

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. ❖

VEGETARIAN IS THE NEW PRIUS

From the Huffington Post

Posted January 18, 2007

President Herbert Hoover promised "a chicken in every pot and a car in every garage." With warnings about global warming reaching feverish levels, many are having second thoughts about all those cars. It seems they should instead be worrying about the chickens.

Last month, the United Nations published a report on livestock and the environment with a stunning conclusion: "The livestock sector emerges as one of the top two or three most significant contributors to the most serious environmental problems, at every scale from local to global." It turns out that raising animals for food is a primary cause of land degradation, air pollution, water shortage, water pollution, loss of biodiversity, and not least of all, global warming.

That's right, global warming. You've probably heard the story: emissions of greenhouse gases like carbon dioxide are changing our climate, and scientists warn of more extreme weather, coastal flooding, spreading disease, and mass extinctions. It seems that when you step outside and wonder what happened to winter, you might want to think about what you had for dinner last night. The U.N. report says almost a fifth of global warming emissions come from livestock (i.e., those chickens Hoover was talking about, plus pigs, cattle, and others)--that's more emissions than from all of the world's transportation combined.

For a decade now, the image of Leonardo DiCaprio cruising in his hybrid Toyota Prius has defined the gold standard for environmentalism. These gas-sipping vehicles became a veritable symbol of the consumers' power to strike a blow against global warming. Just think: a car that could cut your vehicle emissions in half - in a country responsible for 25% of the world's total greenhouse gas emissions. Federal fuel economy standards languished in Congress, and average vehicle mileage dropped to its lowest level in decades, but the Prius showed people that another way is possible. Toyota could not

import the cars fast enough to meet demand.

Last year researchers at the University of Chicago took the Prius down a peg when they turned their attention to another gas guzzling consumer purchase. They noted that feeding animals for meat, dairy, and egg production requires growing some ten times as much crops as we'd need if we just ate pasta primavera, faux chicken nuggets, and other plant foods. On top of that, we have to transport the animals to slaughterhouses, slaughter them, refrigerate their carcasses, and distribute their flesh all across the country. Producing a calorie of meat protein means burning more than ten times as much fossil fuels--and spewing more than ten times as much heat-trapping carbon dioxide--as does a calorie of plant protein. The researchers found that, when it's all added up, the average American does more to reduce global warming emissions by going vegetarian than by switching to a Prius.

According to the UN report, it gets even worse when we include the vast quantities of land needed to give us our steak and pork chops. Animal agriculture takes up an incredible 70% of all agricultural land, and 30% of the total land surface of the planet. As a result, farmed animals are probably the biggest cause of slashing and burning the world's forests. Today, 70% of former Amazon rainforest is used for pastureland, and feed crops cover much of the remainder. These forests serve as "sinks," absorbing carbon dioxide from the air, and burning these forests releases all the stored carbon dioxide, quantities that exceed by far the fossil fuel emission of animal agriculture.

As if that wasn't bad enough, the real kicker comes when looking at gases besides carbon dioxide--gases like methane and nitrous oxide, enormously effective greenhouse gases with 23 and 296 times the warming power of carbon dioxide, respectively. If carbon dioxide is responsible for about one-half of human-related greenhouse gas warming since the industrial revolution, methane and nitrous oxide are responsible for another one-third. These super-strong gases come primarily from farmed animals' digestive

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ROCHESTER AREA VEGETARIAN SOCIETY**Coordinators:**

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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 *whey* 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.netWebsite: 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.orgWebsite: 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

As I write this column, it is a peaceful end-of-summer type of day, like so many in this mild autumn. We know that colder weather awaits us, but we can welcome it for the feelings of energy and productivity that it often brings.

Our August meeting was a picnic at the home of **Ted and Carol Barnett**. We were blessed with balmy weather and an excellent turnout. (And for those of you who attended, all of the cats and kittens on display found homes—some of them with us.)

In September, **Dr. Neal Barnard** of **Physicians Committee for Responsible Medicine (pcrm.org)** came to Rochester to lecture on the topic of his new book, dealing with the connection between diet and diabetes. The local Ornish support group, **Heartbeats for Life**, sponsored Dr. Barnard's visit, and many RAVS members were in attendance. (See p. 6 for sample recipes from the book.) The program at our September meeting was a lecture on "Animal Advocacy: Choosing an Effective Strategy" with **Hoss Firooznia** and **Adam Durand**. This fascinating and provocative presentation drew upon social psychology, as well as the speakers' experiences in conducting protests and other forms of activism.

