



A VEGETARIAN DIET

What is it, and Why?

If you are not a vegetarian or a member of RAVS, this column is for you. Here are some of the basics.

What is a vegetarian? A *vegetarian*, traditionally, is someone who eats no flesh foods: no meat, poultry or fish. A *vegan* is a vegetarian who goes further and eats no animal products: no eggs or dairy products.

Why do people choose to eat this way? Every vegetarian has a story to tell, but basically the reasons to avoid animal foods are these: for your health, for the animals, and for the planet. Every day there are new findings that a plant-based diet is best for health. The standard American diet (SAD), which revolves around meat and animal products, results in poor health for people, suffering for animals, waste of resources, and devastation for the environment. But changing your diet can be hard and people who want to change often need help.

If you want to move in the right direction, the Vegetarian Society (RAVS) can help you. We are here to provide information and support. Be sure to ask for our pamphlet, *Going Vegetarian in the Rochester, NY Area*. You do not need to be a vegetarian to give us a call, to attend our meetings, or even to join our group. Nor do you need to be a member to attend our meetings; guests are always welcome. You only need to follow our "vegan rule" for the dinner meetings (see box on p. 2 for full explanation), and there is a \$3 guest fee for non-members. If you want to participate, give us a call at (585) 234-8750, or come to a meeting. You will find us helpful and welcoming. ❖

IN MEMORIAM

We are sad to relate that **Bern Berg**, a member of RAVS since its very beginnings, passed away on Monday, May 4, 2009.

Bern and his wife Flora have been pillars of the Rochester Area Vegetarian Society over the years. After their son Peter, a celebrated painter and art teacher as well as an ardent activist, died in 1991, Bern and Flora began a tradition of annual fund-raising dinners to support the vegetarian and animal rights causes that Peter had supported. That tradition continued for ten years, and RAVS continues the pattern with its April fund-raisers.

Over the years, Bern and Flora regularly hosted RAVS holiday dinners, summer picnics, and Board meetings at their beautiful home in Brighton.

Bern, a graphic artist who directed the design department at Xerox from 1964 to 1979, designed the RAVS logo which continues to grace our newsletter. Bern's letters to the editor, usually on a social justice theme, frequently appeared in the local newspaper.

Bern was a man of principle, integrity, character, and compassion. He was kind, warm, intelligent, and charming. We will miss him greatly. ❖

VEGAN FOR LIFE

(The following essay, by philosophy professor **Robert Bass, Ph.D.**, came to our attention when Colleen Patrick-Goudreau reprinted it in her cookbook, *The Joy of Vegan Baking*.)

If you look at a photographic negative, the colors are reversed, nothing seems quite as it should, and the image may be unrecognizable. Once you see the picture developed, you recognize the face of your best friend.

That's a bit like a common impression of vegans. We don't eat dead animals. Or their products. Pork and beef, seafood and fowl are out. So are milk and cheese, eggs, and caviar. And it doesn't stop with what we don't eat. We try to avoid leather, wool, and fur. We don't use them to cover our bodies or our furniture or our floors. It sounds like a long list of negatives, of don'ts: Thou shalt not this; thou shalt not that. Why would any-

body want that?

You get a better picture by reversing the colors and developing the negative. The incomprehensible prohibitions turn out to be the boundaries of something positive, visible in its true colors and proper proportions. Instead of a list of don'ts, we see an abundance of healthy, delicious foods, with plenty of options for home and clothes and personal care. We do not grudgingly practice a creed of self-denial. We select from an embarrassment of riches.

But that is still just a flat, two-dimensional picture instead of the solid, three-dimensional reality. At the heart of being vegan is a kind of compassionate awareness. We share this planet not only with billions of human beings, but also with billions of other creatures, many with lives, wants, enjoyment, and suffering as real as our own. Humans have had and used the power to crowd them out, push them aside, sometimes driving them to extinction, and often, making them into tools for our use, servitors of our desires, food for our tables, clothes for our backs. As vegans, we look, we pay attention, we see the unnecessary suffering imposed on our fellow creatures. We respond in compassion, refusing to pretend that might makes right, refusing to turn away and ignore what we know. The vegan message is ultimately very simple: Look. Pay attention. See the unnecessary death and suffering. We don't have to contribute or help to keep it going. We can stop being a part of this. And so, that's what we try to do. ❖

HAIKU

spring stillness . . .
the peony bush weighted down
by the sparrow

Sunday morning
pale violet lilacs behind
the old library

late summer night--
the prickly chestnut husks
under a full moon

by Bruce Ross

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ROCHESTER AREA VEGETARIAN SOCIETY

Coordinators:

Ted D. Barnett, M.D.
Carol H. Barnett, Ph.D., J.D.

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Carol H. Barnett	Ken McBride
Ted D. Barnett	Daryl Odhner
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Wendy Gilmore	David Strafford
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Carol and Ted Barnett

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Voracious Vegan	Shelley Adams
Poetry	Bruce Ross, Ph.D.
Logo	Bern Berg

RAVS Staff:

Treasurer:	Ken McBride
Website:	Ted Potter, Bob Zimmermann
Library:	Leena Isac
Cooking Instruction:	Wendy Gilmore

The **Rochester Area Vegetarian Society** is a non-profit, tax-exempt, non-sectarian, all-volunteer educational organization dedicated to promoting the joy, compassion and life enhancing possibilities of a vegetarian lifestyle. We are an educational resource for those interested in any aspect of vegetarianism. We provide support to our members through social events that include monthly gatherings with a shared meal and programs on topics important to our members. Membership in RAVS is open to all vegetarians, as well as to those who, while not vegetarian, wish to support the goals of the group.

