

Food for Thought

Vegetarian & Vegan Society (VegSA) Inc.

Newsletter

Issue 2/14 – June 2014

PO Box 311 Kent Town SA 5071

website: www.vegsa.org.au

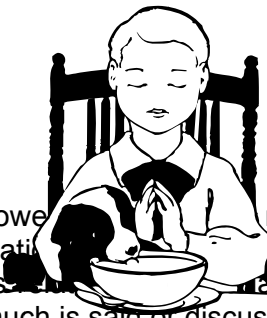
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The forgotten vegetarian connection:

The Spiritual Connection



People generally become vegetarian for one or more of the following reasons:

- Health
- Animal rights
- Environmental concerns
- Spiritual/Religious

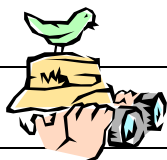
However, most give either health, animal rights or environmental reasons as their motivation for becoming vegetarian/vegan. In VegSA and related groups the most discussed topics are, again, either health, animal rights or environmentalism. But not much is said or discussed about the Spiritual/Religious aspects.

Throughout the ages there have always been sages whose convictions dictated they refrain from consuming flesh out of compassion and/or to enhance their spiritual progress. Some Christian groups (e.g. Seventh Day Adventists and Quakers) encourage their members to be vegetarian. Other groups encourage abstinence from meat at least some of the time e.g. in the Greek Orthodox tradition fasting for Lent means abstaining from all animal products for 40 days. In many of the Eastern traditions vegetarianism is simply considered the norm and so some people are simply born vegetarian.

There are a number of groups in SA that advocate vegetarianism as part of their spiritual practice. One such group is *Science of Spirituality* (S.O.S.). S.O.S. is an international, non-profit, inter-denominational organisation dedicated to personal transformation through meditation. The spiritual leader of S.O.S. Sant Rajinder Singh Ji Maharaj originally trained and worked as a scientist, but took over leadership of S.O.S. on the death of his father. The S.O.S. headquarters are in Delhi, India with groups in many other countries. S.O.S. members are vegetarian as part of their path of non-violence that should be extended to all living things. The group practises meditation as “fuel for the soul”, leading to purer thoughts and also to a better person. Whilst they practice meditation as a means to spiritual development, it does not take them away from the concerns of the physical world, but helps them to be better able to contribute to society and the needs of others. S.O.S. has helped in many disaster situations around the world including Hurricane Katrina and in rural reconstruction work.

The Adelaide S.O.S. group meets every Sunday at 2pm at Bradford Lodge 46 Watson Ave, Rose Park. They will hold an *Open Meeting* on June 15th Sunday 2pm-4pm. No Charge. Topic: *How do we enliven the Soul?* For other details contact ph. 08 82616362, 0401 092 255, 0414 433 598 Email dkrcmarov@hotmail.com Local website: www.sos.org/aus/australia

Note: See also ‘Yoga Detox’ page 7. VegSA is a non-religious, non-political, not for profit organisation. If you’d like your interest group listed for our readers’ information contact VegSA



VegSA News

◆ Annual General Meeting Update 2014

Members met at **Bliss Organic Café on Sunday May 5**. Numbers were quite low as usual but this was an advantage as it enhanced discussion. Topics discussed included:

'VegSA's relationship with the Conservation Council SA'. VegSA has been a member of CCSA for over ten years and has appreciated being able to use the CCSA facilities including holding Committee meetings and having our magazines delivered to their venue. However, over this time, we have had minimal input into CCSA policies. This is partly because we have not had a representative who could regularly attend CCSA Council meetings, although a few months ago our rep. (Kay Lewis) and Secretary (Anne Sanders) met with the CEO of CCSA and managed to give some input into CCSA's 3 year/20 year strategic plans.

