



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. ❖

YOU CAN MAKE A COMPASSIONATE CHOICE

The following letter by RAVS member Walt McBurney appeared in the Batavia Daily News on 5/27/09. It was written in response to an earlier letter by Karin Klos, whose neighbor raises veal and who urged readers not to eat veal. Walt wrote:

What so moved Karin to write was sounds she heard from [the calves] at night—"calling for their mothers and their freedom."

Moved by passion Karin wrote, "If people knew what it took to get that piece of veal on their plate they would choose to eat something else." She went on to describe how veal is produced—young calves separated from their mothers just hours after birth, tied or penned in a small hutch for the rest of their very short lives, and fed a special nutrient deficient diet to enhance its meat's appearance after slaughter. They die never seeing their mother again.

How can so many have so much love and compassion for their family pet, perhaps a dog or cat, yet not feel some of the same for a young, innocent creature they soon devour? . . .

Many of us talk about "a meaningful life." Presumably this means a reasonably long and fruitful span of time to live and love and be who we are. Most animals raised for food die when they are only weeks or months old.

Ninety-nine percent of animals killed annually in the U.S. are slaughtered for human consumption—about 10 billion land animals. Most animals raised for food live tethered or caged and crowded in stench. Some die slowly and before their time—they suffer to death sometimes in cold or heat and often covered with dung.

In the end we know our actions reveal the kind of person we really are. We make compassionate choices about the sick, the poor, and others in need. We make compassionate choices about our pets and about the things we care about. We stop the suffering of others when we can. We all want to live "a meaningful life." You can stop the suffering of those veal calves and other creatures just like your pet. You can make compassionate choices about the food you eat.

Next time when you look into the eyes of your loving pet, remember Karin Klos and her pain. So moved she was by listening to those calves "calling for their mothers and their freedom" she made a compassionate choice and wrote to us to tell us why.

Walt McBurney ❖

HAIKU

late summer dampness –
a chipmunk spins around
on the woodland trail

deer flies drone –
a brown-green frog leaps
into dry summer grass

morning sprinkles . . .
a whole slug family crosses
the country road

by Bruce Ross

IN MEMORIAM

With great sadness we report that **Flora Berg** passed away on July 2, 2009, less than two months after the death of her husband **Bern Berg**, whose passing we mourned in our previous newsletter.

The loss of Flora and Bern marks the end of an era for RAVS. The Bergs were gracious hosts to RAVS holiday parties, summer picnics, Board meetings, and other special events. They were ever generous with their time, effort, and hospitality.

Flora, like Bern, was a trained artist. She was a talented amateur actress, and though we never saw her on stage, we know she always spoke in public (and private) with authority, confidence, and sharp wit.

For many years, Flora was our resident expert on vegan cooking. She wrote a recipe column for the RAVS newsletter, and regaled us with multiple dishes at our monthly meetings.

Those of us who were lucky enough to know Flora and Bern Berg will never forget them, and they will endure forever in the history of the Rochester Area Vegetarian Society. ❖

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ROCHESTER AREA VEGETARIAN SOCIETY

Coordinators:

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

Board of Directors:

Shelley Adams	Ken McBride
Carol H. Barnett	Walt McBurney
Ted D. Barnett	Daryl Odhner
Ellie Cherin	Ted Potter
Debra Couch	David Strafford
Wendy Gilmore	Diana Strafford
Leena Isac	Bob Zimmermann

Vegetarian Advocate Staff:

Editors:

Carol and Ted Barnett

Contributors:

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

It's been a fruitful spring/summer for us. In May, RAVS Board member **Chris Hirschler, Ph.D.** spoke to us on the topic of steps to a meaningful life. Anyone who missed that meeting and would like to receive the PowerPoint lecture by email may contact RAVS at 234-8750 or drveg-gie@aol.com. Our lecturer in June was **Joseph Ferrara**, owner of the New Health Café at 133 Gregory Street, and publisher of the New Health Digest. Joseph spoke on the topic of "Enjoying Your Food is Key to Health." He can be reached at ferrara-raj@gmail.com, or at the restaurant! In July we had a picnic at the home of **Leena Isac** and **Ted Potter** and family; the weather was beautiful and a good time was had by all!

