

Food for Thought

Vegetarian & Vegan Society (VegSA) Inc.

Newsletter

Issue 3/18 SEPT 2018

PO Box 311 Kent Town SA 5071

email: info@vegsa.org.au or vegsoesa@gmail.com

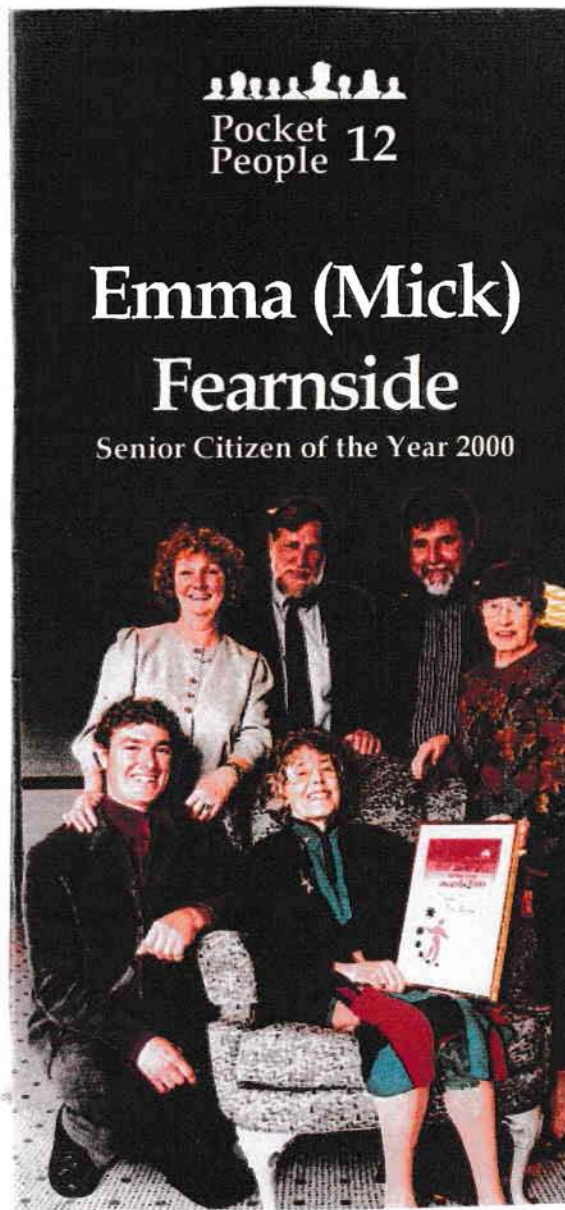
website: www.vegsa.org.au

Phone 0466 972 112

VegSA News P2 Products p4-5 Eateries Update and Media P 6 Interview P7 Diary Dates P8

WOMEN WORKING FOR ANIMAL WELFARE

Pocket People No's 12, 10 and 7



Alice Shore, herself an animal activist, has written brief biographies of three women who have notably stood up for animal rights in South Australia. The latest of these pocket biographies is about **Emma (Mick) Fearnside**.

When Emma Fearnside (known to many of us as Mick) arrived in South Australia in 1963 she had already been vegetarian for a few years. Knowing virtually no one in Adelaide she quickly gravitated to the Vegetarian Society (now VegSA). About a year later the Society's secretary Doreen Becker left for Queensland and Mick took over this position, which she then held for the next 25 years. With a sound knowledge of nutrition and health Mick found it easy to relate to the Society's ideas in these areas. However she quickly also found herself being drawn to the Animal Rights concepts that motivate most vegetarians.

Mick had considerable organisational skills and, especially after she retired, devoted much of her time to promoting these causes: helping set up the Animal Welfare League of South Australia, presiding over the SA branch of the Anti-vivisection Union for about 20 years, coordinating the Adelaide Theosophical Order of Service (which includes service to animals as part of its aims), also working cooperatively with Natural Health Society and Animal Liberation, including being very active in protests in the early days of the live sheep export trade. She naturally quickly became vegan, continuing to promote the

healthiness of a plant-based diet. In 2000 Mick, at the age of ninety-one, was given the award of SA Senior Citizen for her work for animals.

