interesting to compare what we get for our money. It turned out to be a more interesting than anticipated!

All six “mites” are based on yeast extract and have the benefit of B vitamins: thiamine B1 (50% of daily requirement), riboflavin B2 (25%), niacin B3 (25%), Folic Acid B9 (50%) and B12 (25%). However they do also contain **caramel as a colouring**. Caramel is listed as “potentially hazardous” in Bill Statham’s ‘The Chemical Maze* and the Hyperactivity Children’s Support Group recommends avoidance. (See www.fedup.com.au). Caramel is used in Cola drinks and recent study has shown that as much as one Cola drink per day is linked to a higher risk of cancer. There are some other suspect ingredients such as a flavour enhancer in Promite (see table below). There is also Omigamite but that contains fish sourced Omega 3 - so not in the running.

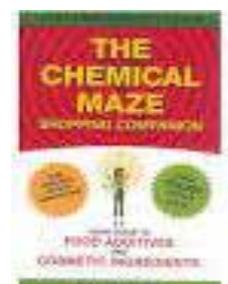
The table below shows ingredients, ownership and relative cost. But wait a minute, why **Aussiemite** and **Ozemite**? It turns out that Dick Smith, maker of Ozemite and the local (SA) makers of Aussiemite have been in dispute for years as to the ownership of the name and are currently fighting it out in court.



PRODUCT	Ingredients	Contact details/ownership	Price Source	Comments
Aussiemite	Vegetable Protein Extract (corn), Maltodextrin (corn), Corn Thickener (1401), Yeast Extract (g), Sugar, Yeast, Citric Acid (330), Caramel colour (150c) , Niacin,	2/2 Hindmarsh Square, Adelaide SA 5000 www.aussimite.com.au Australian made and	300g/ \$6.15 COLES	“Guten free”, “vegan friendly” “No added salt, nuts, artificial colours [?] or preservatives” .

	Riboflavin, Thiamine, Folic Acid, Vitamin B12, Water Added.	owned.		All ingredients GM free.
Marmite	Yeast, sugar, salt, mineral salt (potassium chloride), colour (caramel III) , corn maltodextrin, mineral (iron), vitamins (niacin, thiamin, riboflavin, folate, <u>B12</u>), herbs, spices. Allergens: Contains derivatives of barley and wheat.	Ph (Aus)1800 673 392 Sanitarium Health & Well-being Private Bag 92127Auckland 1142 Email:Consumer.services@sanitarium.co.nz Website: marmite.co.nz	259g/ \$4.30 COLES	
Mightymite	Water, Bakers Yeast Extract (g), Potato maltodextrin, Thickener (1412) (from tapioca), white vinegar, sugar, mineral salts_(508, 509), hydrolyzed vegetable protein, (a) emulsifier (471) , salt, colour (150d) , (f) antioxidant (300) , vegetable extract, naicin, hiamin,_riboflavin, folate, <u>vitamin b12</u> .	1800 018 133 Three Threes Condiments PO BOX 6988 Silverwater NSW mightymite.com.au	290g/ \$3.23 COLES	"Suitable for vegetarians"
Ozemite	Yeast and Vegetable Extracts (g) (41.8%), Maize Starch (1401), Maltodextrin, Water, Sugar, Yeast, Natural Caramel Colour (150a) , Natural Colour (153) , Food Acid (330), Niacin, Thiamine, Riboflavin, Folate.	Ph 180 65 65 99 Dick Smith Foods Unit 3, 2 Niangala Close Belrose NSW 2085 email info@dicksmithfoods.com.au	175g/ \$4.60 COLES	
Promite	vegetable protein extract, sugar, yeast extract (g), water, colour (caramel 150C), salt, cornflour (from wheat), glucose syrup (from wheat), onion, emulsifier (glycerol monostearate), thickener (modified cornstarch), food acid (citric), vitamins (niacin, thiamin, riboflavin), vegetable gum (carrageenan), (c) (d) flavour enhancers (627, 631) , spice extract	<u>Mars</u> Australia Pty Ltd www.masterfoods.com.au	290g/ \$4.45 COLES	
Vegemite	Yeast Extract (g) Salt Mineral Salt (508) Malt Extract (From Barley) Natural Colour (150d) Contains (e) Preservative 220 Vegetable Extract, Niacin, Thiamine, Riboflavin, Folate	Kraft Mondelez Australia Foods Level 6, South Wharf Tower, 30 Convention Centre Place, South Wharf, Victoria 3006, Ph_1800 033 275	220g/ \$3.95 COLES	"VEGEMITE is suitable for both vegans and vegetarians. The product is made on a dedicated production line and does not contain or come into contact with any animal derived ingredients."

(a) colour 150 a,b,c, d are all Caramel and all are listed as "potentially hazardous" in Bill Statham's 'The Chemical Maze'. Caramel "May cause gastrointestinal problems". b and c "may affect the liver" and d may be associated with asthma. Also from The Chemical Maze* **(b) emulsifier (471)** mono and di-glycerides of fatty acids (may be animal derived or GM). Registered as safe in food. **(c) 627 disodium 5 guanylate** and **(d) 635 disodium 5 ribonucleotides**. Both flavour enhancers and may be animal derived. Can cause very itchy skin, swelling of lips and tongue, should be avoided by asthmatics and those with gout or kidney disease. **(e) Preservative 220 sulphur di-oxide**: destroys B1, can cause asthma, bronchitis, anaphylaxis, hives, nausea, stomach upset, diarrhoea, swelling. **(f) Antioxidant 300**: ascorbic acid. Regarded as safe in food. May be GM which may not be well utilised in the body. **(g) Yeast extract**: Some people have reported head-aches after eating foods with yeast extract.