In June, RAVS staffed an information table at the annual health fair at Bay Knoll Seventh Day Adventist Church; thanks to staffers **Honey Bloch** and **Carol Barnett**. Also in June, RAVS, along with the Sierra Club Committee for Biodiversity and Vegetarian Outreach, presented the film "Sustainable Table" and fostered a discussion afterwards. Thanks to **Martha Sullivan** for organizing the event, and to **Debra Couch** and **Carol Barnett** for sitting on the panel with Martha. This event was part of the "Creating the Future" series; for the calendar of upcoming events, contact organizer Hank Stone, hstone@rochester.rr.com.

RAVS was abundantly represented at the North American Vegetarian Society's **Vegetarian Summerfest** this year; for a full account, see p. 4. All of us attendees came back with ideas and enthusiasm for promoting vegetarian diet more effectively in Rochester. Have a happy, healthy, and productive fall!

CONGRATULATIONS to the newly elected members of the RAVS Board of Directors, including new members **Debra Couch** and **Walter McBurney** (Walt previously served).

CONGRATULATIONS, and a reluctant FAREWELL to RAVS members **Chris Hirschler** and **Isabel Marmelejo**. Chris will be teaching at Monmouth University in West Long Branch, NJ, so he and his wife Isabel will be leaving the Rochester area. Chris will not be able to serve out his RAVS Board term except with ideas from afar, but we want to point out that everyone who was interested in running was placed on the ballot, and we will still have a full complement of Board members.

UPCOMING EVENTS:

The **Syracuse VegFest** will be held on Sept. 5 from 11AM-5PM at Thornden Park Amphitheater in Syracuse. Admission is free. Visit vegsyracuse.com, or email info@syracuseanimalrights.com.

The **Toronto Vegetarian Food Fair** will be held on Sept. 11, 12, and 13 at the Harbourfront Centre, 235 Queens Quay West, Toronto. Admission is free. Visit veg.ca/foodfair.

Michael Greger, M.D. will speak on Wed. Sept. 16 at 7PM at the Liverpool Public Library, 310 Tulip St. in Liverpool (near Syracuse). His topic will be "The Latest in Vegetarian Nutrition" (quiz show format!). Admission is free.

The **NY Capital Region (Albany area) Vegetarian Expo** will be held on Sept. 19 from 9AM to 5:30 PM at Saratoga Springs Community Center. Admission and parking are free. Visit nyvegetarianexpo.org.

Natural Oasis at Monroe Ave. has a new juice bar and expanded menu offerings. See the article on this page!

Vegetarian offerings are available at **Frontier Field**. An R-News article on 6/8/09, called "Red Wings Hit Home with Vegetarian Cuisine," reported on the veggie burger and special veggie dog with peppers and onions; Frontier Field got a 2nd place ranking among minor league ball parks serving vegetarian cuisine.

The (all vegan) **Strong Hearts Café** in Syracuse celebrated its 1-year anniversary in May 2009. It's worth a special trip! Also visit strongheartscafe.com.

VeggieBrothers.com (an online prepared food service) has gotten rave reviews ("very tasty"). Visit their wonderful website where all offerings are **vegan**. Reviewed at SuperVegan.com.

Veg Financial Planner: Not an endorsement in these tough financial times, but anyone interested can visit brendaveg-gie.com for information on Brenda A Morris, C.F.P.

Any responses to the new ABC show about the **Goode Family**, a hapless (animated) vegan family? You can watch it on Channel 13 on Fridays at 8:30PM.

Look for the rollout of **VegOut Mondays**, which will tie in with Meat Free Mondays, sponsored by Sir Paul McCartney and others in the UK. ❖

THE WANDERING VEGAN REACHES AN OASIS

Walk into Natural Oasis, and owner Solomon Kebede greets you warmly, as though inviting you into his own home. Artwork and crafts from Kebede's native Ethiopia decorate the walls. The aromas, music and casual atmosphere all encourage you to relax and savor the experience.

The Natural Oasis Café opened in July 2005, and has undergone a number of transformations since then. Kebede sees the latest changes as steps closer to his vision of a full-service vegetarian oasis that supports the health of local and global communities as well as the environment.

Most notable of these changes is Nick Bovenzi, who recently came onboard as chef. Bovenzi has seven years of experience in creating both everyday fare and fine cuisine, and is also ayurvedically-trained. Spend five minutes with him, and it becomes clear that he is passionate about what he does. "I'm always about flavors first. The flavors have got to pop," he says. "I like simple preparations of vegetables and grains, utilizing fresh herbs and spices, and simple flavors. But behind that simplicity are complex techniques." Bovenzi enjoys working with raw and vegan foods, and prefers organic wherever possible. He believes in a farm-to-table approach, and has established relationships with area farmers to obtain the freshest local ingredients available in season. "What I am serving here was picked two days ago," he notes. Whole grains are ground locally, and all vegetable scraps are composted and returned to the earth. Beginning in August, Bovenzi ambitiously plans to create a new dinner menu each day, consisting of approximately nine items and based around the ingredients on hand at the time. Dishes will be offered à la carte, enabling diners to select multiple items to create a meal. Bovenzi says he wants to complement the Ethiopian dishes that are currently offered. "The whole mission is to give people options," he says. "Nothing is held back here."