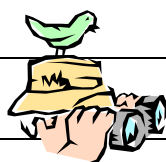
Alice has written two more Pocket People profiles: **Janet Allan** (Pocket People number 17) previously reviewed in Food For Thought in December 2016 and **Christine Pierson** (Pocket People 10), whose work with CATS (Cats Assistance to Sterilise) has had considerable success in eliminating the “feral cat problem” in some council areas.

As well as touching on aspects of the subjects’ personal lives and describing their activism for animals, Alice also links these in with other aspects of social development. Together these three Pocket People give an interesting insight into the history of animal activism in South Australia over the last 60 years.

If you like biography or would like to know more about the history of the animal rights movement in South Australia you will appreciate these stories.

Pocket People are published in Adelaide by **Ginninderra Press** PO Box 3461 Port Adelaide 5015 and are on sale at [East Avenue Books](#) 53 East Avenue Clarence Park 5034. (Just opposite the Clarence Park Community Centre). RRP \$5 per booklet.

VegSA will have all three Pocket People for sale at the Vegan Festival for \$4.50 each or \$12 for the set of three. Postage is \$1 for one copy or \$2 for 2 to 4 copies. For larger amounts or for more information contact Anne on 0466 972 112 or Karen on 8283 3012 or email VegSA (see address on page 1).



VegSA News

NORTHERN STAR GROUP

On Sunday, July 21st our Northern Star group met for a shared lunch at the Elizabeth home of member Yin Keng Fong. Yin prepared a stir-fry with rice noodles and introduced us to an herbal substitute for onion and garlic: **Toona Sauce**. This is made from the leaves of the *Toona sinensis* tree (which the Chinese refer to as *xiangchu*), a deciduous tree growing to 25 metres (82 ft) tall with a trunk up to 70cm diameter, native to eastern and south-eastern Asia, Yin and her family are SA distributors for Lamyong products and toona sauce can be bought direct from her. It will possibly also become available in a number of Asian stores around Adelaide over the next few months. Contact Yin on 8252 9098 or ykfong@lamyong.com.au

In addition to nice lunches these get togethers are a good opportunity to share information and ideas.

Thank-you Yin for having us at your place. Over the next few months this group will meet once or twice at venues north of Adelaide. See DIARY DATES P8 for details.

THE TRUE NATURAL HEALTH MAGAZINE (TNH) - MORE OUTLETS NEEDED

TNH is received by most VegSA members as part of their membership and as a valuable source of health advice written from a vegetarian perspective. However, fewer shops are now selling it. Do you know of a retail outlet that might be interested, one that would be accessible to Committee members who coordinate distribution? If you can help please contact Ken Lawson. E-mail: kenlawson999@gmail.com ph. 8431 6862. Incidentally, did you know that VegSA has a page with some of our news near the back of each TNH issue?

PLEASE NOTE – BOOKING FOR EVENTS

If booking for any VegSA event please make sure you **contact the person organising the particular event**. Responses to Facebook are not always accessed by that person and may go unnoticed. Some times the organiser (or an alternative) is given as **VegSA**, in which case email or phone VegSA:

info@vegsa.org.au or vegsocsa@gmail.com or ph. 0466 972 112. This will be much appreciated.

Also some sub-group events might be cancelled if there are not enough people interested. We will not know to inform you if we do not know you want to come. **So please make sure you let us know.**

ANTI-POVERTY WEEK

Every year VegSA is approached by the South Australian Anti-Poverty Week asking us to report what activity, if any, we're planning for Anti Poverty Week. In early years we attempted to join with groups that could be assumed to be concerned with issues of poverty. However these plans did not work out. Perhaps the other organisations did not see the relevance of what we had to offer.

