

Food for Thought

Vegetarian & Vegan Society (VegSA) Inc.

Newsletter

Issue 2/17 - June 2017

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THERE IS HOPE

A FUTURE WITHOUT ANIMAL TESTING?

A future without animal testing is getting closer. On Tuesday, the Food and Drug Administration [USA] agreed to a research-and-development collaboration with Emulate, a company that makes "organs-on-chips" technology. Each chip is about the size of a human thumb and contains tiny channels filled with living human cells that imitate the functions of different organs.

For example, Emulate can build a chip that recreates how a human lung might react to certain medication, which would ideally be more accurate than those conducted using a culture of lung cells or an animal's lung. To start, the collaboration between the FDA and Emulate will focus on the company's Liver-Chips, which are meant to show how an animal's liver may react to a certain drug. The liver is where most drugs get broken down on their way out of the body.

Animal testing may not disappear, but if the collaboration is successful, it could at least reduce the number of animals used in preclinical research. Lydia Ramsey, Business Insider

Article originally published by Business Insider April 15th 2017 Thanks to member Jim Mitchell for this info.

THE BEST DIET TO PREVENT KIDNEY STONES

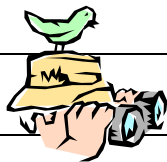
It wasn't until 2014 that vegetarian kidney stone risk was studied in detail. Using hospital admissions data, researchers found that vegetarians were indeed at a lower risk of being hospitalized for kidney stones. It's not all or nothing, though. Among meat-eaters, increasing meat intake is associated with a higher risk of developing kidney stones, whereas a high intake of fresh fruit, fiber and magnesium may reduce the risk.

Written By Michael Greger M.D. FACLM on May 2nd, 2017

PLANT PROTEIN AS GOOD AS MEAT IN BUILDING MUSCLE AND SAFER

A study published last week in the American Journal of Clinical Nutrition found that dietary protein derived from plant sources built muscle just as well as protein from meat sources. However meat also comes with additional components that are harmful to our health, including antibiotic residue, hormones, saturated fat, trans-fats, endotoxins, cholesterol, Neu5Gc, heterocyclic amines and contaminants such as high levels of metals including copper and arsenic. These undesirable elements increase inflammation and promote various diseases thus making meat a less desirable option when building muscle and long term health are considered. www.riseofthevegan.com

'The primary source of disease is in us - always in us.' Antoine Bechamp (contemporary of Louis Pasteur)



VegSA News

AGM REPORT

VegSA held its AGM on Saturday April 22nd. Although not well attended, we managed to get through the main business. The talk later (see below) attracted a good number of members and visitors.

The president in her report pointed out that VegSA, as with other organisations, relies increasingly on electronic technology. Whilst we still have a paper newsletter, most of our correspondence is now by email. Our communication with the general public is mainly via our website and our record keeping is mainly on computer. She thanked Vice-president Pamela Robinson for her work on the website, the value of which is particularly in being up to date. Thanks also to Committee members who shared the role of the Secretary, especially Paul Martin who handled Membership and Minutes.

Moving ahead we are continuing with our Food for Thought newsletter (going to other organisations as well as our members) as some people do not use email and quite a few prefer to have paper format they can move around. We do need to greatly improve our use of social media, especially our Facebook account, which has been held up by a technical problem, currently being tackled.

The following were nominated for the Committee and elected unopposed:

PRESIDENT: Anne Sanders (also Public Officer and Newsletter Coordinator)

VICE PREIDENT: Pamela Robinson (and Website Coordinator)

SECRETARY:

MINUTE AND MEMBSHIP SECRETARY: Paul Martin

EMAIL, POSTAL MAIL AND FILING: Anne Sanders

TREASURER: Anthony McAuley, with back up (especially with banking) from Paul.

COMMITTEE (which needs to be minimum of 4 and maximum of 9):

Karin Base, Denise Ness, Ken Lawson, Su Stephens, Joy Danielson

It would be good to have a few more members on the committee especially younger members and others with the technical skills that we need. VegSA Committee meets usually only once per quarter on the last Saturday before the newsletter is mailed out i.e. at the end of August, September, November and February. Members are always welcome to attend meetings and can be co-opted onto the Committee if interested in being involved with the decision making. Discussion between Committee members at other times is largely by email.

The mail out workshop takes place in the morning preceding the Committee meeting. We will always be glad of a hand. Come and meet like-minded people and share a cuppa. Both meet at The Joinery.