The Chemical Maze 4th edition: \$17.50 - available at many health shops. There is a later 2014 edition See: www.chemicalmaze.com where there is also a "Chemical Maze" app. available.



VegSA Diary Dates

Upcoming VegSA Events:

- ◆ **Saturday September 19 12md** - Lunch at **Veggo Sizzle 358 King William St Adelaide** - Bus stop 11 (between Halifax & Carrington St). *Bookings to Su by Thurs Sept 17th: vegsu2003@yahoo.com.au or leave a message on 8326 1062*
- ◆ **Sunday October 4 11.30am** – **Vegetarian Indian Buffet (\$15) – Chennai Palace 119 Walkerville Tce, Walkerville.** *Bookings by Wed 30/9/15 - Pam 8374 2531 email: pam@theshoppe.com.au*
- ◆ **Saturday October 17 5.30pm Dinner to support Anti-poverty Week** (*On a Plant Based diet we can do it "Better for Less"!*) The Joinery 111 Franklin St Adelaide. Cost \$10 p/p. Children under 12: \$6. Book with VegSA (see below) by Wed 14/10/15. See enclosed flier. *For info Anne 8390 2314.*
- ◆ **Saturday November 22 12md** – **Picnic in the Park.** Opposite 5 Enford St Elizabeth. Bring veggo food to share, plates cutlery, drinks, seat, news, etc. Lamyong and other products for sale. For info or pick up from Salisbury interchange contact Karin 8260 2778 or 0466 972 112 email: glad2bveggie@gmail.com
- ◆ **Saturday 28 November 12.30pm** - **The Green Room** on High St Willunga. Contact Su - see above.
- ◆ **Vegewise Group** (*Meets 3rd Wed 12md - Bookings by Monday before event*)
September 16 - Virsa Delight Vegetarian Indian Restaurant 276 Main North Rd Prospect bookings to Karin (by Mon 14). Ph: 8260 2778 or 0466 972 112 email: glad2bveggie@gmail.com
October 21: Health on Brighton - 445 Brighton Rd Brighton (opp St Jude's Theatre)*
November 18: Pollen 185 - 4/185 King William Rd, Unley*
**Bookings (for both events): Pam 8374 2531 email: pam@theshoppe.com.au*
- ◆ **Northern Star Vegetarian Group:** Meets 2 or 3 times each quarter. For Info and bookings contact Karin Ph 8260 2778 or 0466 972 112. email: glad2bveggie@gmail.com
- ◆ **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 necessary but check in case of changes with Jill: 83861943 or Su vegsu2003@yahoo.com.au*

Other Upcoming and Regular Events:

- ◆ **PURE VEG FOOD + WINE FAIR:** Saturday September 12 - 12 noon till late. The Market Shed, Holland St, Adelaide
- ◆ **VEGAN FESTIVAL:** Saturday November 7 - Victoria Square. See www.facebook.com/pages/Vegan-Festival-Adelaide/211370542257756
- ◆ **Animal Liberation SA:** 1st Sunday monthly 2pm **General Meeting.** Sunday Sept 13th - 1pm **Vegan Cooking Demo.** Sunday Oct 4 **AGM.** Sun Oct 11 - **Fashion Parade and afternoon tea.** All events at the Box Factory 59 Regent St South (off Halifax St) Adelaide. Sun Sept 27 - 10am **Walk for the Animals** at Bonython Park. Contact **ALSA office:** Mon, Wed, Fri - 10am – 2pm ph 8342 1103. email: animal.lib.sa@gmail.com or see www.animalliberation.org.au
- ◆ **Adelaide Vegans:** Brings vegans together for networking and social gatherings. Dinner Friday evening at various vegetarian restaurants. (Occasionally at weekends or at places with good vegan options.). Bookings essential to enable the venue to reserve a table. For details and booking see 'EVENTS' page at: www.adelaidevegans.org or ph. Ken 0415 382 121
- ◆ **Meetup Group - Adelaide Social Vegetarians:** a social group for vegetarians and vegans of all ages to meet like-minded people, make new friends and enjoy great company. Coordinator Corin writes, "We meet regularly for dinner or lunch at various cafes & restaurants (city and suburbs) that cater for vegetarians and vegans. We are an inclusive and supportive group and welcome anyone" including anyone "who is not yet vegetarian or vegan but who would like to adopt that lifestyle." To join visit: <http://www.meetup.com/Adelaide-Social-Vegetarians> or for any one who is not familiar with Meet-up and who would like more info. contact Corin: coco39@internode.on.net
- ◆ **Natural Health Society (SA)** Meeting and lecture 7.30pm 1st Tuesday monthly (except Jan). Unley Citizens Centre, 18 Arthur Street Unley. Regular Guest Speakers. Cost \$4 /\$3 conc. Members \$2
Speakers: **Oct 6** Kathy Scarbough: Vaccination – adverse events and vaccine failure, why we need to protect our choices. **Nov 3:** Ferida Klizam (Art Therapist): Healing through Art. **Dec 1:** 7pm: Angela Heuzenroeder: Barossa Foods – Recipe for a Good Life. Shared supper.

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