



Food for Thought

Vegetarian & Vegan Society (VegSA) Inc.

Newsletter

Issue 3/17 – June 2017

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HEALTHY HUMANE LIVING

Joint meeting with Animal Liberation SA July 2nd 2017

On Sunday July 2nd members of VegSA and Animal Liberation SA (ALSA) met to discuss common interests. ALSA was established in 1982 following the publication in 1975 of Peter Singer's book "Animal Liberation". VegSA has given informal support to ALSA (as it has to a number of other groups). However there is also a large overlap of membership between the two groups, so there is a strong feeling that we could, and should, be working more closely together. To look at more details of this idea we held the joint meeting at The Joinery (old bus station) on July 2. VegSA's President suggested that, whilst VegSA has mainly a "how to" thrust, ALSA has a more "why to" thrust. Even so ALSA has a range of "how to" literature and products (which will be available on its stall at the Vegan Festival in October) and VegSA has its informational "why to" pamphlet "Plant-based Diet and Lifestyle" (which can be accessed on its website www.vegsa.org.au or by mail on request).



ALSA tackles animal exploitation on many fronts. Currently it has three main thrusts: jumps horse racing, correct labelling of free-range eggs and exposing the cruelty within the dairy industry. In addition, in the winter months with the emergence of fur and down in apparel, ALSA has staged demonstrations against the use of down in jackets at the Rundle Street and Rundle Mall Kathmandu stores in Adelaide. ALSA has also been monitoring the use of fur in clothing where they had staged demonstrations last year. Unfortunately "fake fur" is not always labelled correctly and can actually be animal fur, including dogs' and cats'.

On both the Saturday and Monday over the Easter weekend at Oakbank, Animal Liberation, together with the Coalition for the Protection of Racehorses, organised a well-attended protest against jumps racing. South Australia and Victoria are the only states where Jumps racing has not been banned. Despite submissions from ALSA, RSPCA and other groups, a South Australian Parliamentary Committee last year found against banning jumps racing. (There has not been an enquiry in Victoria.) This Easter weekend Wheeler Fortune was the 17th horse to die during SA jumps racing since 2009. A jumps horse is 19 times more likely to die than one competing in a flats race and 79 horses have died in jumps racing across Australia since 2006. The SA inquiry will not be revisited for the next 3 years "to allow the industry time to undertake further improvements against the Committee's proposed recommendations", but changes to the jumps both here and in Victoria does not seem to have reduced the dangers. Attendances at the jumps racing days have fallen since the Oakbank protests began and protesters now receive less abuse than in earlier years. (Continued next page)

JOINT MEETING WITH ANIMAL LIBERATION Continued from previous page

Egg Branding

ALSA member Val Maslen has been checking out branding of eggs in supermarkets. RSPCA recommended a change to the definition of "free range" to allow stocking rates of 1,200 – 1,500 birds per hectare, but the law passed allows up to 10,000 per hectare. Boxes have names like "Farm Fresh" or "Country Farmed" plus pictures that make it appear that the hens are free range. The information regarding the actual stocking rate is not in a very noticeable place on the box, often on the side and in quite small print. Val believes this to be deceptive. As a protest she has put signs around her neck so people could read, "Caged eggs are cruel" as she walked around Marion Shopping Centre and into the supermarkets. Animal Liberation would like to publicise what happens to chickens in the industry regardless of whether or not they are free range.

Animal Liberation Dairy Campaign

(Warning: distressing material)

ALSA'S Dairy Cruelty campaign is ongoing. They would like people to realise that, to keep milk flowing, cows are artificially inseminated every year. 10 months later their calves are born. A bond forms between them. Typically, after one to three days, their babies are taken away, which causes cow and calf extreme distress. The male calves are usually sold to the veal industry where they are kept in tiny crates to keep their flesh pale and tender. They will be killed after just a few sad months of life. The female calves will likely follow in their mothers' footsteps into the dairy industry. Previously ALSA had billboards around Adelaide to advertise the cruelty of the dairy industry. They would like to proceed with this campaign and have posters up in bus shelters. These are expensive and they have been trying to raise money to do this. A VegSA member present offered to allow Animal Liberation to put up a sign in his front yard, which is on Cross Road. ALSA will research whether Council approvals would be needed to do this.