So in 2015 we decided to hold our own event: a dinner to demonstrate that the plant-based menu can be very affordable. We held a dinner at our second home, "The Joinery", charging \$10 a head for a three-course meal, with those of us who donated dishes eating free. Every one ate well and we still made a profit! The following year we held a similar event at the Box Factory. Here we had an agreement to host several low income members of the public for free. Unfortunately, due to an administrative glitch, the Box Factory didn't arrange for these members of the public to come. We felt that, in just involving our own members and friends, we were "preaching to the converted" so in 2018, instead of having our own event, one of our Committee members attended the People's Poverty Summit organised by Anti Poverty Network South Australia at Clayton Church Norwood on 27th July. Here we partnered with LETS* (Local Exchange Trading System) to persuade people that self-help skills are a key element in surviving on a low income. We displayed our new recipe booklets on the LETS stall and gave it to a number of interested people. Interestingly, both lunch, which was included in the \$10 participation fee and the evening meal (again for \$10) consisted of two choices, one of which each time was vegan.

Meanwhile, whilst LETS and VegSA were looking at tackling the issues from the ground up, other delegates were concerned with three proposals to present to the authorities: 1. Cheap or free access for those on low incomes, and improvements to, PUBLIC TRANSPORT, 2. Raising NEW START allowance to at least equal the minimum poverty level (It is currently \$150 per week below the official poverty line.) and **HOUSING**.

*LETS members exchange skills and knowledge with each other without (or at least minimal) use of cash.

VegSA Recipe Booklet

Plant-based Recipes

Healthy Humane Affordable

Soups, dips, mains, sweet, tips



VegSA committee has at last got round to producing a new recipes leaflet. The booklet is eight pages of A5 i.e. 2 sheets of A4 folded, the last page being devoted to "Tips".

Our previous recipes sheets had out of date terminology and were so old that their original copies had been printed on foolscap – blue for savouries and pink for sweets. As our largest outlet for information is the Vegan Festival all the recipes in the new booklet are vegan, which also make them more usable for all our members. A couple of the recipes come from the old recipe sheet – good recipes never die! – but many of them are dishes used at our two Anti Poverty Week dinners (2015 and 2016). Consequently they are, with a couple of slightly more extravagant exceptions, intended to be very affordable.

The **PLANT BASED RECIPES** booklet will be available for \$1 at VegSA events and Vegan Festival or by post from VegSA. Postage for one or two booklets is \$1 and \$2 for 3 to 8 booklets.

Quote: people may talk as much as they like about their religion, but if it does not teach them to be good and kind to other animals as well as humans it is all a sham. **Anna Sewell Author of the Teen Novel Black Beauty**



Products on the Market

LAMYONG TOONA SAUCE is a strongly flavoured sauce which can take the place of garlic and onions in stir-fries, soups etc. This is made from the leaves of the Toona sinensis tree. Toona Sauce can be bought from the Lamyong distributors for SA (see below) for \$9.50 for 600g. There is also a milder Toona and Mushroom sauce at about \$5 for 400g. For more information or to collect from distributor at Elizabeth email Yin at: ykfong@lamyong.com.au or phone 8252 9098,

LAMYONG, based in Villawood NSW, manufactures an extensive range of vegetarian and vegan products, many of them incorporating soy. Sales are mainly through Asian stores, also at Everything Vegan and online at lamyongonlinesales@gmail.com ph. 0403 412 205 (SMS preferred) Head office: 02 9632 1147.

MASSEL STOCK POWDER AND STOCK CUBES ARE VEGAN

Many of us have used these products but wondered about those labelled "Beef" or "Chicken", which we are assured, from the ingredients list, that they are in fact OK for vegans.

One of our Committee members contacted Massel recently and asked if "your Products are truly without any Meat or Meat byproducts, in spite of some actually tasting a lot like the real thing (Meat)".

She received the reply:

Dear Karin,

Thank you for your email and for supporting Massel. I am delighted to report that all the products we manufacture are 100% Plant Based and do not contain any animal product whatsoever.

Should we be lying to the market our giant competitors would have made sure to report us to the authorities long ago and we would not be here today. I trust the above is answering all your questions.