Recently we have asked VegSA members (and others) about their understanding of CCSA and it seems they know very little. Some members have questioned whether the relationship justifies the \$180 per year paid for membership. However it has assured us of a reliable venue to meet (all be it that CCSA current location does not have disability access which means it is unsuitable for our general meetings). The general outcome of the AGM seemed to be that VegSA give more input to CCSA policy and specifically work towards the part animal husbandry plays in degradation of the environment being recognised.

VegSA Committee Elections: *The following Officers were re-elected*

President Kay Lewis (Hectorville) **Vice President:** Karin Basse (Salisbury Downs)

Secretary: Anne Sanders (Montacute) **Treasurer:** Anthony McAulay. (Kangarilla)

New Committee Members: Ken Lawson (Burnside) Denise Ness (Collinswood)

Also: Dr Seema Jain (Elizabeth) Joy Danielson (Morphett Vale) Su Stephens (Morphett Vale)
(All 3 agreed to remain on the committee.) In addition the following positions were

confirmed: **Events Coordinator:** Su Stephens **Assistant Secretary** (phone): Karin

Basse **Librarian:** Kay Lewis **Web Master:** to be decided, see below **Public Officer:**
Anne Sanders

In addition the Secretary, in her report, thanked Ken Lawson for chairing the elections, Paul Martin, for helping with membership records, Kay Lewis for representing us at CCSA and for taking on and reorganising the Library, Karin Basse for ably managing the phone, Grace Love and Frazer Kirkman for attending to web site up dates, all those who have helped with mail outs and of course all who have continued as members to support the organisation.

The AGM was followed by a shared lunch and presentation on "*Kangan Water*" see page 7

◆ VegSA Website

Another topic discussed at the AGM was the VegSA website. It was generally agreed that a website is an essential tool in maintaining contact with the public and promoting our ideals.

Recently we have had difficulty keeping our web site up to date, which had been causing concern for the Committee. Although Grace and Frazer have done a great job it has not always been easy to get the material to them at the time that it was needed. At the AGM Anthony McAulay and Paul Martin both offered to get involved in maintaining the site. Paul has had some experience with websites and Anthony less, but willing to learn. Fortunately for us Frazer arrived back in Adelaide just after and agreed to show them the ropes. Frazer was also keen that Anne (Editor FFT) should have some insight too. We have since met, made sure everything was up to date and began the process (each at our individual level) of understanding how the website is put together and how to make changes.

ACKNOWLEDGEMENTS:

Editor: Anne Sanders, **Assistant Editor and Lay-out:** Pam Marshall. **Mail out:** Committee and members.

THANKS to VegSA members who have contributed information. Responsibility for all editorial comment is taken by A. Sanders, Institute Road, Montacute, SA 5134. Printed on 100% recycled paper by Tammy

Franks MLC, Parliament House, North Tce, Adelaide SA 5000.



In the Media

♦ The Benefits of Green Tea

Green Tea has always been hailed as the healthiest hot drink of choice, but *new research has found it can also be good for your mind*. Scientists claim green tea enhances several cognitive functions, in particular our working memory. The new findings suggest that green tea could be used to treat dementia and other psychiatric disorders. The new research¹ from the University of Basel, found that green tea extract increases the brain's effective connectivity. Scientists at the university saw significant improvements in working memory tasks after people had consumed green tea. The results of the study were published in the journal 'Psychopharmacology'. (The Advertiser 10.4.14)

♦ GM foods neither safe nor needed, say genetic engineers

Genetically modified crops and foods are neither safe nor necessary to feed the world, a new report by genetic engineers shows. The second edition of *GMO Myths and Truths*, co-authored by genetic engineers Dr John Fagan and Dr Michael Antoniou and researcher Claire Robinson, was released on 19 May 2014 as a free online download by Earth Open Source. **Author John Fagan said:** "The GMO debate is far from being over, as some GMO proponents claim. Instead the evidence of risk and actual harm from GM foods and crops to health and the environment has grown in the two years since we brought out the first edition.