VegSA News

Membership

Firstly thank you to those members who have renewed their membership. It helps considerably if subs come in promptly, especially from those whose membership includes the True Natural Health magazine. It is proving cost and time effective to have magazines sent direct from the mailing house, but this means having information to the magazine publisher (Natural Health Society in New South Wales) at least three weeks before we do our newsletter mail-out. With regard to the newsletter, we appreciate your support and will continue to send one to you for two issues, even if your membership lapses. Of course, if you would prefer to get your newsletter by email just say so when renewing your sub or send us an email.

Vegan Festival (28th - 29th Oct)

This year for the first time since 2006 VegSA will not have its own stall at the Vegan Festival. Last year the stall was cared for exclusively by committee members, together with Helen from Adelaide Vegans and her volunteers. This year some committee members as well as Helen will be away that weekend or in the preparation days leading up to the Festival. VegSA has therefore proposed to Animal Liberation that instead of having a separate stall we assist with the Animal Liberation stall. **DO NOT FEAR** we still need volunteers. We still need you. Volunteers do not need to be super specialised. We plan to have a committee member or other well-informed member on the stall at all times, but there are other tasks that need to be taken care of so we still need others to assist. If you can help, please contact VegSA ASAP. Contact details on page 1.

Religious and Political Affiliation

From time to time Food for Thought comments on activities of religious or political organisations. However, VegSA has **NO RELIGIOUS OR POLITICAL AFFILIATION**. It does report on actions, policies, statements etc from religious or political bodies where these are relevant to VegSA in fulfilling its own objectives.



Products on the Market

VITASHINE – Vegan D (Cholecalciferol) 100% Vegan and vegetarian suitable Vitamin D3 made by Vegetology in UK “The only Vegan Vitamin D3 registered with the Vegan Society (UK)”. Vegetology says of this product: “Vitashine contains our exclusive (Cholecalciferol). We worked with Independent expert laboratories including Stirling University (world renowned experts in lipid analysis) to validate our research. Vitamin D3 (Cholecalciferol) is the form of Vitamin D produced by the body after sun exposure. Common vegetarian Vitamin D supplements are Vitamin D2 (Ergocalciferol), which is a derivative of ergosterol and is not produced by land plants or vertebrates. **The healthy debate continues regarding whether D2 offers equivalent efficacy to D3 in the body, with the majority of the scientific community suggesting Vitamin D3 is superior.** We have added some downloads and references to our website: www.vegetology.co to allow you to make up your own minds! **Vitashine is free from sugar, wheat and gluten as well as from dairy products.”**

Unfortunately this product is mainly only available on line, as above, and from veganpet.com.au

Vitashine 1000iu Spray \$14.99 or 3 for the price of 2 \$29.98

Vitashine 1000iu Tablets 60 tablets \$15.99 or 3 for the price of 2 \$31.98

Vitashine 2500iu Tablets \$16.99 or 3 for the price of 2 \$33.98



Also available from www.vegetology.co

Opti3 Omega-3 EPA & DHA product is a 100% vegan and vegetarian alternative to fish oils.

VegVit multivitamin supplement for Vegetarians and Vegans with elevated levels of key vitamins and minerals) and a real innovation in bioavailability.

Joint-Vie a high strength, comprehensive Bone & Joint Care formula combining Vegetal Glucosamine, Phytodroitin™, Calcium, Magnesium and Vitamins C, D3 and K2.

STAINLESS STEEL (REUSABLE) DRINKING STRAW WITH SCOOP in a pack of 4. Also **bamboo straws**, **bamboo reusable cutlery** and a range of other **eco-friendly products**. Available at The Lightfoot Eco Store 257 St. Vincent Street, Port Adelaide. Ph. 08 7230 9453 www.lightfootecostore.com.au

Open: Tuesday – Friday 9:00am – 5:00pm Saturday 9:00am – 3:00pm Closed Sunday and Monday

See Diary Dates P8: lunch at Red Lime Shack at Port Adelaide and visit to the Lightfoot Eco Store.

MiEco BAMBOO HAIR BRUSH, two sizes 17X5cm \$12, 22X6.5cm \$20. “Bristles” and handle are bamboo, which is fast growing and biodegradable. Small size fits well into a toilet bag. Can handle tangles and gives a good scalp massage. Also **biodegradable bamboo toothbrushes** \$4 ea or \$40 for 12. Available from **New Internationalist** 172 Gilles St Adelaide by mail or in person 9am – 5pm Mon – Friday or on line at www.newint.com.au

Everything Vegan (see next page) has similar hairbrushes but in different sizes.

