



Food for Thought

Vegetarian & Vegan Society (VegSA) Inc.

Newsletter

Issue 3/19

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“TREASURES NOT TARGETS”

A Campaign to end the Shooting of native Ducks and Quails in South Australia



Duck with damaged beak

When asked, 75% of people said they did not know that in South Australia there is still an annual open season to shoot native ducks and quails (as there also is in Victoria). Most people do not know that this cruel practice still continues. For several decades concerned people and organisations, as well as caring for injured birds and raising orphaned ducklings, have been campaigning to have this open season abolished. A major issue with shotguns is that, with each shot, they spit out up to two hundred pellets. These cannot be targeted accurately. For every bird that is killed up to an equal number are hit and die from their injuries and/or starvation, possibly also leaving behind a family of ducklings. In 2019 five concerned organisations (Animal Liberation SA, Birds SA, Fauna Rescue SA, Animal Justice Party SA and RSPCASA) formed

an alliance to resolve this issue. As part of their efforts to inform and motivate the public they have put together a collection of beautiful photographs showing native water birds and also what happens when they are attacked by shooters with shot guns.

The photo exhibition will be shown at various locations over the next few months including: Stirling Markets – last Sunday in November, Laratinga Birdfair being run by Birds SA at Mount Barker on 27th October and Uraidla Sustainability Fair on November 3rd. There will be the opportunity at these events to sign petitions, write letters to the Premier etc. In addition, if you feel that this open season should end once and for all, there are a number of things you can do.

(See next page)

Treasurer not Targets – to help to end this abuse you can:

- Write to the Premier of SA Stephen Marshall: premier@sa.gov.au or GPO Box 2343 Adelaide 5001
- Go to the “Treasures Not Targets” Facebook page for information and also help the cause by “liking” the page.
Ask your friends to do so too: <https://www.facebook.com/treasuresnottargets>
- Visit your State MP Let him/her know how you feel and make sure they are on side.
- See the draft of the letter that VegSA will be sending to the Premier (below).

Premier of South Australia Stephan Marshall
GPO Box 2343
Adelaide 5001

Dear Premier Marshall,

Please end Duck and Quail Shooting Seasons in South Australia

On behalf of the Members of the Vegetarian and Vegan Society (VegSA) I ask that you take action to put an end to the open annual SA Duck and Quail shooting seasons.

83% people when surveyed said they were against allowing the shooting of ducks and quails compared to less than 2000 people, i.e. about 0.11% of the SA population, who held licences to participate last year.

The use of licensed shotguns that spray out pellets results in, not only birds being killed, but also a great many (possibly an equal number) being maimed and left to die slow and painful deaths. Allowing hunters to shoot birds in this way contravened the SA Animal Welfare Act of 1985 which states: If—

1. (a) a person ill treats an animal; and
2. (b) the ill treatment causes the death of, or serious harm to, the animal; and
3. (c) the person intends to cause, or is reckless about causing, the death of, or serious harm to, the animal,

the person is guilty of an offence.

2. (3) Without limiting the generality of subsection (1) or (2), a person ill treats an animal if the person—
(a) intentionally, unreasonably or recklessly causes the animal unnecessary harm.

We, as citizens of South Australia, are called upon to respect this act. Why should a few people be excused from obeying this law just for their entertainment?

There is adequate provision for dealing with any problem that farmers may have with regard to wild life. This is not an economic question. There does not seem to be any economic advantage for SA in continuing the open seasons. Duck shooting licences contribute little to the State's economy, but the image that Duck shooting presents can well affect SA's tourist industry, both from within and from outside the State. Other states – NSW, QLD and WA - got rid of duck shooting seasons years ago. So can SA.

We ask that you help to get rid of this cruel sport and simultaneously improve SA's image.

Yours sincerely,
Etc.

Gandhi said, “The goal is not to bring our enemies to their knees, but to their senses.”

