



Food for Thought

Vegetarian & Vegan Society (VegSA) Inc.

Newsletter

Issue 3/20

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VegSA News

VegSA AGM – 16.7.20

After three month's delay VegSA was finally able to hold its Annual General Meeting as the Conservation Council SA opened up its centre for member groups, albeit with strict Covid-19 conditions: sign in and out, clean furniture afterwards, no sharing of food and of course observe safe distancing. Fortunately, the distancing density had been lifted to one person per two square metres and we were able to fit that number comfortably into the Seminar room. The 1.5 meter distancing actually makes discussion easier, also enhanced by being able to project the agenda and reports onto the screen. (Thank you to the three members who brought laptops and a spare USB to make this possible.)

It was regrettable that we could not have our planned shared lunch. However we were able to conduct all the necessary business (see next page for more details) and in addition Janine Clipstone outlined some of the current work of Animal Liberation SA and Jim Mitchell spoke about the urgent situation in regards to the GMO moratorium in South Australia.

The activities of Animal Liberation SA have slowed down with no member meetings for a few months. However, these monthly meetings recommenced in July and Animal Liberation's Committee has continued to monitor and be involved with various animal welfare issues: overstocking of "free-range" hens, shade for farm animals, horse racing etc.

Animal Liberation is actively involved in a coalition of groups called Treasures Not Targets, which includes

RSPCA, Fauna Rescue SA, Birds SA, POND (Protect Our Native Ducks) and a new member, Sentient. The coalition has been lobbying the South Australian Government to stop duck shooting. A phone survey has been conducted in three electorates to gauge public awareness and whether respondents agreed or disagreed with the shooting of native ducks.

There will be demonstrations about anti-down and anti-fur in the next few weeks. Animal Liberation is planning to hold a stall at the upcoming Vegan Festival in Oct/Nov and a demonstration at the rescheduled Oakbank Carnival on Sunday September 13th. (See Diary Dates P8.)



Demonstration against down and fur for clothing and bedding. Rundle Mall, August 2020

VegSA AGM (continued)

Jim Mitchell spoke about the situation regarding GM crops and the recent regulatory changes by the SA Government to allow GM crops in South Australia. While farmers have pushed to get a choice to grow genetically modified crops it seems that consumers are not getting an equal choice to have non-genetically modified foods. GM crops benefit multi-national corporations like Bayer and Monsanto as they require royalties to be paid. Jim noted that the use of Glyphosate (an important ingredient in Roundup) on GM crops as a desiccant is harmful to human gut bacteria.

South Australia (except for Kangaroo Island) will lose its coveted position of being a GMO-free environment, and Tasmania will remain the only GMO-free Australian state. Jim urged members to lobby their local councils to remain as a GMO-free zone. However, he noted that objections can only be referred to Councils on marketing grounds, and not health, which is a federal issue. Councils have to decide by the end of September whether to ask the Minister to be allowed to remain GMO-free. The Minister can decide whether or not to refuse this request.

EDITOR'S NOTE. VegSA members may or may not be concerned about this issue. However, VegSA is committed to promoting "a healthy, humane, environmentally friendly" way of living. Whilst the effect on humans of eating GM foods is not altogether clear and some effects may not show up for years, possibly decades, adverse effects on other animals have been observed.* We do know that the most likely GM crop to be grown in South Australia, if the authorities allow it, is canola. GM Canola is modified to resist applications of Monsanto's (now Bayer's) glyphosate-containing weedicide Roundup. As crops become resistant more and more of the weedicide will be needed and as the glyphosate resistant seed spreads it will become more difficult to control. In addition, the World Health Organization has assessed glyphosate as a "a probable human carcinogen". Whilst there is still some controversy about this, in the USA Bayer is having to put aside \$10.9 billion to compensate users of Roundup who have subsequently developed Non-Hodgkin Lymphoma. Certainly, glyphosate is also unfriendly to pollinating insects.

