



Food for Thought

Vegetarian & Vegan Society (VegSA) Inc.

Newsletter

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PO Box 311 Kent Town SA 5071

email: info@vegsa.org.au

vegsoesa@gmail.com

website: www.vegsa.org.au

Phone 0466 972 112

In this issue: VegSA News Pp1-3 Eateries Update P4 Products P5
Book Review and Cooking Class P6. Media P7 Diary Dates and resources P8



VegSA News

VEGSA TURNS 70!

In 2021 according to our records this organisation is 70 years old. In October 1991 we celebrated the 40th birthday with a very successful exhibition at Old Parliament House with posters showing a range of relevant topics. However, the 70th birthday date is not so straightforward. Firstly my memory (ed.) did not serve me well and I seemed to remember the 40th anniversary event being in 1992, so we would be celebrating 70 years next year. To add to the confusion we have no records to show the organisation beginning in 1951. As we have been looking through and sorting archival material we find the first mention of the Adelaide Branch (which evolved into the Vegetarian Society of South Australia, now Vegetarian and Vegan Society alias VegSA) was in the January - February 1950 issue of the Australian Vegetarian Society's newsletter. So, even though we do not know exactly when our birthday is, we do know we have turned 70! Like an abandoned orphan we may not know our exact date of birth so, for this year, we will adopt the 2021 date and celebrate in November.



Exhibition Old Parliament House Nov – Dec 1991

Continued next page.

The important thing: is how far have we come? In some areas quite a long way, in others not very far; in fact in some areas we seem to have gone backwards. Whilst legislation to protect domestic animals has progressed, for the main part farmed animals are excluded from this protection. In 1950 battery cages were scarcely heard of yet we are now still fighting to get hens out of cages, into the open, with a maximum stocking density of 1,500 birds per hectare as suggested by CSIRO, RSPCA, Animal Liberation and endorsed also by Choice, not the 10,000 allowed by the current legislation. From the 1970s VegSA members have joined the protest against live exports of animals. However this abomination still continues, whilst overfishing has impacted over 85% of the world's fish (<https://www.conserve-energy-future.com/causes-effects-solutions-of-overfishing.php>). Land is still being cleared for pasture or to grow crops, especially soy, to feed animals in feedlots. "We have roughly 50 billion animals to feed so that they can feed 7 billion people. 50-70 billion animals raised to feed 7 billion. That should be evidence enough." Dr Garth Davis (See book review P6.)

On the positive side, people in countries like Australia and the UK are eating less meat. China is attempting to reduce meat consumption by 50% over the next few years. Alternatives to milk and meat products have increased enormously and continue to do so. Health authorities are now saying things like: "appropriately planned vegetarian diets, including total vegetarian or vegan diets, are healthful, nutritionally adequate, and may provide health benefits in the prevention and treatment of certain diseases" and "are appropriate for individuals during all stages of the life cycle." (American Dietetic Association) Environmental groups are finally giving recognition to the negative effect on the environment of animal husbandry.

Whilst we cannot always see the results of our efforts, it's pretty sure that organisations like ours, big and small around the world, have contributed to these changes. We are still up against tradition and especially vested interests but it would not perhaps be too presumptuous to say, as Susan Tonkin, Director of Old Parliament House said, when opening our 1991 exhibition, "If any one could say '**We were right**' it is the vegetarians."

VEGSA TALKING TO PRIMARY SCHOOL STUDENTS

During Science Week in August '21 VegSA was invited by the East Adelaide School to talk to year 4 students about Food Choices and the Environment.

It was reassuring to find that the nine and ten year old students already had a basic understanding of which foods were good for them. They also have a strong sense of curiosity about their relationship to the environment including the importance of conserving trees. It was not difficult to move from there to point out the great waste of resources in producing milk and meat and the impact this has on the environment.

The students were not only surprisingly knowledgeable but also quite articulate in expressing what they knew. Hopefully they will carry this knowledge on into their food choices, especially as we move on to add two to two and a half billion more to the world's human population.