Kind regards, Maria

Massel Australia Pty Ltd 12 Melissa Place, Kings Park, NSW 2148 Ph: 02 8814 8166 Fax: 02 8814 8106

Email: info@massel.com.au

Massel's website states that its products are free from animal content, gluten, trans fats, cholesterol, preservatives and lactose with no added msg. For more information see: <https://www.massel.com.au/about-us/#commitment>

VITASHINE vegan Vit D3

Vitamin D is important for many of our body functions. Whilst the best source is manufactured by our skins through exposure to sunshine, even in South Australia this is sometimes not enough (insufficient exposure, skin thinning with age etc) and a supplement is desirable. The best form is D3 (Cholecalciferol), which, until recently, was only available from animal sources including lanolin from sheep's wool. Now UK research company Vegetology has found a way to extract D3 from lichens.

Several members of VegSA have trialled these D3 **Vitashine** tablets with good results. These are available on line.

Vitashine Vegan Vitamin D3 1000iu. One spray bottle AUS \$18.49. 3 Bottle Pack (3 for 2) AUS \$36.99.

Vitashine Vegan Vitamin D3 1000iu 60 tablets (one per day). 1 Bottle AUS \$18.99. 3 Bottle Pack (3 for 2) AUS \$37.99

Vitashine Vegan Vitamin D3 2500iu 60 Tablets (one per day). 1 Bottle A\$20.99. 3 Bottle Pack 3 for 2 AUS \$41.99

Everything Vegan 172 Goodwood Rd Goodwood has 60 tablet bottles at \$20.50, also available via www.veganonline.com.au.

Vegan Pet has Vitashine Vit D3 2500iu 60 tablet bottles at \$25. See www.veganpet.com

Mama Ren's Dumplings: vegan, home made from traditional healing Chinese recipes. Reasonably priced. Collect from Christie Downs or Plympton or order through: www.healthymealdelivery.com.au.

Amy's All American Veggie Burger contains hexane free* textured soy protein, vegan but not gluten free. Cost \$8.10 for 285g at Foodland Norwood or on line \$10.95 from Cruelty Free shops: www.crueltyfreeshop.com.au or \$9.70 from www.doorsteporganics.com.au
Available at some Coles and Foodland stores.

All Amy's products are vegetarian but not all are vegan. Practically all ingredients are organic and the cheeses do not use animal rennet. See: www.amyskitchen.com.au

Kingland Dairy Free Mayonnaise and Soy Cream Cheese

You might like to try Kingland Mayonaise and Soy Cream Cheese. Kingland products are manufactured in Australia. Most contain organic soy and are available in larger Foodland stores. To find where available contact SA distributor Bronhill: ph.8188 0331

Kingland Soy Cream Cheese: Certified organic soy beans, non-hydrogenated canola oil, sea salt, vegetable gums (locust bean gum, carrageenan*), lactic acid (vegan) and potassium sorbate*, Cost: \$4.45 for 250g at Foodland, Norwood. Larger service size tubs also available for caterers.

Kingland Dairy Free Mayonnaise: Soy milk (non-GM certified organic soybeans, water), canola oil, sugar, salt, vinegar, mustard, modified tapioca starch, thickener (guar gum), malic acid, citric acid, potassium sorbate*. Cost \$5.29 for 375g at Foodland Norwood. Service size tubs also available for caterers.

Note. Anyone with a problem with potassium would need to avoid these product or use them very sparingly.

Some concern has been expressed about both carrageenan and potassium sorbate. **Dr Michael Greger** (www.nutritionfacts.org) says, "Based on our...results, consumers should be made aware that [potassium sorbate] should be considered a genotoxic and mutagenic compound." And "I'd use potential concerns about carrageenan as additional motivation to avoid unhealthy foods like cream cheese**", but I wouldn't cut out healthful foods until we know more. I would, however, suggest that those with inflammatory bowel syndrome or other gastrointestinal problems try cutting out carrageenan at least temporarily to see if symptoms improve." [**Is this just animal cheese or does it include vegan cheese? Ed] Bill Stratham in "The Chemical Maze" (see below) has a query on potassium sorbate showing it can potentially cause skin irritation, headache, stomach upsets, even hyperactivity and asthma. "Carrageenan". he says, "is considered safe in cosmetics within concentration limits: but some animal studies show adverse effects".

