



Food for Thought

Vegetarian & Vegan Society (VegSA) Inc.

Newsletter

Issue 3/16 - September 2016

PO Box 311 Kent Town SA 5071

Phone 0466 972 112

website: www.vegosa.org.au

e-mail: info@vegosa.org.au or vegsoesa@gmail.com

There is No Money in Disease Prevention That's Why Big Pharma is Not Interested

*(VegSA member **Richard Greenwood**' letter to MPs about the Australian health situation)*

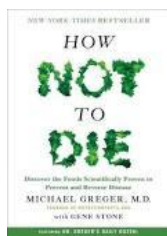
The Role of Diet in Preventing, Arresting, and Reversing Our Top 15 Killers

If most of our population were healthy then the income of all BIG PHARMA companies and from most doctors' owned businesses would dry up.

I ask a question – Why is there no BIG PHARMA research done on illness prevention and only on pain relief and in reduction of symptoms but not on real cure or in prevention? The answer you guessed is simple – There is NO MONEY in that. Our Australian society spends billions of dollars in medical services and sophisticated devices for diagnostic and treatment of symptoms since the cost of those services is constantly going up with new technology and clever marketing. How about if we as a society become healthier – certainly the costs will drop and the Australian budget will certainly get in the black again.

What if I tell you about a Medical Doctor who has been researching illness prevention and cure for many years, and who claims that 'simple changes to diet and lifestyle' can cure or at least prevent the 15 killer diseases of our time and has condensed part of his work in a book and now a video freely accessible on his website <http://nutritionfacts.org/>* You can watch the video: <http://nutritionfacts.org/video/how-not-to-die/>

In his book **HOW NOT TO DIE: The Role of Diet in Preventing, Arresting, and Reversing Our Top 15 Killers**, Dr Greger explains what we can do about the #1 cause of death and disability: **our diet**. This is a "best-of" compilation of his last four "Year-in-review" presentations. This is an 82 minute video but there is also a 17 minute version. If the advice and research in Doctor Greger's work is listened to it will bring enormous benefits to the Australian population and the Turnbull's budget.

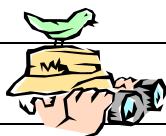


HOW NOT TO DIE - The Role of Diet in Preventing, Arresting, and Reversing Our Top 15 Killers by Dr. Michael Greger \$27.75 from Angus & Robertson. Price varies - check on-line for other suppliers.

Article submitted by **Richard Alvaro Greenwood** - Master Conflict Management, Grad Cert Family Therapy, Dip Education, BA Communication.
Phone 61 08 8338 4213 P.O. Box 651, Glenside SA 5065

**Many readers will already be aware of Dr Greger's weekly videos and reports. As Richard says Dr Greger has researched his material well. You can select which of his reports to read/see on a range of interesting topics. Ed*

More info on this topic see page 6



VegSA News

Compiling this newsletter has not been particularly easy, mainly because there is so much good information coming in. The World seems to be waking up to the value of plant based diets. Not only do a large proportion of eating places include “vegetarian” on their menus, but many of them now have vegan offerings or options. The word “vegan” is becoming mainstream. (Even my spell checker has decided to accept it.....at last!) Added to this is all the free information on line and several meet up groups introducing new comers to the meat free diet. Of course there are ups and downs but as one vego places closes another opens. I am struck by the enthusiasm not only of young people like Lucie & Nissa who recently started ‘Nagev’ in Erindale but also of the stalwarts like Robyn who has been running ‘Vego and Lov’n It’ in Rundle Street now for 28 years and Stewart at Sarah’s Sisters in Semaphore, who started his first vegetarian establishment – Sarah’s, later Café Violetta in Hutt St - in 1978 and is now tackling new environmental projects. Looking at all this activity, one has to ask, “Where does VegSA, a 64 year old institution, fit in?” What are your thoughts on the subject?

Now for the bad news!

Card Payment Difficulties: It looks as if VegSA will need to **cease or at least phase out card payments**. BankSA has just notified us that the cost to VegSA of processing card payments through BankSA’s system has been increased by about 400%. Instead of an average cost of around \$12 per month, the cost will increase to a minimum of \$47.50 per month i.e. minimum of \$570pa.

The VegSA Committee does not feel that that is a reasonable way to spend members’ contributions and is currently in the process of opening an account with another institution. However, the best offer we have had so far for this card payment service is \$33 per month (\$396pa). Regrettably, it seems that we must, at least, suspend this payment option. If your subscription is due this quarter please see the enclosed membership form for the current situation and how it is being resolved.

