



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. ❖

VEG MONDAYS COMES TO ROCHESTER

For several months now, a small group of RAVS members has been working on an initiative that will encourage the Rochester community to eat "veg" every Monday. Veg Mondays now has a beautiful color logo, an engaging website, and its own email address, mailing address, and phone number. In April, RAVS had a restaurant fundraiser that raised several hundred dollars for Veg Mondays operations going forward.

Here is the Veg Mondays mission statement: **Nature offers an abundance of delicious and healthful foods. Veg Mondays invites you to enjoy meat free meals one day a week to benefit human health, the environment, and global sustainability. Rochester joins a growing number of communities around the world that are embracing this concept. Veg Mondays encourages everyone to enjoy satisfying meals that are free of meat, eggs, and dairy products.**

Veg Mondays now enters a phase where it will actively seek sponsors in the Rochester community. As a condition of sponsorship, each organization will convey to its members—be they voters, students, customers, or employees—that it embraces the goals of Veg Mondays and encourages them to do so. Any supporting organization that serves meals must offer "veg" options—defined as plant-based only—each Monday.

Veg Mondays is all about *options*, and increasing the available choices for people. Veg Mondays is also about enhancing *life* for the Rochester community. It is true that sad and distressing facts about the health of Americans, the environment, and the treatment of animals are motivating us. But the initiative is an overwhelmingly positive one. Its focus is on embracing plant foods. Veg Mondays wants to increase the health, pleasure, and joy of people in Rochester and anywhere else who subscribe to it.

It has been estimated that if Americans cut their meat consumption by 10%, we could save enough grain to feed 60 million people. Many other health and environmental benefits would accrue. Veg Mondays seeks to make that hypothetical statistic a

reality.

We acknowledge the many movements across the country and around the world—from Ghent, Belgium to San Francisco to Baltimore—that encourage people to eat veg one day a week. Veg Mondays is indebted to these movements. We decided to fashion our own local program because some of these other programs are not entirely plant-based in their orientation. We want to emphasize that, while sponsorship, participation, and adherence are all optional, Veg Mondays promotes a totally plant-based diet one day a week.

Our hope is that entities all over Rochester will "sign on" to Veg Mondays. Please consider becoming an early adopter/sponsor of Veg Mondays, especially if you are a professional in solo practice, a small business person, a community activist or volunteer, or anyone who can commit yourself or your organization to support this endeavor. There is no charge except being charged up. Visit vegmondays.com, and contact us at P.O. Box 92391, Rochester, NY 14692-0391, (585) 234-2122, or info@vegmondays.com. We welcome your support. ❖



HAIKU

faint spring mist –
only the bright orange
of poppy blossoms

spring breeze . . .
a speck of dandelion fluff
rises in the air

a field mouse
on a crinkly elm leaf
breathing

by Bruce Ross

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ROCHESTER AREA VEGETARIAN SOCIETY

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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 few months have been very successful ones for RAVS. In February, we hosted a panel of organic farmers who stirred our wintry hearts with thoughts of the growing season and organic produce. Space considerations prevent us from individually thanking the eight local farmers and organizers who formed our panel, but we appreciate their commitment and we resolve to give our support to them, and to the other organic farmers who were unable to sit on our panel.

In March, **Michael Rudnick** returned to the podium to deliver a sequel to "A Whole-Plant Vegan Diet," discussing such special topics as vitamin D, sleep quality, and calorie restriction for longevity. Later in March, we joined with the Jewish Humanist group to host a seder. Thanks to **Barry Swan** for presiding, and to **Ellie Cherin** for organizing, purchasing, and setting up for this lovely event.

In April, we had a restaurant meal and fundraiser at **Natural Oasis** restaurant at 288 Monroe Avenue. More than 55 diners enjoyed a gourmet meal presented by chef **Nick Bovenzi** (try his food any night, Mon-Sat, at the restaurant), while bidding on silent auction items, many of which were provided by **Wizard of Clay** (wizardofclay.com). This delightful event raised more than \$900 for **Veg Mondays** (see p. 1). Thanks to everyone who contributed an auction item, attended, or helped in any way to make this event a success.

In the coming months we will welcome back **Rae Sikora** as a speaker in May; host **Dr. Dorothy Jones**, an international authority on animal issues in June; and enjoy picnics in July and August.