FROM THE MEDIA

A 2014 review published in the British Medical Journal reported, “**Even the most promising findings from animal research often fail in human trials** and are rarely adopted into clinical practice. For example, one study found that fewer than 10 percent of highly promising basic science discoveries enter routine clinical use within 20 years.” A 2015 analysis concluded that up to 89 percent of animal studies could not be reproduced, a fundamental step used to confirm the validity of scientific results, meaning that at least \$28 billion is wasted every year. EMILY TRUNNELL 6.12.18 Whittier Daily News, quoted on Humane Research Australia website: www.humanerresearch.org.au

FREE AND LOW-COST MEALS AROUND ADELAIDE

VegSA member Anthony P has visited a number of organisations (churches, charities and local councils) that offer meals at low or no cost to members of the public. Anthony's concern is that few of them offer a vegetarian (let alone a vegan) option. There are, of course, exceptions to this (see below). He reports that, when he has asked if a vegetarian meal would be possible, the reply has sometimes been "We can only cook what we've been given", whilst at other venues he has found they will manage a vegetarian meal if notified in advance. The main aim of these groups is to assist people on low incomes (including homeless people). Many of these groups are churches and other religious organisations. Free or cheap meals are offered by many local councils, although in some cases only to pensioners or healthcare cardholders. Many religious groups have a shared meal after their regular gatherings and visitors are invited to participate. At one of these that we approached we were told that they would prefer this to be seen as more of a cultural exchange rather than people just coming for the meal.

Whilst we can be very grateful that many groups are providing affordable and often free meals, seeing that there are vegetarian and hopefully vegan meal available is quite a complex issue. We have approached a couple of these organisations and it seems that they would be interested in knowing, and possibly doing, more. The first task, as Anthony sees it, is to get more information out to the groups that need it. Let us know if you are interested in helping to follow up on this project.

SA GROUPS PROVIDING FREE OR CHEAP VEGETARIAN/VEGAN MEALS.

ADRA (Adventist Development and Relief Agency) has a two or three course meal for its members and visitors at its centres at Brahma Lodge and Morphett vale on Thursday evenings twice a month – free, but donations accepted. Main course is mainly vegan. Sweet often have milk with vegan options sometimes available. See: www.adra.org.au or phone Brahma Lodge 0403 851 58 or Parafield op-shop 8182 5003.

Govinda's Restaurant 25 Le Hunte Street, Kilburn ph: 8359 5120 **Thurs**-Sat 5:30pm-8:30pm
Sun 4:30pm-8:30pm www.iskonadelaide.com.au All you can eat \$10. Some dishes, mainly sweets, have milk.

St Vincent de Paul (Vinnies) runs **Fred's Van** which serves meals one or two days a week at several location around Adelaide and two country towns and 5 days a week in the CBD - Gawler Place near Wakefield St. The City Van is supplied with vegetarian meals by a **Satya Sai Baba** group twice a week. For information on locations etc phone co-ordinator on 8112 8720 or see: www.vinnies.org.au

Pure Vegetarian Shop 8, Market Plaza Food Court, Moonta St Adelaide serves a large plateful of rice/noodles with choice of three vegan side dishes for under \$11. Mon-Thurs 10am- 4pm, Fri. to 9pm ph [0413 838 936](tel:0413838936)



Eateries Update

NATHAN BAKES café, now at **2/39 Grenfell St, Adelaide**. Previously at Park Terrace, Bowden. **100% vegan and gluten free** bakery/patisserie. Specialising in gourmet wedding and celebration cakes, dessert buffets, cupcakes and tartlets and whole cakes made to special order. Open for teas, coffee etc. Mon - Fri 7:30am - 5:30pm. Saturday by arrangement only. Contact: 0449 166 550 <http://www.nathanbakes.com>

INDIAN TIFFIN take away, all vegetarian plus vegan options. Serves every day vegetarian, authentic Indian food with variety of Tiffin. Also takes catering orders. Open every day 10.30 am- 9.30pm at Shanti Supermarket 13-15 Fosters Road, Greenacres. For more details contact 0433 953 402 or see Facebook.