PAYMENT OPTIONS: Internet payments, pay by cheque, pay with cash in person at one of our events or pay at your bank directly into our account. (Account details on membership form). If you are not familiar with this last option we are told that it is cost effective but that you need to be careful to ensure that your name is clear as the sender at time of payment.

The Committee apologises for any inconvenience but hope that members will understand that this is a situation beyond our control.

MAJOR EVENTS FOR VEGSA THIS QUARTER (see details page 7 & 8)

- Sunday Oct 22 End Poverty Week event at the Box Factory, Regent St Adelaide
- Saturday – Sunday Nov 5 and 6. Vegan Festival, Victoria Sq. Adelaide. Visit VegSA stall. Speakers, music, celebration.



Good News - AUSTRALIA TOPS IN GOOGLING “VEGAN”!

SBS News reported on the 15th April 2016 that according to Google Trends, Australians have topped the list for searching on the word ‘vegan’ so far in 2016, ahead of New Zealand and Canada, with interest in Tasmania especially high.

The owner of Cherry Darlings Bakehouse in Forestville SA, Tim Salmon, is quoted as saying that veganism has become more mainstream and has lost its ‘hippie edge’, with concerns about agricultural practices, and a realization of the environmental and health benefits of a vegan diet.

Details are available at <http://www.sbs.com.au/food/article/2016/04/13/what-australians-google-vegan-more-anyone-world>. (Or try the shorter URL: <http://tinyurl.com/ho9ydk9>).

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.



Products on the Market

♦ **Lets Do Pizza** Finchley Plaza 2/92-94 St Bernard's Rd Magill ph 83311668 offers vegan, vegetarian and gluten free as well as standard pizzas. Vegan Pizza 12" (30cm) \$14.90, 15inch \$20.90 (Might be cheaper on Tuesdays?) Vegan pizzas have plenty of vegies. Lets Do Pizza changed hands recently and new boss Walid is making his own vegan cheese and chicken substitute. Open Sun – Thurs 5pm – 9pm, Fri-Sat 5pm – 9.30pm. Closed Mondays.

Delivery within 5km \$6 (min order \$20) 6pm – 8.30pm. On line: letsdopizzarestaurant.com.au.

♦ **Liv A Little Gelato** is available at Let's Do Pizza (see above), also at 'The Market Shed on Holland' Sundays 9am – 3pm. This is a frozen product that is tasty without being sweet or sickly. It is totally vegan, using organic ingredients wherever possible, no artificial colours, flavours or preservatives and produced with a strong regard for the environment. Flavours include Cherry Ripe, Passion Fruit and Salted Caramel.

Also available at: Foodland Stores at Pasadena, Munno Para, Henley Square, Mitcham, Norwood, Newton, Semaphore, Glen Osmond Rd Market, Papa Mia's Pizza, Prospect Pizza Bar, Everything Vegan, IGA Gilbert Street and Glenelg East, Jetty Food Store, Primal Bliss Eatery, Bakers Edge, Raw Conscious Eatery and GD Wholesale Fruit + Veg.

Also try it at *Vegan Festival Adelaide: November 5 and 6 (Victoria Sq.)*

♦ **Wholesome Cashew Nut Bars 100gr** = approx. 10 small bars: VEGAN. Free from gluten, preservatives, artificial flavours, trans fats and colorants (but has cane sugar and glucose syrup). Main ingredients: Cashews (60%), sugar and sesame seeds. \$3.29 from IGA Campbelltown. Imported from Thailand by T&R Dreamworks 358 Main Nth Rd Blair Athol SA 5084 ph 8262 7230 www.trdreamworks.com.au

♦ **Nuttelex's new Buttery spread.** Free from dairy, egg, gluten, soy, cholesterol, GM ingredients, salt reduced, virtually trans fat free, suitable for vegans & vegetarians. Good for cooking and baking. More information <http://www.nuttelex.com.au/products/buttery/>

♦ **St. Dalfour Three Beans and Corn and Quinoa and Vegetables** 300g, ready to eat. Imported from France by aussiehealthproducts.com.au \$3.50 each at Foodland.

♦ **St Dalfour Fruit Spreads** 284g (several fruit varieties). No added sugar; use dates and/or concentrated grape juice. No additives, colourings, flavourings, or preservatives, \$4.45 at Foodland.