HEALTH IS THE RESULT OF HEALTHFUL LIVING

Following the AGM and our shared lunch Heleen Roex-Haitjema and Alfonse Roex gave a talk with Power Point illustration. This described a hierarchy of studies, which clearly spelt out the advantages of a plant-based diet. Heleen and Alphonse (both medical doctors) having looked thoroughly at these studies themselves adopted a vegan diet about six years ago. However, to be effective, they say that food needs to be taken in as near as possible to its natural state and be part of a healthy lifestyle involving sufficient sleep, exercise and minimal pollution.

Heleen and Alphonse both received their medical training at the Free University in Amsterdam, The Netherlands and moved to Australia with their three children in 2000. Alphonse is an Obstetrician - Gynaecologist who works at the Lyell McEwin Hospital and lectures at Adelaide University. Heleen is a paediatrician, who is currently not practising, but has earned her Certificate in Plant Based Nutrition through the T. Colin Campbell Center for Nutrition Studies and Cornell University New York. She is Australia's first Certified Instructor through The Physician's Committee for Responsible Medicine's "Food for Life" program in Washington DC and is now running 5-week courses in Adelaide. (See P6)

Heleen and Alphonse recommend the book "How not to Die" and were instrumental in organising the film "What the Health", both reviewed on P3

REVIEWS

Film: **What the health**

"What the health" was shown on May 11th at the Piccadilly Theatre in North Adelaide to an audience of about 400 people.

It follows the explorations of the narrator as he finds that his "healthy" diet is not so healthy after all. In the course of his investigations we are introduced to a number of people who have had success in treating their serious illnesses with a plant based diet. In spite of these examples and clear scientific evidence the experience he has in approaching the top sickness charities (which raise funds to fight, cancer, diabetes heart disease etc) is remarkable to say the least. On investigation he finds that many of these top charities are supported by the fast-food, meat and dairy industries and are not only not interested in the use of a plant based diet but are not even interested in prevention.

What the Health was produced in USA, where at least they have the advantage of a myriad of medical statistics. The charities approached are of course American, but the experience there may go some way to explain why the equivalent charities in Australia are so slow to change. The film is two hours long often shows packets of meat in supermarket fridges and occasionally some more grizzly scenes.

Following the film was an interesting half hour panel of local practitioners answering questions from the audience. It was preceded by a talk by **Philip Warren of Constance Kindness Trust** in Victoria. As always his sincerity came through as he used some of those same statistics, and some very neat quotes from literature, in expressing his support for the animals and a "cruelty free" lifestyle.

Book: **HOW NOT TO DIE**

Dr. Michael Greger 2015 Flatiron Books (USA), 2016 MacMillan (UK). Available: Book Depository for \$18

HOW NOT TO DIE explains how diet can cause, and change of diet can treat, severe disease. Quoting many, including longitudinal studies, the book looks in detail at about a dozen serious conditions including diabetes, breast, digestive and prostate cancers, Parkinson's, kidney, liver and lung diseases.

The book is highly readable, often using personal anecdotes and translating the medical information given into everyday language. Greger references hundreds of studies. (The list fills 176 of the 641 pages.)

Not surprisingly How Not To Die has been recommended on many of the alternative health (including vegetarian and vegan) websites. It is a good book to have, not only for reference, but a great read.

Michael Greger does a weekly blog, often with a short video giving neatly compressed information on a wide range of health topics. Previous topics can also be accessed. See: www.nutritionfacts.org



Products on the Market

- **Animal Liberation: t-shirts \$30adult, \$20 kids', broken range of sizes available currently from website www.animalliberation.org.au. Bigger range at Vegan Festival in October.**

- **San Remo Pulse Pasta** penne or spaghetti 250gr r.r.p. \$3. Made from peas, lentils, chickpeas and borlotti beans (gluten free). Has a nice mild pulse taste. Cooks similarly to wheat pasta and can be served in similar dishes.

- **Pease Love and Vegetable** Cashew Cheese 280gr \$13 at Organically Grown 85 St Bernards Rd Rostrevor.

- **McKenzies Italian Soup Mix** 375gr at Foodland Rostrevor \$2.51 Mixture of beans and lentils – no barley

- **Gaganis Continental Style Soup Mix 1kg** at Foodland Rostrevor \$4 99 Mixture of beans and lentils – no barley

- **Omiga Foods – Soup Mix Minestrone 1kg** Mixture of beans and lentils – no barley

Other mixes can contain pearl barley.