For lunch, the café will continue to offer a buffet of vegan Ethiopian dishes prepared by Kebede's sister, Kongit. Also new is a fresh bar, which Bovenzi calls "a juice bar with no rules." Its seasonal menu includes made-to-order, ayurvedically-inspired juices created from vegetables, fruit and herbs.

Natural Oasis Café, 288 Monroe Avenue, Rochester. (585) 325-1831. Open Monday - Saturday, 11-8, and Sunday 11-3. Parking on street and in small lot in front of the café. Contact them for details about catering and periodic special events. ❖

REPORT FROM THE NORTH AMERICAN VEGETARIAN SOCIETY SUMMERFEST 2009

This year marked the 35th anniversary of Vegetarian Summerfest, the annual cross between a serious academic conference and a festive celebration, mixed with plenty of side attractions—exercise opportunities; cooking demonstrations; astronomical, musical and spiritual gatherings; concerts, parties and singles gatherings—and all supported with superb child care and three delicious vegan meals a day (provided by chef extraordinaire **Ken Bergeron**) not counting snacks and food samples. This year we heard (and even had a chance to meet and dance with) superstar **Heather Mills**, who is opening a new chain of vegan restaurants called V Bites. And, on the last evening of Summerfest **Howard Lyman** celebrated a wedding, joining **Rae Sikora** and **Jim Corcoran**, two activists who met at Summerfest some years ago.

RAVS had a major presence at Summerfest. In attendance were: the **Barnett** family (**Ted, Carol, Rebecca, Elizabeth, and Nathaniel**), **Matt Cain, Usa Cain, Handy Cowles, Jennifer Cowles, David Daunce, Esther Doan, Ed Ehlers, Chris Hirschler, and Yetta Panitch**. **Chris Hirschler, Ph.D.** gave a session on “Social Implications of Diet;” **Ted Barnett, M.D.** gave a session on “The History of Official U.S. Dietary Recommendations.” **Ted and Carol Barnett** sat on a panel on the topic of starting and keeping alive local vegetarian groups; and all three **Barnett** children sat on a panel (with a number of their young friends) on the topic of “Growing Up Vegan,” and also played music at the plenary sessions and at a Sunday morning service for the animals. So, Rochester made a considerable contribution to the success of Summerfest this year! And everyone agreed that it was one of the best ever.

In no way is it possible to summarize the impact of Summerfest or the information imparted. Here are just a few of the high points.

Dr. Hans Diehl is the director of the Lifestyle Medicine Institute at Loma Linda Health Center in California and was a high profile health speaker at this year’s conference. **Dr. Diehl’s** message is relevant to the current national debate on health care reform.

Dr. Diehl reminded us that health care cost 4 ½% of GDP in 1960 and costs 17% of GDP today. However, the extra expenditure does not represent greater health: most of the health gains in the past century have been in reduced infant mortality. **Diehl** says that health is a choice, not a purchase: “you cannot buy health; health is something we have to achieve.” For those who do not smoke, diet is the one choice which influences health more than any other. (For smokers, the most

important choice is to stop.) **Diehl** says that “the way you live is the way you die.” He advocates a whole-foods, plant based diet. People who eat this way earn 10-20 years of extended, high-quality living.

In separate sessions on coronary artery disease (CAD) and diabetes, **Diehl** discussed those diseases and the interconnections between them. High blood cholesterol is the “indispensable prerequisite” to CAD and it is “difficult to produce” atherosclerosis at total cholesterol levels below 180. As shown by **Esselstyn, Ornish** and others, a vegan diet can prevent and even reverse heart disease; the *Journal of the American Medical Assn.* has published the conclusion that “A total vegetarian diet can prevent up to 97% of our heart attacks.” The same diet that promotes heart disease also promotes diabetes (an “emerging tsunami” worldwide with the spread of the American way of eating), and indeed up to 60% of diabetics die from CAD. The recent Seventh Day Adventist study showed that meat-eaters were 3.8 times as likely as vegans to have diabetes, and ovo-lacto-vegetarians were 1.4 times as likely: a “perfect stepladder” demonstrating the preventive power of the vegan diet. **Diehl** says that a “unitary concept” is emerging of the lifestyle changes that can cure and reduce the prevalence of diabetes, CAD, and other related chronic illnesses such as obesity and high blood pressure, as well as cancer and auto-immune illness.