♦ **Nudie Coconut Yogurt** – natural flavour (vegan) 500g. Ingredients: coconut, water, cornflour, cultures. Now available at Foodland for \$6.09.

See www.nudie.com.au ph 1800-46-68343 email: nudie@nudie.com.au.

Mail address: The Purple Palace 77 Corish Circle, Eastgardens, NSW 2036

♦ **Ayam Organic Coconut Cream*** 400ml \$3.20 at Foodland Rostrevor Imported by A Couet 11 Melissa Pl., Kings Park, NSW 2148. Recipes on www.ayam.com (not all animal free)



Recipe: **Easy Coconut Yoghurt**

(from Committee member Pamela Robinson)

I have been making this recipe a lot lately because I have a nice warm stove flue to stand it by to ferment. If you love coconut yoghurt, this is a quick and inexpensive way to make your own.

1 can of Ayam coconut cream*, 2 teaspoons of sweetener of choice (love coconut nectar), probiotic powder from 1 capsule. Put ingredients in a sterilised glass jar and allow to ferment in a warm place for about 36-48 hours. (Stir occasionally as it tends to separate.) Store in the fridge and use as required. Ayam coconut milk makes runnier yoghurt if preferred.

*Ayam is the product of choice, as it does not have other additives. Adapted from

<http://www.naughtynaturopathmum.com.au/homemade-coconut-yoghurt/>

Pulses in Indian Cuisine

The Indian Spice Centre (at Rostrevor and Daw Park) specialise in the sale of beans, lentils, rice, spices, teas and everything for “Indian” cuisine. VegSA Editor spoke to our members Rajesh and Chandran Sekaram who have been running ISC for around 20 years about the place of pulses in Indian diet.



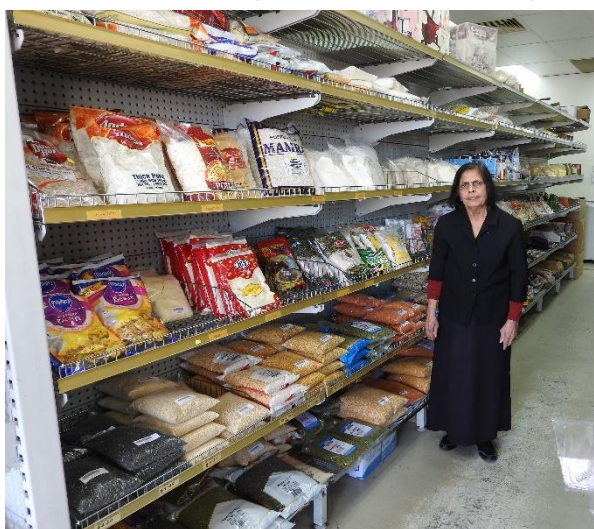
Around 60% to 65% of their customers are of Indian background i.e. from India, neighbouring countries on the Indian subcontinent as well as people whose families had moved (sometimes generations ago) from India to countries like South Africa, Kenya and Malaysia. Amongst these communities pulses form a regular part of the daily diet, as daal, samba or even in some sweets. Vegetarian diet (no meat or eggs) is recommended in the Vedas (Hindu religious texts that go back thousands of years) as essential for religious leaders (Brahmins). So this diet has a religious as well as a cultural basis. Stricter Hindus also do not use onion and garlic, nor do Jains (members of a small but influential minority community) whose teaching emphasizes complete non-violence and asceticism.

“Pure vegetarian” in Indian cuisine means no meat and no eggs but does usually include milk and milk products. As Rajesh says, “People have to eat what is available”. Traditionally families would keep a cow, milk by hand and always see that her calf got to drink its share. A man might have a few cows, milked by hand and known individually. Now with so many people moving into the cities milk production is commercialised and very different. However for Hindus cows are sacred and so milk is much revered. Meanwhile pulses grow well and are a good source of proteins and other essential nutrients.

Following this tradition India has the highest proportion of vegetarians of any country with also now some growing vegan groups. Naturally the cuisine varies somewhat from region to region, but all include pulses known as dal (or dhal or daal according to local pronunciation). Below is Rajesh’s recipe for a South Indian version.

At Indian Spice Centre there is an increase in people from other backgrounds coming to buy vegetarian supplies, including pulses. Some of these customers are not themselves vegetarian but are providing for their children, who are among people influenced by media reports (e.g. the ABC report on Live Exports). Rajesh suggests that, as we now have easier access to information, young people are taught to think and evaluate issues for themselves.