DUES: Individual Membership, \$20 per year; Joint Membership, \$35 per year; Student/Fixed Income Membership, \$10. Membership includes receipt of the *Vegetarian Advocate* and free attendance at our monthly dinner meetings. A membership application can be found at the back of this issue.

Contacting RAVS:

- P.O. Box 20185, Rochester, NY 14602
- E-mail: drveggie@aol.com
- Website: www.rochesterveg.org
- 24 hour voicemail and events calendar:

(585) 234-8750

**RAVS RULES FOR SHARE-A-DISH MEALS**

All dishes must be completely **vegan**. They may *not* contain any *meat, poultry, fish eggs, dairy products* or *honey*. This rule guarantees that everyone can eat everything (allergies and preferences aside).

Please watch out for *gelatin* (a meat by-product) and *hidden milk products*, such as *whhey* in cookies, crackers, bread and margarine and *casein* or *caseinate* in "non-dairy" soy cheese, coffee creamer and whipped topping. Also be alert for *eggs* in baked goods, mayonnaise and salad dressings, and *honey* in breads, pastries and preserves.

Please prepare a 4x6 card with your name, the name of the dish and a list of all ingredients. Write the recipe on the back of the card and indicate where the recipe came from or if it was original. Prepare enough to serve a crowd. Please bring your own table setting as well as a serving utensil. If you don't feel like cooking, you may bring fruit, cider, tortilla chips and salsa, green salad, fruit salad, etc. Non-members must pay a \$3 guest fee, which is applied to your membership if you join that day.

IF YOU ARE NEW TO RAVS

You don't need to be a vegetarian, or a member of RAVS, to attend one of our events. All we ask is that you bring vegan food to our dinner meetings. You don't need to inform us beforehand that you will be attending. The box above, and the calendar and directions on the back page of the newsletter, tell you what you need to know in order to attend. Call 234-8750 if you have further questions.

MEMBERSHIP BENEFITS

Membership in RAVS entitles you to receive the *Vegetarian Advocate* (published four times a year) and any other mailings, usually notices of upcoming events. It also entitles you to free admission to monthly events (except restaurant meals); others pay a \$3 guest fee. Members can borrow audio and video tapes for a \$10 deposit; members and non-members as well can purchase books and other materials at a discount at meetings.

An important benefit of membership is **half-priced** membership in two national vegetarian organizations. Below we give information, including membership costs **before** the discount is taken. Simply state in a letter that you are a member of RAVS, which is an affiliate.

North American Vegetarian Society

P.O. Box 72
Dolgeville, NY 13329
Tel: (518) 568-7970
Fax: (518) 568-7979

E-mail: navs@telenet.net

Website: www.navs-online.org

Individual membership (annual): \$22

Family membership: \$28

Publication: *Vegetarian Voice***Vegetarian Resource Group**

P.O. Box 1463
Baltimore, MD 21203
Tel: (410) 366-VEGE
Fax: (410) 366-8804
E-mail: vrg@vrg.org
Website: www.vrg.org
Membership (annual): \$20
Publication: *Vegetarian Journal*
(quarterly)

These are both excellent groups, and both have mail-order bookshops which are included in the publication they will send you when you join.

Another not-so-tangible benefit of your membership is to others, namely, the people we reach through our community education efforts, which are funded by your dues. Pamphlets we distribute at an outreach table at a health or environmental fair cost money. That's why your membership and renewal are important even if we never see you at a meeting — though of course, we hope we do. ❖

BOOK ORDERS FROM RAVS

A number of vegetarian books and cookbooks are available from RAVS at 10% off list price. Books can be purchased at every RAVS meeting. We also have T-shirts and tote bags for sale, and members can borrow videos for a \$10 deposit.

Anyone interested in buying or ordering books between meetings may call **Leena Isac**, RAVS librarian, at 249-0171.

WE NEED VOLUNTEERS!!

Like any volunteer group, we can always use your help. If you can assist with the newsletter, outreach, publicity, dinners, programs, guest speakers or anything else imaginable, please call **234-8750**. ❖

VEGETARIAN SOCIETY UPDATE

by Carol H. Barnett

The past several months have been good ones for RAVS. In February, **Wayne Howard** of the Sierra Club spoke to us about water scarcity and the future of water rights. We are delighted to report that the Sierra Club named him the Environmentalist of the Year at their annual Environmental Forum! In March we watched the film "The Story of Stuff" (storyofstuff.org), with its timely critique of consumerism. Our April meeting was a fundraiser dinner at the Shanghai Restaurant, where almost 65 people enjoyed a delicious ten-course banquet and bid on items generously donated by **Wizard of Clay** and others. The proceeds of the fundraiser will support RAVS, and also **Physicians Committee for Responsible Medicine** (pcrm.org). Many thanks to **Wendy Gilmore** for organizing and conducting the silent auction, and RAVS Treasurer **Ken McBride** for his help that evening.

We look forward to a lecture on healthy living in May by **Dr. Chris Hirschler**; a lecture on optimal nutrition in June by **Joseph Ferrara**, owner of the New Health Café; and picnics in July and August.

Spring is a busy season for outreach events, and recently RAVS staffed information tables at SUNY Brockport (**Carol Barnett**); at Nazareth College (**Honey Bloch, Handy Cowles, Ken McBride, C. Barnett**); at the Sierra Club Environmental Forum (**Shelley Adams, Margie Campaigne, Debra Couch, Martha Sullivan, C. Barnett, Ted Barnett**); and at Earth Day Fairs sponsored by Spiritus Christi (**C. Barnett**) and by the Victor Schools environment committee (**Honey Bloch, C. Barnett**).

Have a happy spring and summer!