Diehl says that our health is composed of 70% lifestyle, and only 10% each of genes and medical care. We need a “cultural transformation” to place the emphasis on diet and exercise, rest, stress reduction, and social connectedness. The dietary advice is simple: focus on foods that don’t need nutrient labels (whole foods). Eat whole plant foods “as grown” and avoid the “crinkly bags” (junk food). It’s a satisfying way of eating, though: “when you eat real food, it is difficult to overeat.” It is important to be “respectful and dignified” in our dealings with people whose diet we would like to change, and to empower them: as **Dr. Mayo** once said, “The idea of medicine is to eliminate the need of a physician.”

Brenda Davis, R.D. was back with a glowing report on her project to reduce the incidence of diabetes on the Marshall Islands. She also gave a most informative session entitled “Fat Wars: Making Sense of the Great Fat Controversies.” **Davis** acknowledged that pioneers such as **Ornish, Esselstyn, McDougall, and Barnard** have shown that a very low-fat vegan diet can be an effective treatment for high blood pressure, heart disease, diabetes, and obesity. But such a diet may not be optimal for everyone, including children

and very active people; it may contain insufficient essential fatty acids and it may compromise the absorption of fat-soluble vitamins, minerals and phytochemicals. **Davis** cited a number of studies to show that plant-based diets are healthful even when they are relatively high in fat, if the source is whole plant foods such as olives, nuts, seeds, and avocados. “When it comes to fat, quality is more important than quantity.” Nuts are “the most underappreciated food”; five large epidemiological studies show that people who eat nuts are at 35-50% lower risk for CAD; also, people who eat nuts have lower body weight than people who do not. (Store nuts in the freezer.) Avocados are also nutritional powerhouses, with lots of fiber, antioxidants, vitamin C and vitamin E, and more folate and potassium than any other fruit. Children and most healthy adults can do well on 20-25% of calories from fat; on a 2,000 calorie-a-day diet, this allows for 2 to 3 tablespoons of fat (1 tablespoon is contained in each of the following: ¼ cup nuts, ½ avocado, 20 olives, 1 cup tofu, 2 cups soymilk). Liquid oil should be kept at a minimum; extra-virgin olive oil and *only* organic canola oil are recommended if you use oil. Do not consume any trans fat, which includes hydrogenated and partially-hydrogenated oil, and avoid microwave popcorn and French fries, which contain trans fat.

Amy Lanou, Ph.D., an expert on osteoporosis, spoke on “Building Bone Vitality.” **Lanou** spoke of the “calcium paradox,” namely that epidemiological studies show that societies which have high calcium and high dairy consumption have high fracture rates, and those with low dairy consumption have lower fracture rates. Osteoporosis is, by definition, low bone mineral density (BMD) or a lesser amount of calcium in the bone; but emphasis on calcium intake ignores two factors: (1) calcium ingested is not necessarily calcium “kept” by the bones and (2) there may be other important measures of bone strength besides the amount of calcium in the bone, such as flexibility. Bisphosphonates such as Fosamax foil the body’s natural rhythm of breakdown and buildup of bone tissue. **Lanou** recommends at least 500 mg a day of calcium from food or supplements (she says anything over that amount doesn’t seem to make a difference and can be counterproductive, e.g. by interfering with vitamin D synthesis). Other than that, the key to bone vitality is *keeping* calcium with a low-acid diet (no animal protein, including no dairy, lots of fruits and vegetables—raisins are very low acid!) and with exercise (daily walking); and eating lots of fruits and vegetables and obtaining sunshine for the 17 nutrients impor-

(Continued on page 7)

A TASTE OF VEGETARIAN SUMMERFEST

A cooking demo by **Patti Breitman** was called "Dragon Bowl: The Fastest, Most Versatile and Delicious One Dish Meal on the Planet." Here is a section on Dragon Bowl from the new book Patti co-wrote with **Carol J. Adams** called *How to Eat Like a Vegetarian Even if You Never Want to Be One* (List \$20; RAVS price \$18).