See **VegSA Website**: www.vegsa.org.au for other vegan and vegetarian eateries in South Australia and others with good veggie options. All listed under part of day open. For world-wide directory see: www.happycow.net

VegSA 'Food for Thought' Acknowledgments:

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

THANKS to all those who have contributed.

GMO UPDATE - SA GM BAN TO BE LIFTED?

SA residents found out on August 19th that their Government plans to get rid of the State's moratorium on growing GM canola, (which the previous Government had extended to 2025), the exception being Kangaroo Island where farmers have argued that the GM free status is to their economic advantage. However, the Select Committee Inquiry set up by Parliament to examine the issue (including dozens of submissions) had not yet reported. There is a review period until 30.9.19. comments to: PIRSA.GMReview@sa.gov.au Find on:

<https://pir.sa.gov.au/primary>. (PIRSA = Department of Primary Industries and Regions SA)

The recommendation follows an independent review by Emeritus Professor Kym Anderson, whose report considers mainly the economics, arguing that there is no demonstrable advantage in being GM free and that, in fact, SA farmers have been financially disadvantaged. However, in other states, where both are grown, GM free consistently commands a higher price, whereas in SA there has been no real way to compare. One SA farmer suggested on a radio interview that it will be a definite advantage to end the ban as farmers will be able to plant more glyphosate tolerant crops. (ABC Radio National 19.8.19) Sam Tucker of Tucker's Natural, based in Seaton SA, in his communication to PIRSA, has stressed that SA's GM free status has considerably helped promote his business, "Selling to more than ten countries and posting 11% company growth in the last two years".

Meanwhile **Tasmania's government has just announced that its ban on genetically modified organisms (GMOs) will continue for another 10 years.** Tasmania's Primary Industries Minister Guy Barnett said. "In the past 12 months our agricultural production has increased by 9 per cent or \$1.6 billion and our GMO-free status is an important part of the Tasmanian brand." (ABC News 8.8.19)

However, **some forms of gene-editing techniques will be allowed there.** On April 10th the Federal Government decided not to regulate SDN1 (or site-directed nuclease) techniques - known as CRISPR. "SDN1 will not be regulated as a GMO, because it is indistinguishable from natural genetic changes in an organism," Mr Barnett said. But cancer researcher Jennifer Byrne of the University of Sydney said, "Researchers tend to welcome circumstances where no additional regulation is required but from a broader perspective there may be concerns. One of the concerns with CRISPR is that there are unpredictable effects and that's where regulation can protect both researchers and communities." (ABC Science 30.4.19) Whilst these organisms might be some time off, there is still discussion as to whether they will be labelled as GM if included in products.

WHAT TO BUY All primary produce from Tasmania is GM free. Only GM canola, safflower and cotton are grown in other Australian states so all fruit and vegetables grown here and all Australian ingredients (except safflower, cotton and canola oils) are currently GM free. If concerned look for "non GM" on ingredients list. Soy is of particular concern, especially if it is from USA, where around 90% of all soy is genetically modified. **When in doubt buy organic.** See some suggestions below.

Bob Phelps of Gene Ethics Australia has suggested the following 'to do' list for South Australia GM-free.

1. Sign the petition at <https://www.markparnell.org.au> a quick and easy way to have your say and back SA GM-free. Remember, the parliament will make the final decision on GM so tell your own MP **"NO TO GM" !**

2. Target your federal MP and Senators to do the right thing on GM regulation. If federal regulations are changed, GM will fly under the radar and into SA unregulated.

3. Write a letter to the Adelaide Advertiser in response to their pro-GM article. "Adelaide Advertiser - 1300 130 370" <advedit@theadvertiser.com.au>

4. Email your written comments to: PIRSA.GMReview@sa.gov.au



Products on the Market

ALDI JUST ORGANIC RANGE (Australian Certified Organic) e.g. Sun Dried Raisins \$3.99 (375g) Delicious and reputedly cheaper than at some other stores.