"The good news is that GMOs are not needed to feed the world. The report shows that there are far better ways of ensuring a safe and sustainable food supply." See more at:

<http://earthopensource.org/index.php/reports/gmo-myths-and-truths#sthash.AXhrQHoQ.dpuf>

(Physicians Committee for Responsible Medicine* (PCRM) 14.4.13)

♦ Vegetarians and Vegans Have Lower Risk of Heart Disease

Vegetarian and vegan diets lower the risk of heart disease, according to a study published in *Public Health Nutrition*. Researchers tracked the dietary habits of 592 African-American participants from the Adventist Health Study-2 and categorized them into three eating patterns: vegetarian/vegan, pesco-vegetarian, and non-vegetarian. Those who consumed a vegetarian/vegan diet had fewer heart disease risk factors including lower blood pressure, half the risk of diabetes, and a 44 percent reduced risk for hypertension, compared with those who consumed pesco-vegetarian and non-vegetarian diets. Additionally, vegetarians and vegans were 43 percent less likely to be obese, compared with non-vegetarians. This study stresses the positive effects plant-based diets may have towards disease prevention for African-Americans. (Fraser G, Katuli S, Anousheh R, Knutsen S, Herring P, Fan J. *Vegetarian diets and cardiovascular risk factors in black members of the Adventist Health Study-2. Public Health Nutr.* Published online March 17, 2014) PCRM 14.4.13

*PCRM (Physicians Committee for Responsible Medicine) is a USA association of medical professionals, devoted to promoting health through a plant based diet and to ending animal experimentation. VegSA receives regular updates from PCRM.

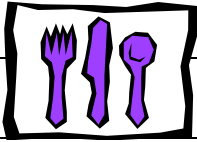


Cooking Classes

♦ **Raw Food Workshops** to be run at Bliss Organic Café by "Urban Rabbit" 6:30-9:30pm on Tuesdays: 3 June: [Raw Food for Beginners](#) 17 June: [Intermediate](#)
8 July: [Decadent Desserts](#) 22 July: [Raw Food for Winter](#)
Urban Rabbit also offers a catering services (cooked, raw, vegan) for all kinds of events and businesses. \$85 per class. 3 for \$240 Contact: urbanrabbit12@hotmail.com

♦ **Easy Gourmet Vegetarian** (WEA)

Sunday June 28 presented by VegSA member Natalie Playford at Nazareth College
Cost \$92 inc. tastings. For info /bookings: WEA 82231978 or on line www.wea-sa.com.au

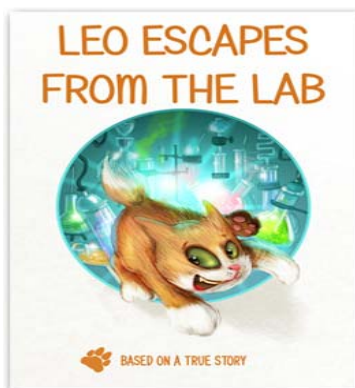


Eateries Update

- ♦ **TWO BIT VILLAINS** 128 -130 Adelaide Arcade (off Rundle Mall). *No longer has land line phone.* Contact via email: twobitvillains@gmail.com or website: www.two-bitvillains.com New opening times: Tues, Wed, Sat 11.30am-5pm Thurs to 7pm Fri to 9pm
- ♦ **MAC FACTORY** does not open for breakfasts at week-ends.
- ♦ **MEESU VEGETARIAN KITCHEN** 449 Pultney St Adelaide. Re-opened after short break. New hours: Lunch: Mon– Fri 11am–2pm+ Dinner 7 days 5-9.30pm 8359 2605
- ♦ **WILD THYME** Phone number on our 'Eateries' Additional Information list is incorrect. Correct number: 8361 8888
- ♦ **EARTH'S KITCHEN** 131 Pirie St, Adelaide. *VegSA members and friends met for lunch at Earth's Kitchen on 24 May. The Café and Organic store, in an older building on the corner of Pirie and Blyth St, has a relaxed friendly atmosphere. Food is organic and. on a Saturday, all vegetarian. Using fresh ingredients means the dishes are extra tasty. Food was enjoyed by all but did not realise that there was even more choice on the specials board - maybe next time! Earths Kitchen gets busy so best to book. It is well worth a try. Phone: (08) 8215 0458 web: earthcommunities.com.au Opening times: Mon – Thurs 7am - 4pm, Fri 7am - 9pm, Sat 9:30am to 2:30pm*