In October we welcomed **Harold Brown** of **Farm Kind** for a program on "Moving Society towards Veganism." Harold's deep understanding of the animal industry, and of human nature, is invaluable in helping us to find ways to propagate a way of life that does not exploit animals; we thank him for sharing it with us.

Two recent events sponsored by **Animal Rights Advocates of Upstate New York (www.arauny.org)** drew many vegetarian attendees. In September, **Harold Brown** and **Adam Durand** (moderated by **Rachel O'Donnell**) presented two sides of the debate generated by the competing claims (and definitions) of animal welfare and animal rights. In October, activist **Anthony Marr** spoke on the crisis of global warming (or runaway global heating, as he believes it is more accurately labeled).

In the upcoming months, we look forward to a lecture by RAVS Coordinator **Ted D. Barnett, M.D.** on the history of the U.S. Dept. of Agriculture's Food Groups, as well as a cooking demo in December and a film-fest in January. Join us!

RAVS outreach in recent months included a table at a health fair in June at the Bay Knoll Seventh Day Adventist Church staffed by **Carol Barnett**, as well as one in September at SUNY Brockport, also staffed

by **Carol Barnett**.

On Saturday, Oct. 18, **Wendy Gilmore** presented a Fall Harvest cooking demonstration at Pittsford Community Library. Such delights as quinoa-stuffed squash and apple crisp were offered, and 38 people attended. Wendy plans a Valentine cooking demo at the Rush Library on Saturday, February 7, 12-1 PM; call 533-1370 to reserve.

The Cancer Project continues to offer its Food for Life cooking classes through our Rochester-area instructor **Sandy Baker**. The classes are now offered as a 4-part series on low-fat vegan cooking. For information on upcoming classes, you may contact Sandy at sandy@bluefrog.com or call her at (585) 338-2247.

Farm Sanctuary will have its vegan early Thanksgiving celebration on Saturday, November 22. Participants will gather at the Watkins Glen Community Center for a vegan potluck, followed by a lecture by Keith McHenry, the founder of Food Not Bombs, and after that a short drive to Farm Sanctuary to visit the animals and education center. Cost is \$10 per family, and you must reserve by November 14 (this event frequently fills up early). Contact Farm Sanctuary at (607) 583-2225 or farmsanctuary.org.

Once again, RAVS will have a table at the **MetroJustice Alternative Fair** on Friday December 5 from 6 to 9:30 PM and on Saturday December 6 from 9 AM to 3 PM. We need volunteers to staff our table and make vegan baked goods to sell; we also encourage you to attend the fair to find socially responsible information and merchandise (in previous years, this included vegan lasagne and vegan chocolate cake at the canteen!).

THANK YOU to **Lois Baum**, President of **Animal Rights Advocates of Upstate New York (ARAUNY)** (and also devoted RAVS member) for delivering a "sermonette" at the July 27 service of the First Unitarian Church. The sermon was entitled "Eating Our Values: Why I'm Vegan." If you would like a text of the sermon, you may visit www.arauny.org, or e-mail Lois at macbaum@aol.com. Lois shared her philosophy in a number of one-liners that deserve to be passed along, such as: "Go vegan and no body gets hurt" and "Peace begins on your Plate." To the (sometimes disingenuous) question that we all hear from time to time, namely whether the plants we eat don't have feelings too, she responds: "If they can flee, let them be." Lois recommended a visit to Wegmans Nature's Marketplace, and urged people to try So Delicious soy ice cream; she also handed out Pangea catalogs which carry plant-based and cruelty-free products in every area, not

just food. (Pangea's website is vegan-store.com.) Lois ended by presenting the church with the gift of Will Tuttle's book, *The World Peace Diet* (also available from RAVS). Thank you, Lois, for talking your walk!

CONGRATULATIONS to **Rupa Parakh** and **Ashish Bhandari** on the birth of **Mansi Bhandari** on September 13, 2008. She was born at 1:37 AM, weighed 6 lb., 11oz., and measured 19 inches! Much love, support, and good wishes to the new parents.