"DRAGON BOWL": Rice Plus Veggies Plus Sauce. Every vegetarian eventually develops her or his own version of the Dragon Bowl, a term that encompasses dishes with rice as their base, veggies heaped on top, and then a favorite sauce drizzled over the entire dish. Some vegetarians enjoy their dragon bowl in a special bowl dedicated just to this dish. Carol has a wooden bowl from 1975 that continues to play host to her dragon bowls. Patti's favorite version uses ume plum vinegar, avocado, and toasted sesame seeds.

One of the special things about the dragon bowl is that it can be different each time you eat it, depending on what you have at hand. If you are doing your cooking on the weekend, cook up a big pot of brown rice. (We have found that short grain brown rice is crunchy and tasty. Also brown basmati rice has a nutty and aromatic flavor.) Ten to fifteen minutes before the rice is done, toss in some leafy greens or prepare your favorite veggies as the rice is cooking. When the rice is done, you are ready for your dragon bowl. Throughout the week, you can vary your ingredients for the dragon bowl by adding to the veggies or changing the sauce.

The Dragon Bowl can be visualized through this formula:

Rice + veggies + tofu steaks (maybe)
+ sauce = Dragon Bowl

You can even name your Dragon Bowls:

BASIC DRAGON BOWL might be a very simple dragon bowl featuring some grated or chopped carrots and chopped kale. Let them steam on top of the rice when the rice is nearly done. Add a tofu steak and top with your favorite garnishes.

SPRING DRAGON BOWL would feature spring vegetables like asparagus. SUMMER DRAGON BOWL would include zucchini, summer squash, peppers, and tomatoes. FALL DRAGON BOWL would highlight a variety of baked squash, like butternut or acorn. WINTER DRAGON BOWL might feature root vegetables. You can also name them for your favorite sauces: PEANUT DRAGON BOWL (see sauce recipe below). GRAVY DRAGON BOWL (see sauce recipe below). Or, for the color of your veggies: GREEN DRAGON BOWL (steamed broccoli, bok choy, kale, and Swiss chard).



Carol loves a tahini sauce for her dragon bowl and often adds sea vegetables.

BASIC TAHINI SAUCE

1/2 cup tahini
1/2 cup (or a little more) water
2 tablespoons lemon juice
1 clove garlic
1 tablespoon (or more, to taste) soy sauce
1/4 cup or more parsley, chopped (optional)

Blend ingredients in a blender or food processor. Or mix by hand.

SIMPLE PEANUT SAUCE

1/3 cup peanut butter
2/3 cup hot water
1 tablespoon soy sauce
1 tbsp vinegar (cider or seasoned rice)
2 garlic cloves, minced
1/4 teaspoon ginger
1/8 teaspoon cayenne

Whisk all the ingredients together in a small saucepan, then heat gently until the sauce is smooth and slightly thickened. Add more water if the sauce becomes too thick. Makes 1 cup of sauce.

From *Peaceful Palate* by Jennifer Raymond.

HOLIDAY FAT-FREE GRAVY

2 quarts vegetable stock
1/3 cup white or light miso
1/3 cup dry white wine or mirin
1/3 cup low sodium soy sauce
1 tablespoon apple cider vinegar

2 to 3 teaspoons poultry seasoning or other mixed herbs (see note)
1/2 to 1 teaspoon dried rosemary
1/2 to 1 teaspoon dried sage
1/2 to 1 teaspoon thyme
1/2 teaspoon black or white pepper
Salt to taste
2 to 3 tablespoons cornstarch or arrowroot as thickener

Combine all ingredients except cornstarch or arrowroot in a 4-quart pot. Bring to a boil over medium heat, then lower heat and simmer for 10 minutes. At serving time, dissolve thickener in 1/2 cup of cold water. Bring the gravy to a low boil. Slowly pour in the thickener and stir while the gravy turns from milky to smooth. Add enough thickener to reach the consistency you desire. Makes 8 cups

Note: Poultry seasoning does not contain animal products. If you don't have poultry seasoning, use 2 to 3 teaspoons of a mixture of rosemary, sage, thyme, marjoram and basil.

This fat free gravy from Ann Wheat is delicious on potatoes, squash, bread or rice dressing and any other winter food.

A cooking demo by **Maribeth Abrams** called "The Four Ingredient Vegan: Preparing Unintimidating, Yet Masterfully Delicious Recipes" presented dishes from her upcoming book, *The 4-Ingredient Vegan*. We offer this recipe for you to enjoy.