Book Review



Leo Escapes from the Lab

by Helen Marston. Illustrated by Alex Jasinski. \$9 inc p/p from Humane Research Australia at <http://www.humanereseach.org.au/hra-shop/leo-escapes-from-the-lab>

Leo is one lucky cat who escaped from a laboratory. As an ex-laboratory cat who has found a forever home he serves as an ambassador for all those animals remaining in laboratories around Australia. Around 6-7 million animals are used in Australia for research purposes every year. Leo provides a face to those statistics now taking his plight further afield to let younger audiences become aware of the unethical use of animals in research.

"Leo escapes from the lab" is a true story and the characters his little sidekick Alfie, his big brother Rocky and the human characters he has met along his journey are all real! 

All profits raised from the sale of the books will go toward HRA's work to end animal experiments. Leo already has his own Facebook page and plush toy Leo's are also available through HRA. For more details contact: info@humanereseach.org.au or (03) 8823 5704

(NB: VegSA is adding this book to its library).
(See also page 6 for review: Viktor the Vegetarian Vampire)



Products on the Market

◆ McVitie's Wholemeal Digestive Biscuits.

In addition to the "Original" and "Light" Digestive there is their cousin with 69% wholemeal wheat flour and a richer taste. Totally vegan (except "Produced on a line handling milk"), Dark Choc version has milk. www.mcvities.com

Imported from UK by Mannasen Foods, 8 Interchange Dr Eastern Creek NSW 2766

◆ Green-wheat, Whole-wheat and Cracked Wheat Freekeh

Freekeh has been used mainly in the Middle East and North Africa for centuries. It is considered a "rediscovered" ancient grain. Traditionally it is made from wheat, harvested while the grains are yellow and the seeds still soft. The grain is sun-dried or husks lightly burned off. (For a more detailed description see: www.greenprophet.com).

Because it is harvested young it has a higher content of minerals and more fibre than most grains (four times more than rice). As a whole-wheat, freekeh on the Glycemic index is low (at about 43) so suited to diabetics as well as preventing bowel disease. In traditional recipes freekeh seems to have been cooked mainly in conjunction with meat. However it works well in salads and other vege recipes. (see recipes P 6).

The only Australian freekeh is grown and processed in South Australia and exported to many countries by Greenwheat Freekeh (10/80 King William St Adelaide Ph: 8221 5022). Whilst it is not guaranteed organic, so long as the moratorium lasts, we can at least *assume it is GM free*. **Freekeh is available** at House of Health (Central Market) at \$4.99kg (bulk), Gaganis Bros (9-13 Bacon Street, Hindmarsh ph. 8346 5766) some Foodland/IGA stores and Everything Vegan (\$5.90 for 400g packet). For Foodland contact Foodland Promotions Ph 8351 9233 SA Distributors: Compass Distribution Ph 8351 7398 email: tbakes@bigpond.net.au www.compassdistribution.com
Note: Freekeh pasta is coming soon.

◆ Uncle Ben's Instant Rice: Tomato and Basil or Mexican Style.