This spring has been an especially busy season for outreach events. RAVS staffed tables at the following venues (type of event and staffers listed in parentheses): SUNY Brockport (Health Fair, **Carol Barnett**); SUNY Brockport downtown MetroCenter (Health Fair, **Shelley Adams, Honey Bloch, Carol Barnett**); Nazareth College (Health Fair, **Honey Bloch, Handy Cowles, Carol Barnett**); Victor Schools (Earth Day Fair, **Carol Barnett**); Sierra Club (Environmental Forum, **Shelley Adams, Carol Barnett**); Spiritus Christi Church (Earth Day Event, **Carol Barnett**); Seneca Park Zoo (environmental event, "Our Fragile World," **Ellie Cherin, Tina Kolberg, Carol Barnett**). We reached hundreds of people at these events, including dozens of children at the zoo. Interest in vegetarian diet has never been higher, and we will continue to answer questions and offer support.

CONGRATULATIONS to **Rachel O'Donnell** and **Adam Hayes** on the birth of their son, **Finnegan Harley Hayes**! Finnegan was born on February 22, 2010 at 1:06 PM and has beautiful wavy red hair. He was spotted sleeping in a carrier, with his tired but happy parents at the Natural Oasis fundraiser in April.

ON THE MOVE That's how the Democrat & Chronicle described RAVS member **Kimber Gorall**, who recently started a job as a marketing and communications specialist at EPIC Advisors, Inc. RAVS member **Ted Potter** already works for EPIC, so we are well positioned for a takeover of this company!

ALSO ON THE MOVE RAVS member Barb Smith, who recently graduated from University of Florida with a Ph.D. in mass communications and an emphasis in media law and policy, has accepted a faculty position at Indiana-Purdue University at the NE Indiana campus in Fort Wayne, and will be moving in early summer.

GOODBYE to **Rupa Parakh, Ashish Bhandari**, and baby daughter **Mansi**, who will be moving to Canada. We enjoyed having them in Rochester for a time!

SPREADING THE MESSAGE RAVS member **Joanna Lipp, M.S., R.D.**, a dietitian at the James P. Wilmot Cancer Center, led a discussion on nutrition for cancer survivors on Wednesday Feb. 24 at Gilda's Club. The American Institute for Cancer Research says that anywhere from 30 to 80% of cancers can be prevented by diet and lifestyle changes. Lipp discussed the benefits of a plant-based diet and various foods that have cancer-fighting properties, and offered samples of plant-based dishes during the discussion.

GREEN LIVING To view the Green Irene Guide to Sustainable Living: Advice and Products From Your Local Eco-Consultant, with informational articles as well as product listings, visit <http://Catalog.GreenIrene.com> RAVS member **Margie Campaigne** is a Green Irene consultant (www.GreenIrene.com/1144). You can also contact her by email at Margie.Rochester@greenirene.com or phone at (585) 288-2224.

COMPASSIONATE LIVING Please visit deerproofyourgarden.com, the new website of RAVS member **Sandy Baker**, sometimes known as "The Deer Doctor." Sandy wears many hats, as she also is known as a vegan cook extraordinaire who offers vegan cooking classes locally for The Cancer Project.

**RAVS 24 HOUR VOICE MAIL:
(585) 234-8750**

GETTING HIS 15 MINUTES (at least) OF FAME **Karl Obine**—lawyer, vegetarian, social activist, and frequent attendee at RAVS events—wrote and directed the short film "Amish Werewolf," which was shown on Feb. 21 at the Pie in the Face Film Fest at the Little Theatre.

SEEKING RENTAL for female with multiple chemical sensitivities. Can be house, apartment, or shared space. Also interested in forming support group for those experiencing chemical sensitivities. Call or email RAVS for contact information.

THUMBS UP for **John's Tex-Mex Eatery** at 489 South Ave. (Mon.-Fri. 11am-10pm, Sat. 12 noon-10pm, Sun. closed). This delightful restaurant offers limited seating, a thriving take-out business, and a vegan-friendly menu ("Anything can be made Vegan"). Menu items that you might otherwise wonder about—the guacamole, the refried beans, the rice—are vegan. John's even offers two vegan fillings for its burritos, tacos, and tostadas—un-Beef and (somewhat spicy) Tofu. The prices are reasonable and serving sizes are very generous, so be prepared to take some home for later!

EXPANDED VEG OPTIONS AT WEGMANS The Pittsford Wegmans has greatly expanded its veg offerings. Chef Eric Wensdorff, working with vegetarian cookbook author Julie Jordan, now offers a hot and cold bar with many tofu and tempeh items, and such "center plate" options as mushroom-bean loaf and savory cashew cake. Chef Wensdorff wants to provide RAVS members with a complimentary tasting of vegan items, so look for an invitation in the near future!