BLESSINGS to and from **Father Patrick Cowles**, pastor of the Greek Orthodox Church of the Holy Spirit on South Avenue, which held its fifth annual Greek Festival in September with more than 5,000 attendees. A picture of Father Patrick explaining Greek traditions to festival-goers accompanied the article in the Democrat and Chronicle on 9/8/08.

A VICTORY FOR HEALTHY LIVING In an Op-Ed piece that appeared in the Democrat and Chronicle on 10/15/08, **Chris Hirschler** discussed the new (as of July 14) "Smoke Free Inside and Out" policy at Monroe Community College. Hirschler says: "Untold current and future MCC students will quit or never begin smoking, thanks to this policy." Hirschler is an instructor in the Health and Physical Education Department at MCC, and is a RAVS Board member.

SPEAKING UP FOR CIVILITY Thanks to **Irene Hart** for a letter to the editor of the Democrat and Chronicle on 10/17/08, in which she urged politicians, businesspeople, and other leaders to tell the truth, refrain from name-calling, and truly listen to others (such that they can paraphrase what the other has said). Hart, a retired teacher, says such "rules of engagement" would offer a good model for children to emulate.

VEGAN BAKED GOODS! RAVS member **Jeaninne Ottman** operates a vegan and gluten-free vegan bakery out of her home. Ottman bakes and sells brownies, cookies, scones, pies, cupcakes and muffins in both vegan and gluten-free versions; she uses organic and fair trade ingredients, and biodegradable packaging. She sells her products in the South Wedge on Thursday evenings and in the Rochester Public Market on Saturdays (this may be season specific). Ottman is currently trying to open a bakery on South Ave. You may contact her at (585) 503-2488 or ToCrftyCts@aol.com

VEGAN FOOD BY MAIL Check out veggiebrothers.com.

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IN THE NEWS

VEGAN DIETS LOWER CHRONIC DISEASE RISK A new report published in the *Journal of the American Dietetic Association* finds that a low-fat vegan diet is more effective in the treatment of Type 2 diabetes than the conventional diet, and individuals following this diet have a reduced risk of heart disease as well. The 22-week study followed 99 people with Type 2 diabetes who were randomly assigned either the American Diabetes Association diet, or a low-fat vegan diet with no restriction on portions or calories. The vegan group showed a significant improvement in the Alternate Healthy Eating Index score, which indicates the risk of cardiovascular and other major chronic diseases. *Good Medicine*, Autumn 2008

BEANS ARE THE BEST OF ALL PROTEIN FOODS *Bottom Line's Daily Health News* on 6/4/08 ran a column by Suzanne Havala Hobbs, R.D., of the School of Public Health at the University of N. Carolina at Chapel Hill (and a frequent Vegetarian Summerfest speaker). The article points out that beans avoid the pitfalls of animal protein, such as cholesterol, saturated fat, and contaminants. Beans are "almost a wonder food." They rarely cause allergies, and are full of nutrients, including protein. As for the notion that they need to be combined with other foods to provide complete protein: "We now know that the body handles this by taking from all the foods you eat over the course of a day, making beans on their own an excellent source of protein." They are also an amazing source of soluble fiber, terrific for helping to maintain a healthy cholesterol and blood sugar level. Just one cup of beans contains more than half of the daily recommended intake of dietary fiber. (Thanks to Margie Campaigne for this reference.)

SOYFOODS SAFE FOR BREAST CANCER SURVIVORS A study published in *Nutrition Journal* (June 3, 2008; 7:17) indicates that soy products are safe for breast cancer patients at levels similar to traditional Asian soy intakes of about one to two servings daily, or about 25 to 50 mg. of isoflavones per day. *Good Medicine*, Autumn 2008

BEEF RECALL AT WHOLE FOODS On August 8, 2008, Whole Foods (a national health food supermarket chain) pulled fresh ground beef from all of its stores because of an E.coli outbreak traced to Nebraska Beef, the second outbreak in two months. In July, more than 5 million pounds of beef processed by Nebraska Beef was recalled after the meat was blamed for E.coli outbreaks in 7 states. Whole Foods had not been aware that its supplier was obtaining meat from Nebraska Beef, an Omaha meatpacker with a history of

food-safety and other violations. Over the past 6 years, federal meat inspectors have repeatedly written it up for sanitation violations, and found that it ran afoul of new regulations aimed at keeping mad cow disease out of the meat supply. In 2007, Minnesota health officials blamed Nebraska Beef for sickening 17 people who ate meat at a church potluck in rural Minnesota, including one woman who died. In 2001, the National Labor Relations Board found that the company had intimidated workers prior to a vote on whether to unionize. Nebraska Beef continues to operate, and says it has "undertaken an in-depth review of its processes." *Washington Post*, 8/10/08

SPELLING IT OUT IN TOMATOES During the summer, government agencies fixed the blame for the nationwide salmonella outbreak on various culprits, including certain types of tomatoes, and fresh chili peppers.