ALDI'S "HAS NO" GLUTEN-FREE RANGE – not necessarily all GM Free – includes several vegan items:

Chocolate Chip Biscuits \$2.79 (180g)

Maple Flavoured Buckwheat Pancakes Mix \$2.99 (375g)

Continued next page

MOSER ROTH FAIRTRADE CHOCOLATE RANGE includes several milk-free varieties, **Finest Dark 85% or 70% Cocoa**: \$2.69(125g) (Made in Germany)

Contact: Aldi Stores 1 Sargents Rd Minchinbury NSW 2770 ph.13 25 34 or
PO Box 82 Enfield Plaza SA 5085 www.aldi.com.au

SOL CUISINE BURGERS “NonGMO Project verified” \$8.80 (10 oz / appr. 280g) at Everything Vegan

SOPHIE’S KITCHEN CRABLESS CAKES “NonGMO Project verified” \$10.50 (250g) at Everything Vegan

Everything Vegan currently has a wide stock including summer wares: Birkenstock sandals \$130, Etiko Sneakers \$100 or \$130 for hemp, t-shirts, stationery, cosmetics, some nice gift ideas.

EVERYTHING VEGAN 172 Goodwood Road, Goodwood ph: 8373 465 1300 4683 426)

Mon-Fri 9am-5pm Sat-Sun 10am-3pm. www.facebook.com/EverythingVeganSA www.veganonline.com.au

BANJO THE VEGAN CAROB BEAR by Carob Kitchen \$1.30 (15g) at Everything Vegan (and elsewhere).

LAMYONG VEGAN MARINATED MUSHROOM STICK Shiitake mushrooms, vegetarian seasonings, vegetable oil. \$11.60 (600g) at Everything Vegan, Asian Grocers etc.

For range of LAMYONG products see: www.lamyong.com.au. For suppliers in SA or for supplies in northern suburbs contact Yin on 8252 9098.

COLES’ NATURE’S KITCHEN RANGE IN THE REFRIGERATED SECTION Free from artificial colours and flavours, many soy free, all appear to be vegan, although this is not stated. Prices vary from \$3.50 for **Sweet Potato and Black Bean Burger** (250g) to \$7.00 for **Vegetable Lasagna** (400g).

See full range at: www.coles.com.au/our-range

BOOK REVIEW

VEGAN STYLE Your plant-based guide to fashion + beauty + home + travel Sascha Camilla. Murdoch books (Sydney and London) August 2019.

\$27 from Book Depository, \$20 online version.

Sascha Camilla has worked in the fashion industry in Europe for about 15 years. Although a vegetarian from a very young age, it was when she became vegan that she became seriously concerned about the interface between her profession and her personal ethics. She describes the issues we face when buying clothes, shoes, cosmetics, even home decor and when travelling. She suggests that the fashion industry has been particularly guilty of selling at a high price without regard to the ethics of their products. However, since 2013, when she set up her own digital fashion magazine “Vilda” (“The Wild One” in Swedish), she says there has been a growing interest in vegan fashion.

Camilla lists brands and retailers – a few in Australia but mainly accessible online – which avoid products containing animal ingredients and/or tested on animals, but that also include “fair trade” with no child or slave labour involved. She spells out the pitfalls as she goes through the half dozen, must-have wardrobe essentials. The book is written in an easy to read, often humorous, style. Having a considerable interest in fabrics and fibres I thought this book would give me much new information, but found it only added a little to what I already knew*. One tip I learnt: **If buying synthetics, buy second hand to keep them out of land fill** for as long as possible. The book would be ideal for someone interested in fashion who needs to know more about how their choices impact on animals. It could make a great and affordable present for any young person (Yes, there is a mini section on men’s fashion.) who has an interest in this area.