VEGGIE PRIDE The **Veggie Pride Parade** will take place in Greenwich Village in New York City on Sunday, May 16, starting at 12 noon. Alas, this takes place on the same day as our own May RAVS meeting. For more information, visit www.veggieprideparade.org/

VEGETARIAN SUMMERFEST The North American Vegetarian **Vegetarian Summerfest** will take place July 7 – 11 (Wed.-Sun.), at the Univ. of Pittsburgh campus in Johnstown (weekend package available). Visit vegetariansummerfest.org/ for information. While we can't guarantee results, contact us at 234-8750 or mrsvegan@aol.com if you want to attend Summerfest and are interested in ride sharing.

RAVS BOARD ELECTIONS This year we will email you the RAVS Board ballot. (If you do not have an email address, we will enclose a printed ballot with this newsletter.) Please, to save paper, vote by email to drveggie@aol.com or by phone to (585) 234-8750. Thank you! ❖

IN THE NEWS

LIVING IN THE BLUE ZONE A new book by Dan Buettner, *The Blue Zone: Lessons for Living Longer from the People Who've Lived the Longest* (2008), profiles long-lived communities the world over, including the Seventh Day Adventist community in Loma Linda, California. Two large population studies of Adventists have been done: Adventist Health Study-1 (AHS-1) collected data on almost 25,000 Adventists from 1958-66, with the findings published in 1992; AHS-2 began gathering data on 97,000 Adventists in 2002, with the results due this year or next. According to lead author Dr. Gary Fraser, we can say with certainty that Adventists—about ½ of whom are vegetarian—live longer than the general population, with the vegetarians living longest. (An Adventist male lives 7.3 years longer than the average male, a vegetarian Adventist male 9.5 years longer; an Adventist female lives 4.4 years longer than the average female, a vegetarian Adventist female 6.1 years longer.) Non-vegetarian Adventists had about twice the risk of heart disease as vegetarian Adventists. Adventists who consumed nuts at least 5 times a week had about ½ the risk of heart disease as those who did not. As for cancer, Fraser says the study shows “consuming fruits and vegetables and whole grains seems to be protective for a wide variety of cancers.” The Adventists’ vegetarian diet is accompanied by other positive lifestyle practices. Here are their “Blue Zone Secrets”: (1) Find a sanctuary in time (Sabbath or other structured rest); (2) Maintain a healthy body mass index (BMI); (3) Get regular, moderate exercise; (4) Spend time with like-minded friends; (5) Snack on nuts; (6) Give something back; (7) Eat meat in moderation [or not at all—Ed.]; (8) Eat an early, light dinner (seems to promote better sleep and lower BMI); (9) Put more plants in your diet; and (10) Drink plenty of water.

BIG PHARMA OR BIG BROTHER? A New York Times article on 3/31/10 discussed whether statins (cholesterol-reducing drugs) should be given to healthy middle-aged adults with high levels of C-reactive protein (a marker for inflammation), based on the prediction that one heart “event” would be prevented for every 500 persons taking the drug for one year (while increasing the risk of diabetes!). The cost would be \$638,000 to prevent one heart attack. How many nutritionists could be paid to counsel overweight patients with that amount of money? Dr. Dean Ornish, whose ground-breaking study showed that lifestyle changes can prevent and even reverse heart disease, responded with a letter saying that the fundamental building

blocks of health should be emphasized, not drugs: “We and others have shown in peer-reviewed research that lifestyle factors like poor nutrition, lack of exercise, chronic emotional stress and social isolation are underlying causes of chronic inflammation. Biomarkers of inflammation are significantly reduced when people make comprehensive lifestyle changes. And unlike the billions of dollars spent on statin drugs, with the attendant known and unknown side effects (including a 9 percent rise in the risk of developing Type 2 diabetes, which is already epidemic), the only side effects of comprehensive lifestyle changes are good ones. These include reversing heart disease and Type 2 diabetes, reductions in LDL cholesterol comparable to what can be achieved with statins, and improvements in gene expression like turning off genes that promote inflammation, prostate cancer and breast cancer.” Dr. Ornish recommends a low-fat vegetarian diet. Or, as a title in the newest issue of *Good Medicine* puts it: “Peas vs. Pills.”

ANIMAL PROTEIN LINKED TO DIABETES As reported in *Diabetes Care* (2010), an analysis of results from the European Prospective Investigation into Cancer and Nutrition (EPIC) Study has shown that diabetes risk increases with higher intake of total protein and animal protein. Researchers found that for every 5% of calories consumed from protein instead of carbohydrate or fat, the risk of developing diabetes increased 30%. Increased animal protein intake also correlated with increased body mass index, waist circumference, and blood pressure. Vegetable protein intake was not associated with diabetes risk. *Good Medicine*, Spring 2010.