So what do we do? Make our own? See recipe below.

By the way: The more easily available and popular **Toffutti Better than Cream Cheese** (soy cream cheese imported from USA) has both of these ingredients. Cost \$5.39 for 227g at Foodland, Norwood.

Bill Stratham: "The Chemical Maze" 4th edition publ. 2008. Lists additives by number and also by name and rates them by what he has discovered about known and possible side effects.

Now out of print but available as an i-phone app.

ALMOND MILK CREAM CHEESE (Simple but rather extravagant!)

Heat 1L almond milk – choose milk with highest percentage of almonds – to almost boiling. Stir in 1Tbs apple cider vinegar. Allow to stand for a few minutes to allow curds and whey to separate, then pour through a cheesecloth lined sieve. Allow about 2 hours for whey to strain through, leaving the curds. In a small glass or ceramic container combine the curds, 1 tsp miso and very small pinch of sea salt. Allow to mature for 12 to maximum of 24 hours. Makes about 2 tablespoonsful of "cheese". You can use up whey in soups etc.

Adapted from: www.care2.com/greenliving/how-to-make-your-own-fermented-almond-farmers-cheese.html

Cooking Classes and Courses

Natalie Playford of Cooking up a Storm runs classes for WEA. Classes this quarter:

All 1pm - 5pm SPRING GOURMET VEGETARIAN Sun 23rd Sept.

How it All Vegan...Gluten-Free, Dairy-Free Vegetarian, October 13th, (suitable for vegans)

QUICK AND TASTY VEGETARIAN, November 3rd, (suitable for vegans)

\$105 per class (includes tastings). Bookings and enquiries: www.wea-sa.com.au ph. 8223 1979.

Natalie also offers private, individually tailored classes. Contact her on ph 8386 1672 / 0403 555 011.

VEGAN TATTOOS – STUDY SUBJECTS NEEDED

Are you a vegan or ex-vegan? Do you have a tattoo with vegan messages or images? If so, Dr Peter Chen of the Department of Government of the University of Sydney would like to interview you about your tattoos: when you got them, why, and what you think of them today. If you are interested in discussing your tattoos (you do not need to show the tattoo), please contact: peter.chen@sydney.edu.au

Dr Peter John Chen, is a researcher at the University of Sydney, in the Politics Department.

He is presently doing a small study of vegans and former vegans about their vegan tattoos. The research has been approved by Sydney University's Human Ethics Committee. (Project no.: 2016/842)



In the Media

Reduce Acid-Forming Proteins to Protect Kidney Function

If you compare the kidney function of vegans with vegetarians and omnivores, the most plant-based diet was most associated with improved parameters for the prevention of degenerative kidney decline.

Written By [Michael Greger M.D. FACLM](#) on July 24th, 2018

"Animals are legal persons with rights", says High Court of the Indian state of Uttarakhand.

A new [study](#) published in the journal *Progress in Cardiovascular Diseases* found that a plant-based diet slashes mortality risk from heart disease by a whopping 40 percent." [Michelle Schoffro Cook](#) Care2 13.6.13



Eateries Update

Great Nature Vegetarian Snacks and Groceries reopened on July 19th after being closed due to a mishap with power. Open Tues to Thurs 11:00 am - 6:00 pm, Fri 11am to 7pm Sat 11am–4pm, Sun.

11am–3pm. 3/48 Beach Rd Christies Beach ph 8186 5037 greatnature@adam.vom.au and on Facebook.

Our Southern Social Group will be there on 2nd Saturdays. See Diary Dates P8.