THANK YOU to all who helped make our fundraiser dinner a success. Special thanks to **Jim, Lois, and Jamie Kozlowski** of **The Wizard of Clay**, who donated many pottery items for our silent auction. The Wizard of Clay showroom in Bristol is open every day 9-5, year round, except for some holidays; visit wizardofclay.com or call (585) 229-2980. Special thanks to **Nadia Pratt** of **New Leaf Spa**, 36 North Main St, Pittsford, 507-0031, for donating a number of gift certificates. The spa is eco-friendly and organic, and offers vegan skin-care items and make-up. And special thanks to **Chris Meeker** and **Jeff Yolevich**, who played and sang classic folk and popular music for us before dinner. Anyone interested in engaging Chris and Jeff for a gig may email ecmeeker@yahoo.com or lynn_yolevich@yahoo.com.

COOKING CLASSES Sandy Baker

will teach the 4-part Food for Life cooking course at the Tops International Cooking School, 3507 Mt. Read Boulevard on June 4, 11, 18, and 24 from 6-8 PM. Call 663-5449 to register. A 4-part series will also be offered at Gilda's Club in June; for information, call 423-9700. A feature article on Sandy appeared in the Health supplement to the Democrat and Chronicle on 4/29/09!

NEW CSA A new and welcome addition to local Community Supported Agriculture (CSA) is **Small World Bakery**, which offers full and partial-year shares, and sells at various local farmers markets. Call (609) 802-1641 or visit smallworldbakery.com.

CONGRATULATIONS, ABUNDANCE Abundance Cooperative Market (62 Marshall St., off Monroe Ave.) celebrated its 8th anniversary on April 3, 2009, thriving and with its balance sheet in the black, despite struggles in earlier years. On 3/25/09, the D&C ran an article in the business section which praised Abundance for satisfying its customers, who have always wanted "organic foods, vegetarian options that spared the lives of animals, and increasingly, food produced closer to home."

GREEN IRENE RAVS member **Margie Campaigne** is a local consultant with Green Irene LLC. She can walk through your home and develop a set of recommendations on how to save energy, water, and money, and also live a safer and healthier life. Visit GreenIrene.com/RochesterMargie, or e-mail Margie at Margie.Rochester@GreenIrene.com.

EVER YOUNG RAVS member **Jerry Lisson** and his partners have started **Ever Young Natural Foods**, which makes organic vegan baked goods (available at Lori's Natural Foods), and an algae-based supplement, Diet Enhance, which supplies the RDA of Vitamin B-12. Vegans need a regular reliable source of B-12.

VEGAN MEALS AND TREATS

Don't forget to patronize **EcoBella Vegan Bakery**, 732 South Ave., open Thurs.-Fri.-Sat. 7AM-2PM and Sun. 8AM-12 noon; and **New Health Café**, 133 Gregory St., open Tues.-Fri. 5PM-9PM, Sat. 9AM-9PM, and Sun, 10AM-4PM, offering all vegetarian and mostly vegan entrees, with a reasonably priced buffet option at every meal.

A CORRECTION Syracuse-based activist **Linda DeStefano** was listed in our February newsletter as a contact person for vegetarian-environmental connections. Her email address was incorrect; it should be ldestefano3@twcny.rr.com. RAVS member **Margie Campaigne** also is knowledgeable in this area; her email is listed above.

ANOTHER CORRECTION In our February newsletter, we recognized **Rhoda** and **Stan Sapon** for their contribution to the vegetarian movement and stated that they were the founders of RAVS. RAVS member **Antoinette Bushlack** wrote that **Joyce Brantl** and **Irene Hart** first conceived the idea of a vegetarian society in Rochester, and were the originators. Certainly, Rhoda and Stan Sapon were the first Coordinators of RAVS. Very few of us still involved in RAVS remember those early days and there is a huge amount of credit to go around; so we gladly shower praise on all these people who launched our valuable organization.

CONGRATULATIONS to RAVS member **Alex Chernavsky** on being named to the Democrat and Chronicle Board of Contributors for 2009. Alex, who works at Lollypop Farm, is also a member of Animal Rights Advocates of Upstate New York (arauny.org) and previously served on their Board of Directors.

CONGRATULATIONS to RAVS Coordinator **Ted D. Barnett, M.D.**, who is the lead author of an article accepted for publication in the July issue of the Journal of the American Dietetic Association. The article is a case study of a man who developed heart disease after adopting the low-carb, high animal fat and protein Atkins diet. **Neal Barnard, M.D.**, President of the Physicians Committee for Responsible Medicine, is a co-author of the article.

MISPLACED DELIGHT On 2/19/09, a restaurant review in the D&C referred to the "thrill" you feel when a vegetarian "breaks down" and eats meat. RAVS Coordinators **Ted D. Barnett** and **Carol H. Barnett**, in a letter to the editor which appeared on 3/4/09, wrote: "Many, if not most, vegetarians and vegans have chosen to eat the way they do because of deep concerns about their personal health, the environment, the suffering of farmed animals, and the well-being of other humans. Caring about the planet and all its creatures is a good thing—so why would anyone take pleasure in seeing someone deviate from such a choice?"

VEGGIE PRIDE The 2nd annual Veggie Pride Parade, once again organized by Pamela Rice, will be held in Greenwich Village, New York City, on Sunday May 17. This is the same day as our RAVS meeting, so you are excused from attending only if you join the parade!

RAVS BOARD OF DIRECTORS Enclosed you will find a ballot for the 2009-10 Board of Directors. Please vote by email to drveggie@aol.com, or by calling 234-8750, to save yourself \$.44 and allow us to update and expand our email list. Thank you! ❖

IN THE NEWS

COSTS OF FACTORY FARMS On 3/12/09, Nicholas Kristof of the New York Times wrote an article on the devastating environmental and health effects of huge pig farms, including the plague of antibiotic-resistant bacteria resulting from routine feeding of antibiotics to the animals. One reader pointed to the suffering of the animals themselves, lamenting “the moral myopia which humans adopt in order to permit raising animals in concentration camps and then murdering them and then eating them. Wake up and smell the coffee folks, but please forget the bacon and eggs!”