SOY FIGHTS BREAST CANCER In a study published in the *Journal of the American Medical Association* (2009), researchers found that women diagnosed with breast cancer who consumed soy products had a 32% lower risk of recurrence and a 29% decreased risk of death, compared with women who consumed little or no soy. The report included more than 5,000 women in the Shanghai Breast Cancer Survival Study, the largest population-based study of breast cancer survival, and followed them for four years. *Good Medicine*, Spring 2010.

BIOFUELS TRADE-OFF An article by Ben Webster in *The Times* (U.K.) on 3/1/10 raises the question whether biofuels may generate as much greenhouse gas as fossil fuels, if not more. Commentator Jamie Newlin points out the further problem that many biofuels are dependent for their financial viability on livestock production. Newlin says: “So far, “green” fuel production tends to be livestock production as well, one example being US corn ethanol having to get rid of its by-

product DDGS (Distillers Dried Grains and Solubles) which is sold as livestock feed.” Barley and palm oil are other energy crops that generate leftovers to use as animal feed. So, most biofuel energy production has a vested interest in a growing livestock industry as a way to get rid of waste products at a profit. Thanks to Mike Hudak for this reference.

LOCAVORE PROS AND CONS Being a locavore (i.e. eating only foods grown locally) is not the only important element of sustainable eating. “Fair Miles,” a report produced by Oxfam and the International Institute for Environment and Development, highlights the complexities of the food supply chain. The authors state: “Let’s look at the carbon footprint of the whole product supply chain.” E.g., some imported fruits and vegetables are grown in less energy-intensive ways than domestic produce, and this efficiency balances the negative impact of importing them. In the U.K., consumption of fruits and vegetables accounts for only 2.5% of greenhouse gases, and there is no evidence that fewer aircraft would fly if we stopped importing produce (much is carried in the cargo hold of passenger aircraft which would fly anyway). Freshplaza.com, January 2010. Vegans can spread the word that the most energy-intensive and polluting component of the diet is animal products, whether imported or not. The best dietary choice you can make for the environment is to go vegan.

BRAVE NEW WORLD? A New York Times op-ed piece on 2/19/10, by Adam Shriver, called “Not Grass-Fed, but at Least Pain-Free,” wonders whether it might be possible to genetically engineer animals to “not mind” feeling pain. The “sensory dimension of the animals’ pain would be preserved” (otherwise they could not recognize and avoid injurious situations). But, like certain human victims of brain damage, the animals would “still feel pain but no longer find it unpleasant.” Several letters responding to the article were published; one writer found it “a bone-chilling read.” Another letter, by N. Ann Davis, a Professor of Human Relations and Philosophy at Pomona College, says that instead of modifying animals, we should modify humans so they “derive less pleasure from consuming large amounts of animal flesh.” Davis continues: “Another option, of course, is that we leave both humans and animals unmodified and instead encourage the humans to use their superior intelligence, freer wills and more developed moral sense to see how deeply repellent it is for humans to continue to devote so much energy to find new ways of exploiting animals so that they can have tasty morsels on their plate.”

(Continued on page 7)

OMEGA-3'S/ESSENTIAL FATTY ACIDS FOR VEGANS:

Recommendations and Sources

For some time now we have been urging our members and all vegans to use flax seed (2 T ground flax per day) to satisfy the need for omega-3 fatty acids. Expert speakers at Vegetarian Summerfest have been questioning whether the fatty acids in flax are effectively converted into the "destination nutrient" (my term), DHA. Recently, a different question was raised when RAVS received a query from Heartbeats For Life, the local Ornish support group, about the use of fish oil supplements, which contain both EPA and DHA.

A very basic primer in essential fatty acids: Healthy plant foods provide two families of essential fatty acids: omega-6's and omega-3's. While both are necessary to life, the modern American diet with its prevalence of processed foods provides an imbalance--too many omega-6's, which compete with omega-3's to convert into the "destination" long-chain fatty acids which are so healthful but which are not present in plant foods to be consumed directly (with the exception of algae). The bottom line is that you don't need to try to get omega-6's; you will get enough of them if you consume any vegetable oils or processed foods containing them; even if you don't, you will get enough omega-6's from walnuts and grains. Instead, get a significant source of omega-3's, with the hands-down winner being ground flax seed (2 tbsp a day); other less impressive sources are hempseed, walnuts, leafy greens, and soy. By the way, buy your flax seed whole and grind it yourself, keeping anything you don't use right away in the refrigerator or freezer, as omega-3's are very unstable. Stay away from extracted flax seed oil as it goes rancid very quickly. Also, 3/6 "balanced oils" seem like a bad idea, since you don't need to go out of your way to get omega-6's, even in combination with omega-3's.