LABELLING OF VEGAN AND VEGETARIAN MEAT-FREE PRODUCTS

You might have read or heard about the meat industry's objections to plant-based meat analogues being labelled with names that could possibly be interpreted as being made from animals, e.g. names using "beef", "chicken" or even "sausage", "burger" or "mince". In response the Federal Senate's Rural and Regional Affairs and Transport Legislation Committee is inquiring into "the current state of meat category branding in Australia". In its submission Livestock SA, which represents meat producers in South Australia, said the meat, dairy and plant-based industries could coexist, but not if the latter "appropriated" the industry's terms." It is "concerned about the immediate and long-term social and economic impacts of the appropriation of Australian meat category branding on businesses, livestock producers and individuals across Australia." (1) However, the Australian Competition and Consumer Commission (ACCC) said in its submission that consumers are unlikely to be misled in the real world and that most of the tiny number of complaints it had received in this regard were from people associated with the livestock industry. (2)

Unfortunately, VegSA Committee was either too busy or did not know in time to put in a submission. However, on August 11th we were contacted by ABC SA North and West based in Port Pirie to ask what we thought

Continued next

page.

about this concern about labelling and also another concern expressed by the meat and livestock industry that plant based “meat” products were being sold in the “Meat” section in supermarkets, leading to possible further confusion as to what is what.

Unfortunately, we did not have time to contact members before speaking briefly to the ABC. (3) However, since then we have gathered from some members that they would prefer not to have the plant based “meat” products in the same area as the animal meat. Hopefully the issue of labelling will be resolved sensibly.

(1) <https://www.businessinsider.com.au/fake-meat-labelling-confusion-senate-inqui>

(2) <https://www.abc.net.au/news/2021-07-30/meat-inmdustry-plant-based-label-misleading-rejected/100337260>

(3) ABC North and West South Australia, Port Pirie

VEGAN PALOOZA

On Saturday 10 July “Any Excuse”, the organisers of Adelaide’s Vegan Festival, hosted the Vegan Palooza (as part of RAA’s Tasting Australia winter series) at the MAB Innovation Hub at Tonsley – the former Mitsubishi car manufacturing site. Several VegSA members and acquaintances met there and enjoyed food from a number of the twenty or so stalls all serving vegan fare. In addition to the old favourites like Staazi and Co. and Lord of the Fries, there were comparative newcomers like Gopal’s Kitchen. However, many of them were less well known to us as they do mainly catering and pop-up stalls with no regular shop front.

Members reported buying:

“An Empanada from Dancing Daikon that was filled with a Mexican style Mac ‘n Cheese. It was delicious and I wish I’d ordered 2!”

“Mastic flavoured ice-cream from Sassi Ice-cream, one of their special flavours.”

“Japanese pancakes from Okonomiyaki which were delicious with lots of shredded cabbage and mushrooms” also “6 donuts from OMG Decadent Donuts - 6 different flavours, all very tasty.”

“Very nice veggie pasties from Little Miss Indy, also a tasty Mac and Cheese. “I don’t usually enjoy pasta but this must have been gluten-free as I had no discomfort. The left over also went down very well at home.”

“It was just nice to go somewhere and not have to worry what is in everything.”

In addition to enjoying the food, it was good to catch up with friends from Animals Australia, Animal Justice Party and Freedom Hill. All together this was an enjoyable event: meeting friends and enjoying the atmosphere. The Mitsubishi site certainly lends itself well to such an event and it is good to see it being used in this way.

DUCK AND QUAIL SEASON

It will not be long before the possibility of yet another shooting season is under discussion. Last year Animals Australia focussed on Victoria which restricted its shooting season to 3 weeks but SA didn’t. VegSA member Alice Shore visited Toderol at that time and wrote about her experience.

TOLDEROL RESERVE Alice Shore May 2021

Above,
the enormous blue-grey sky
vaults over the vast plain,
down to glistening water among reeds,
sparkles of sunshine, gentler breeze ruffling.
Wrens, willywags, reed whistlers flit
to and fro while
larger water birds laze,
glide on shallow "basins". An osprey dives and rises,
dives and rises, dives and rises

Yet,
there are the soulless ones,
who come encased in 4 wheel drives,
shot guns a-ready
for their carnage.

A pile of feathers,
by the reed verge
pathetic, innocent.

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THANKS to all those who have contributed.



Eateries Update

NORTHERN SUBURBS

Compared to the rest of Adelaide the northern suburbs unfortunately seem to have very few veggie eateries.

REVIVAL CAFÉ at Blakeview had been strongly recommended on the Vegans of the Northern Suburbs Facebook page and, as it has a number of vegetarian and vegan dishes on its menu, in early July three of our northern group members popped in for lunch there. Vegetarian and Vegan options include smoothies, bowls, and burgers. However, we particularly enjoyed sharing bowls of cauliflower popcorn and sweet potato chips both of which came with a tasty dip.