V-Vego: a new vegan bistro at 146 Gawler Place Adelaide. Ph: 0430 732 888. Open for lunch on Tuesday, lunch and dinner Wednesday – Saturday. Some unusual items to try on the menu. Serves alcohol. Note: not wheelchair friendly. www.facebook.com/vegoadelaide/

Natural Living Homewares Vegan Café at Meadows. 15 Battunga Rd, Meadows SA 5201

email: hello@naturallivingmeadows.com.au ph. 8388 3427 www.naturallivingmeadows.com

A small group of VegSA members had lunch at this delightful vegan café on August 3rd. Food was all freshly cooked and reasonably priced. There are also interesting books and artefacts on sales and a garden for summer visits. We enjoyed the peaceful atmosphere and asked Sharon, the proprietor to tell us more. See Q & A on the next page.

NATURAL LIVING HOMEWARES AND WHOLEFOODS

Editor Anne Sanders asked the proprietor Sharon about the business and her experiences.

AS. You said you had been vegan for a few years, can you explain what made you take on this lifestyle?

SN. When I was 50 I became a vegetarian when one day I decided that I just didn't want another living thing to die or suffer for my sake. This was a stepping stone to becoming vegan since I opened the shop 16 months ago.

AS. You started this business selling home-wares (artifacts, handmade furniture etc) with tea, coffee as a small part of the business. How is it that the café grew to become a major part of the business?

SN. Once people learned that we offered vegan food they were coming out of the woodwork, so to speak! It was through sheer public demand that we expanded the vegan food side of the business and we haven't looked back since

AS. You decided to make the café all vegan. Has this been an advantage or disadvantage in establishing the business?

SN. It's hard to say if its been a disadvantage as we don't know how much business we would have had if we weren't vegan. There are 4 other cafes and bakeries in the small town of Meadows so we needed to offer a point of difference. Having the vegan feather flag out the front has brought in lots of new customers and word of mouth travels fast in the vegan community! Also there are very few fully vegan cafes in the Adelaide Hills.

AS. Have you run a business before? If so, how does this business experience compare?

SN. I have run a business before but in the manufacturing sector, so the hospitality industry is completely new to me! It's been a huge learning curve and I had no idea how much hard work it was going to be, but I don't regret it. Ask me in another 12 months!

AS. We particularly appreciated the atmosphere at Natural Living Home-wares. Is there anything you can suggest that makes for this good atmosphere?

SN. It was my aim to create an atmosphere that was calming and refreshing to mind, body & soul. I wanted to create the type of place I would want to come to and hang out with my friends. I treat all of my customers as if they are friends coming to my house for a meal/coffee or even a chat.

AS. We can vouch for that. From time to time you have interesting speakers and workshops. Do have anything planned that our readers might like to know about? Do you currently have any regular events there?

SN. We are planning a Mind, Body & Soul fair here on Sat 13th October, which is exciting! There will be lots of stalls, demonstrations and music and maybe even a vegan BBQ (we are still finalising the details).

Some future workshops might include; Herbal Workshop with Bev Lane; Fermentation Workshop; Permaculture Workshop; Various health information sessions with a Naturopath.

AS. Do you participate in the monthly Market at Meadows? Does having the Market there bring in extra customers?

SN. Unfortunately I don't have time to participate in any markets. I'm not sure if the Meadows Market brings in extra customers. However when the big markets are on over Easter and the October long weekend we get really swamped!

AS. Thank you very much for your time. We certainly hope to be back. We very much appreciate what you are doing and our very best wishes.



Proprietor Sharon and assistant Stella



VegSA Diary Dates

VegSA Events:

EVERYONE IS WELCOME TO ATTEND GROUPS' EVENTS

- ♦ **Northern Star Vegetarian Group:** Meets once or twice per quarter. Contact Karin (See below)
- ♦ **Friday Sept 7th 12.30pm. Lunch at ADRA café Shop 2** (op shop) Lawrence Hargrave Way Parafield. (behind Bunnings)
Contact Karin ph: 8283 3012 Email: glad2bveggie@gmail.com
- ♦ **Southern VegSA Group.** monthly social get together: 2nd Saturday of the month at **Great Nature** 3/48 Beach Rd Christies Beach. Check in case of changes with Su 0433 553 779 vegsu2003@yahoo.com.au
- ♦ **Saturday November 24th 12.30 Lunch at The Green Room** 2 High St Willunga.
- ♦ **Sunday September 30th 11.30 - 2pm** Social get together and Lunch (buffet style, by donation)
Nan Hai Pu Tuo Temple - Sellicks Hill. Walk around the grounds; see the statue of the Goddess Kuan Yin; listen to the chanting; look at the ocean views. Check for information with Su: 0433 553 779 vegsu2003@yahoo.com.au