HEBE AND CO is a new shop selling totally vegan, eco friendly personal care products. Shop 12 Regent Arcade, Rundle Mall, Adelaide. Ph 08 8232 9359. Email: info@hebeandco.com

EVERYTHING VEGAN

Everything Vegan at 172 Goodwood Road, Goodwood SA is a veritable Aladdin's Cave for vegans with an enormous range of vegan, cruelty free and environmentally friendly products. Food for Thought editor (Anne Sanders) spoke to joint owner Kym Henley about the thinking behind running the store. Kym and her family also run the Freedom Hill animal sanctuary and we asked her about that too.

AS: Firstly and importantly, what made you become vegan?

Kym: I went vegetarian when I was 16. And then it wasn't until I exposed myself to the horrors of the dairy industry via the internet. (I actually thought the cows just produced the milk!) Yes, it was through research and awareness that made me go the next step to vegan.

AS: And then the shop and the online business followed on that?

Kym: Yes, soon after that. I think it was around August-September when I had gone vegan and then we opened the shop next April, the following year.

AS: That was very quick! How long has Everything Vegan been going?

Kym: For 4 years: two years in the city and two years here in Goodwood.

AS: Why did you start Everything Vegan?

Kym: I first started with the veganonline store and then I started Everything Vegan so that we had one place in Adelaide, a grocery store that had vegan products that people could come to rather than buying online.

AS: Is it easier to manage an online business or a physical business?

Kym: Both are much of a muchness. Both have their different tasks. Online has a problem with the shipping. With a retail store you always have to have stock available for the shelves. Neither one is easier than the other.

AS: Why did you think it was necessary to have a retail store?

Kym: So that people in Adelaide could actually come to a shop, a physical store where they are able to have a look at the products. People really like to touch and feel and view the product, see the sizing of the products that you can't actually tell from being an online store. Also to have the customer service, to be able to ask staff: product tasting and what things are used for what, like your cheeses, which ones melt etc. We can't do that online.

AS: What proportion of items are made in Australia?

Kym: I wouldn't know the exact proportion. I try to make all products first to be local, next they would be Australian obviously and then if we can't get those products anywhere here then we would get the overseas ones. Ultimately we would like to have everything Australian.

AS: And you've got quite a lot of overseas things.

Kym: Yes, particularly in the cheeses. That's something (the manufacturing of the cheeses) that we haven't mastered as well as the Americans. The overseas ones still taste better because there has been a lot of research done. Australia is about 10 years behind! People who have been over seas ask for some of those overseas products.

AS: Is every thing palm oil free?

Kym: No, not everything. We try obviously to get them palm oil free but we can't guarantee everything. In the store we have everything that is gluten-free marked with a pink label, so that people with a gluten intolerance can walk in and easily view those things, but we haven't got anything that marks out which have palm oil. That is something where people would have to read the individual ingredients.

AS: Would you say that most of the products with palm oil in would be sustainable?

Kym: Yes, they are.

AS: How many Animal do you have at Freedom Hill?

Kym: About a hundred: sheep, pigs, cows, horses, goats, cows -"wastage" from the dairy industry! All have individual stories. All are abandoned, like Wakefield. He had fallen through the side of a truck where he had been born and was found by the side of the Wakefield Road.

AS: Do you have volunteers helping at freedom hill?

Kym: Yes, Sundays we have a group of 6 -10 people that are regulars, that help out with the stable area, rake out where the sheep are, put new bedding down, redo the waters, do the daily morning feeds for them and if there is anything like tree planting or a bigger event I would "face-book" it for a bigger group.

AS: Will you be having a fundraising event for Freedom Hill this year?

Kym: I would like to try. It's the time factor because I'm very busy with the store and the online and just general things at Freedom Hill. To have a picnic or anything does take quite a lot of time to organise. And it's got to be done in the correct weather because of the bushfires. And we don't have cover for people if it does rain. When I'm gearing up for Christmas I don't get any time off. So you would be looking at March or April.

AS: Thank you. Now I'd like to mention some of the products that are on the shelves.