250g packet - \$3.20 (approx). Available from 'rice' section in Supermarkets. Handy to have in reserve for a quick snack or when you're pushed for time. Tasty but not over flavoured. Can be heated on stove or in microwave. "No artificial colours or flavours" *VegSA contacted Uncle Bens and was assured that all suppliers are checked to ensure No GMOs* "because there's not enough research". Also in their Masterfood, Domio and Kantong ranges www.unclebens.com.au ph 1800 816 016

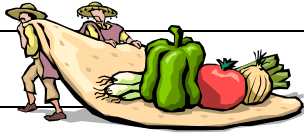
◆ Funky Fudge

There's a lot written about palm oil, loss of habitat and destruction of subsistence farms, but the problem still continues. Bev Luff produces hand made products that are all vegan and palm oil free. Products including a new batch of *Funky Fudge* – flavours: Violet, Rose, Golden, Liquorice, Strawberry, Passionfruit, Chai, Vanilla Bean, Chocolate, Roasted Peanut, Toasted Coconut, Espresso - 100% of sales go to help animals. Only available at

https://www.facebook.com/funkychocolatforanimals?v=app_150178545006427

◆ **Just RAWsome Healthy Treats** cakes, slices, protein balls: completely raw, vegan, gluten free, dairy free and with no added sugar. 100% organic options also available Products ordered online at www.justrawsome.ecwid.com can be delivered anywhere within 20km of the Adelaide CBD and will hopefully also be in cafes soon. List is still growing but view some of the products on facebook page www.facebook.com/justrawsome Otherwise contact Michael justrawsome@gmail.com Ph: 0402 156 017





Recipes

Spicy Freekeh Burgers

1. Boil 1 cup freekeh in 3 to 4 cups water until tender.
2. Finely chop and fry large onion in olive oil until soft and lightly browned. Add 1 medium carrot - grated and 1 stick celery - finely sliced, 1 large clove garlic – crushed, 1/2 ¹/_{SEP} teaspoon ground cumin, 1/2 teaspoon ground coriander. Cook till tender.
3. Drain freekeh well. Add to veg mix together with 1/2 cup chopped parsley and juice of 1/4 lemon, salt and fresh pepper to taste.
4. Combine 2 tablespoons wholemeal flour* with 1/4 cup cold water and stir this into the hot mixture, stirring to form a dough. Allow to cool.
5. Shape dough into patties, cover with flour and fry or bake. *Alternatively* turn mixture into greased dish and bake on medium heat. Then cut into slices.
6. Serve with salad or veges or freeze until needed.

*Note. Original recipe uses 100g breadcrumbs and 1 egg to bind instead of flour mixture.

Chilled Freekeh Salad

In a large bowl combine: 4 cups cooked Freekeh* (either cracked grain or wholegrain), 6 medium tomatoes (diced), 1 medium continental cucumber (diced), 4 spring onions (finely sliced), 1 small red capsicum (finely sliced), 1 cup chopped parsley, 1 1/4 cup chopped mint. Dressing: Whisk together 1/2 cup olive oil, juice of 1 lemon, 1 teaspoon of French mustard, 1 clove garlic (crushed), freshly ground pepper and salt to taste. Mix all together thoroughly and let stand for 1-2 hours in the refrigerator.

***How to cook Freekah:** Bring 5 cups water and 1 cup freekeh to the boil. Simmer 45 mins or until tender.

(Recipes courtesy of Greenwheat Freekeh)

“Anzacs” can be vegan too!

Vegan Anzac Biscuits: Preheat oven to 170°C. Combine 1 1/4 cups plain flour, 1 cup oats, 1/2 cup sugar and 3/4 cup desiccated coconut in a large bowl. Heat 2 tablespoons golden syrup and 1/4 cup coconut butter over low heat. Mix 1/2 teaspoon bicarb soda with 1 1/2 tablespoons water. Add to the hot golden syrup mixture and remove from heat. Pour liquid into the dry ingredients and mix all together until fully combined. Roll tablespoonfuls of mixture into balls and place on greased baking trays. Bake for about 15 minutes in a moderate oven. Cool on a wire rack.



Book Review



Viktor the Vegetarian Vampire

by Rachel Adams, available from Amazon/Kindle.

Viktor does not quite fit in with the other young vampires and struggles with the problems of being different. Written in the popular fantasy genre, beneath the story is a powerful subtext. Humorously written it can be enjoyed by any age from 8-80 and is sure to give rise to a few chuckles.