As well as shop customers Indian Spice Centre supplies a good number of restaurants with



rice, pulses, spices and vegetables.

Unfortunately there are now only 2 Indian Eateries in Adelaide CBD that are totally vegetarian (no meat or eggs, but including some milk) – see page 5 for more information. However all Indian and Nepalese restaurants have a good list of vegetarian dishes including pulse dishes. (You might want to check whether some dishes include milk or cream.)

The Indian Spice Centre sells a wide range of pulses from yellow split peas to soya beans and mung beans to chick peas, which they buy in bulk and sell packaged at reasonable prices. They also sell bags of rice (mainly 5kg and 10kg), a wide range of spices and teas, cosmetics and utensils suitable for this style of cooking.

SPECIAL OFFER. The Indian Spice Centre OFFERS 5% DISCOUNT TO VegSA Members. For proof of membership contact VegSA by email or phone Anne on 8390 2314.
(We are always happy to hear from you)

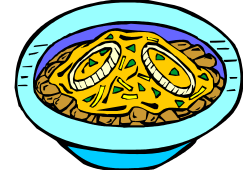
Indian Spice Centre is at 159 St Bernard’s Rd Rostrevor (near Foodland Shopping Centre), ph 8365 0266 and at 592 Goodwood Rd, Daw Park ph 8177 1377. Open

For more about the benefits of pulses see March and June 2016 issues of Food for Thought

Recipe: **AMBAR**

(a popular south Indian pulse dish)

Sambar is a dish eaten daily in south India. It is made with toor dhal (split channa dhal) or masoor dhal (red split lentils) and vegetables. Traditionally it is made with toor dhal but now often with masoor dhal which cooks more quickly. Sambar can be eaten with cooked rice, dosa or idli.



Ingredients (quantities according to taste):

Toor dhal. Cooks faster if soaked

Vegetables according to taste and availability e.g. eggplant, potato, carrot, onion, radish, tomato, drumstick, green beans, choko, melon.

Spices and herbs: sambar powder*, dried chillies, mustard seeds, a few fenugreek seeds, turmeric powder, asafoetida (hing), tamerind, salt, curry leaves.

Ghee or sesame oil

Method

Boil dhal with turmeric and salt till soft. Add vegetables and enough water to make a thick soup. Boil and whilst cooking add sambar powder. In a Kadai (pan) heat ghee or sesame oil. When hot and fragrant add this to the sambar. Add half teaspoon asafoetida or more according to taste.

**Sambar powder is about \$3.50 at Indian Spice Centre. It is important for an authentic flavour*

Indian Vegetarian Eateries in Adelaide

♦ **SUKH SAGA** 4/85 Prospect Rd (Foodland Mall) Prospect, (after 8:30pm enter and park from rear) ph 7120 2030 www.sukhsagar.com.au/

Open: Mon-Tues and Thurs-Sun 11:00am-10:00pm Wed closed.

Caters particularly to the Indian community so food is very traditional, generally spicy. Ask for medium if you prefer it milder, but "mild" would usually include milk. Many vegan options but sweets and chai all have milk. There are also some (milder) Indo-Chinese dishes.

♦ **GOVINDA'S** 25 Le Hunte St, Kilburn Ph: 8359 5120 Thurs-Sun 5:30pm – 8:30pm

<http://iskconadelaide.com.au/index.php/soul-food/govinda-s-restaurant>

\$10 all you can eat. Serves a mixture of Indian and western dishes (mainly vegan), including fresh salad. Also does catering "for any size of function" even egg-free cakes made to order. Books and gift shop adjacent to dining area: clothes, cosmetic (not tested on animals), incense, books etc.

♦ **CHENNAI PALACE** 119 Walkerville Terrace, Walkerville 11am-1.30pm Every Sunday

South Indian vegetarian lunch: Idly, Uttappam, Pongal, Variety Rice, Sambar etc. and Dessert. All you can eat for \$16.90, child \$12 (coffee and fresh dosa extra). (Menu at other times includes non-vegetarian dishes) Ph: 0431 151 914 08-7002 8000 E-mail:

mailto@chennaipalace.com.au



Eateries Update

♦ **Update: Great Nature:** Firstly it is with regret that we must report the passing of the Christies Beach icon, Great Nature which closed its doors in June. There was considerable effort made to find a buyer, but despite a generous offer from the owners no one was in a position to take on the business at that time.