RECIPE – WINTER SOUP

Soak about 300gr soup mix for several hours /over night. Throw off soak water. Cook soup mix in enough water to cover well. Add dessertspoon mixed dried herbs, veges (e.g. one stick celery, one large carrot, one medium swede), stock powder (optional) and dessertspoon Marmite (optional). Add extra water if necessary or if a runnier soup is desired. Serve with teaspoon Kingland Soy Cream Cheese or Cashew cheese.

INTERVIEW: WITH JANINE CLIPSTONE Animal Liberation Committee member

Janine is a longstanding supporter of animals' rights in SA. She is currently a Committee member of Animal Liberation SA and actively involved in many of its activities and those of other related groups



At Oakbank Easter 2017

When did you first start to become concerned about the welfare of animals?

I've always loved animals. We've always had pet animals, dogs and cats and birds and whatever, so I have always enjoyed having animals around me. I guess it was early in the 1970s when I became aware of the husbandry of farmed animals and that was very concerning. I became a member of Animal Liberation in about 1981 when it first started and also I was a member of the Anti-Vivisection Union and became aware of the use of animals in testing cosmetics so that was a concern as well. So it was a lot of things. Then I became aware of the damage to the environment. My husband was an environmentalist and conservationist and a botanist so he was concerned about what was happening to our native vegetation. So the impact of animal agriculture on the environment was a great concern and still is.

To which organisations concerned with animal rights and animal welfare do you belong?

Well Animal Liberation, although I wasn't a member for all those 30 years. I did have a big break when we moved up to the Barossa and we were too far away really to be involved greatly. I became a member of Animal Liberation again when I moved back to Adelaide and also I am a member of Animal Justice Party. There are other organisations that interest me: Adelaide Vegans and the Wilderness Society and other inter-related groups and VegSA of course.

Are you actively involved in their activities?

Well yes. I support all their events as much as I can and help out at market stalls and different things.

What kind of activities are you involved in?

Well I love making signs about things. If I am going to a protest or a rally I make lots of signs. If I feel strongly about something I make signs. So if I'm going to Oakbank or the greyhound racing or Live Export rally I'm always carrying a lot of signs.



Animal Liberation demo Easter 2017

How do you see the future for these organisations?

I see the future of the organisations as still being credible if we can all get together and support each other when certain events and rallies and so on are being held. Numbers at the moment of the memberships of different organisations seem to be dwindling, although the numbers of people becoming vegan, the younger ones, is growing, which is great, but as far as getting public awareness out there we need all the organisations to come together.

How do you cope with living with all these stressful things?

Well it is stressful. Sometimes it does become a bit overwhelming but I try to focus on my impact, that what I am doing is not impacting on animals or the environment. I don't want to push my thoughts down anybody else's throat but by wearing my T-shirts - This one I'm wearing says "**Life is better vegan**" - I see people reading my T-shirts and often people do comment. I wear them everywhere just about every day so I know that I am having a positive impact. Hopefully by doing what I am doing it may influence somebody else to have a second thought about what they might be doing.

Do you think the younger people because of the environment issues might be more likely to follow through on some of these ideas?

Sometimes, I do not know that the young ones are as concerned about the environmental issues. From what I see the young ones are more likely to go vegetarian or vegan because of the animal cruelty and the graphic images that we have all seen that are hard to cope with but at least they are thinking on those lines.

And then they might make a connection sometime in the future about the huge impact that animal agriculture has on the environment as well. The dairy industry has a huge impact on the environment and that seems to be the big issue: that people, although they might give up eating meat, they can't make that connection and see the cruelty to the cows. When you can't see the way that milk is produced these days [which is] very detrimental. And the massive use of water and the impact of the waste from the dairy industry, from the methane that is expended into the atmosphere and all the manure it goes everywhere and into our rivers and into the sea eventually.

It is a bit overwhelming and sometimes it does get a bit depressing but you have to keep on working forward and thinking that every little step in the right direction is a good step.

What kind of work have you done?

I started off as a mother craft nurse. After a few years of doing that I moved into childcare after having my own child. When she was at kindy I started looking for another job and my mother craft qualifications enabled me to go into childcare, which I did for 15 years and after that I worked in aged care for 5 years.

Do you think that having empathy for other animals also means people will be empathetic to humans, that the two go together?

If you've got a caring attitude to people I'm sure you can understand that animals feel pain and suffer the same as we do. I'm always frustrated and disappointed that people that I know, who are normally caring and compassionate people and love their cats and dogs and other companion animals that are part of their normal households, seem to be able to disconnect from the fact that cows and sheep and pigs and other animals are treated as a commodity and a product and they eat them without thought of how they might suffer. We have to respect all beings, human animals and all other species; because we are all animals and we all deserve **LIFE** and **RESPECT**.