MORE IMPORTANT THAN TOILET PAPER A NY Times article on 2/29/09 about the environmental cost of soft toilet paper was accompanied by a debate forum on simple changes one can adopt to make an environmental difference. The first entry was entitled “Eat Less Meat” by Juliet Schor, a sociology professor at Boston College. Schor writes that a choice “that isn’t too inconvenient but delivers a large ecological bang for the behavior change buck is to reduce meat consumption. Livestock production is a major contributor to greenhouse gases”; compared to vegetables or rice, beef uses 16 times the energy and produces 25 times the carbon dioxide. Schor says that Americans currently rank second in world meat consumption, at 271 lb per capita annually, up from 196 lb forty years ago, and not including dairy consumption. Americans get an estimated 75 grams of protein a day from animals, and 110 grams total; the government recommends only 50 grams a day. Schor, who used to be “an avid carnivore,” has been vegetarian for 20 years and nearly vegan for 2 years, and she has found the change to “a boon to my health, culinary life, carbon budget and conscience. . . .Vive les legumes!” For more information, visit priceofmeat.wordpress.com.

DOWNED COWS BANNED FROM FOOD SUPPLY On March 14, 2009, the government permanently banned the slaughter of downers, cows too sick or weak to stand on their own, from the food supply. These cows pose a higher risk of having mad cow disease and are also more susceptible to infection from bacteria that cause food poisoning, such as E.coli. Agriculture Secretary Tom Vilsack said the ban was “a step forward for both food safety and the standards for humane treatment of animals.”

RED MEAT INCREASES HEALTH RISK As reported in the New York Times 4/29/09, a 10-year study of more than 500,000 Americans ages 50-71 found that those who consumed the most red and processed meat were more likely to die sooner,

especially from heart disease and cancer, than those who consumed much smaller amounts of those foods. The results of the National Institutes of Health-AARP Diet and Health Study were published in the 3/23/09 issue of the Archives of Internal Medicine. Though the increase in risk was described as “modest” (20-40%), the number of excess deaths is quite large given the size of the American population: over the course of a decade, the deaths of 1 million men and ½ million women could be prevented by eating less red meat and processed meat, according to Dr. Barry Popkin in an accompanying editorial. Dr. Popkin, an epidemiologist at U. of N. Carolina, said reducing meat consumption also could help save the planet from the ravages of pollution, global warming and water depletion: “In the U.S., livestock production accounts for 55% of the erosion process, 37% of pesticides applied, 50% of antibiotics consumed, and a third of total discharge of nitrogen and phosphates to surface water.”

This study also showed that those who ate the most fruits and vegetables tended to live longer. The NY Times article stated: “The study data have not yet been analyzed to determine what, if any, life-saving benefits might come from . . . a completely vegetarian diet.” On 4/30/09 and 5/1/09, this was the most e-mailed article at the New York Times website; it was still #5 on 5/3.

VEGETARIAN DIET SLOWS CANCER PROGRESSION A 2008 study published in the journal Urology reported that men with prostate cancer who follow a low-fat vegetarian diet benefit from increased quality of life and slowed PSA doubling time (the amount of time it takes for prostate-specific antigen, a biological marker for prostate cancer, to double). Good Medicine, Spring 2009.

DAIRY LINKED TO CANCER Scientists are seeking to understand why adults who drink milk have an increased risk of cancer in the prostate, breast, and ovaries. Their prime suspect is “milk’s natural stew of hormones, growth factors and other biologically active chemicals.” Male and female sex hormones in milk can fuel tumor growth in reproductive tissue and actually have the capacity to increase the number of estrogen receptors in tissue and thereby “unlock the cellular machinery that can turn tumor growth on.” Milk is also a rich source of IGF-1, a growth factor which has been correlated with increased cancer risk. One study, by David Kleinberg, an endocrinologist at New York University, concludes that when an excess of IGF-1 or of estrogen occurs in the presence of the other [and both are present in milk], the result is “cell division on overdrive.” Kleinberg, who reports on the study in the

February 2009 issue of Endocrinology Review, says this can put one “very slightly” at risk for breast cancer, which he amazingly defines as “maybe less than a doubling of risk.” The article in Science News, 3/28/09, is an eye-opener for anyone who consumes dairy; read it at sciencenews.org.

HIGH-FAT DIETS ASSOCIATED WITH HEART DISEASE The Interheart study, which looked at heart attacks among more than 16,000 participants in 52 countries, found that people who consume the most fruits and vegetables have fewer heart attacks, while those who consume more meat, fried foods, and salty snacks have more heart attacks. Unhealthful diets accounted for about 30% of heart attacks worldwide. The study results were published in the journal Circulation, 2008. Good Medicine, Spring 2009.

EGG CONSUMPTION RAISES DIABETES RISK Daily consumption of eggs increases the likelihood of developing type 2 diabetes, by 77% in women and 58% in men, according to a 2009 study published in Diabetes Care. The study looked at about 57,000 men and women from two large randomized trials. Good Medicine, Spring 2009.

RECESSION AFFECTS MEAT SALES—OR MAYBE NOT In a survey conducted by Parade magazine, nearly 60% of respondents say they have reduced the amount of meat they eat due to rising food costs. An unrelated survey shows that the recession has caused an uptick in business at fast food restaurants. Huffington Post 12/3/08. Actual sales figures show an increase in fast food consumption: McDonald’s global sales rose more than 7% in January 2009 compared to figures from January 2008 (World Poultry 2/11/09). One discouraging interpretation of these statistics is that, in good times or bad, people eat meat, choosing “econo-meat” when times are tough. For trenchant commentary on this and other vegetarian issues, read Jamie Newlin: subscribe to HippoWorld@yahoo.com.