Great Nature has been the meeting place for our Southern Group for many years, also popular with local residents, workers and visitors to the area, in fact anyone wanting a quick, healthy and reasonably priced Asian meal or to stock up on vegan supplies.

Great Nature will be greatly missed. See page 8 for Southern Group's changed program

♦ **Veggo Sizzle** (Report by Committee member Pam Robinson)

Adelaide Vegans met at Veggo Sizzle on the 12th August for their regular Friday night dinner. Veggo sizzle released their new (20 page) all vegan menu in June. The new menu includes appetizers, pancakes, toasts, grilled sandwiches, burgers and wraps, salads with a selection of dressings, soups, stir fries, curries with sides, noodle dishes, fried rice dishes, sizzlers and an amazing array of desserts and drinks. The meals were delicious, full of fresh vegetables,

delivered in good time with friendly table service and they have no problem with letting groups pay individually. Veggo Sizzle is at 385 King William Street near the City South Tram Stop and next to Bus stop 11, near Halifax Street.

Open: Mon-Thurs 8.30am to 9pm, Fri to 10.30pm, Sat 10am to 10.30pm, and Sunday 5pm to 9pm. <https://www.facebook.com/VeggoSizzle> for the menu.

(There is only one drawback, Veggo Sizzle does not have its own toilets, but directs customers to the Kings Head Hotel across the road or back to Victoria Square).

♦ **Nagev:** The good news is that the new “plant-based” eatery **NAGEV** at Evandale is all vegan. (nagev, get it?) except for cow’s milk available on request for drinks. The café, formerly Hopes and Beans was taken over by Lucie & Nissa in July. All food is cooked fresh including a range of great vegan cakes. Organic coffee is a speciality. Our Vegewise group ate there in July and found the service very friendly even though it was very busy. Asked how the place had become so popular so quickly the answer was “social media”. It seems the word had got around. Open Mon-Fri 7.30am-4pm. Sat Sun 8am-4pm. 190 Payneham Rd Evandale ph 0433 551795 Email: hello@nagev.com.au (Pic: Vegan cakes at Nagev)



♦ **Virsa Delight:** Also disappointing is that Virsa Delight at Prospect *is now also serving some meat dishes*. Address: 276 Main North Rd, Prospect SA, 5082 Phone 7225 5959 Daily 4.00 pm to 2:00 am

♦ **‘Vego and Lov’n It’ has a new sign!**

240 Rundle St, Adelaide Ph: 8223 7411 Mon-Fri 10am-4pm

♦ **MODINETTI** 146b Henley Beach Road, Torrensville.

Vegewise group visited Mondetti in June. It’s a home style Italian café. All food (pasta, salads, etc.) are made from the basics. Most dishes are vegetarian or vegan – however they do offer a separate vegan/vegetarian menu. Food was great – of good quality. Hours: Monday to Saturday 8am to 2.30pm. Closed Sunday. ph 8352 8845 (Review by Pam Marshall) Also 2 places for a snack in the city (recommended by one of our members)



♦ **Toast Café and Sandwich Bar** – Bank Street Adelaide Ph 82123479

Mon – Fri 7am – 3pm Sat 8am – 2pm Reasonable prices. Soups, vegan apple pie

♦ **Food for Life** – 58a Gawler Place Adelaide Ph 8227 1300 www.foodsforlife.com.au

Health foods, supplements and café: vegan cakes, vege cornish pasties, chickpea pasties, soups Also stocks organic, vegan, gluten free wines

Mon–Thurs 8am to 5:30pm, Fri to 8pm, Sat 10 am – 5pm, Sun 11am to 4pm

(continued from page 1)

HOW THE WESTERN DIET IS HOLDING YOUR HEALTH HOSTAGE was the title of a presentation by Dr Helleen Roex-Haitjema and Dr Alphonse Roex to the Natural Health Society SA on 2.8.16.

Alphonse demonstrated how longitudinal studies (Nurses Study in USA and EPIC Study in Europe) and comparative studies have shown the value of a plant-based diet in promoting health and longer life. Put simply: the more meat, the more disease. Endotoxins – pollutants that remaining in foods - become concentrated in animal foods and cause inflammation. Chronic inflammation is the cause of many diseases and a plant based diet is associated with less inflammation.