* Jane Goodall warned: *"Animals tell us something. If the animals have suffered this way [from GMOs], potentially for us, let's listen to what they're telling us. Let's take heed."* Christine Sarich in Natural Society 28.8.15

VegSA AGM DECISIONS

THE VEGSA COMMITTEE voted for at the AGM remains substantially the same:

President: Anne Sanders. Vice President: Pamela Robinson. Secretary: Paul Martin

Treasurer: Anthony Mcaulay. Committee: Su Stephens, Karin Basse, J.A.L.L. Pocius

Events Coordinator and Southern Social Group Coordinator: Su Stephens

Northern Star Group Coordinator: Karin Basse. Website: Pamela Robinson

Facebook: Su Stephens Public Officer (As Appointed By The Committee): Anne Sanders

Newsletter Editor And Assistant Secretary (Correspondence): Anne Sanders

The Committee may co-opt other members to fill the vacancies on the Committee.

MEMBERSHIP SUBSCRIPTIONS

The meeting confirmed the decision voted for recently by members, mainly by email, i.e.

Full membership with magazine \$45/concession \$40 Membership without magazine (newsletter only) \$18

The meeting also voted to retain the \$5 addition for family/household membership (gives 2 votes).

Contributing for more than one year was discussed.

Because of the increased cost to supply the magazine to members and some uncertainty about ongoing cost it was recommended by the Committee that the 2-year subscription option not be offered at present. After discussion it was suggested that **newsletter only** members are welcome to pay for two or three years although we are not offering a discount at present.

The Committee requests members, especially those receiving True Natural Health magazine to renew subscriptions promptly as names and addresses for magazine delivery are needed by Natural Health Society in NSW up to three weeks before magazines are posted out.

For Newsletter, these will be assembled the last week-end in November for the December issue. We appreciate having renewals by mid-week before that date to get the mailing labels printed correctly.

VegSA MINI SURVEY

The VegSA Committee is very grateful to the members who responded to the mini survey we sent out recently. Although the number who responded was comparatively small it would seem that the opinions expressed would be much in line with those of other members. These are the responses in answer to Question 1: **Is there one thing you really like that VegSA does?**

- Giving a sense of community, being kept in touch with issues
- Sharing of information: products, venues, cooking classes and individuals in the industry via the newsletter, magazine and the eateries list
- Helping newcomers and being in touch with long-standing members
- Shared meals including those in parks that are dog friendly
- Working cooperatively with like-minded organisations
- **Demonstrating what the future will be.**

Interestingly (and reassuringly) these activities are very much in line with the **objects of the Society:**

a) To spread knowledge of the principles and advantages of vegetarianism, veganism and the ideal of a healthy, humane and environmentally sound mode of life. b) To assist those who have recently become vegetarians or vegans or who are considering doing so. To encourage friendship and co-operation among vegetarians and vegans. c) To cooperate with other organisations concerned with sound nutrition, positive approaches to physical and mental health, promotion of animal rights and the preservation and improvement of the environment. d) To support and promote the supply of vegetarian and vegan food and other animal free products.

With regard to the second question it will be easier to respond to some answers than to others.

Question 2: **If VegSA had a fairy god-mother and could grant your wish is there one thing you would like VegSA to do?** (Serious and not so serious responses welcome!)

One answer is in regard to the newsletter:

Wish No1. **"I suggest a letters page inviting members to communicate relevant ideas, issues, personal experiences, observations etc. relating to our philosophy and practice of veganism and vegetarianism."**

This can be done quite easily. We invite members to respond. However, please keep contributions as brief as possible as we are always pushed for space. Letters for the December newsletter will need to be with VegSA by Monday November 9th, preferably by email but mail to the PO Box is also welcome. (See P1.)

Wish No 2. **I wish that all food restaurants and cafes offered a better range of vegetarian and vegan dishes.**

Sadly this depends to some extent on us being willing to patronise them and ask for what we want. If enough people do that they will change, as is happening with the multinational chains (Macdonald's, etc.). This is a question that we have had to discuss before. For many years the Society has made a point of patronising and promoting vegetarian/vegan eateries, as the number has grown from one or two in the early '60s to the number we see today. Some members prefer to do this whilst others see the need to explore non-veg places that have good veggie options (VegSA Eateries list has a section with recommended non-veg places.)

Sometimes, however we have little or no choice: when we get away from the metropolitan areas or when we need to eat out with friends or family. Hopefully, as the world wakes up to the dangers to human health and to the environment of raising and eating animals, there will be a stronger push everywhere for more plant-based options.

Other responses to this question also mentioned **the need to continue promoting a healthy and animal friendly lifestyle.** We will need to explore further the role VegSA has in promotion.

Meanwhile, if you are travelling to country areas and find eating places with good vegan or vegetarian options please let VegSA know.