A wide range of fridge and freezer foods



If you want to know how to do it there is a considerable range of literature arguing for a cruelty free, plant based diet and lifestyle (including children's books). These books are generally very attractive, would make excellent gifts and for the main part are very reasonably priced.

Nearby is a small environmentally friendly stationary section with cards, wrapping paper, string and even a highlighter pencil.

Lifestyle and recipe books



Cosmetics, bags, belts and T-shirts

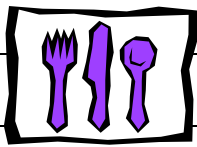


Everything Vegan does not just specialise in vegan foods; it has other needs covered: cosmetics, personal care and cleaning materials (items which, because we don't eat them, often do not have all their ingredients declared). To help with health there are supplements, protein powders etc. It seems that young people especially appreciate the considerable range of cosmetics, imported and Australian, and with a varying range of prices.

Having looked at all that food you might begin to feel a bit peckish. More recently everything Vegan has established its café bar with hot drinks, cakes, pies and, by the way, "the best pasties in Adelaide". **The café is open 10am – 2.30pm Thursday to Sunday.** Everything Vegan staff are helpful and informative. In looking for genuine animal free products it is a privilege to know that at Everything Vegan all the hard mental work has been done for you

Café is open 11am-2.30pm Thurs-Sun.





Eateries Update

CLOSURES

We have just heard that Pollen 185 (Hyde Park) is about to close. VegSA's Vegewise groups and others have enjoyed some very nice meal there and Pollen will obviously be sadly missed.

We also have to confirm that Meesu (formerly in Pulteney St Adelaide) closed some time ago. Reports are that the venue now advertises meat meals. Pity to see this loss, but as one closed another opens.



Vegetarian Delight 17.8.17.

Vegetarian Delight opens in Adelaide City

We are delighted to report that Vegetarian Delight, whose former restaurant on Port Road was popular with many VegSA members, has now opened in the food hall in the Southern Cross Arcade. Staff are friendly and food looks good. **Daily Special:** rice or noodles with three vegetable items for \$10

Open: 9am - 4pm daily except Friday 9am - 8pm

Closed Sunday

Shop 22, Southern Cross Arcade, 52-62 King William St, Adelaide **ph 0433 331 3**

Dosa Plaza at Mawson Lakes

On July 22nd a small group of VegSA members had lunch at Dosa Plaza at Mawson Lakes.

Dosa Plaza is quite a surprise. The menu is very extensive with not only Indian but also some Italian and Chinese style dishes and it was quite hard to know what to choose. Many of the names were unfamiliar and some of the dishes with familiar names turned out to be quite different from what we expected. Nevertheless the food was tasty, filling and quite reasonably priced. Many of the dishes can be made vegan and in most cases you can ask for spicy, medium or mild. It is well worth a visit to Dosa Plaza if you are around that area and especially if you like Indian style food.

Dosa Plaza is at Parade Apartments, 51 Victoria Parade, Mawson Lakes ph: 8250 0333

Warning Victoria Parade is quite difficult to access so check your map or GPS carefully.

ADRA Café (Formerly "Shepherd's Lodge") At Brahma Lodge.

For my birthday, my husband, being the generous person he is, invited me to go for a free dinner at ADRA Café at Brahma Lodge. Even if they had known it was my birthday it could not have been greater. It was one of the best meals ever. The room itself looked attractive, laid out with tables for about 6 people, each with flowers and black and white serviettes. The soup was delicious and when I asked if there was any milk in it I was told "No" and not to worry. They would see I also got a vegan sweet. The soup was followed by veggie patties with steamed veges and salad (very healthy) and the promised dessert was like the best Christmas pudding with vegan custard. They certainly know how to cook! (Report from President, Anne Sanders)

ADRA Café, Brahma Lodge is open every Thursday at 6.30pm. The meal is free, but donations accepted of course. If you would like to treat yourself, or perhaps show any sceptical friends or relatives just how tasty a healthy vegetarian meal can be, we suggest you take them to one of these dinners.

Two other Adventist churches hold similar events: Morphett Vale 130 Pimpala Rd at 6.30 pm Thursdays and also at Melrose Park 123 Edwards Street (opposite the school).