Visit to Buddhist Temple at Sellicks Hill

On Sunday April 30th A group from VegSA (eight members and a friend) visited **Nan Hai Pu Tuo Buddhist Temple** at Sellicks Hill. A few nuns live at the temple, which is obviously going to be quite an elaborate building, overlooked by the giant statue of Kuan Yin, known as the Goddess of Mercy and Compassion. We enjoyed the chanting and the free buffet lunch, which is offered every Sunday. This is not only vegan, but also onion and garlic free, a great mixture of vegetable dishes. There is always a crowd there on Sundays

but this time more so as it approached Wesak, which celebrates the birth, death and enlightenment of Lord Buddha.



Cooking Classes and Courses

▣ **COOKING UP A STORM** - VegSA Member Nat Playford of Cooking up a Storm runs hands on classes with WEA:

“**Winter Gourmet Vegetarian**” on 3rd June, “**Quick And Tasty Vegetarian**” on June 25th and “**Spring Gourmet Vegetarian**” on Sept 24th 1-5pm at Nazareth College. Cost \$103 per session.

Book through WEA www.wea-sa.com.au ph (08) 8223 1979 or contact Natalie on (08) 8386 1672 or 0403 555 011. Natalie also continues to run private, individually designed classes – very reasonably priced.

▣ **FOOD FOR LIFE NUTRITION AND COOKING CLASSES** - 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, will be running a series of classes promoting the health, environmental and ethical advantages of a plant based diet. Cost: \$135 for **five 2hr weekly classes** held at Fullarton Park Community Centre, 411 Fullarton Rd Fullarton. For information on next course and bookings contact: Heleen: hsroex@mac.com or 0432 994 909

▣ **“LIVING WELL”** is a **free correspondence course run by Sanitarium** (associated with Seventh Day Adventist Church). It “equips you with practical ways to improve your quality of life through better health. With insight from the latest lifestyle medicine research, learn how to combat cancer, heart disease, diabetes, depression, anxiety, insomnia, obesity and a range of other health conditions through a holistic approach to Living.”
Ph 1300 300 389 or email applications@discoverycourse.com

OTHER UPCOMING EVENTS

Tuesday June 6th The Natural Health Society SA

Peter J. Allen will speak on The Seven Health Essentials and look at an Eighth Imperative!

Unley Community Centre 18 Arthur Street Unley 6.45pm doors open for 7.30pm start.

VegSA from its inception as the Vegetarian Society of South Australia has always taken an interest in and promoted the health benefits of a meat free diet. It has had a long-standing relationship with the Natural Health Society SA with which it frequently exchanges ideas and information. The Natural Health Society has invited members and friends to its next event at which Peter J Allen will speak about his book **Health Overhaul**. Information about the book and his ideas can be seen at: www.health-overhaul.com

See Natural Health Society on [Diary Dates P8](#)

Sun July 3rd joint meeting between VegSA and Animal Liberation SA

1pm at the Joinery (i.e. old bus station) 111 Franklin St City

We will discuss ways we can better work together to forward our common interests. [See Diary Dates P8](#)

Sat Aug 19 The Vegan Affair Market Serafino Wines Kangarilla Rd McLaren Vale

A Vegan Affair held its first market in South Australia at Port Noarlunga on 22nd April. The support was so good that, according to reports, it was hard to find a park and most of the food was sold out by lunchtime! The second **Vegan Affair Market will be held on Aug 19th** showcasing local vegan businesses. If you are a business that would like to hold a vegan stall you can find the application form on:

<http://www.emailmeform.com/builder/form/P6WjhE56dR6dHa5rGO3wf5c6> You must have your own Public Liability insurance and Food stalls must have a food business notification with the City of Onkaparinga

Sat October 28th – Sun October 29th VEGAN FESTIVAL Victoria Square / Tarntanyangga, Adelaide

10am - 9pm Saturday 28 October 10am - 4pm Sunday 29 October \$5 Entry. Children under 12 free.

The Vegan Festival is SA's premium event to “celebrate, promote, and provide education on a compassionate, healthy, and sustainable vegan lifestyle”.

NOTE VegSA's may or may not hold a stall at this year's festival depending on having sufficient help from members and supporters. Contact VegSA (see P1) a.s.a.p. if you would like to help. Tasks are not just talking to enquirers but also keeping the stall tidy etc so experienced and less experienced helpers are all welcome.