15/63 Main Terrace, Blakeview ph 8254 2222

Open: Tues – Fri 7.30am- 4pm, Sat – Sun 8.30am - 4pm, closed Monday.

DELICIA ACAI AND PROTEIN BAR at Elizabeth and at Mawson Lakes - Vegetarian and Vegan

.Acai bowls, protein drinks, hot drinks, juices, smoothies, a few hot dishes and raw treats.

Elizabeth Shop 2, 10 Playford Boulevard, ph 0480 191 028 Open: Mon-Fri 7.30am-4pm, Sat-Sun 9am-4pm

Mawson Lakes 3/9-11 Hurtle Parade ph 0435 101 968 Open: Mon-Fri 8am-4pm, Sat 8am-3pm, Sun 10am-3pm

Website: www.deliciaacaibar.com

SIMPLY VEGAN 'N VEG

Asian, mainly North and South Indian. Vegetarian with vegan dishes also listed separately.

Shop 1, 2 Montague Road Pooraka (Montague Farm Shopping Centre) ph 8250 0333

Hours: 11:30am - 2:30pm, 5:00pm - 10:00pm daily except Wednesday

Unfortunately, our northern group's visit to simply Vegan 'N Veg had to be cancelled due to COVID restrictions, but our lunch there is being rescheduled for September – see diary dates p8.

Donchos Café at Valdoukis Garden Centre has good vegan options. 560 Main N Rd, Gawler ph 8522 3400.

Open daily 9am-5pm. Also at **Virginia Nursery**, 99 Gawler Rd, Virginia www.donchoscafe.com.au/

NEW

SEED & STONE house made treats, desserts, locally roasted coffee, grab 'n go style breakfast & lunches.

Shop 32 Central Market Arcade, Adelaide 5000 ph 0481 964 147. (Good food, good service – VegSA member)

Open Tues-Thurs 7am - 4pm, Friday 7am- 9pm, Sat 7am-4pm. Email: Find on Facebook

NUTTEA opened on 19 June '21, part of a chain doing "the World's First Vegan Mylk Tea" i.e. specialising in plant milk beverages. Makes its own nut-mylk fresh daily. 227 North Terrace, Adelaide Ph 8262 1414

Open: Mon-Thurs 11am-8pm, Fri-Sat 11am-10pm. Sun Closed

CHANGES

NATHAN BAKES moved from city location to Christies Beach due to pandemic closures and a downturn in business, but we hear the business is doing well in its new location. All products are vegan, gluten, dairy and eggs free. The shop serves snacks but specialises in gourmet, dietary specific wedding and celebration cakes and cupcakes, but no savouries. Ingredients are locally sourced and organic where possible.

Shop 5/99 Beach Rd, Christies Beach ph 0449 166 550, email: info@nathanbakes.com, also Facebook and Instagram Open: Tues, Wed, Thurs 10am-2pm, Fri 12pm- 6pm, Sat 11am-2pV

PUBS

Alice Shore is keen to know what is on offer in rural towns and has visited pubs at Birdwood, Mt Pleasant, Mt Torrens, Williamstown, Langhorne's Creek, Wellington, Lobethal as well as Paradise. Vegan dishes on offer included roast vegetables, vegan bowls, vegan schnitzel and vegan pizza. In her experience, "All a person has to do is ask at the counter....a lot of chefs come out to have a chat." However, others of us have found that it is advisable to call ahead and ensure they will have something suitable, especially if further from the city.

CLOSED: Sadly Salem Café and Bob Bowls Catering have recently closed (Owners gone on to other things!)

Also see P6.



V2 FOODS, “MEAT MADE FROM PLANTS”

V2 is a new meat analogue started as a joint venture between CSIRO, Competitive Foods and Main Sequence Ventures. The current V2 products are sausages, burgers and mince, which are “currently sold at a similar price point to comparable beef products”!

Burger Ingredients: Water, Soy Protein, Vegetable Oil (No Palm Oil), Thickeners (Methylcellulose, Modified Cornstarch, Carrageenan), Flavours (contains Glutamic Acid), Colours (Caramelised Sugar, Beetroot Powder), Onion, Salt, Yeast Extract, Herbs (Parsley, Thyme), Minerals (Zinc, Iron), Vitamins (Niacin (B3), Pyridoxine (B6), Cobalamin (B12)), Antioxidants (Tocopherol, Ascorbic Acid).