Similar information can be found on the website: www.peta.org.au/PETA-approved Vegan’ Products and www.animalsaustralia.org/Theissues: Animals skins & fibres

FROM THE MEDIA So far Bayer (the corporation that merged with Monsanto) has lost three lawsuits against people who were diagnosed with cancer after consistent, repeated exposure to Roundup. And more than 13,000 similar lawsuits have been filed. (Food & Water Watch 25.8.19)

Cooking Classes and Courses etc.

Natalie Playford of COOKING UP A STORM runs classes for **WEA: This quarter:**

Spring Gourmet Vegetarian 14th September, 1-5pm (Seymour College)

Quick and Tasty Vegetarian Sun 19th October 1 -5pm (Seymour College)

Summer Gourmet Vegetarian Sun 1st December 1 – 5pm (Seymour College)

Cost \$107.00 per class. Bookings and enquiries: www.wea-sa.com.au ph. 8223 1979.

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

FOOD FOR LIFE NUTRITION EDUCATION + COOKING DEMONSTRATIONS

Heleen Roex-Haitjema, a medical doctor who is certified as a Food for Life Instructor by the Physicians Committee for Responsible Medicine* (pcrm.org) in USA runs a series of classes demonstrating

the scientifically proven powerful health effects of plant based nutrition.

Classes run one evening a week for 5 weeks at Fullarton Community Centre 411 Fullarton Rd Fullarton.

Future courses: 22 July to 19 August and 7 November to 5 December Cost \$150 for 5 sessions.

Enquire early with Heleen: ph. 0432 994 909 heleen@drroex.com

DEEP CREEK MEDITATION RETREAT 20-23 SEPT 2019

Glenburn Cottage Deep Creek Conservation Park (100 kms south of Adelaide)

Friday 20th September at 6pm to 10am Monday 23rd (or Sunday pm). Relaxed weekend:

kiirtan and meditation twice daily, delicious vegetarian/vegan meals, inspiring workshops, bushwalks

\$150/\$130 concession includes everything (deposit \$50) Small group, so apply early to Mahima Light:

meditationyogadeto@gmail.com ph 0466 984 686

Also see Facebook: Conscious Space and www.anandamarga.org

CYMATICS: Sound Patterns at Littlehampton

Devashon Temple is running a series of session on **Sound Patterns** at Littlehampton

Sun 28th Oct. **Cymatics Day** (sound patterns in water & sand) Come & play, Water Dancing Flowforms, Gyration vortex spirals, 3D water drop levitation, Music harmonics & water chemistry, Healing Water footbath.

Sun 10th Nov. 10am-2.30 **Geometric Music in our Biology**

Geometry of sound, Cymatics in Water, 3d Gif pictures to take home, Resonance & Waves, Harmonic theory, Music in our cells, Our Muscles as standing Waves, Music Harmonics & Damping

Venue 52 William St Littlehampton. Contact Devashon 0421 595 191 to book

Bring lunch to share & USB for extra info to take home. **COST \$30 per session.**

VEGAN FESTIVAL – PRE-FESTIVAL EVENTS

Central Markets Cooking Demonstrations Fridays September 27 and October 18

Adelaide Central Market, 44-60 Gouger Street

FROM THE MEDIA

Since 2009, prescription drug deaths have outnumbered deaths from traffic accidents in the United States; claiming a life every fourteen minutes. (LA Times, Sept. 17, 2011) Canada fares only slightly better. According to the United States National Poison Data System, NO DEATHS have resulted from taking vitamins, minerals, proteins or herbs.

According to a study from last year, more than **six million Canadians are consciously limiting their meat consumption** and opting to eat more plant-based foods. Last November, it was reported that the Canadian government had invested **\$150 million** in vegan protein development.

Even the 2019 Canadian **nutrition guidelines** recommended a shift away from animal-based foods, dropping dairy almost entirely and placing a larger emphasis on plant-based foods.