Unfortunately this book is only available as an online offering. Can be borrowed free or downloaded for 'one pound, ninety-nine new pence' [Where did that pound sign go?]. Information sent to us from Bristol UK includes an attached excerpt. If you would like this we can forward via email to you. It also has favourable reviews on Amazon.co.uk



VegSA Noticeboard

◆ Earthing/barefoot Healing

VegSA member David Law trained as an electrician, but suffered an injury at work that left him with severe health problems. David has found EARTHING to be very beneficial.

Earthing (or Grounding) is a system that uses the earth's negatively charged free electrons to balance positively charged free radicals that cause inflammation and damage to our bodies. This can be achieved by walking, sitting or lying on the grass, bare ground or even unsealed concrete or, from indoors, being connected by a wire (without "power") to the ground outside. Whilst there is a range of products, from sleep mats to foot-wear, available from the website (see below) David has made up simple foot mats from everyday materials, which he demonstrated at the recent VegSA AGM. (Available for \$15).

David also organises introductory group sessions at a reasonable rate to demonstrate the grounding technique. To contact David email ldavid@tadaupst.org.au or phone 8363 2361.

For more info on EARTHING see: barefoothealing.com.au/ and (especially for products) www.barefoothealing.com.au

◆ Kangan Water

Following our AGM on May 4 Yin Hiew told us about her enthusiasm for Kangan Water.

In its natural state water picks up minerals as it moves from its source and the turbulence "energises" it. The Kangan system tries to emulate nature, putting normal tap water through a filter, adding alkaline minerals and processing it to create energised water. This changes the structure producing "hexagonal" water which can pass more easily into the cells of the body. The human body is approximately 70% water much of it carrying nutrients into and waste out of the cells. Most functions of the human body work best when in an alkaline state. The KANGAN system can produce several grades of alkaline water for drinking and in addition also acidic water that can be used as an antiseptic or disinfectant. This type of water has been used in Japan for all these purposes for over 30 years with reportedly very good results. People both here and in USA have also reported considerable improvements in, often severe, health conditions. The big draw back with the Kangan system is that, whilst it seems to be top of the range, it is also expensive compared to other similar systems. If you are interested in more detail about this water VegSA has a copy of the DVD "Change your Water, Change your Life". Contact Librarian Kay on 8336 9178. If you'd like to trial the Kangan water system or know more about it contact Yin Hiew ph 0431503 010 email: nyhiew@adam.com.au Also if visiting Veggie Village ask if you can try a sample.

Veggie Village 255 Waymouth St, Adelaide 8212 3323 Mon-Sat 11am-3pm Fri 11am-9pm)

◆ Yoga and Detox Wellness Retreat

For accommodation, yoga, detox, cooking classes, meditation etc. June 13-15 or Oct 30-Nov 2
Cost: \$425/405 Contact 8272 9057 or 04669 848 686 web: amwellness.org.au email meditationyogadetox@gmail.com Event affiliated with Ananda Marga Wellness Centres Worldwide

◆ The-Market-Shed Offering a great range of organics including many vegan products.

Sundays 9am-2pm at 1 Holland Street Adelaide - last west turn off King William Street before South Terrace also accessible from Gilbert Street behind IGA <https://www.facebook.com/.../The-Market-Shed.../665281516833656>

An Invitation to VegSA members

Do you own or operate your own business? VegSA would like its members to know who you are and what you do and list vegetarian/vegan owned businesses in the newsletter (and possibly later on the website). If you would like to be included please email or snail mail the following: 1. Your name. 2. Name and brief





VegSA Diary Dates

Upcoming VegSA Events:

- ♦ **Lunch* at House of Donkey - Sunday July 6 at 12.30pm.** 133 Sturt St Adelaide
- ♦ **Afternoon Tea* at The Annex - Saturday July 26 - 2-4pm.** 3 Waterloo St, Glenelg
- ♦ **Lunch* at Bliss Organic Café - Saturday Aug 23 – 12.30pm.** 7 Compton St Adelaide
*Bookings to Su by Wed before event. Ph 8326 1062 or email: vegsu2003@yahoo.com.au
- ♦ **Vegewise** (Meets 3rd Wed 12md - Bookings essential by Monday before event)
June 18 - The Deli 54A George St. Thebarton. (pizza/yiros/nachos/burgers – all veg'n)
July 16 - Lemongrass Thai Bistro 105 Goodwood Rd Goodwood.
(Bookings for above: Pam 8374 2531 or pam@theshoppe.com.au)
August 20th - Wild Thyme 101 Melbourne St North Adelaide. Bookings: Anne 8390 2314
(NOTE: No bookings - events will be cancelled)
- ♦ **Northern Vegetarian Group: Salisbury Kraft and Hobby Friday Sun 8 Meet 11am** near entrance Parafield Gardens Re-creation Centre (Corner Kings Road and Martins Road, Parafield Gdns) \$4/ \$3, (under 15 free). Free Parking. Info Karin: 8260 2778 or 0466 972 112 vegsocsa@gmail.com
- ♦ **Southern VegSAGroup monthly social get together: 2nd Saturday of the month from 12 noon.** Great Nature 3/48 Beach Rd, Christies Beach. No Booking but check in case of changes with Jill: 8386 1943 or Su 8326 1062
- ♦ **VegSA Mail-out:** Usually first week-end in the months of March, June, Sept and Dec. We are always grateful for help to fold newsletters and prepare and fill the envelopes. This is also an opportunity for socialising and sharing. If you think you would like to help please email vegsocsa@gmail.com or phone Secretary on 8390 2314.

Other Upcoming and Regular Events:

- ♦ **Adelaide Vegans:** Brings vegans together for networking and social gatherings. Dinner Friday evenings at various vegetarian restaurants. Bookings essential to enable the venue to reserve a table. For details and booking see 'EVENTS' page at: www.adelaidevegans.org or contact. Shane: swardshane@yahoo.com Ph 0410 481 290. Also: **Raw Picnic** last Sunday (most months) Ph Morgaine 0435 519 477 or Ken 8431 6862
- ♦ **Animal Liberation SA:** Campaigns on animal rights including rallies against Live Exports and Jumps Horse Racing. Regular members' meetings at 19 Green St, Brompton. ph 83408878 See website for more info: www.animalliberation.org.au email: animal.lib.sa@gmail.com or find on Facebook
- ♦ **Shepherd's Lodge Adventist Church,** Brahma Lodge enter from McIntosh Cres. Weekly on Thursdays at 6.30pm. 2 course (sometimes 3 course) meal. Salads, cooked veges, etc (vegetarian, mainly vegan) plus sweets. FREE but donations accepted. Further information ADRA (Prospect). Ph: 08 8269 2177 Fax: 08 8344 8068
- ♦ **The Black Cockatoo Arthouse** DIY Grassroots Pop-Up Cinema, Music Venue & Community Space. *Vegan snacks on sale at events* • Saturday June 7: 'Festival of Small Halls' Aldinga Institute Old Coach Road Aldinga Doors open 7pm, Movie 8pm \$ 17/\$15 Feature Film "Sound of Noise" Swedish with English subtitles. • Friday June 20: McLaren Vale Institute Hall Cinema Perpetuum, Mobile International Film Festival. • Saturday July 12: McLaren Flat Memorial Hall "Volver". Contact PO Box 777 McLaren Vale Email: blackcockatooarthouse@gmail.com for more information.
- ♦ **Natural Health Society (SA)** Meeting and lecture 7.30pm 1st Tuesday each month (except Jan). Unley Citizens Centre, 18 Arthur Street Unley. Admission \$4 (visitors). • June 3: John Kirkwood "Acupressure" – energy healing for body mind and Spirit" • July 1: Nikole Gribin "Osteopathy." • August 5 Dr Harms (dentist): "Fluoride free Adelaide" • September 2: Jesse Sleeman "Buteyko method of Breathing"