The conversion process Getting omega-3's from flax seed may not be enough, because the fatty acids in flax need to be converted to eicosapentaenoic acid (EPA) and thence to docosahexaenoic acid (DHA), both of which we need. For two reasons, this doesn't necessarily happen: 1) the omega-3's in flax compete with omega-6's

in order to be converted, and omega-6's are omnipresent in the American diet, found in most oils and many foods; and 2) individual genetic factors and the aging process may reduce the ability to convert. Therefore, dietitians and other experts have begun to recommend supplementing directly with DHA. For the same reason, Dean Ornish now recommends that persons following his vegetarian regimen supplement with fish oil.

Problems with fish oil It's not vegetarian! But more than that, there are many reasons to avoid fish oil, and the only factor in its favor is wide availability and perhaps lower cost. Fish oil is, obviously, taken from the fatty tissues of fish. Fat is where toxins and heavy metals are stored in all living creatures, becoming more concentrated as you move up the food chain; so, there is reason to be skeptical of any claims of purity. Also, from an environmental standpoint, the fish oil "industry," along with ocean fishing generally, is inflicting serious damage on marine ecosystems. And do not forget that fish feel pain and that modern fishing methods tend to "harvest" huge swathes of the ocean life, sacrificing many other fish and mammals in addition to the ones they are targeting. So, from a health, environmental, and ethical standpoint, you want to avoid fish oil supplements, especially as there is now a vegan alternative. Most fish oil supplements say they contain EPA as well as DHA. Do we need both?

Recommendations for vegans Dr. Michael Greger (veganMD.org) has long recommended 2 tbsp of flax seed daily, and he still does, for its potent cancer-preventive properties. For a reliable source of omega-3's, he now recommends 300 mg of vegan DHA daily. Many of the available brands contain 200 mg, and Dr. Greger says that is sufficient, if taken regularly. As for EPA, Dr. Greger says that if you take a source of DHA, don't worry about it, as DHA can be retroconverted into EPA. Speaking of worrying, let's be clear that none of us should fret about our essential fatty acid status during the time when we weren't supplementing. Let's just move forward on this one!

Sources and availability

Abundance carries Udo's Choice capsules: 90 250-mg capsules for \$44.99 with a daily per-dose cost of \$.50. Lori's carries Minami capsules: 60 140-mg capsules (2

capsules per day needed) for \$23.45 with a daily per-dose cost of .78.

You can mail order vegan DHA from Pangea (veganstore.com) and from veganessentials.com, to name just a couple of websites. Prices from Pangea are as follows:

DEVA softgels 30 200 mg for \$14.95 with a daily per-dose cost of \$.50; DEVA softgels 90 200 mg for \$35 with a daily per-dose cost of \$.39; DEVA vegicaps 90 capsules 200 mg for \$40 with a daily per-dose cost of \$.45; DEVA liquid with 90 doses of 200 mg or 60 doses of 300 mg for \$30, at a daily per-dose cost of \$.45 for 300 mg or \$.33 for 200 mg; O-Mega-Zen3 by NuTru 40 capsules 300 mg for \$19 with a daily per-dose cost of \$.48.

O-Mega-Zen3 liquid with 75 doses of 300 mg for \$30 with daily per-dose cost of \$.40; Pure One Omega DHA/EPA 60 capsules 300 mg DHA 10 mg EPA for \$39 at a daily per-dose cost of \$.65; V-Pure 60 capsules 175 mg DHA, 25 mg EPA (2 capsules per day needed) for \$25 at a daily per-dose cost of \$.83. Additional shipping costs of \$7.50 to \$8 need to be factored in.

You can mail order vegan DHA from Amazon as well. For comparison purposes, the DEVA product 90 softgels 200 mg costs \$27.67 (vs. \$35 from Pangea), at a daily per-dose cost of \$.31. Shipping is free on orders of more than \$25, for which this would qualify.

Some additional notes: The liquid supplement is the most economical form but may not be as convenient or palatable. All of the mail-order sources cost less than the local on-the-shelf sources, but that could change. I have not contacted Wegmans Nature's Marketplace, but they have an extensive line of supplements and probably would be willing to carry vegan DHA.