The three products are available across Australia including at Hungry Jacks, Marley Spoon, Dinnerly, Burger King, Drakes, Woolworths and Coles. See map on V2 website: <https://v2food.com>, where you can also see mince and sausage ingredients.

V2 is also “committed to choosing the most sustainable recyclable materials for our retail packaging.”

VegSA has contacted V2 and ascertained that the soy protein in their products is textured vegetable protein (TVP). We then asked if hexane is used in producing the TVP and where V2 products are available in SA. After several weeks we have not yet received an answer to either question.

TOFURKEY PLANT BASED ORIGINAL SAUSAGE – ITALIAN 250g cost \$6.49 at Foodland.

Ingredients: tofu – 30.7% (water, soybeans, firming agent [magnesium chloride, calcium chloride]), wheat gluten, canola oil, water, soy sauce (water, soybeans, wheat, salt), soy flour, sun dried tomatoes – 3.8%, basil, spices, granulated garlic, flavour enhancer (potassium chloride), sea salt, sunflower oil. Made in USA. Imported by: Soulfresh Group Pty. Ltd. Unit four, 28-50 Cyanamid Street, Laverton North, Victoria 3026. For info. contact: info@tofurkey.com 602 Anchor Way, Hood River OR 97031 USA.

Tofurkey has five kinds of sausages (on its website) plus a few other savoury products. These do not use textured vegetable protein (TVP) but are quite high in salt and oil.

Tofurkey is a Certified B Corporation, i.e. has “met or exceeded a set of standards for the treatment of its workers, sourcing of its supplies, engagement with local communities and impact on the environment.

The little Black Vest

Made from all recycled materials, including the padding. It is very warm, but a natural material would probably have been more comfortable for the lining.

Cost \$20 at ALDI as one of its weekly specials so not often available. ALDI’s sizing seem to be a bit on the skimpy side. Read the measurements to be sure of the size needed.

This product is linked to the work being done by IKV (Institute for Plastics Processing) at the University of Aachen, Germany. IKV researches means of plastics recycling and works with companies to develop recycled products. For details see: <https://www.ikv-aachen.de/en/research/guiding-themes/circular-economy/>



Also see next page for more info.

PRODUCTS AND RECYCLING

ECOLATERAL at Magill, Blackwood and Brighton has arrangements for recycling a surprising range of household “rubbish”: pens, felt pens, bread tags, silicon cookware, toothpaste (and other) tubes, etc but currently no clothing or textiles. See the website for what they take: <https://goecolateral.com.au/recycling/>
2/183 Main Rd, Blackwood ph 8278 8690. 445 Brighton Road, Brighton ph 7078 7795
411 Magill Road, Saint Morris ph 8333 3478 Planning to open soon in Charles St Adelaide

EATERIES UPDATE (Continued from P4)

VEGGIE VIE is moving in August from Regent Arcade to 16c McHenry St Adelaide ph 0479 010 539
Open times seem to be Mon–Fri 10am–2pm, but there are plans also to open some evenings.

BOOK REVIEW

PROTEINAHOLIC: how our obsession with meat is killing us and what we can do about it.

Garth Davis MD with Howard Jacobson Ph D. Harper Collins 2015

Dr Davis, a bariatric surgeon in USA, used to follow and advise his patients along the lines of the Standard American Diet (SAD), including high proportions of protein until, at age 45, he was faced with serious ill-health. This led him to look seriously at the kind of research that had not been covered in his medical training, to change what he taught, to move to a plant based (vegan) diet and eventually feel compelled to write this book. The book covers his personal experiences, a detailed account of relevant studies, a suggested meal plan and recipes, plus forty-nine pages of references. Davis's conclusion is that excess protein consumption, rather than excess carbohydrates, is making people sick in countries like USA and that he has “searched the medical literature and cannot find a single case of protein deficiency in someone eating adequate calories.”

For the main part Dr Davis writes in a very friendly, easy to read style, although the chapters covering the large range of studies he draws on is heavier going. Recipes are uncomplicated, but nourishing and the meal plan is particularly sensible as, unlike most such plans, it takes into account the inevitable leftovers!