VegSA 'Food for Thought' Acknowledgments:

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

THANKS to all those who have contributed



Eateries Update

It is great to be able to report that, as far as we know, practically all the establishments on our vegetarian and vegan Eateries list have managed to remain open following shutdowns and ongoing restrictions, due in part to government assistance, but mainly to their individual adaptability plus support from loyal customers.

Closures

At the time of writing we know of only three of these eateries that, sadly, have closed. **An Lac** at Mansfield Park may reopen again at another location and **Red Lime Shack** at Port Adelaide has closed for building renovation. There is no indication at this point as to whether it might reopen or, if so, where. **V-Spot** at St Morris is advertised for sale but will remain open until sold, hopefully to remain vegan. Remaining closed until further notice is **Vego and Love'n It**, which is also on the market. After around three decades as Adelaide's go-to lunch spot Robin and this little icon will be sadly missed.

Temporary closures, now re-opened. A few places closed temporarily but happily reopened after a few weeks, including An Lac at Semaphore and Vegetarian Delight in Southern Cross Arcade in the city.

New Places:

Simply Veg and Vegan 51 Victoria Parade Apartments, Mawson Lakes ph 8250 0333 previously Dosa Plaza but no longer part of that franchise. Indian cuisine with separate vegetarian and vegan menus. Current opening hours: 5pm-10pm daily except Tuesdays.

The Village Groove Café Lot 10A 173C Port Road Aldinga (at the entrance of the Aldinga Eco Village) ph 0426 021 331 email: thevillagegrovecafe@gmail.com Open Thurs-Fri 7am-2pm, Sat-Sun 7am-3pm.

Our Southern Social group hopes to visit this new vegetarian and vegan café soon. (See Diary Dates P8.)

Khichidi Indian Restaurant. Unlimited Vegan buffet every Sunday 11.30-2pm. Bookings essential.

1 Henley Beach Road Henley Beach South ph 8235 9911 www.khichidi.com Outdoor seating available and pet friendly.

No Harm Done 445 Brighton Rd Brighton (at Ecolateral store) ph 7123 4189. Serves hot drinks, raw and other cakes and savories (many from Cherry Darling Bake House) Open Mon- Fri 8.30am-3.30pm.

VegSA Events

Our Southern Social Group has been able to return to holding its get togethers on the 2nd Saturday each month at Great Nature Vegetarian Snacks and Groceries Shop 3/48 Beach Rd Christies Beach.

Lunch at Joy of Flora. Finally, after having to postpone and then move the VegSA AGM to the Conservation Council we finally made it to Joy of Flora for lunch on August 16th. At lunch time the main café area was well occupied as were tables outside despite Covid-19 distancing. Thirteen VegSA members and friends met in the "Secret Garden" i.e. covered back veranda. We were well catered for with fresh juices, main courses e.g. Buddha bowls, cakes and hot drinks, according to individual choice. Proprietor Mark gave us a run down on how business had been going over the last few months. Firstly the "peep hole" for ordering take-away was set up complete with display of cakes etc. Coming there helped locals meet each other. Later, groups and classes were able to return to meeting inside. Art shows are happening again and there will be live music on Saturdays for two hours in the garden starting 11.30am September 12th.

VegSA members and friends at Joy of Flora



<- order here.



Products on the Market

VEGAN AUSTRALIA CERTIFIED PRODUCT LIST



Vegan Australia has been certifying vegan products for two years and now has hundreds on its list. It verifies that all ingredients are non-animal e.g. whether glycerine used is plant or animal sourced. All these

products (including Vegemite and Nuttalex) have the Vegan Australia Certified logo. You can view the list and get more information at: www.veganaustralia.org.au/certification

PLANT MILKS

The range of plant milks available is now considerable, to the point of being confusing! In the Winter 2020 edition of True Natural Health magazine Editor Roger French, in answer to a question on this topic, discussed a small sample of “milks” and gave this advice about some **ingredients to avoid**:

sugar is undesirable. **Carrageenan** (407) may be carcinogenic and damage the immune system.

Crystalline cellulose (466) a compound of sodium and cellulose is a suspected carcinogen. Oils are not necessary and **canola oil** especially, because of its content of toxic erucic acid, even though this is very small, is undesirable. **Soy protein** is usually soy isolate which lacks the natural mineral and vitamin content. Rice absorbs arsenic from the soil but Australian rice is now mostly grown in dry soil and contains minimal arsenic, so rice milk should be all right so long as you don't overdo it. **Natural Flavours** are always subject to suspicion unless the product is declared “suitable for vegans” or “non-animal origin”.