In July, the Physicians Committee for Responsible Medicine (PCRM), answered the question "Who (or what) is to blame?" by using more than 1,000 tomatoes to spell out "It's the meat, stupid," in front of the US Dept. of Health and Human Services (HHS) building in Washington, D.C. The event called attention to the role of the meat industry in spreading salmonella, E.coli, and other foodborne pathogens. Like E.coli, salmonella live in the intestinal tracts of animals. Factory farms, feedlots, and other agribusiness operations have caused an unprecedented amount of feces to end up in the water supply, resulting in the contamination of otherwise healthful produce. Tomatoes, jalapeno peppers, and other fruits and vegetables have no intestines, and they are unfairly blamed for being a secondhand source of contamination. (A side note: After the event, the tomatoes were donated to the Manna Food Center in Rockville, Md., which serves 2,300 hungry families and elementary students in Montgomery County, Md. Whew!) *Good Medicine*, Autumn 2008.

MONSANTO TRYING TO SELL DAIRY HORMONE BUSINESS On August 6, 2008, Monsanto announced that it would try to sell its business of producing artificial growth hormone for dairy cows, a substance marketed as Posilac and also known as bovine somatotropin (BST) or recombinant bovine growth hormone (rBGH). The company's action comes at a time when many retailers such as Wal-Mart and Publix are selling milk from cows not treated with the hormone, and labeled as being hormone-free. Monsanto tried unsuccessfully to persuade federal officials to crack down on labels that say the milk has been produced without hormones, and a Monsanto-backed advocacy group tried to have laws or regula-

tions passed at the state level to prevent such labeling. *New York Times*, 8/6/08. BST causes suffering in dairy cows, and there is evidence that it poses a cancer risk in those who drink milk from treated cows, so it is a benefit for the animals and for consumers that Monsanto seems to be backing away from this product. We emphasize, however, that RAVS promotes a vegan diet and our position is that consumption of dairy products, of any kind, is not necessary and not healthy.

ECOLOGICAL IMPACT OF EATING MEAT While buying local is important, "consumers aiming to shrink their ecological footprints will get more bang for their environmental buck by eating less red meat and dairy," according to a new study that appeared in *Environmental Science & Technology*. Delivering food to the consumer accounts for only 4% of food-associated greenhouse gas emissions, while production contributes 83%. The "production path" to red meat and dairy products is especially damaging to the environment because of the copious emission of nitrous oxide and methane, mainly from fertilizer use, manure management, and animal digestion. *Science News*, May 24, 2008, p. 11.

VEGAN AIR TRAVEL An article in the Business section of the *New York Times* entitled "In-Flight Plight of a Famished Vegan" recounts the tribulations of Wayne Pacelle, president and chief executive of the Humane Society of the United States. Pacelle told the reporter that vegetarians can find decent food at the airport but vegans "have it a little tougher." Pacelle often has to subsist on high-priced nuts from newspaper shops, and remarks: "All I want is some decent food that doesn't involve animals in any way." He says that talking with fellow passengers about animals "nourishes my soul. If not my stomach." NYT 9/9/08 The article about Pacelle prompted a couple of letters, one from Susan Levin, a dietitian, who pities "exhausted travelers seeking nutritious meals to help them make it to their destinations" and reminds us of "the wide-ranging benefits of a plant-based diet—lower blood pressure and cholesterol and less risk of obesity, heart disease, diabetes and several cancers." Another letter writer, Jane Shakman, a vegan, reports that she shares Pacelle's pain, as she once brought two soy yogurts to hold her through a flight, and had them confiscated by security. NYT 9/12/08

EX-WHITE HOUSE CHEF VISITS ROCHESTER Walter Scheib, who served as White House chef in President Clinton's administration and for part of President George W. Bush's first term, addressed an
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processes, and from their manure. In fact, while animal agriculture accounts for 9% of our carbon dioxide emissions, it emits 37% of our methane, and a whopping 65% of our nitrous oxide.