VEGAN BEFORE DINNERTIME New York Times food writer and cookbook author Mark Bittman recently decided for health reasons to go vegan most of the day, eating only fruits, vegetables, legumes and grains until dinner, when he eats whatever he wants. As a food writer, he thought it would be “unrealistic and undesirable” to be a full-time vegan. Over the course of 3 to 4 months, Bittman lost 35 pounds, his blood sugar and cholesterol reverted to normal, and his sleep apnea went away. Many readers posted comments. One vegan says it is great to have a well-known gourmand vouch for a plant-based diet: “Not so fringe-y anymore!” Another writer, Sue McCauley, says that she and

(Continued on page 7)

PERSPECTIVES

ENVIRONMENTAL FORUM REPORT

RAVS staffed an outreach table at the Sierra Club's 11th Annual Environmental Forum on April 16, at which the theme was "Local and Sustainable Food" and "Local Food Options." Many of our friends were there, including the local organic farmers, Animal Rights Advocates of Upstate New York, and the Biodiversity/Vegetarian Outreach Committee of the Sierra Club. However, we noticed a number of organic farmers who specialize or deal entirely in the raising of meat and poultry. And one of the guest speakers was Peter McDonald, identified as a "Clean Food Farmer" who raises beef, pork, chicken, turkey, lamb and eggs.

When Peter McDonald spoke (and he must feel he lucked out on the associations with "MacDonald's Farm"), he said that he felt good about his business because the animals live under good conditions and just have "one bad day" (slaughter). After the talks, the organizers asked anyone with a question to submit it on an index card. I recall that at previous forums, people could ask questions freely with a circulating microphone; perhaps this time the organizers were afraid of an assertively vegetarian challenge to the speaker. I didn't make one: it's hard to respond to a person who can refer to systematic roundup and slaughter as "a bad day."

But there are responses to be made. From the standpoint of human health, meat and milk, whether organic or not, have the same components—animal protein, saturated fat, bioactive compounds, absence of fiber and phytochemicals, and presence of dangerous microorganisms—that have been consistently linked with human health problems. From an environmental standpoint, organic meat also falls short. Dr. John McDougall, writing in the McDougall Newsletter, says that while one of the primary goals of the organic movement is to save the Earth, this is hardly promoted by the production of meat and dairy, which require an average energy input from fossil fuels of 25 calories to produce 1 calorie of protein as contrasted with 2.2 calories to produce 1 calorie of grain protein (11 times

as much). He writes; "Livestock . . . produced by even the highest organic standards will still generate, from their belching, flatus, and manure, 18% of the world's greenhouse gases" and will require 33% of the total arable land on the planet to produce their feed crops. And grass-fed beef—Peter McDonald's beef surely falls in this category—emits 50% more greenhouse gases than grain-fed beef, as reported by Nathan Pelletier of Dalhousie University at the annual meeting of the American Association for the Advancement of Science (Science News, 2/15/09). Besides which, by his own account, McDonald's meat costs 3 or 4 times as much as conventional meat, making it a viable mealtime option only for the wealthy. This is hardly a sustainable diet. And yet "Sustainable Food" was one of the banners under which this forum was convened.

From an ethical standpoint, it is certainly true that it is better for animals not to be confined. But regardless of how they are treated, these animals come from the same industry sources that, for example, callously destroy one-half of the chick offspring of laying hens, sometimes by grinding them up alive. Anyone who thinks that meat, milk, and eggs can be humanely raised should visit websites such as humanemyth.org or upc-online.org (United Poultry Concerns). And even the most fortunate farmed animal must undergo the terror and pain of slaughter—that "one bad day."

RAVS appreciated the opportunity to table at this event, but we would love to see the vegan diet showcased at a subsequent forum.

Carol H. Barnett

THOUGHTS ON SWINE FLU (Letter to the New York Times, 4/30/09)

Dare we ask why this is happening? While its exact origin is still unclear, this pathogen, and many others (like avian influenza), originated from animals being raised or eaten for food. As the world moves toward raising the majority of animals in the unnatural setting of factory farming, it is likely that more, and worse, such pathogens will arise. What will it take for us, and our public health leaders, to question our addic-

tion to meat and tolerance of factory farming? The meat industry is environmentally devastating, incredibly inhumane, and now potentially the end to us all.

Edward Machtinger, Associate Professor of Medicine, Director of Women's HIV Program, University of California, San Francisco

FACTORY FARMING—ETHICAL RESPONSES Nicholas Kristof's 4/9/09 column on animal rights and the treatment of farmed animals prompted some eloquent letters, published on 4/16/09:

In making the personal decision of where to place ourselves in our ethical relationship with animals, it is important to evaluate the reality of our words. If human beings were confined, mutilated and killed, would we call it "humane" if the cages were a few inches bigger, the knife sharper, the death faster? Would we say these people were slaughtered in a "people friendly" manner? Confinement is confinement, mutilation is mutilation, and slaughter is slaughter. Animal agriculture is inherently inhumane. Animals rescued from so-called humane farming establishments have been found in horrific conditions. Our relationship with animals should be based on respect and caring, and that begins with not eating them. **Irene Muschel**, NY City

Nicholas D. Kristof's column brought back an image of my father dropping live lobsters into boiling water. I was 4 or 5, and I cringed. At 14, as I started making my own choices, my eating habits began to change. After time in the Marines, I veered strongly away from eating creatures, thinking of their suffering. In my 40's I became a vegetarian because I was saving sick and injured birds, and I just couldn't eat them and save them. My doctor says my tremendous health and strength are due to my being a vegan. Push-ups, sit-ups, carrying 50-pound bags of bird seed—and I will be 71 in May. I still have the same six-pack stomach I had in the Marines. Every meal, for me, is a celebration of life. . . . Being "kind" to the animals has been great for my quality of life. **Buzz Alpert**, Chicago ❖