THAI VEGETABLE SOUP

(Maribeth Abrams) (Serves 8)
1 carton (32 oz) creamy butternut squash soup
(available in health food stores, Nature's Marketplace, etc.)
1 can (14 oz) coconut milk
3 c assorted vegetables, cut into bite-size pieces, or 1 pkg (16 oz) frozen mixed vegetables (Chinese mix, if available)
3 to 4 T chopped fresh basil

Place soup and coconut milk into a heavy-bottomed pot and bring to a boil. Stir in the vegetables, reduce the heat to low, and simmer, covered, for 20 min. or until the vegetables are tender. Stir in the basil and serve immediately.

VARIATION: Add 1 to 2 t curry powder to the soup with the fresh basil. ❖

Membership Update: **New Members:** Meg & Jack Hurley, Cheryl Kelley & Steven Melcher (Contributing Level), Bernice & Melody Palmer, Rupa Parekh & Ashish Bhandari, Mary Smith, Jim Sutton. **Membership Renewals:** Shelley Adams & Bob Zimmermann, Margie Campaigne, Charlie DiPrima, Kimber Gorall, Nancy Hallowell, Irene Hart, Jerry Lisson, Rachel O'Donnell & Adam Hayes, Tina Palma, Russell Roberts, Theresa Stolte, Jonathan Wolfinger, Jen Yates. This list reflects payments received up to 7/31/09. If you think your payment should have been received by that date and you are not on the list, please call 234-8750. ❖

IN THE NEWS

BEEF RECALL Alex & George Wholesale Inc., also known as A&G Meats, recalled 4,663 pounds of ground beef products from restaurants in western NY for possible E. coli contamination. The news report said the "source is unclear," but animal excrement is typically the culprit. Democrat & Chronicle (D&C), 5/6/09.

PROBLEMS WITH POULTRY According to the Centers for Disease Control, poultry is the Number 1 source of food poisoning outbreaks. New York Times, (NYT), 6/12/09.

MISERIES OF FOIE GRAS NYT columnist Bob Herbert, in a piece called "State of Shame," focused mostly on the deplorable conditions and treatment of workers in foie gras facilities, though acknowledging serious concerns for the animals. This is just one instance where those who tend and slaughter the animals also suffer (though they don't pay the ultimate price that the animals do). 6/9/09

"THE COW IS A CLIMATE BOMB" As reported on Spiegel Online International on 8/27/08, a German commission charged with reducing greenhouse gas emissions by 2020, after looking at a comprehensive study released by Foodwatch in August 2008, concluded that whether cattle are reared organically or with conventional methods, they are equally harmful to the environment. The agriculture lobby opposes any changes. The Chairman of the German Advisory Council on the Environment, Martin Faulstich, says: "No one dares to say that we ought to eat less meat and more plant-based protein."

MORE ON THE CLIMATE BOMB A NYT article on 6/5/09 reported that changing the feed given to cattle could reduce methane emissions by 18%. A letter in response to the article, published on 6/10/09, asserted that, since methane is 72 times as potent at trapping heat as CO₂, this change is not enough: "Reducing the size of the national cattle herd is the only feasible solution." The letter was signed by Peter Singer, the Princeton professor of bioethics; Geoff Russell, an independent researcher; and Barry Brook, a professor of climate change at the University of Adelaide, Australia.

DAIRY WOES The D&C, in an article called "Recession Milking Dairy Farmers Dry," reported on "souring profits," with farmers undergoing a steep drop, over the past year, in the price they are paid for their milk. More recently, on 7/30/09, the D&C reported that the plight of dairy farmers is receiving attention from Congress, with Reps. Louise Slaughter and Chris Lee start-

ing a Dairy Farmers Caucus and Sen. Schumer trying to close a tariff loophole on behalf of farmers; Sen. Gillibrand is also an advocate of dairy farmers.

It is quite clear why members of Congress are lined up on this issue: as Rep. Lee says, "Dairy is . . . an important economic driver in western New York." It doesn't seem to matter that the weight of the evidence shows (1) dairy is not a necessary food (the assumption behind dairy's privileged place, with all of the subsidies and supports, seems to be that it *is* necessary) and (2) dairy is actually harmful and associated with a host of health risks. It was especially disheartening for your editor, upon returning from the Veg Summerfest, to listen to the Diane Rehm show (AM 1370) on 7/15 devoted to the problems of dairy farmers, with no time given to dissenting perspectives (something Rehm is usually noted for). I fired off an email after the show. I got no response from Rehm, but if you are interested I will forward it to you; send your request to mrsvegan@aol.com.