Heleen talked about a diet based on these findings. She recommends eating food elements in their natural state, not in isolation i.e. whole foods with plenty of variety. Phyto-nutrients (in plant foods) are anti-oxidant, anti-cancer and immune stimulating, but the level of different nutrients is higher in some plant foods than others, so combine to get a good mix. The fibre in plant foods also helps good gut bacteria. The haem iron in animal foods causes inflammation, but, unlike haem iron, the body can regulate the non-haem iron from plant foods.

Heleen also recommended NO ADDED SUGAR, SALT OR OIL, including limiting the amount of nuts and seeds. (Walnuts and macadamias most recommended.) Heleen will continue her **Nutrition and Cooking** classes at Fullarton in November (see page 7)

RENEWABLE ENERGY OFFER

Are you concerned about your electricity costs? Would you prefer to sign up with a company that supports renewables? Conservation Council SA has an offer to benefit it and you.

The Conservation Council SA has joined forces with Diamond Energy, an electricity company supporting the vision for 100% renewable energy for South Australia. www.diamondenergy.com.au



Switching your energy supplier to Diamond Energy may help you save money and when you change to Diamond Energy the Conservation SA receives a financial contribution to support its work. This is a very simple and practical way VegSA members can help the Conservation Council to keep on working for South Australia's environment during these difficult times.

Diamond Energy rates well in the Greenpeace green energy guide

www.greenelectricityguide.org.au

You can read about this offer at www.conservation.sa.org.au/diamond_energy and if you have any questions call Craig Wilkins or Kylie Krueger at the Conservation Centre on 8223 5155 or drop Kylie a line at kylie.krueger@conservation.sa.org.au.

VegSA enjoys the benefits of membership of Conservation Council SA. From VegSA's enquiries it seems that this is an offer that is certainly worth considering. Please feel free to email or phone VegSA if you'd like more clarification.

Upcoming EVENTS

♦ **Sat-Sun November 5 & 6 - Vegan Festival** Victoria Square (Tardanyangga) Adelaide. 10am to 8pm Sat, 10am - 4pm Sun. Admission \$5 per day. Many stalls with products and information, inspirational speakers, music and food. VegSA will have a stall in conjunction with Adelaide Vegans. Come and say "Hello".

♦ **Thursday 3 Nov 2016, 6:30pm for 7pm Saving Nemo** Scott Theatre, Kintore Avenue, Adelaide. Fundraiser brought to you by Give Foundation and Saving Nemo in association with Vegan Festival. Tickets \$25. Meet Leilani Münter biology graduate turned professional race car driver and environmental activist.

♦ **Sunday September 18 - 5pm-8pm World Peace Day 'Chant for Peace' Kirtan Celebration.** Australian School of Meditation and Yoga 20 Chapel Street, North Adelaide. **\$8 donation** requested for the scrumptious **vegetarian buffet**. Places limited so register at <https://www.eventbrite.com.au/e/free-chant-for-peace-kirtan-celebration-tickets-27062957033?ref=estw>

♦ **Food for Life Nutrition and Cooking Classes** - Heleen Roex-Haitjema is a medical doctor who is certified as a Food for Life Instructor by the Physicians Committee for Responsible Medicine (pcrm.org) in USA. She will be running a series of classes promoting the health, environmental and ethical advantages of a plant based diet. **Cost: \$125** for five 2hr weekly classes: Five Tuesdays from 8 November to 6 December at Fullarton Park Community Centre, 411 Fullarton Rd Fullarton. For info/bookings Heleen: hsroex@mac.com or 0432 994 909

♦ **Ananda Marga Meditation Retreat, 6pm Fri evening Sept 30th to 2pm Sun. afternoon 1 October.** A relaxing weekend with an opportunity to learn meditation or deepen your practice. Vegetarian/vegan food, walks on the beach, classes, yoga, fun, singing. The venue: 1 Everard St, Largs Bay. The rooms are all single and have individual air-con. The venue is wheelchair accessible and has a chair lift on the stairs.