Vegewise Group *Usually meets monthly, currently on hold, as it needs a coordinator.*

- ♦ **VegSA Mail out workshop.** Help always appreciated. Meet fellow members and share ideas. Next workshop: Saturday November 24th at the Joinery 111 Franklin St Adelaide, followed at 1pm by VegSA Committee meeting, which members are welcome to attend as observers. Contact Anne vegsocsa@gmail.com or ph.8390 2314 if able to help.

Other Upcoming and Regular Events:

- ♦ **Saturday 1st September** (first day of Spring) 11am - 4pm **Vegan Spring Affair** Sauerbier House 121 Wearing Street Port Noarlunga and/or Surf Life Saving club. 20+ local businesses. food truck zone etc. www.facebook.com/events/327167684471370
 - ♦ **Friday 7th September** at 6 pm - 7 pm **Free Cooking Demonstration Adelaide Central Market** Adelaide 44-60 Gouger Street, Adelaide Hosted by [Vegan Festival Adelaide](http://www.facebook.com/veganfestivaladelaide) and [Adelaide Central Market](http://www.facebook.com/adelaidecentralmarket). See: www.facebook.com/events/678868305779684/
 - ♦ **Sunday September 16th** 8 am- 10 am **Animal Activists SA City To Bay Vegan Cheer Squad** The Highway 290 Anzac Hwy, Plympton. See: www.facebook.com/AnimalActivistsSouthAustralia/
 - ♦ **Saturday September 22nd** 6 pm – 2am **Adelaide Vegan Pub Crawl** - No. 3 The Austral, 205 Rundle Street, Adelaide followed by Fumo Blu, The Elephant and possibly a fourth pub. <https://www.facebook.com/events/274368423363184/> All "profit" raised from the sale of the Pub Crawl shirts goes to Furever Farm, Fairview Lodge, Little Farm of Sunshine and Freedom Hill.
 - ♦ **Saturday, October 27** at 9 am - 10 am **Adelaide Vegan Parade** [North Terrace, Adelaide www.facebook.com/events/404897013339755/](http://www.facebook.com/events/404897013339755/)
 - ♦ **Saturday October 27th and Sunday October 28th, The Vegan Festival** again this year is in Victoria Square (Adelaide). Food and information, stalls, workshops, talks and great company. Admission \$5 See: www.veganfestival.info and Facebook for updates.
 - ♦ **Sunday December 2nd** from 11am - 4pm **Vegan Affair Christmas Market** Serafino Wines, Kangarilla Rd, McLaren Vale.
Gold coin entry. Unique gifts, cooking demonstrations, workshops, live music, wine, food trucks and more! All enquires to theveganaffair@gmail.com More info: www.facebook.com/events/2061323537215914/
-
- ♦ **Animal Liberation SA (ALSA):** Members' meeting 1st Sunday each month. If you think you would like to join ALSA or know more about its work for animals email: animal.lib.sa@gmail.com or phone 0401 870 957. Also see www.animalliberation.org.au
 - ♦ **Adelaide Vegans:** Brings vegans together for networking and social gatherings. Dinner Friday evening at vegan or 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:** 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 contact Corin: coco39@internode.on.net

For more events in SA and around Australia see Vegan Australia's website: www.veganaustralia.org.au/events
Also for a large number of activities see: <https://www.facebook.com/events/2061323537215914/>

VegSA - P.O. Box 311 Kent Town 5071 ph 0466 972 112 (08) 8283 3012 e-mail: info@vegsa.org