As always, we have to work on the demand side of this issue. Here is a posting on 8/1/09 from Lois Baum, President of Animal Rights Advocates of Upstate NY: "Starting now, buy alternatives to animal-milk (if you don't already). Dairy farmers are failing [she gives links to supporting info]. NOW is a great time to squash their profiting off animal massacres, and help put them out of business." She reminds us of dairy's tie to the veal industry and concludes: "Maybe those dairy farmers will start growing veggies instead!" To join the ARAUNY email list, visit www.arauny.org.

BEEF AND BLINDNESS A new study from the University of Melbourne in Australia found that people who eat red meat at least 10 times a week are 50% more likely to develop age-related macular degeneration, a condition that can lead to blindness, than those who eat red meat fewer than 5 times a week. Good Medicine, Vol. XVIII, No. 3 (Summer 2009).

MEAT, DAIRY HARM SPERM QUALITY In a Spanish study of 61 men, those with lower intake of animal protein and fat and higher intake of fruits and vegetables had better sperm quality. Good Medicine, Summer 2009.

SOY DECREASES CANCER RISK An analysis of 14 studies, published in the American Journal of Clinical Nutrition, showed that increased consumption of soy products resulted in a 26 to 30% reduction in prostate cancer risk. Good Medicine, Summer 2009. Another study, conducted by the National Cancer Institute with results published in the journal Cancer Epidemiol-

ogy, Biomarkers and Prevention, reported that childhood soy intake is significantly associated with reduced risk of breast cancer. Researchers interviewed nearly 1,600 Asian-American women and found that those who consumed the highest amount of soy in childhood had 58% less risk than those in the lowest group. These findings may help explain why Asian women have lower rates of cancer than American women, but their risk rises over several generations when they emigrate to the United States. Reuters, 3/24/09

WALNUTS DECREASE BREAST CANCER RISK as reported on the Thom Hartmann show (liberal talk radio) on 5/28/09. Findings presented at the American Association for Cancer Research Annual Meeting in April 2009.

PART OF THE SOLUTION In the ongoing debate on health care reform, an email responder to David Leonhardt's 7/21/09 NYT article on controlling costs wrote that one of the best ways to pay for reform would be to raise taxes on items harmful to health, including meat, dairy, eggs, and poultry, noting that vegans and vegetarians "have far fewer health problems like heart disease, cancer, obesity and diabetes." This posting was chosen as an "Editor's Selection," one of 11 out of 349.

VEGAN BODYBUILDERS As reported in the 2/11/09 newsletter at veganbodybuilding.com, three vegans planned to compete in the 4/25/09 Best of the West Bodybuilding Championship, and to make history by doing so. Look for the fall 2009 documentary, "Vegan Brothers in Iron."

THE COMING VEGETARIAN REVOLUTION Jim Motavalli, writing at foreignpolicy.com on 6/3/09, calls meat "the slavery of our time" and predicts that "sooner than you might think" this will be a vegetarian world. He cites the NCI report published in 3/09 finding that people who ate the most meat were "most likely to die from cancer, heart disease and other causes." He cites the 2006 report by the UN's Food and Agriculture Organization, called "Livestock's Long Shadow," which finds that livestock is a major player in climate change, generating 18% of greenhouse gases, more than the entire global transportation system. Motavalli admits that the meat industry is booming, with climbing rates of consumption both in the U.S. and worldwide. A recent survey by Vegetarian Research Group found that only 2.3% of American adults are vegetarian. Still, Motavalli says that meat-eating will become "logistically impossible" and "we'll be forced to stop": "By 2025, we simply won't have the resources to keep up the habit." ❖

(Continued from page 4)

tant to bone health. Notice that fruits and vegetables do double duty here, both to supply nutrients and to establish a low-acid pH balance for bone and dental health. For more information on the nutrients for bone health, visit buildingbonevitality.com or contact Dr. Lanou at alanou@unca.edu.