It's a little hard to take in when thinking of a small chick hatching from her fragile egg. How can an animal, so seemingly insignificant against the vastness of the earth, give off so much greenhouse gas as to change the global climate? The answer is in their sheer numbers. The United States alone slaughters more than 10 billion land animals every year, all to sustain a meat-ravenous culture that can barely conceive of a time not long ago when "a chicken in every pot" was considered a luxury. Land animals raised for food make up a staggering 20% of the entire land animal biomass of the earth. We are eating our planet to death.

What we're seeing is just the beginning, too. Meat consumption has increased five-fold in the past fifty years, and is expected to double again in the next fifty.

It sounds like a lot of bad news, but in fact it's quite the opposite. It means we have a powerful new weapon to use in addressing the most serious environmental crisis ever to face humanity. The Prius was an important step forward, but how often are people in the market for a new car? Now that we know a greener diet is even more effective than a greener car, we can make a difference at every single meal, simply by leaving the animals off of our plates. Who would have thought: what's good for our health is also good for the health of the planet!

Going veg provides more bang for your buck than driving a Prius. Plus, that bang comes a lot faster. The Prius cuts emissions of carbon dioxide, which spreads its warming effect slowly over a century. A big chunk of the problem with farmed animals, on the other hand, is methane, a gas which cycles out of the atmosphere in just a decade. That means less meat consumption quickly translates into a cooler planet.

Not just a cooler planet, also a cleaner one. Animal agriculture accounts for most of the water consumed in this country, emits two-thirds of the world's acid-rain-causing ammonia, and it the world's largest source of water pollution--killing entire river and

marine ecosystems, destroying coral reefs, and of course, making people sick. Try to imagine the prodigious volumes of manure churned out by modern American farms: 5 million tons a day, more than a hundred times that of the human population, and far more than our land can possibly absorb. The acres and acres of cesspools stretching over much of our countryside, polluting the air and contaminating our water, make the Exxon Valdez oil spill look minor in comparison. All of which we can fix surprisingly easily, just by putting down our chicken wings and reaching for a veggie burger.

Doing so has never been easier. Recent years have seen an explosion of environmentally-friendly vegetarian foods. Even chains like Ruby Tuesday, Johnny Rockets, and Burger King offer delicious veggie burgers and supermarket refrigerators are lined with heart-healthy creamy soymilk and tasty veggie deli slices. Vegetarian foods have become staples at environmental gatherings, and garnered celebrity advocates like Bill Maher, Alec Baldwin, Paul McCartney, and of course Leonardo DiCaprio. Just as the Prius showed us that we each have in our hands the power to make a difference against a problem that endangers the future of humanity, going vegetarian gives us a new way to dramatically reduce our dangerous emissions that is even more effective, easier to do, more accessible to everyone and certainly goes better with french fries.

Ever-rising temperatures, melting ice caps, spreading tropical diseases, stronger hurricanes... So, what are you do doing for dinner tonight? Check out www.VegCooking.com for great ideas, free recipes, meal plans, and more! Check out the environmental section of www.GoVeg.com for a lot more information about the harmful effect of meat-eating on the environment. ❖

LETTER TO THE EDITOR

In response to an article in the food section of the Democrat and Chronicle, analyzing the confusing array of "eco-labels" on food, such as "free-range" or "cage-free," Jeff Mackey, a staff writer for People for the Ethical Treatment of Animals (PETA), wrote the following: "One label . . . clearly distinguishes a product as being friendlier to the environment, animals, and

human health: Vegan. Raising and slaughtering animals for food creates waste that poisons our air and water, destroys indigenous plant and animal species through overgrazing, contributes to deforestation and wastes valuable land and energy. Vegan foods, containing no animal products, are not only better for the planet, but they also reduce our risk of serious illnesses and, of course, they benefit animals, too. For more information about, go to www.GoVeg.com." D&C 8/15/08. ❖

Metro Justice's 26th Annual Alternative Fair



• **Home Made Veggie Food, Free Child Care**
Friday, December 5th, 6 – 9:30 pm
Saturday, December 6th, 9 am – 3 pm
 First Unitarian Church
 220 Winton Road South
 \$4 suggested donation (ages 12 and up)
 For more information: 325-2560

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RESTAURANTS TO TRY

Health Garden is a vegetarian health food store and restaurant offering vegan and West Indian cuisine. 350 State St., Rochester (across from the Kodak Office), hours Mon.-Fri. 8 AM- 6 PM, (585) 262-2880, cell (585) 319-8958, health.garden@yahoo.com; catering and delivery service available.