This is a book that would be useful to recommend to people who might question the efficacy of a plant-based diet, anyone who wants to understand the science behind it or to help anyone embarking on a whole food plant-based diet. The book is slightly marred by not having an index.

The book is available online, (Amazon etc.) or can be ordered from New Dimensions Book Shop 310 South Ter, Adelaide ph 8223 4877 for about \$44. It can be borrowed from the Public Library in South Australia. Dr Davis is on Facebook and has a website: www.proteinaholic.com (which is not always easy to access).

An interesting interview with Dr Garth Davis can be seen on You tube.

FOODS FOR LIFE COOKING DEMONSTRATIONS WITH TASTINGS



Participants each contributed a WFPB dish at the last session.

A large body of studies has shown that a whole-food plant-based diet (WFPB) is effective in preventing chronic diseases and promoting longevity.

In July-August two VegSA Committee members braved the cold and fog to attend the **Foods For Life** course run by Dr Heleen Roex on behalf of the Physicians Committee for Responsible Medicine (USA) This is a two hour session one evening a week for five weeks, each one with a short lecture,

which reinforced much of what we had read of the WFPB diet i.e. plant based with no added salt, refined sugar or oil. Three tasty dishes were also demonstrated with tastings. In the last session we each contributed a dish of our own devising, which was interesting. Cost of the course is \$160.00. Next one is Thurs 4th November to 2nd December at Fullarton Park Community Centre, 411 Fullarton Road, Fullarton. Book via: DrRoex.com/book



From the Media

As in many parts of the world, poor nutrition is a leading cause of disease, disability, and early death in Australia and New Zealand. But as long as there is a deficit in nutrition education, health professionals of all disciplines will not have the knowledge, skills, or confidence to incorporate nutrition into patient care. Doctors For Nutrition, a registered Australian health promotion charity, aims to fix this problem.

<https://nutritionstudies.org/doctors-for-nutrition-webinars-reinforce-benefits-of-plant-based-diets/>

What percentage of the UK is vegan? A 2019 survey by Ipsos Mori, commissioned by The Vegan Society, found that the number of vegans in Great Britain quadrupled between 2014 and 2019. "In 2019 there were 600,000 vegans, or 1.16 percent of the population but only 150,000 or just 0.25 percent in 2014. Vegan Society UK: <https://www.google.com/search?client=safari&rls=en&q=vegan+Society+UK&ie=UTF-8&oe=UTF-8>

The animal industry gets so much tax payer money that each cow in Europe gets a \$2.20 a day - an annual income of more than the half the world's human population. In the UK alone, around 90% of farm profits come from such subsidies. The average farmer makes £12,000 even though they are given £44,000 a year. In contrast only 10% of fruit farmers' profits come from subsidies. In other words our tax dollars go to industries that aren't economically viable without such subsidies. Raw Yogi 26.6.21 Facebook

The Threat of Vaccination - Australian Vegetarian Vol 3 /4 Oct -Dec 1950

At the time of going to press, Madame Louise is in Perth, where she is continuing the protest against the indiscriminate distribution of cow's milk for ailing schoolchildren and is also drawing public attention to the threat of compulsory vaccination that is being foisted upon the people. With many other Vegetarians, she feels that if this is allowed to pass unnoticed then the entire enslavement of the people will follow.

According to the Food and Agriculture Organization of the United Nations, 31.4 percent of global fish stocks were overfished or fished unsustainably, as of 2013, while another 58.1 percent were "fully fished."

Turkey will no longer consider animals 'commodities' after a new law was passed this week. The new legislation gives animals in the Middle Eastern country more rights. Up until now, those found guilty of torturing or killing stray animals had been punished with a small fine, since the crimes had been considered 'damage to commodities'. The new law acknowledges that animals are living beings. Those who commit crimes against animals in Turkey can now face a jail sentence from six months to four years. Pelin Sayilgan is the Ankara representative of the Turkish Animal Right Federation. [She] said, "The good thing is that their crimes will go on the records of offenders. We had demanded the banning of zoos, circus animals, fur farms, and pet stores, but the new legislation doesn't include those facts." The new law also allows local police to put together animal protection squads. Police will target those involved in cockfighting and dog fighting. by Jemima Webber 4th July 2021