A new face at Summerfest was **Melanie Joy, Ph.D.**, a psychologist who spoke compellingly of the strategies which are used in our society to maintain “carnism,” the unspoken ideology that meat-eating is acceptable. In order to suppress the natural empathy and disgust that would normally interfere with killing and eating animals, meat eaters employ a whole array of devices such as rationalization, minimization, justification and psychic numbing. Perhaps the most insidious aspect of a reigning ideology such as carnism is its invisibility; that is, it so widely accepted by most people that it is the norm, and those who dissent are forced to define themselves in contrast by adopting an “ism,” namely, vegetarianism or veganism. By giving the dominant ideology the label “carnism,” Joy attempts to bring the ideology to consciousness, and to examine its underpinnings. Dr. Joy recommends trying to recognize and break through the “carnistic defenses,” to make an emotional connection to the person behind those defenses (“feeling inspires action”) and to empower the listener with spe-

cific changes that he or she can make. We should never judge the people we are trying to persuade, and we should support their self-concept even as we suggest to them specific changes in action or behavior. Respect is key: this theme was voiced by many of the speakers. We look forward to Dr. Joy’s forthcoming book, *Why We Love Dogs, Eat Pigs, and Wear Cows: An Introduction to Carnism*, available for pre-order at major bookseller sites and directly from the publisher at orders@redwheelweiser.com.

A very useful session introduced us to **VegFund.org**, a new non-profit organization which pays for free vegan food at public events. Although groups like ours are most likely to seek funding, VegFund prefers that the food be offered at a mainstream event, so as to reach the general public and new audiences. RAVS will be thinking carefully about which events we might seek funding for.

Many national speakers who are old friends of RAVS were on the agenda, including **Michael Greger, M.D.**, who told us, among other things, that mushrooms are better eaten cooked than raw, 7 hours of sleep a night is optimal, and coconut water (*not* coconut milk) is close enough to human plasma to be suitable for IV use!

We hope to share the benefits of Summerfest with you over the following year and beyond. ❖

WORKING AT THE ROOTS

[Taken from a speech in 1884 to a national meeting of state school superintendents by George Angell, founder of the Massachusetts SPCA.]

Nearly all the criminals of the future, the thieves, burglars, incendiaries, and murderers, are now in our public schools, and with them the greater criminals who commit national crimes. They are in our public schools now, and we are educating them.

We can mold them now, if we will. We may teach a child to shoot a little song bird in springtime, with its nest full of young, or we may teach him to feed the bird and spare its nest. We may go into the schools now and make neglected boys merciful, or we may let them drift, until as men, they become lawless and cruel. I am sometimes asked, “Why do you spend so much of your time and money in talking about kindness to animals, when there is so much cruelty to men?” And I answer, “I am working at the roots.” I declare that just so soon and so far as we pour into all of our schools the songs, poems, and literature of mercy towards these lower creatures, just so soon and so far shall we reach the roots not only of cruelty but of crime.” From *Global Wildlife Alliance Digest No. 643*, June 12, 2009. Thanks to RAVS member Sandy Baker for bringing this to our attention. ❖

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 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:

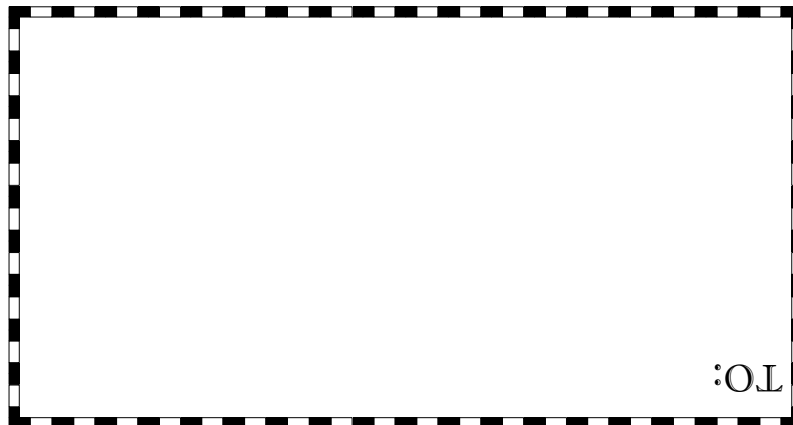
- ⇒ **August 16, 2009** (3rd Sunday) 2:00 PM **Summer Picnic**, Home of **Carol & Ted Barnett**, 117 Lyons Road, Rush. Bring vegan dish to pass, serving utensil and place setting; outdoor games equipment and bathing suits optional (hot tub, not pool).
- ⇒ **September 20, 2009*** (3rd Sunday) **The Impact of Diet on Climate Change** with **George Eisman, R.D.** Event co-sponsored with Sierra Club, Biodiversity and Vegetarian Outreach Committee.
- ⇒ **October 18, 2009 *** (3rd Sunday) Showing of Film, **“Sustainable Table,”** followed by discussion.
- ⇒ **November 15, 2009*** (3rd Sunday) Program to be announced.

***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 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