So, go forth and supplement. It's a little bit pricey. But, along with vitamins B12 and D, which are very cheap, it's the only supplement vegans need. And if you are wondering how a perfect diet can need supplements, remember, humans once lived on the savannah, near-naked in the sun (vitamin D) and eating loads of greens (omega-3's) contaminated with dirt and tiny insects (vitamin B12). But we don't have to do that any more (well, you still need to get some sun and eat plenty of greens, but forget the near-nakedness and the bugs). ❖

Membership Update: **New Members:** Selma & Michael Berger, Cynthia Cohen, Elizabeth & Brian Conheady, Drs. Michalene Elliott & Brian Kinsler, Kana Kennedy, Tina Kolberg, Lynda McPartland, Emily Osgood, Andrea Parros & Jeff Ching, Sandhya Sarlashkar. **Renewals:** Carol & Dr. Ted Barnett (Sustaining Level), Vernon Cain & family, Katherine DaCosta & family, Charles DiPrima, Sara Gale, Kimber Gorall, Nancy Hallowell, Walter McBurney, Sue Miller (Patron Level), Rachel O'Donnell & Adam Hayes, Mary Parson, Nina Sikand, Martha & Edward Sullivan (Contributing Level), Judith Treschuk & Leo Blair, Drs. Julie Yoon & Paul Gosink, Miriam Zaffrann (Patron Level). **Newsletter Subscriptions:** Antoinette Bushlack, Joanne & Christopher Hee. ❖

RECIPE PAGE



RAVS has recently acquired a number of new vegan cookbooks which have gotten great reviews. Check them out at any meeting. Here's two recipes from one of the newcomers.

LENTIL-VEGETABLE SOUP

(8 ¾-cup servings)

(Madhu Gadia, *The Indian Vegan Kitchen*)

2 T olive oil
 1 c onion, ½-in. dice
 1 t fresh ginger, peeled and grated
 1 t garlic, finely chopped
 2 c tomatoes, finely chopped
 4 c water
 3 c cooked lentils [start with 1 ½ c dried; follow pkg directions]
 1 c carrots, ½-in. dice
 2 c cabbage, finely chopped
 1 t salt
 ¼- ½ t black pepper, to taste
 2 T fresh basil, chopped, or 1 t dried basil
 ½ t lemon zest
 2 t lemon or lime juice

Heat oil in a large skillet on med-high heat. Add onion and sauté 1 to 2 min until transparent. Add ginger and garlic, cook for a few seconds. Stir in tomatoes. Cover and cook for 2 minutes. Mash the tomatoes with the back of a spoon or a potato masher. Add water, lentils, carrots, cabbage, salt, black pepper, basil, and lemon zest. Bring to a boil. Reduce heat and simmer for 20 min. Add lemon juice and serve hot.

CURRIED POTATO SOUP

(6 1-cup servings)

(Madhu Gadia, *The Indian Vegan Kitchen*)

2 med potatoes (about 2 c)
 1 T canola or olive oil
 2 T tomato sauce
 ½ t ground cumin
 ¼ t turmeric
 1 t fresh ginger, peeled and grated
 2 t ground coriander
 ¼ t black pepper
 4 c water
 ¾ t salt
 ½ t garam masala
 1 T lemon or lime juice
 1 T cilantro, chopped

Peel the potatoes and cut into 1-in pieces. Set aside. Heat oil in a heavy saucepan over med-high heat. Add potatoes, tomato sauce, cumin, turmeric, ginger, coriander, and black pepper. Stir for 2 to 3 min,

coating the potatoes with spices. Add 2 c water and salt. Bring to a boil. Reduce heat, cover with a lid, and simmer for 10 to 15 min. The potatoes should be tender and easily fall apart. Using the back of a spoon, break up some of the potato pieces; this will help the soup thicken. Add the 2 remaining cups of water. Bring to a boil; simmer for an additional 5 min. Stir in the garam masala and lemon juice. Serve hot; garnish with cilantro.

ITALIAN WHITE BEAN
AND VEGETABLE STEW(Carole Raymond, *Student's Go Vegan Cookbook*) (Serves 4 to 6)

This cookbook is in the Monroe County Library System

1 T olive oil
 1 onion, chopped
 2 to 3 garlic cloves, minced
 2 t fennel seeds
 1/2 t salt
 One 28-oz can whole tomatoes, with their juice
 3 to 4 potatoes, peeled and diced
 2 carrots, sliced
 1 zucchini, sliced
 One 15-oz can white beans
 One package or several links vegan sausage, chopped
 3 T minced fresh parsley, optional

In a large pot, saute the onion, garlic, and fennel seeds until onion is transparent. Roughly chop the tomatoes in the can. Add the salt, tomatoes, potatoes, and carrots to the pot. Cover the pot and simmer 5 minutes. Add the zucchini and simmer 5 to 7 minutes more or until all the vegetables are tender. Add the beans, vegan sausage, and parsley and heat through. Serve hot. The fennel gives this stew a great, distinctive flavor!