The price is \$230 (\$200 concession), Earlybird by 16th September \$210 (\$180 concession) contact Mahima Light 0466 984 686/8337 3882/0481 321 900 email: meditationyogadetox@gmail.com

♦ **Phillip Day visit to Australia.** Phillip Day heads up the publishing and research organisation **Credence** (www.credence.org), which collates work provided by many health researchers. He will visit Australia in November for his **Phillip Day's Maximum Health tour** and is presenting in Adelaide on **Sunday 13 November - 2.00 – 5.00 pm** at The Playford 120 North Terrace. To book tickets, go to <http://credenceonline.co.uk/OZtour/> and enter the password GD2016 or contact Credence Events Management / Credence Publications PO Box 293, Stepney SA 5069, phone (07) 3911 1207 (after 7pm)



VegSA Diary Dates

Upcoming VegSA Events:

- ♦ **Sunday September 25** 12.30pm - **Lunch Chennai Palace** 119 Walkerville Terrace, Walkerville. South Indian Pure Vegetarian Buffet \$16.90 Child \$12. Please book by Wednesday Sept 22nd with Su vegsu2003@yahoo.com.au or 8326 1062 / 043 355 3779
- ♦ **Sunday October 22 - End Poverty Week Event:** Afternoon tea, speaker/entertainment and dinner at the Box Factory, Regent St Adelaide. Dinner \$10, afternoon tea \$5 or \$13 for both. Details on enclosed flier.
- ♦ **Southern VegSA Group** monthly social get together: 2nd Saturday of the month. Please book with Su - vegsu2003@yahoo.com.au or 8326 1062 / 0433553779 by Thursday before event
- ♦ **Saturday September 10** 12.30pm - **Lunch at The Green Room** 2 High St Willunga (book as above)
- ♦ **Saturday October 8** 12.30pm - **Lunch at Kibbis** 39a Beach Road, Christie's Beach
Gourmet lunches include bruschetta, dips, salad, soup, veggie stacks, fresh juices, smoothies, homemade cakes. (Book as above)
- ♦ **Saturday November 12** 12.30pm - Lunch at **The Fleurieu Pantry** 20 Gawler St, Port Noarlunga.. Vegetarian/Vegan options include dips, tacos, soup, vegan curry, cold rolls, vegan stack, tofu salad and falafels. Also vegan raw cakes and desserts and raw slices. (Book as above).
- ♦ **Vegewise Group** (Meets at 12md unless stated otherwise)
 - **Wednesday September 21 – Nettle and Knead** (bakery/café with lots of vegan options) 84-86 Duthy Street, Malvern. *Bookings Pam 8374 2531 email: pam@theshoppe.com.au*
 - **Thursday October 13 (note not Wed) - Let them Eat** (stall 26 Central Market) and **Raw Perfection** (26 Central Market Arcade) For details contact Anne 8390 2314/0422 085 548 or email vegsocsa@gmail.com
 - **Wednesday November 16 - The Middle Store**, 118 Winston Ave Melrose Park. *Bookings Pam 8374 2531 email: pam@theshoppe.com.au*
- ♦ **Northern Star Vegetarian Group:** Meets occasionally according to demand. For information. Contact Karin Ph 0466 972 112. email: glad2bveggie@gmail.com
- ♦ **VegSA Mail out workshop.** Usually at the Joinery 111 Franklin St Adelaide on the Sat. before we mail out on 1st Monday in Sept, Dec, March and June. Help always appreciated. Meet fellow members and share ideas. Contact Anne on 8390 2314 or vegsocsa@gmail.com

Other Upcoming and Regular Events:

- ♦ **Animal Liberation SA:** 1st Sunday monthly - **General Meeting** The Joinery, 111 Franklin Street, City (old Bus station). **Email:** animal.lib.sa@gmail.com ph 0498 622 497 www.animalliberation.org.au PO Box 327 Mitcham Shopping Centre SA 5062.
- ♦ **Animal Justice Party:** For event enquiries email: secretary.ajp.sa@gmail.com
- ♦ **Adelaide Vegans:** Brings vegans together for networking and social gatherings. Dinner Friday evening at various vegetarian restaurants. (Occasionally at weekends or at other 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 including anyone who is not yet vegetarian or vegan but who would like to adopt that lifestyle. Meets regularly for dinner or lunch at cafes & restaurants that cater for vegetarians and vegans. To join visit: <http://www.meetup.com/Adelaide-Social-Vegetarians> or for more info: 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.
October 4 John Kirkwood (Acupressure Therapist): Ways to heal your heart by balancing the fire element within. **November 1 - Pam Marshall:** Replacing consumer products with safer alternatives.
Dec 6th Christmas breakup. Bring healthy food to share. Speaker to be announced.

(More Diary Dates on previous page)

VegSA - P.O. Box 311 Kent Town 5071 Ph 8260 2778 Mob 0466 972 112 e-mail: vegsocsa@gmail.com