In terms of carbon emissions, almond, oat, soy, and rice milk are all responsible for around a third or less of the emissions dairy milk puts out, with almonds the lowest of the bunch at 0.7kg per litre, followed by oat (0.9kg), soy (1kg), then rice (1.2kg). Dairy milk is responsible for 3.2kg of emissions per litre of milk. Land use shows an even more dramatic split, with nine square metres of land needed to produce just a litre of dairy milk, compared with less than one square metre for plant-based milks, ranging from 0.3 sq m for rice milk to 0.8 sq m for oat milk. Even almond milk, a notorious water-hogger, takes less water to produce than dairy – needing on average 371 litres of water per litre of milk produced, compared to dairy milk's 628 litres. Rice milk follows shortly behind, needing 270 litres of water per litre of milk. Soy and oat, on the other hand, need just 28 and 48 respectively. <https://foodrevolution.org/blog/almonds-sustainability/>

"If the going is easy, you're probably going downhill." William Weymouth of the Advertiser. (Aug '66)

"Vegetarianism is like a double headed penny, it is a winner whatever way it is used." Mary E Foley, Associate Editor, The Australian Vegetarian Vol 3. No 2. 1950



VegSA Diary Dates

EVERYONE IS WELCOME TO ATTEND VEGSA'S SOCIAL EVENTS

- ◆ Sunday Sept 26th from 11.45am Lunch at Simply Vegan 'n' Veg, Shop 1, Montague Farm Shopping Centre, 2 Montague Road Pooraka. Simply Vegan 'n' Veg has a large menu of Indian and other dishes. Book by Wednesday Sept 22nd with Karin: phone/text 0416 899 813 or email: info@vegsa.org.au.
- ◆ Saturday Oct 23rd 12.30pm Lunch at The Green Room 2 High St Willunga. Bookings needed by Wed 20th October to Su: [text/ph 0468 397 219](mailto:vegstu2003@yahoo.com.au) or email: vegstu2003@yahoo.com.au
- ◆ Sunday Nov 14th from 12pm VegSA "70TH BIRTHDAY" PICNIC Hazelwood Park. Bring vegan lunch to share, friends, family and furry ones, cutlery, plates and seats.. Please inform older members and former members who might like to come. For details see enclosed flier. Enter from Davenport Terrace and look for VegSA sign. For public transport info contact Adelaide Metro ph: 8210 2000. We will also try to help with transport. If you need a lift contact VegSA (details below).
- ◆ VegSA's Northern Star Group meets once or twice each quarter for a shared meal either at a member's home or at a vegetarian or vegan eatery. For further details contact Karin phone/text 0416 899 813.
- ◆ 2nd Saturday* each month at 12.30pm VegSA Southern Social Group's get-together at Great Nature 3/48 Beach Rd Christies Beach. No need to book, but check in case of changes, with Su: [ph 0468 397 219](mailto:vegstu2003@yahoo.com.au) vegstu2003@yahoo.com.au
- ◆ VegSA mail-out workshop. Usually Quarterly at the Joinery 111 Franklin St Adelaide. Meet fellow members and share ideas. Help is always appreciated. Next mail-out is planned for Sat 27th or Sun 28th November. Check with Anne: 0466 972 112 or email vegsooca@gmail.com Also 1pm, VegSA Committee meeting. Members welcome to participate (only Committee can vote). Bring lunch or, regulations permitting, food to share.

Other events

VEGAN FESTIVAL ADELAIDE – OCT 30th and 31st

Sat 30 Oct from 11am to 9pm and Sun 31 Oct from 11am to 5pm. Rundle Park/Kadlitpina (Corner East and North Ter.)

Food and information stalls, speakers, music etc. Child and dog friendly.

Admission: Book online by Sept 30th for discounts. Otherwise \$12pp per day.

For booking, the program and a range of other information see: www.veganfeastival.info

VegSA is negotiating to partner with Humane Research Australia but as HRA is based in Victoria we don't know yet whether COVID restrictions will change that.

Resources

- ◆ 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. Also interesting and useful information on the Adelaide Vegans Facebook page: <https://www.facebook.com/groups/7023024642/>
- ◆ Doctors for Nutrition is working to ensure that medical practitioners of the future are trained in sound basic knowledge of nutrition. See more information: www.doctorsfornutrition.org
- ◆ For more events in SA and around Australia see Vegan Australia's website: www.veganaustralia.org.au/events
- ◆ One Green Planet has very good articles even though it has lots of ads: www.onegreenplanet.org

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