BARBEQUED TOFU

(Ken McBride—brought to the Feb. meeting)

1 lb firm or extra firm tofu that has been pressed between plates for 30 min
 2 medium to large red onions
 1/4 cup apple cider vinegar
 1/4 cup shoyu, tamari or soy sauce
 1/4 cup syrup (maple or boysenberry :-))
 1/4 cup tomato puree
 2 Tablespoons olive oil
 1 Tablespoon dry mustard
 2 large garlic cloves
 1 teaspoon tamarind or tamarind chutney
 1/2 teaspoon black pepper

Preheat the oven to 385 degrees F. Cut the onions (semi-circular slices no larger than 1/8" thick) and place in a Pyrex or casserole pan. Place all ingredients except for tofu and onions into a blender and liquefy. Cut pressed tofu block into 1/3 height size strips and then cut into triangles. Put tofu triangles in pan with the onions and add the blended mixture. Be sure that onions and tofu are covered with the sauce. This is a messy hands on type of activity! Bake at 385 degrees for 30 minutes. Serves 4 to 6. Good with brown rice and a green vegetable (perhaps with the following recipes).

RICE PILAF SALAD

(Ken McBride—brought to the March meeting)

1 package Rice Pilaf mix (I used Near East Brand) of about 6 oz., cooked according to the directions on the box
 5 baby carrots (chopped finely)
 1 clove garlic (minced)
 1/4 large red onion (chopped) (I use red onions because of Dr. Michael Greger's talk at a previous RAVS meeting)*
 1/4 cup walnuts
 1/4 cup raisins
 1 Tablespoon shoyu or soy sauce
 1 Tablespoon olive oil
 1/4 teaspoon crushed red pepper flakes

After the rice has cooled, mix it in a container with the other ingredients and refrigerate a few hours. This makes about half of what I brought to the RAVS March dinner. *red onions have more antioxidants than white or yellow

CAJUN COLLARDS

(Honey Bloch--brought to the Feb. meeting)

10 med. collard leaves, stems removed and sliced in 1" strips
 1 T oil
 1 t cumin seeds
 1 t mustard seeds
 1 - 2 dried hot red peppers, crumbled
 1 c chopped onions
 1/4 c cider vinegar
 1/2 T sugar
 2 c chopped tomatoes

Heat oil and add cumin and mustard seeds till they pop. Add hot peppers and onions. Cook till onions are soft but not brown. Mix in collards, cider vinegar, and sugar and cook over med heat, stirring often, about 20 min. Add tomatoes and simmer for 10 min. Serves 4. ❖

(Continued from page 4)

VEGAN CAMPAIGN Friends of Animals reported that the London-based group Vegan Campaigns supported 25 people who had pledged to be vegan for a month, by offering recipes, cooking demonstrations and vegan buffet, and a panel featuring a nutrition expert, a doctor, and a long-term vegan with a young child. The supervising doctor reported that he was surprised at how quickly the switch to a vegan diet improved the health of the participants: most of them showed improvements in weight, body mass index, and blood pressure, as well as better sleep, better digestion, and healthier skin, nails and hair! Vegan Campaign estimated that during the month, 138 animals and about 5½ square miles of land were spared from the meat, dairy and egg-laying industries. At the end, a dozen participants planned to stay vegan, ActionLine, Summer 2008.

VEGAN IN WORD AND DEED On March 20, 2010, the NY Times carried an article on the actress Alicia Silverstone, who became vegan 12 years ago and whose new vegan cookbook, *The Kind Diet*, was recently No. 1 on the NY Times best-seller list for advice and how-to books. Ms. Silverstone decided to change after seeing the treatment of animals in documentaries about the food industry: "At one point I looked at my dog, who was my best friend, and thought, If I'm

not going to eat you, then how can I eat these other creatures who have the same capacity for love and joy?" Silverstone says: "The karma of turning vegan is amazing . . . The way I live and eat now, it's changed me as an actress—totally." Brava to Alicia and to everyone who uses his/her place in the world to promote compassion and healthful eating! ❖

LETTERS TO THE EDITOR by RAVS members

EXTREME EATING IS CRUEL, SADISTIC (LTE, Democrat&Chronicle, 4/17/10) (*Responds to an article in the Tuesday 4/6 food section appearing to praise enterprising diners for "venturing" forth to try new foods in what it describes as a "food renaissance."*)

Let me get this right ... as described in "Extreme eating," a gang of bored thrill-seekers attain a whole new high eating live animals, dismembering them one limb at a time, as the animal helplessly watches.