Health Canada representative Hasan Hutchinson explained that the new guidelines were produced with health in mind. "Regular intake of plant-based foods, so vegetables, fruit, whole grains, and these plant-based proteins can have positive effects on health," he said.

Live Kindly 1.6.19



VISIT TO FUZZY WOMBAT KITCHEN AT PORT NOARLUNGA SOUTH



A group of VegSA members and friends visited Fuzzy

Wombat Kitchen (48 Cliff Avenue Port Noarlunga South) for lunch on Sunday July 7th. A healthy, vegan, gluten free lunch was enjoyed with about 14 attending. There is a great variety of healthy meals to choose from as well as snacks, desserts, cakes and hot and cold drinks. With friendly service the venue is child and pet friendly with art and craft items also on display and for sale. One difficulty is that (public) toilets are a few minutes' walk away!

However, we will definitely be back again .

Bus 745,745a,745c from zone G at Colonnades Interchange/Noarlunga Centre railway station go along Cliff Avenue.

VISIT TO AN LAC VIETNAMESE RESTAURANT AT MANSFIELD PARK

Our Northern Star group again had lunch at An Lac 4/270 Hanson Road Mansfield Park in July and will visit again on Tuesday 10th Sept. (See Diary Dates P8.) The group is thinking of making this a regular event, possibly every second month. The range of food there is so extensive, from the familiar spring rolls to some less familiar Vietnamese sweets, that you would need to go back several times to sample it all. Many items are vegan (although the labelling does not always make it clear which ones) and there is also fresh fruit. The venue is light and very clean. Parking is very easy, near the door or in neighbouring streets.

We appreciate having all we can eat, the range of dishes and, of course, the company of friends.

LUNCH AT JOY OF FLORA – 15.9.19

VegSA will have lunch on Sunday September 15th at Joy of Flora 10 Rosetta St West Croydon (site of former Nettle Raw café). See Diary Dates P8 for more details. This establishment is only a few months old and members who have eaten there have been very happy with the atmosphere of the place and the food and drinks, all of which are vegan.

For public transport: Take **Bus 150 or 157** from Grenfell St to stop 14 on Port Rd. From there head north-east, or from **West Croydon Train station** (City to Grange or Outer harbour line) head south-west. Either way it is about one block along Rosetta Street.

VEGAN FESTIVAL 2019 – NO VEGSA STALL

This year, for the first time since its inception, VegSA will not have a stall at the Vegan Festival, mainly due to some of our regular helpers being unavailable. This will give Committee and others the chance that we usually miss to hear talks etc. If you would like to meet up with VegSA members **we will get together around 12.30 on Saturday near the Animal Liberation stall**. Ph. 0466 972 112 will find us. We also hope to join the Parade around 9am on Saturday. (See **Adelaide Vegan Parade** Facebook page.)

VEGSA MEETING WITH CONSERVATION COUNCILS SA'S CEO

On June 17th VegSA President, Anne Sanders and VegSA member, Janine Clipstone met Craig Wilkins, CEO of Conservation Council SA (of which VegSA is a member) to seek an answer to the question, **“Why don't the conservation organisations generally acknowledge the role of animal husbandry in land degradation and climate change?”** We discussed a number of the issues which affect the environment but, whilst Craig understood, and generally agreed with, our concerns, we did not manage to get an answer to the question.

We did however discuss a number of actions that we could take with the help of the Conservation Council:

1. We could produce a regular recipe flyer for visitors to pick up.
2. We could put an A4 info sheet on the noticeboard in the downstairs passage from time to time.
3. VegSA could organise an exhibition at the Conservation Council to inform members of other groups and the public about these issues. The VegSA Committee will discuss these suggestions when it meets at the end of August (a few days after this newsletter goes to print) but would also welcomes comments and suggestions.