Roger naturally favours products with the minimal of ingredients. You might like to try the recipe on P6. A further question might be “Why do we need to have milk of any kind?” Is it just tradition?

Kez's Kitchen Chewy Flourless Brownies - Fudgy Chocolate: Dates, cashews, gluten free rice malt syrup, natural cocoa powder, water, coconut oil, natural caramel flavour. Grain, GMO and refined sugar free, vegan. 210 grams = 6 pack, cost \$7 at Woolworths. **Peanut butter flavour** is vegan too. Kez's also makes vegan Chocolate, Lamington and Protein Bars and other allergy-free products. See the range at www.kezs.com.au or ph 1800cookies (1800 266 5437). Kez's suggests keeping brownies in the fridge to firm up. Kez's Kitchen 474 Princess Highway Noble Park North, Victoria 3174.

COLES Soup in a Cup Tom Yum with Noodles*: Maltodextrin, noodles (wheat flour), colour (carotene), antioxidants (ascorbic acid), thickener (corn starch), sugar, yeast extract, salt, natural flavouring, onion powder, galangal, mushroom, red capsicum, mineral salts, lemongrass, tomato powder, citric acid, natural colours (Paprika, oleoresins, caramel 1), kaffir lime leaf, chives, spring onion, ginger, chilli powder. No added msg. 60g (2 serves) Cost \$1.

*None of the others varieties of these soups are vegetarian or vegan. VegSA checked with COLES CUSTOMER CARE about the warning, i.e. May contain milk, egg, lupin etc. and was assured that the product was vegetarian including all ingredients and that egg or milk could only be present accidentally due to processing on machinery that also processes products with these ingredients. In spite of the description “lightly spiced”, this soup is quite spicy. One serve might be strong enough to make two cupsful.

Clif Energy Bar – Chocolate Brownie When Clif's son, a long distance bike rider and hiker, discovered he did not like the energy bars he was taking on his trips he devised his own. These are non-GMO and contain: Brown rice syrup, rolled oats, cane syrup, roasted soy beans, soy flour, high oleic sunflower oil, oat fibre (all organic), soy protein isolate, rice flour, cane sugar, unsweetened chocolate, cocoa, alkalized cocoa, natural flavours, cocoa butter, sea salt, barley malt extract, soy lecithin. Minerals: dicalcium phosphate, magnesium oxide. Vitamins: A, C, D, E, B1, B2, B6, B12, D2 (also other flavours). These are imported from USA and cost \$3 at Organically Grown, Magill, \$2.95 or \$10 for 4 at House of Health, Central Market.

Products on the Market (continued from previous page)

So Delicious Dairy Free salted caramel cashew, vegan frozen dessert on a stick: water, cashews, sugar, coconut oil, tapioca syrup, pea protein, molasses, natural flavour, cocoa butter, sodium citrate, salt, pectin, tapioca syrup, sea salt, locust bean gum, guar gum, caramel syrup, natural flavour. **Chocolate coating:** sugar, coconut oil, chocolate liquor, sunflower oil, cocoa, cocoa butter. Unlike a similar Magnum product this one does not contain carrageenan (407) which maybe carcinogenic. 228g (4X57g) cost \$11 at Woolworths (half price in August). Imported from USA by Danone Murray Goulburn 6/636 St Kilda Rd Melbourne 3004 ph 1800 097 117

Great Nature Vegetarian Snacks And Groceries 3/48 Beach Rd Christies Beach

VegSA Southern Social Group returned to face to face monthly get together at Great Nature in June.

As well as fresh cooked meals (eat in or take away) Great Nature has an expanding range of vegan products for sale: teas, spices, pulses, baking ingredients etc. In the fridge and freezer besides fresh cooked meals (\$10ea or \$80 for 10) there is a wide range of savoury products from Lamyong, Gardein etc. Apart from food products, there are books and tea sets, also cards and jewellery to raise funds for the charity "With Compassion And Soul".

More about Great Nature in the near future.