NOTE The coordinators and workers at ADRA are sometimes on retreats and there is no Thursday feast that week so it is best to check in advance. For information contact ADRA* Office ph 8269 2177 or jakefaiuma@adventist.org.au www.sa.adventist.org.au *Adventist Development and Relief Agency

ADRA CAFÉ AT PARAFIELD now open 7 days, serving vegetarian snacks and light meals.

If you are shopping at Bunnings or one of the other big shops at Parafield, consider visiting the ADRA café, which is attached to its very neat op-shop behind Bunnings. When our scouts visited, there was soup, pies and pasties, coffee, cake etc, all reasonably priced. However whilst there was soy milk for hot drinks there were no vegan cakes. **ADRA CAFÉ and OP SHOP** Shop 2 Lawrence Hargrave Way Parafield

ph 8182 5003. Mon – Thurs 9am – 5pm, Fri 9am - 4pm. Kitchen closes half an hour before café closes.

Cooking Classes and Courses

COOKING UP A STORM - VegSA Member Nat Playford of Cooking up a Storm runs hands on classes with WEA: Spring Gourmet Vegetarian (new) on Sunday 24th Sept. Gluten-free, Dairy-Free Vegetarian (suitable for vegans), Saturday, 7th October. Naturally Sweet, (use of wide range of natural sweeteners instead of sugar), Sunday, 29th October. Quick and Tasty Vegetarian (suitable for vegans), Saturday, 25th November. All 2-5pm at Nazareth College. Book through WEA www.wea-sa.com.au ph (08) 8223 1979 or contact Natalie on (08) 8386 1672 or 0403 555 011.

Natalie also continues to run private, individually designed classes – very reasonably priced.

THE SLOW BUT STEADY RISE OF VEGETARIANISM IN AUSTRALIA

Between 2012 and 2016, the number of Australian adults whose diet is all or almost all vegetarian has risen from 1.7 million people (or 9.7% of the population) to almost 2.1 million (11.2%), the latest findings from Roy Morgan Research reveal. (August 15 2016) As of March 2016, 12.4% of people living in NSW agreed that 'The food I eat is all, or almost all, vegetarian', up from 9.5% back in 2012. and in South Australia (10.4%, up from 8.5%). Australia's vegetarians (and those who eat an almost vegetarian diet) are more likely to live in capital cities than in regional or rural areas. **Thanks to member Lorenzo Pizza for this article.**

AUSTRALIAN VEGANS magazine Volume 2

This well produced (and much anticipated) magazine feels and looks good with plenty of half and full page pictures. It introduces a number of vegans with a wide range of interests. However, with twenty items to its 78 pages these articles are necessarily short with the reader, in many cases, being directed to the subject's web site to delve deeper into the subject. The magazine is backed by adverts from vegan companies, most of which only give an online address and, those with a physical address, give phone numbers without area codes or a suburbs without a state so, without going on line, they are difficult to locate. In fact it seems the magazine is mainly designed to be read on internet, which is free at www.AustralianVegans.com.au.

The physical copy cost \$9.95 at Everything Vegan. **Suggestions for other outlets in SA will be welcome.**

THE ARK

This, "The Magazine of Catholic Concern for Animals" is a small (A5) 76 page, semi glossy journal. Articles in the last issue range from the very local (e.g. Animal Blessing Services in London and UK country locations) to International (e.g. Animals' Angels who monitor and report on conditions for farm animals, including transport) and national (e.g. "Current Animal Issues in British Politics"). It also looks at a donkey sanctuary on the Israeli-Jordanian border, Cat and Dog rescue in Gambia and Street Animals in Morocco, besides reporting on an "India for Animals" Conference which reflected the far higher legal protection animals have there. As well as looking at some of the kinds of issues that concern all animal activists there is serious philosophical discourse with the Catholic Church very far from centre stage. Many people concerned about animals would find much to relate to in this periodical.

THE ARK is available in Australia from Australian Catholic Study Circle for Animals 4/35 Morrah St, Parkville, Vic 3052. ph 03 9437 2851. Cost \$35pa for three issues.

VegSA 'Food for Thought' Acknowledgments:

Editor: Anne Sanders, **Proof reading and Mail out:** Committee and members.

THANKS to all those who have contributed.