VegSA Diary Dates

EVERYONE IS WELCOME TO ATTEND VEGSA's SOCIAL EVENTS

- ◆ **Sunday Sept 15th 12.30pm Lunch at Joy of Flora**, 10 Rosetta St West Croydon. Everything is vegan. Book by Wed 11th with Su: ph or text; 0468 397 219 or email: vegsu2003@yahoo.com.au or via VegSA Facebook page. Public Transport detail P7.
- ◆ **Northern Star Vegetarian Group: Tuesday Sept 10th 12.30pm Lunch at An Lac** 4/270 Hanson Road Mansfield Park (near corner with Grand Junction Road). All you can eat for \$17 (\$15ea for 2 or more.) Book by Sunday 8th with Karin: email: glad2bveggie@gmail.com or ph.0416 899 813. Also ask her about any other activity this quarter.
- ◆ **Sat – Sun Oct 26th-27th Vegan Festival** (see below). VegSA will not have a stall, as some of our regular helpers are not available, but members and friends are invited to **meet near Animal Liberation's stall** (Site plan not available yet) at about **12.30pm on Saturday**. Bring you lunch (lots of food stalls) and share your experiences with us.
- ◆ **Southern VegSA Group monthly social get-together. No gathering Sept 2019*. Regular events resume in October.** Normally meets **2nd Saturday of each month at Great Nature** 3/48 Beach Rd Christies Beach. No need to book but check in case of changes with Su: vegsu2003@yahoo.com.au or Jill ph 0401 621 287. * In September proprietor is away on holiday.
- ◆ **Vegewise Group** *Usually meets monthly, mid-week. Currently on hold, as it is in need of a coordinator.*
- ◆ **VegSA Quarterly mail-out workshop.** Usually at the Joinery 111 Franklin St Adelaide. Meet fellow members and share ideas Help always appreciated. Followed at 1pm by VegSA Committee meeting. Members are welcome to participate (but not vote). For details of next workshop contact Anne on 0466 972 112 or email vegsocs@gmail.com

Other Upcoming Regular and One-Off Events

◆ Thursday September 19th 6pm, "THE LAST PIG".

Capri Cinema 141 Goodwood Rd Goodwood

A serious subject with a happy ending.

A hope that THE LAST PIG will propel a shift in our society's relationship with non-human beings

This is Animal Activists SA's major fund-raiser for the year and will support an animal rescue charity (to be named).

Tickets \$15, plus food packs by Joy of Flora and V-Spot Pizzas available.

For bookings and updates See Animal Activists SA's facebook page.

September 20th at 12pm – 2pm

◆ GLOBAL CLIMATE STRIKE

STUDENTS INVITE EVERYONE - ALL AGE GROUPS ETC - TO JOIN THEM TO PROTEST GOVERNMENT INACTION

Victoria Square, Adelaide

◆ VEGAN FESTIVAL in Rundle Park, East Terrace, Adelaide

10am – 9pm Saturday 26th 10am – 4pm Sunday 27th October 2019

9am - 10am Saturday **Adelaide Vegan Parade** (Details TBA. See its Facebook page.)

Admission (to Festival) \$10 per day at the gate or \$15 two-day pass available only on line.

See: **veganfestival.info** for continuing updates, 2 day passes etc

◆ **Animal Liberation SA (ALSA)** conducts demonstrations and campaigns e.g. against animal abuse. Members' meeting held 1st Sunday each month at The Box Factory, Regent St Sth, Adelaide. See website for information: www.animalliberation.org.au or phone 0401 870 957 or email: animal.lib.sa@gmail.com

◆ **Adelaide Vegans:** Brings vegans together for networking and social gatherings most weekends - dinner on Friday or lunch on Saturday, usually at vegan or vegetarian establishments, sometimes 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. AV website was recently updated. If you are a member of AV and have not reregistered you need to do so to get full access.

◆ **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

VegSA PO Box 311 Kent Town 5071. ph. 0466 972 112 e-mail: info@vegsa.org.au website: www.vegsa.org.au