LEO ESCAPES FROM THE LAB

BOOK REVIEW AND HELP FOR HUMANE RESEARCH AUSTRALIA

Leo is a lucky cat in that he is the one that got away. After time in laboratories enduring painful experiments Leo is rescued and placed in the forever home that he had always which to have. This is a true story told without explicit detail but nevertheless spelling out clearly the role of animals in laboratories. The full page illustrations add a touch of humour and with minimal text it would be suitable for quite young children, possibly from around six years old upwards.

Written by Helen Marsden, illustrated by Alex Jasinski. Available from Humane Research Australia (HRA).

DONATE A BOOK For cat month and to celebrate the tenth anniversary of Leo's escape from the lab, HRA is asking supporters to donate the book to a school or library of their choice. HRA will post out the book, "**Leo Escapes From The Lab**" with a sticker indicating that the book has been gifted by a HRA supporter. Donations of anything between \$5 and \$100 are requested.

It is available on the website: www.humaneresearch.org.au or by contacting HRA by phone or email.

CLASSES AND COURSES Classes from our usual sources are suspended for the present. However **at The Vegan Festival look out for Doctors For Nutrition presentation**, currently scheduled for 1pm Sunday 1st Nov. involving a number of "plant based" practitioners.

SEED AND NUT MILK RECIPE

Taken from The Vegetarians Guide to Diet & Salad by Dr NW Walker published Arizona 1971. The book gives an interesting insight into a raw food diet 1970s style with 79 salad suggestions, menus and nutrition contents of 65 fruits and veges.

Ingredients

2Tbs raw shelled sunflower seeds, 1Tbs whole sesame seeds, 12 unskinned almonds or other nuts.

Method Grind to a very fine powder. Blend for 2 – 3 minutes with 1L warm water and sweetener (optional).



From the Media

An article produced by the Division of General Internal Medicine at New York University School of Medicine entitled A plant-based diet for the prevention and treatment of type 2 diabetes, deduced from both cohort and observational studies that: “Plant-based diets—i.e., eating patterns that emphasize legumes, whole grains, vegetables, fruits, nuts, and seeds and discourage most or all animal products—are especially potent in preventing type 2 diabetes and have been associated with much lower rates of obesity, hypertension, hyperlipidemia, cardiovascular mortality, and cancer.” In particular, the review cited a study performed by Adventist Health in which 61,000 individuals took part. In these 61,000 individuals, it was found that the “prevalence of type 2 diabetes decreased ... with each reduction in animal products in the diet: from 7.6% in non-vegetarians, 6.1% in semi-vegetarians, 4.8% in pesco-vegetarians, 3.2% in lacto-ovo vegetarians, to 2.9% in vegans.” From an article by Chelsea Debret in **One Green Planet** 19 Aug 2020: www.onegreenplanet.org/natural-health/how-a-plant-based-diet-can-help-prevent-and-manage-type-2-diabetes/

A diet that's loaded with highly processed and ultra-processed foods — which include refined carbs, sugars, hydrogenated oils, and trans fats — is severely detrimental to your gut health, while a diet rich in whole, plant-based foods is linked to a healthy gut. This isn't just hearsay, there have been multiple studies conducted at different institutions and within different parameters that come to similar conclusions such as a study published in the European Cardiology Review or a multi-institutional study entitled The Effects of Vegetarian and Vegan Diets on Gut Microbiota. Frontiers in Nutrition. Published online 17.4.19

Over the last five years, over 1.6 million hectares of bushland has been cleared in Queensland alone. That's 1.6 million hectares of land that can no longer support native ecosystems. It can no longer protect endangered species. Most deforestation and land clearance in Queensland is linked to beef production. From an email from the Wilderness Society November 2019.

The UN has warned that we will see a “steady stream” of airborne viruses such as Covid-19 in the future unless the world tackles exploitation of wildlife and climate change. The new report, which was released on Tuesday, shows that we have already seen a sharp rise in diseases caused by viruses that have jumped from animal hosts to the human population, and will continue to do so without better environmental management. The report identifies seven trends driving the prevalence of zoonotic diseases. The trends include increased demand for animal protein, a rise in intense and unsustainable farming, increased use and exploitation of wildlife, and climate change. “The science is clear that if we keep exploiting wildlife and destroying our ecosystems, then we can expect to see a steady stream of these diseases jumping from animals to humans in the years ahead” UNEP executive director Inger Andersen said. The New Daily @TheNewDaily.AU 7.7.20

Research suggests that outbreaks of animal-borne and other infectious diseases like Ebola, SARS, bird flu, and now COVID-19, caused by a novel coronavirus, are on the rise. Pathogens are crossing from animals to humans, and many are now able to spread quickly to new places.