VegSA Diary Dates

Upcoming VegSA Events:

- ◆ Sunday September 17th 12.30pm Malabar House 539 Greenhill Rd Hazelwood Park **all vegetarian South Indian lunch** inc vegan dishes \$16.90 p/p. Bookings by Friday 15th to Su 8326 1062, vegsu2003@yahoo.com.au
- ◆ Saturday November 18th 12.30pm Lunch at Red lime Shack, 158 St Vincent St Port Adelaide and 2pm visit to The Lightfoot Eco Store 257 St. Vincent Street, Port Adelaide. Bookings by Thursday 16th to Su 8326 1062, vegsu2003@yahoo.com.au
- ◆ **Vegewise Group** (Usually meets on or near third Wed each month- Bookings 2 days before event please)
Thursday September 28th Lunch at 12.15pm The Lost Deli 38 Charles Street, Norwood. Book by Tuesday 26th with Anne: 83902314 or vegsocsa@gmail.com
- Tuesday November 14th 12.30pm Lunch at The Middle Store** 118 Winston Ave Melrose Park. Book by Sunday 12th with Joy 83260564.
- ◆ **Northern Star Vegetarian Group:** Meets once or twice a quarter. Contact Karin: Ph 82833012 0466 972 112 glad2bveggie@gmail.com
- ◆ **Southern VegSA Group** monthly social get together: 2nd Saturday of the month from 12 mad at **Great Nature** 3/48 Beach Rd, Christies Beach. Check in case of changes with Su 0433 553 779 or email: vegsu2003@yahoo.com.au
- ◆ **VegSA Mail-out workshop.** Quarterly, usually at the Joinery 111 Franklin St Adelaide, last Saturday in February, May, August and November. Help always appreciated. Meet fellow members and share ideas, stay for lunch and Committee meeting if you like. Contact Anne on 83902314 or vegsocsa@gmail.com. Next mail out workshop is on Sat. Nov. 25th

Other Upcoming and Regular Events:

- ◆ **Upcoming Demonstrations:** Sat Sept 2nd Morphettville (to be confirmed) contact Animal Liberation (below) for latest update.
- ◆ **Saturday October 7th 12-noon Vegetarian lunch followed by talk and afternoon tea.** Theosophical Order of Service 310 South Terrace Adelaide. Suggested Donation \$10. Contact Anne on 83902314 or Travis: travis.james@optusnet.com.au
- ◆ **The Sea Shepherd: Saturday September 9th 3pm** from Port Adelaide Wharf, Commercial Rd, Port Adelaide **Sunset cruise on the Dolphin Explorer** to celebrate 40 years of defending the ocean. Cost \$60pp CONTACT adelaide@seashepherd.org.au
- ◆ **Saturday-Sunday Oct 14th-15th** Animals Australia AGM and Animals Activist Forum Melbourne Town Hall Swanson St Melbourne CBD. Friday 13th Visit to Edgars Mission Sanctuary (additional cost from Melbourne).

◆ Saturday 28 October 10am - 9pm, Sunday 29 October 10am - 4pm

VEGAN FESTIVAL

Adelaide Victoria Square / Tarntanyangga, \$5 Entry. Children under 12 free. *Companion Card holders welcome.*
Some exciting new features and lots of stalls.

VegSA will be assisting our friends on **Animal Liberation stall**, so come and say hello – perhaps lend a hand.

- ◆ **Natural Health Society (SA)** Holds regular meeting with guest speakers (approximately six times per year) on 1st Tuesday of even month at 7.30pm at Unley Community Centre, 18 Arthur Street Unley. Cost (except Dec) \$4 /\$3 conc. members \$2.
October 3rd Dr Natalie Parletta accredited Practising Dietitian: "**The Importance of diet for a healthy brain**".
December 5th Christmas meeting. **Erin Blott Registered Nurse and Midwife** "**doTerra essential oils**". Doors will open at 6.15pm and the presentation will commence at 7.00pm. Entry is via a Christmas plate of goodies for a shared supper after the presentation.

- ◆ **Animal Liberation SA:** 1st Sunday monthly 1pm - General Meeting The Joinery, 111 Franklin Street, Adelaide (old Bus station). email: animal.lib.sa@gmail.com ph 0498 622 497 PO Box 327 Mitcham Shopping Centre SA 5062 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 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 - Adelaide Social Vegetarians:** a social group for vegetarians and vegans of all ages including anyone who would like to adopt a vegetarian or vegan 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