The octopus, one of the most intelligent creatures on the planet, is propped up so the head can watch as one tentacle at a time is clipped off with shears in a show of twisted machismo, and devoured by the leader of this group.

If what they do seems bizarre and aberrant, the fact is conscious sentient creatures are being slaughtered by the thousands every

day for table food, in a manner just as cruel. In an effort to meet slaughterhouse quotas, they are dismembered while still alive. People are eating their misery, fear and pain.

Nineteen years ago, I decided I'd had enough. I became vegetarian. It is exciting for me to know every day, my choice saves lives. Now *that's* thrilling!

Nancy Hallowell, Pittsford, NY

FIND ALTERNATIVE TO BEAT WING SHORTAGE (LTE, D&C, 3/09/10) (*Responds to an article about efforts to meet the increasing demand for chicken wings.*)

A four-winged chicken, bio-engineered to meet the ravenous demand for chicken wings? There's an easier way.

I read with interest the Feb. 24 story about rising demand—and rising prices—for the chicken part that was once thrown away. I, too, was once very fond of chicken wings. I became a vegetarian seven years ago . . .

Since an enterprising entrepreneur found a way to turn garbage into gourmet fare, how about a new approach? Try cooking tempeh, tofu or other meatless items with a super sauce, for an animal-friendly version of the tasty treat. This would appeal to vegetarians . . . as well as others who just want healthier, great food at a lower cost.

So to our adventurous local chefs and restaurateurs: "Tings," anyone?

Julia B. Lederman, Rush, NY

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: | |



Rochester Area Vegetarian Society upcoming events:

- ⇒ **May 16, 2010 (3rd Sunday) 11:00 AM Service 12 Noon Complimentary Brunch; 1 PM Loving our Planet** with **Rae Sikora**. At Society of Friends (Quakers), 84 Scio Street. Not a RAVS event, but free and open to the public. Vegan brunch provided by VegFund.
- ⇒ **May 16, 2010* (3rd Sunday) Brilliant Chickens and Einstein Squids: Exploring Animal Intelligence through True Stories about the Amazing Beings who Share our Earth Home** with **Rae Sikora** of Plant Peace Daily (plantpeacedaily.org)
- ⇒ **June 20, 2010* (3rd Sunday) Beyond Stewardship and Rights: A Catholic Validation of Vegetarianism** with **Dr. Deborah Jones**, General Secretary, Catholic Concern for Animals; Fellow, Oxford Centre for Animal Ethics
- ⇒ **July 18, 2010 (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).
- ⇒ **August 15, 2010 (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.

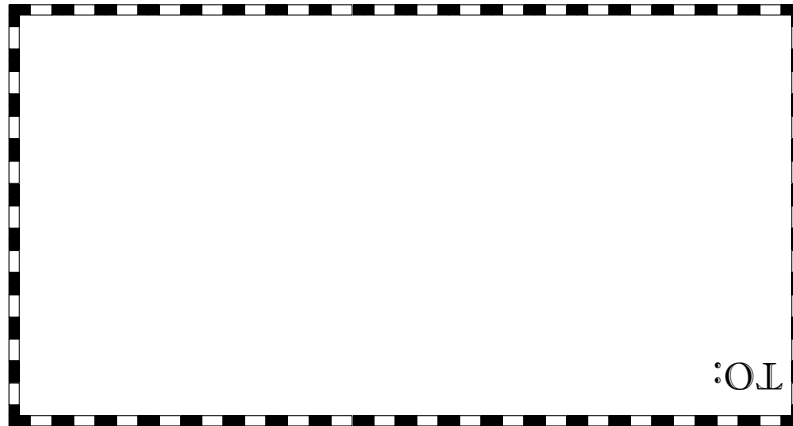
***Indicates a regular meeting.** Unless otherwise indicated, regular meetings are held on the third Sunday of the month at the Brighton Town Park Lodge, 5:30 PM Vegan Share-a-Dish Dinner, 7:00 PM Program.

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.

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.

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



ROCHESTER AREA VEGETARIAN SOCIETY
 BOX 20185
 ROCHESTER, NY
 14602