

St. Maarten Vegans

Continued from page 1

Peters, Animal Defenders St. Maarten, Nature Foundation, Ideal Preschool (which lost its entire facility in the storm) and Miss Tess' Art Craft Café (also rebuilding from scratch).

The group has been working on a volunteer basis for the six weeks since the storm's passing and they now have to take a step back to attend to their own families and homes. But the Feel Good Lunches and the community outreach will continue, perhaps on a monthly basis. Follow their St. Maarten Vegans facebook page to keep apprised of the next offering and other activities.

The members of St. Maarten Vegans invite the public to come out for their Walk for Peace, which takes place tomorrow, Sunday, starting at 6:00am. Registration is at 5:30am. The peace walk is aimed at promoting social and environmental sustainability, care for animals, and support for our communities in need. The walk will start at Belair Community Centre. Those



Mirpuri making a food delivery

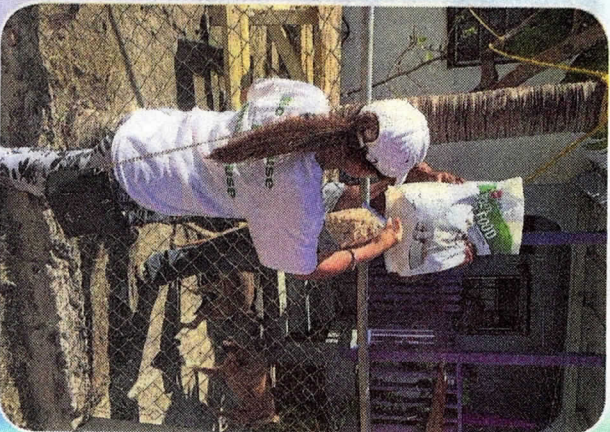
who cannot walk are invited to take part in a free yoga session on the Belair terrace. Afterwards a breakfast will

be served and then there will be a break for folks to go home and shower.



Some clothes for those who have lost so much

But come back to the Belair Community Centre at noon as the program will continue with the blowout Friendsgiving Lunch Buffet with all your favourite vegan Thanksgiving Day dishes. Also on the roster of the day's events are presentations by EPLC and Dencio Wyatt of Space-less Gardens. The vegan chefs will have their book of winning recipes on sale for \$10.



Dog Food is on the list of needed items

All this is free of charge, brought to you with love from the St. Maarten Vegans and the Sadhu Vaswani Center. Donations are of course welcome to enable them to continue their good works for the community.

They also hope everyone takes a pledge to go meatless on International Meatless Day, November 25. You can take a "Pledge to be Veg" by emailing your intention to

govegg@sadhuvaswani.org. Of course, they hope this will only be the beginning of more kind meals for all humans, and movement towards cruelty-free living, which will benefit our health, world peace and the environment. Come, rise early on Sunday, and be a part of the peace walk. Join the movement for empowerment through love.