Vale A.V.U. VegSA Committee was saddened to hear that the Anti-vivisection Union SA group has decided to close – too much work for too few people! Many VegSA members have also been members of A.V.U and we have much appreciated the support VegSA has had from A.V.U. The closure is sad but as A.V.U. Treasurer Hellen Halley told us, “We can all still work with Animals Australia and Humane Research Australia.”



Eateries Update

Bliss Organic Café: Sadly we have to report that Bliss Café closed a few weeks ago. Bliss has been an absolute icon for those in SA who wished to pursue a plant-based diet. We can only be grateful to Grace, Shane and all who worked there for all the efforts they put in. Bliss will be sadly missed.

Great Nature* continues to be open 11am – 6pm Tuesday to Thursday, 11am – 7.30pm Friday, 11am - 4.30pm Saturday for eat in and take away, fresh cooked, all vegan dishes. Great Nature is continuing to expand its stock of vegan groceries and is a main centre for these commodities in the southern suburbs. Jeanie Walker posts an update most days on Facebook's Vegan Business Directory giving “a taste” of the day's offerings. Great Nature is at 3/48 Beach Rd Christies Beach, ph 8186 5037.

Dosa Plaza* at Mawson Lakes has recently been added to our website Eateries list. It is part of a franchise system of vegetarian restaurants, operating overseas and in some other Australia cities. The menu features South and West Indian, but also includes Indo-Chinese and pasta dishes and salads.

Open: Sun 11am-10pm, Mon, Wed, Thurs 11am - 3pm, 5 - 10pm. Friday 11am-3pm, 5-10pm. Saturday 11am-10pm. Closed Tuesday. See www.facebook.com/AdelaideDosaPlazaMawsonlakes www.dosaplaza.com.au

Dosa Plaza Parade Apartments, 51 Victoria Parade Mawson Lakes ph: 8250 0333

VegSA hopes to arrange a visit to Dosa Palace some time soon. See Diary Dates P8.

The Lost Deli* at 38 Charles St Norwood has mainly take-away, ALL VEGAN soups, smoothies, salads, sandwiches etc. This is the latest addition to **VegSA's Eateries** list*. Although our scouts have not visited yet we are hearing of some really good food there.

Open 9am – 5pm Thurs to Mon (closed Tues – Wed.). <https://facebook.com/thelostdeli/>

VegSA visit to Nan Hai Pu Tuo Buddhist Temple at Sellicks Hill. See report P. 5

*** For Vegan, Vegetarian and Vegetarian Friendly Eateries in SA see www.vegsa.org.au**

About Alchemy Cafe (Vegetarian Friendly Eatery at Gawler)

Report from our Northern Star Vegetarian/Vegan Group Coordinator, Karin Basse

On Sat. 18th March our President Anne Sanders and her husband, Robert and I decided to meet at Alchemy in Gawler. We all had a job in trying to find this (mostly) Vegetarian Restaurant and it also seemed a 20 - 30 Minutes long walk from the Gawler Railway Station. We soon discovered that Alchemy's entrance is not even on Adelaide Road at all, but in a side Street, actually in 6th Street, just behind Pizza Hutt. - (No wonder, we couldn't find it at first).

The Owner is a friendly Lady called "Minion". She told us, they are not fully Vegetarian and Vegan yet, because some people asked for Bacon & Eggs, whereas some ask for Vegan. (They try to please everybody). We had a **lovely Vegetarian Meal there**. They offer a good variety of dishes such as delicious Soup and Salads and other Vegetarian Meals such as Vegetarian (or Vegan) Stews all is made from fresh ingredients and very tasty and appetising. I even tried their vegan ice cream, but I really couldn't tell the difference in taste between vegan and regular ice cream.

In spite of not having been able to find this place initially, it still was well worth our visit.

Alchemy Café is at 3/29 Adelaide Road (entrance behind Pizza Hut) ph 8523 5735

Mon – Fri 9:00 am - 3:00 pm. Saturday 8:00 am - 3:00 pm. Sunday 8:00 am - 12:00 pm