Membership Update: **New Members:** Bud Burdick, Henry Cohen, Jere Fletcher, Eric Phamdo, Lisa & Tim Ryan, Nina Sikand, Lorraine Van Meter-Cline & Doug Cline. **Membership Renewals:** Carol & Ted Barnett (Sustaining Level), Lori Buchin, Vernon Cain & family, Johanna & Michael Connelly, Katherine DaCosta, Sara Young Gale, Steve Jarose & Marvin Ritzenthaler, Lyn & Ron Klement, Walt McBurney, Ann McCulloch, Yetta Panitch, Kathryn Pridey & Ed Lewek, Karen Rheinstein, Sylvia Rose & David Rosenfeld, Ron Schneider, Amy Sheffield, Donna Silverman, Julie Yoon & Paul Gosink. **Newsletter Subscriptions:** Antoinette Bushlack, Joel Freedman. This list reflects payments received up to 4/30/09. If you think your payment should have been received by that date and you are not on the list, please call 234-8750. ❖

RECIPE PAGE



The last several months have witnessed a vegan cookbook explosion, including *Vegan Fire and Spice* by Robin Robertson; *Vegan Soul Food* by Bryant Terry; *The Vegan Table* by Colleen Patrick-Goudreau, author of the wonderful *Joy of Vegan Baking*; *The Best of Vegan Cooking* by Priscilla Feral of Friends of Animals; and both *Vegan Brunch* and *Vegan Cookies* by Isa Chandra Moskowitz, the brilliant author of *Vegan with a Vengeance* and co-author of *Veganomicon* and *Vegan Cupcakes Take Over the World*. RAVS will have in stock all of the above books, as soon as they are released, as well as many others not listed. Here are recipes from three other hot-off-the-press books that RAVS carries.

CHICKPEA UNTUNA SALAD

(Lacy Sher and Gail Doherty, *You Won't Believe It's Vegan!*)

- 1 15-oz can chickpeas, drained
- 2 T minced red onion
- 1 stalk celery, finely diced
- 1 medium carrot, peeled and grated
- ¼ c Veganaise or other vegan mayonnaise
- ¼ t dulce flakes (or more to taste)
- 1 T nutritional yeast
- ¼ t dried oregano
- 1 T chopped fresh parsley, or 2 t dried
- 1 t chopped scallions
- ¾ t tamari
- Pinch of black pepper

In a mixing bowl, mash the chickpeas with a fork, then add the remaining ingredients and mix until well blended. Serve as a salad, a sandwich, or on crackers or toast points. TIP: If you find red onions too strong to eat raw, rinse them in cold water before using.

TEMPEH BACON (*You Won't Believe*)
(Yield: 20 slices)

- 3 T olive oil
- 2 T maple syrup
- 1½ t tamari
- ¾ t liquid smoke
- 8 oz tempeh, sliced 1/8 inch thick

Preheat the oven to 350 degrees. Lightly oil a baking sheet. Mix all the liquid ingredients together. Brush the bottom of the baking sheet with some of the mixture, then lay the tempeh slices on the sheet. Brush the tempeh slices with the remaining liquid. Bake 8 to 10 minutes.

TOFU CHEESE (*You Won't Believe*)
(Yield: 4 cups)

- 1 med. onion, diced
- 2 cloves garlic, smashed
- 2 T extra-virgin olive oil
- 2 14-oz blocks extra-firm tofu, crumbled
- 1/3 c miso
- ¼ c umeboshi paste, or 3 T brown rice vinegar
- 1½ t dried basil
- 1½ t dried oregano
- 1½ t dried rosemary
- 1 T dried parsley

In a pan, sauté the onion and garlic in the oil over med.-low heat until they are soft. Combine with all the other ingredients in a food processor, and blend until smooth. [Ed.: This works well in a lasagne-type recipe or wherever soft cheese is called for.]

CAJUN SPICE MIX (*You Won't Believe*)

- 1/8 t ground cayenne
- 1 T paprika
- 1 T white pepper
- 1 T ground thyme
- 3 T granulated garlic or garlic powder
- 3 T black pepper
- ¼ c salt

CAJUN-SPICED BAKED POTATO
FRIES (*You Won't Believe*) (Serves 4)

- 2 lb red potatoes, washed and cut into 6-8 long wedges
- 2 t CAJUN SPICE MIX
- 1 t Spike or other vegetable seasoning
- ½ t garlic powder
- Pinch of freshly ground pepper
- 3 T extra-virgin olive oil (optional)
- Sea salt

Preheat oven to 425 degrees. Lightly oil a large baking sheet. In a large mixing bowl, combine the potatoes, seasonings except the salt, and oil, if using, and toss to coat well. Spread out on the prepared cookie sheet. Bake for 40 min, turning the pan around in the oven halfway through the cooking time, until the fries are crispy on the edges. Remove the fries and salt to taste.

RED LENTIL BOLOGNESE*
(Beverly Lynn Bennett and Ray Sammartano, *The Complete Idiot's Guide to Vegan Cooking*)

- 1¼ c onion, diced
- 1 c carrot, diced
- ¾ c celery, diced
- 2 T olive oil

- 2 T garlic, minced
- 1 t dried basil
- ¾ t dried oregano
- ½ t crushed red pepper flakes
- 1 28-oz can crushed tomatoes, preferably fire-roasted
- 2½ c water or vegetable broth
- ¾ c dried red lentils
- 3 T tomato paste
- 1 bay leaf
- ¼ c chopped fresh parsley, preferably flat-leaf
- 2 T nutritional yeast
- ¾ t sea salt
- ½ t freshly ground black pepper

Sort the lentils for stones or other particles. In a large pot over medium heat, sauté onion, carrot and celery in olive oil, stirring often, for 5 min. Add garlic, basil, and oregano, and sauté for 1 min. Add tomatoes, water, lentils, tomato paste, and bay leaf; stir well to combine. Bring to a boil, cover, reduce heat to low and simmer 20-25 min. or until lentils are tender. Add remaining ingredients and simmer 2 more min. Remove bay leaf. Serve hot over cooked pasta or polenta as desired. VARIATION: Use brown lentils, but add an additional 1 ½ to 2 c water and lengthen cooking time to 45 min. to cook brown lentils until tender.