Some, such as rabies and plague, crossed from animals centuries ago. Others, such as Marburg, which is thought to be transmitted by bats, are still rare. A few, like COVID-19, which emerged last year in Wuhan, China, and MERS, which is linked to camels in the Middle East, are new to humans and spreading globally. Other diseases that have crossed into humans include Lassa fever, which was first identified in 1969 in Nigeria; Nipah from Malaysia; and SARS from China, which killed more than 700 people and traveled to 30 countries in 2002 to 2003. Some, such as Zika and West Nile virus, which emerged in Africa, have mutated and become established on other continents. Yes Magazine from an article originally published on ensia.

73% of physicians feel that patient visit should include nutrition guidance, but only 15% feel prepared to offer it, according to a recent poll commissioned by the physicians committee. 78% would be more likely to discuss nutrition with their patients and/or refer them to a registered dietitian if they had more training on nutrition basics. Good Medicine magazine, Physicians Committee For Responsible Medicine, Winter 2020.



VegSA Diary Dates

EVERYONE IS WELCOME TO ATTEND VEGSA'S SOCIAL EVENTS

- ◆ 2nd Saturday each month at 12.30pm **VegSA Southern Social Group get-together at Great Nature** 3/48 Beach Rd Christies Beach. **Next scheduled get together Saturday Sept 12th.** No need to book, but check in case of changes with Su: vegsu2003@yahoo.com.au ph. 0468 397 219 or Jill ph. 0401 621 287
- ◆ Sunday September 27th 12.00pm the Southern Social Group will also have lunch at The **Village Groove Café** Lot 10A 173C Port Road (close to the entrance to the Aldinga Eco Village.) Book by Thurs 24th with Su. See above.
- ◆ **VegSA's Northern Star Group** meets once or twice each quarter, either for a shared meal at a member's home or at a vegetarian or vegan eatery. For further details or to participate contact Karin: email: info@vegasa.org.au or phone/text 0416 899 813.
- ◆ Thursday November 12th at 12.30pm. The **Northern Star Group** is planning to have Lunch at **Delicia Acai and Protein Bar** Unit 3/9-11 Hurtle Parade, Mawson Lakes (all Vegetarian and vegan). Contact Karin for details – see above
- ◆ **VegSA mail-out workshop.** Usually Quarterly at the Joinery 111 Franklin St Adelaide. Meet fellow members and share ideas. Help always appreciated. Next mail-out is planned for Saturday Nov 28th at 10.30am Check with Anne: 0466 972 112 or email vegsocsa@gmail.com Followed at 1pm by **VegSA Committee** meeting. Members welcome to participate (but not able to vote). Bring own lunch or, regulations permitting, food to share.

Other Events and Resources

- ◆ Sat 5th Sept 11.30am **ANTI-FUR AND DUCK DOWN PROTEST**
Meet at silver balls, Rundle Mall – banners will be provided
For info contact **Animal Liberation SA** (see details below).

- ◆ Sat Oct 31st **ADELAIDE VEGAN PARADE**
10am Meet at Rainbow Walk, Light Square for 10.30am start
via Hindley Sreet, Rundle Mall & Rundle Street to Vegan Festival (see below)
See **ADELAIDE VEGAN PARADE** Facebook page for further info.

- ◆ Sat Oct 31st 11am -10pm Sun Nov 1st 11am -5pm.

VEGAN FESTIVAL

Rymill Park (Kadlitpina) East Terrace Adelaide

\$10 entry fee each day OR get a two day pass for \$15 from website:

Children under 12 and pets admitted free when accompanied by a ticketed, responsible adult.

Carers admitted free upon presentation Companion Card

- ◆ **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 South, Adelaide. (If driving enter off Halifax St.) 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 them to reserve a table. For details see 'EVENTS' page at: www.adelaidevegans.org or ph. Ken 0415 382 121.

- ◆ Great collection of all the most notable **Vegan Documentaries** compiled by Benjamin McCormick alias **Vomad** (The Vegan Nomad) see: <https://vomadlife.com>

- ◆ For more events in SA and around Australia see **Vegan Australia's** website: www.veganaustralia.org.au/events

- ◆ One Green Planet has lots of ads but very good articles: www.onegreenplanet.org

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