<https://m.facebook.com/alchemycafegawler/>

P.S. If you are in the area Alchemy is well worth a visit – Ed



VegSA Diary Dates

Upcoming VegSA Events

- ♦ **Sunday July 2nd 1pm Joint Meeting with Animal Liberation SA** at the Joinery 111 Franklin St Adelaide. Come and **have a cuppa and meet like-minded people**. Discuss joint interests and the way forward for similar-minded organisations. Contact VegSA for more details.
- ♦ **Saturday July 22nd 12.30pm Dosa Plaza Vegetarian Restaurant**, Parade Apartments, 51 Victoria Parade Mawson Lakes. (See info. P7) Come and experience good company and a variety of foods from different cuisines Bookings by Wednesday 17th please to Su 0433 553 779 or email: vegsu2003@yahoo.com.au For further info contact VegSA
- ♦ **Vegewise Group** *Usually meets second or third Wed each month 12md.* However due to the unavailability of the Coordinator Vegewise is currently not in full operation and has only one event planned for this quarter, but if you would like to suggest a venue or arrange a get-together please let VegSA know – contact info below.
- ♦ **Tuesday June 20th 12.30pm Lunch at The Middle Store.** No bookings, but it would be good to know numbers so we can hold on to a suitable table. Phone Anne on 83902314 or email VegSA (vegsocsa@gmail.com) by Sun 18th please.
- ♦ **Northern Star Vegetarian Group:** Holds occasional events, usually once per quarter. Also members of VegSA often have a free dinner (but donations accepted) at ADRA Café, Adventist Church hall McIntosh Cres, Brahma lodge, 6.30pm most Thursdays but check with Karin for occasional closures. Ph 82833012 0466 972 112 glad2bveggie@gmail.com
- ♦ **Southern VegSA Group** monthly social get together: 2nd Saturday of the month from 12 md at **Great Nature** 3/48 Beach Rd, Christies Beach. Check in case of changes with Su 0433 553 779 or email: vegsu2003@yahoo.com.au
- ♦ **VegSA Mail out workshop.** Usually at the Joinery 111 Franklin St Adelaide, last Sat. in February, May, August and November. Help always appreciated. Meet fellow members and share ideas. Contact Anne on 83902314 or vegsocsa@gmail.com if able to help.

Other Upcoming and Regular Events

- ♦ **Animal Liberation SA:** 1st Sunday monthly 1pm - General Meeting The Joinery, 111 Franklin Street, Adelaide (old Bus station). **Sunday July 2nd Joint Meeting with VegSA** See above and also P6
www.animalliberation.org.au. email: animal.lib.sa@gmail.com NOTE changed ph no 0401 870 957
PO Box 327 Mitcham Shopping Centre SA 5062
- ♦ **Adelaide Vegans:** Brings vegans together for networking and social gatherings. Dinner Friday evening at various vegetarian restaurants. (Occasionally at weekends or at other places with good vegan options.). Bookings essential to enable them to reserve a table. For details and booking see 'EVENTS' page at: www.adelaidevegans.org or ph. Ken 0415 382 121
- ♦ **Science of Spirituality** A vegetarian meditation organisation Meets weekly at Rose Park. Free open talk on Jyoti Meditation (Meditation on the inner light). Practical instructions given at each session. For times and dates please contact Keith Edwards. Ph. 8261 6362 or 0401 092 255. Email: adelaide@sos.org
- ♦ **Ananda Marga Adelaide 2nd Saturday each month 4.30 – 7pm** at The Box Factory 59 Regent St Adelaide: **Introduction to Mantra Meditation:** kiirtan, inspirational talk on meditation, yoga philosophy and practice and light vegetarian meal. Full cost \$12. For information contact Ananda Marga Conscious Space Meditation Centre at 5/280 South Tce Phone 0481 321 900
www.anandamarga.org email: adelaide@anandamarga.org www.facebook.com/AnandaMargaAdelaide
- ♦ **ADRA Café**, Adventist Church hall McIntosh Cres, Brahma lodge, 6.30pm most Thursdays. **Free dinner (but donations accepted).** Vegetarian, usually with plenty of vegan or milk free options. Check with ADRA Office: 8269 2177 for occasional closures.
- ♦ **Meetup - Adelaide Social Vegetarians:** a social group for vegetarians and vegans of all ages including anyone who is not yet vegetarian or vegan but who would like to adopt that lifestyle. 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: Corin: coco39@internode.on.net
- ♦ **Natural Health Society (SA)** holds regular meeting with guest speakers on the 1st Tuesday of each even month at 7.30pm (doors open 6.45 for networking and socialising) at Unley Community Centre, 18 Arthur Street Unley. Cost \$4 /\$3 conc., members \$2. Meetings this year will be June 6th, Aug 1st, Oct 3rd, Dec 5th.
June 6th Guest Speaker: **Peter J. Allen: “7 Essential Steps to Better Wellbeing and an 8th Imperative”.**