*Bolognese sauce is a meat sauce, made with onion, carrots, celery, and with beef and sometimes pork as well. To make a more traditional meatless version, replace the red lentils with 8 oz tempeh or tofu, crumbled, or 1 c refrigerated or frozen meatless crumbles or TVP. [Ed. note: Boca Crumbles and Smart Round are both vegan.]

MUSHROOM-BARLEY STEW
(*Complete Idiot's Guide*)

- 1½ c carrot, thinly sliced
- 1½ c celery, thinly sliced
- 1 c onion, diced
- 2 t olive oil
- 8 oz crimini or other mushrooms, thinly sliced
- 1 T garlic, minced
- ¾ t dried basil
- ¾ t dried oregano
- ½ t dried thyme
- ½ t rubbed sage
- 6 c vegetable broth
- 1/3 c to 1 c hulled or pearl barley
- ½ c flour
- ¼ c tamari or soy sauce
- 2 T sherry (optional)
- ½ t salt
- ½ t black pepper or lemon pepper
- ¼ c chopped fresh parsley

In a large pot over medium heat, sauté carrots, celery and onion in olive oil, stirring often, for 5 min. or until soft. Add mushrooms, garlic and herbs, and sauté for 2 min. more. Stir in 4 c vegetable broth and bring to a boil. Add barley, cover, reduce heat to low, and simmer for 30-40 min. or until barley is tender. Meanwhile, in a small saucepan, gradually whisk together flour and enough water to form a smooth paste. Gradually whisk in remaining 2 c vegetable broth, tamari, sherry (if using), salt and pepper, and cook over low heat, low heat, whisking occasionally, for 2 or 3 min. or until thickened. Remove from heat. When barley is tender, stir thickened mixture into the large pot along with the parsley. Adjust seasonings and serve hot. **VARIATIONS:** You can add 2 cups chopped spinach or other greens of choice, or substitute another grain, or mixed grain and wild rice blend, for the barley.

VEGAN CHOPPED LIVER (Jannequin Bennett, *The Complete Vegan Kitchen*)
(Makes 4 cups)

2 t oil
1 med onion, sliced
2 cloves garlic, minced
1 c sliced button mushrooms
½ t dried basil
1/8 t dried marjoram

½ t salt
¼ t white pepper
½ c dry red wine
½ c walnut pieces
2 c green beans, cooked until just soft
¼ c minced fresh parsley
8 oz tofu
½ c matzoh meal or breadcrumbs
2 T extra-virgin olive oil (optional)
1 T lemon juice

Heat 2 t oil in a large sauté pan over high heat. When the oil begins to smoke, add the onion and garlic. Cook, stirring occasionally, until the onion is a deep golden brown. Add the mushrooms, herbs, salt and pepper. Cook until the mushrooms have released their liquid. Continue cooking until the mixture is dry. Add the wine to the hot pan and cook until the liquid is reduced by half. Add walnuts and cook until mixture is dry. Remove the pan from the heat. Coarsely chop the green beans and parsley in a food processor. Add the mushroom-walnut mixture and process until blended and coarsely chopped; add the matzo meal, olive oil, and lemon juice. Pulse until all the ingredients are well mixed and texture is slightly coarse; be careful not to over-process. Taste and adjust seasonings. **TIP:** If you are concerned with fat content, reduce the oil for sautéing to 1 teaspoon, and omit the olive oil at the end of the recipe. ❖

(Continued from page 4)

her brothers, who were raised on a dairy farm, became vegans 2 years ago. Her brother and his wife lost 16 lbs: “The most astounding result is that my brother, who had been diagnosed with prostate cancer, saw his PSA score drop from 7 to 4 during the first year as a vegan and a recent biopsy, a year after the original one, showed the cancer is gone.” Another writer wonders why Bittman can’t eat vegan all the time, noting how easy it is to do so in New York with restaurants like Anjelica’s Kitchen. *NY Times* 2/27/09.

GOING VEGAN EASIER THAN YOU THINK A study by lead author Neal Barnard, M.D. in the 2/09 issue of the *Journal of the American Dietetic Assn.* found that subjects on a vegan diet had a significant reduction in their craving for fatty foods compared with an omnivorous group. In a study lasting nearly 1½ years, 99 people with type 2 diabetes were randomly assigned to either a low-fat vegan diet or one based on American Diabetes Assn. recommendations. The vegan group lost weight, lowered their blood sugar, and reduced their need for medication. They reported more initial effort in preparing foods, but over time they reported more satisfaction with their diet than the ADA group. This is one of at least five published studies showing that patients can and do adapt to a vegan diet, dispelling the notion that patients “won’t do it” or can’t make the transition. ❖

APPLICATION FOR MEMBERSHIP IN THE ROCHESTER AREA VEGETARIAN SOCIETY:

P.O. BOX 20185, ROCHESTER, NY, 14602-0185
(585) 234-8750

Membership in the **Rochester Area Vegetarian Society** is open to all vegetarians, as well as to those who support the goals of vegetarianism and the society. RAVS’ by-laws define vegetarianism as the practice of living without the use of flesh, fish or fowl, with the ideal of complete independence from animal products.

Members are entitled to admission to monthly events, and discounts on the purchase of books and other material available from RAVS. Members receive the *Vegetarian Advocate*, published three or four times a year, plus periodic notification of events. Members may borrow videos for a \$10 deposit and they are eligible for half-priced membership in the **North American Vegetarian Society** which includes a subscription to the *Vegetarian Voice* and in the **Vegetarian Resource Group** which includes a subscription to the *Vegetarian Journal*.

Name(s):

Date:

Address:

Phone(s):

E-mail:

- | | | |
|---|--|---|
| <input type="checkbox"/> \$20/year Individual Membership | Amount enclosed \$_____. | Any amount over basic membership is tax deductible. Please make check payable to Rochester Area Vegetarian Society . |
| <input type="checkbox"/> \$35/year Joint membership, one address | <input type="checkbox"/> I have a vegan lifestyle. | |
| <input type="checkbox"/> \$10/year Student/Fixed income | <input type="checkbox"/> I have a vegan diet. | <input type="checkbox"/> Ornish diet |
| <input type="checkbox"/> \$17/year Joint fixed income | <input type="checkbox"/> I am an ovo-lacto vegetarian. | |
| <input type="checkbox"/> \$50/year Contributing membership | <input type="checkbox"/> I am not yet a vegetarian but would like to support RAVS. | |
| <input type="checkbox"/> \$75/year Sustaining membership | Primary interest in vegetarianism: | |
| <input type="checkbox"/> \$100/year Patron | <input type="checkbox"/> Environment | <input type="checkbox"/> I/we am/are willing to volunteer to help RAVS. |
| <input type="checkbox"/> \$7/year <i>Vegetarian Advocate</i> only | <input type="checkbox"/> Animal Rights | |
| | <input type="checkbox"/> Health | |
| | <input type="checkbox"/> Other: | |



RAVS Twentieth Anniversary Year !!!!!

Rochester Area Vegetarian Society upcoming events:

- ⇒ **May 17, 2009*** (3rd Sunday) **A Meaningful Life: Steps You Can Take** with **Chris Hirschler, Ph.D**, Department of Health Education, Monroe Community College.
- ⇒ **June 17, 2009** (Thursday) 7:00 PM, First Unitarian Church, 220 Winton Rd. South **Showing of Film, “The Sustainable Table,”** followed by discussion. Co-presented by Sierra Club Biodiversity/Vegetarian Outreach Committee and RAVS. Part of “Creating the Future” series.
- ⇒ **June 21 2009*** (3rd Sunday) (Father’s Day: fathers pay no guest fee!) **Enjoying Your Food is Key to Health** with **Joseph Ferrara**, owner of **The New Health Café**, 133 Gregory Street, and editor of *The New Health Digest*.
- ⇒ **July 19, 2009** (3rd Sunday) 2:00 PM **Summer Picnic**, Home of **Leena Isac & Ted Potter**, 19 Wolf Trapp, Pittsford. Bring chairs and vegan dish to pass, serving utensil, and place setting; outdoor games equipment optional.
- ⇒ **August 16, 2009** (3rd Sunday) 2:00 PM **Summer Picnic**, Home of **Carol & Ted Barnett**, 117 Lyons Road, Rush. Bring vegan dish to pass, serving utensil and place setting; outdoor games equipment and bathing suits optional (hot tub, not pool).

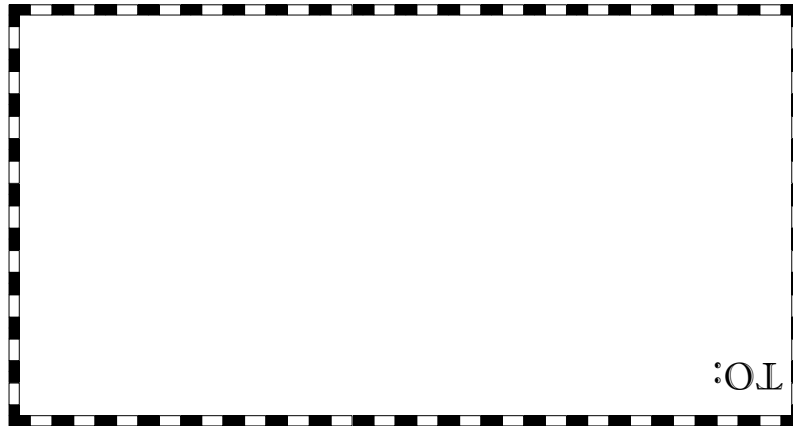
***Indicates a regular meeting.** Unless otherwise indicated, regular meetings are held on the third Sunday of the month at the Brighton Town Park Lodge, 5:30 PM Vegan Share-a-Dish Dinner, 7:00 PM Program.

Directions to Brighton Town Park Lodge: 777 Westfall Rd. between E. Henrietta Rd. (15A) and S. Clinton Rd. From 390, take Exit 16 onto 15A and go north to traffic light. Turn right on Westfall Road. Lodge is on south side on “Haudenosaunee Trail.”

Directions to Isac/Potter Home: From Pittsford-Palmyra Rd. (Rt. 31), turn left (north) on Marsh Rd; turn right on Hunters Pointe; turn left on Wolf Trapp, #19 is brown house on right side of road.

Directions to Barnett Home: Take Winton Road South. It will become Pinnacle Rd just south of Jefferson Rd. At 6.2 miles south of Jefferson Rd., turn left (east) off of Pinnacle and onto Lyons Rd. 117 is the first (and only) house on the right.

Hear the latest from our events calendar, 24 hours a day! Call 234-8750



**ROCHESTER AREA VEGETARIAN SOCIETY
BOX 20185
ROCHESTER, NY
14602**