Sak's Thai Cuisine is at 7374 Pittsford -Palmyra Rd., Fairport, hours Mon.-Fri. 11:30 AM-10:00 PM, Sat. 12 Noon - 10:00 PM, Sun. 5 PM -9:30 PM; (585) 421-9010, www.saksthaicuisine.com. Be sure to specify vegan at both restaurants. Recommended by **Jen and David Cherelin**.

ANOTHER NEARBY SANCTUARY

Since 2000, **Cracker Box Palace**, at 6450 Shaker Road in Alton has operated as a farm animal haven, and is home to over 200 surrendered, abused, abandoned or neglected farm animals from Wayne and surrounding counties. For more information visit www.crackerboxpalace.org, e-mail crackerbpalace@netzero.net, call (315) 483-2493,

Membership Update: New Members: Carole Camp, Diane & Mark Kaminski, Lauren McDonald, Elizabeth Meeker, Joni & Peter Nilsson, Jonathan Smelts. **Membership Renewals:** Karen Atkins, Felicity & Gerry Brach, Cindy Brone, Jacqueline Christman, Paul Clark, Steve Connelly, David Daunce, Hoss Firooznia, Irene Hart, Leena Isac & Ted Potter, Michael Miller, Susan Miller (Patron Level), Sylvia Rose & David Rosenfeld, Sharon Yates (2-year renewal). **Newsletter Subscription:** Phyllis Erwin (2-year renewal). This list reflects payments received up to 10/31/08. If you think your payment should have been received by that date and you are not on the list, please call 234-8750. ❖

RECIPE PAGE



Dr. Neal Barnard's *Program for Reversing Diabetes: The Scientifically Proven System for Reversing Diabetes without Drugs* (2007), the newest book from the founder of Physicians Committee for Responsible Medicine (PCRM), sets forth the power of a low-fat vegan diet to prevent, treat, and reverse this deadly disease. The book includes menus and recipes from Bryanna Clark Grogan. The book will be available from RAVS (list price \$25.95; RAVS price \$23). Meanwhile, here are some recipes from the book.

VEGETARIAN "REFRIED" BEANS (Makes 4 cups.)

4 ½ c cooked or 3 cans black, kidney, or pinto beans, rinsed and drained
1 small onion, finely chopped
2 T red wine vinegar
1 t salt
1 t ground cumin
1 t dried oregano
1 t garlic granules or powder
1 t chili powder
Hot pepper sauce to taste (opt.)
A few dashes liquid smoke (opt.)

Place all ingredients in a food processor. Blend for several minutes or until very smooth. Transfer to a serving bowl, cover, and refrigerate. Can be reheated in microwave or in a skillet, stirring constantly. Serve warm as a dip or filling for tacos or tortillas, or cold as a spread for sandwiches or wraps.

LEBANESE-STYLE LENTILS AND PASTA (Makes 4 servings.)

5 c low-sodium vegetarian broth
1 c uncooked brown lentils, rinsed
2 medium onions, chopped
2 cloves garlic, chopped
1 t ground cumin
4 c chopped chard, kale, or other greens or 1 package (10 oz.) frozen chopped spinach, thawed
4 oz. spaghetti or spaghetti (preferably whole wheat), broken into 4-in. long pieces
¼ c chopped fresh parsley or cilantro (opt.)
Pinch of cayenne pepper
2 T lemon juice
Salt to taste
Freshly ground pepper to taste

Bring the broth and lentils to a boil in a med. saucepan. Reduce heat to low, cover, and cook for about 25 min. or until the len-

tils are tender but still hold their shape. Steam-fry the onions, garlic, and cumin a large, deep skillet until soft, adding very small amounts of water as needed to prevent sticking and burning. Pour the lentils and broth into the pan with the onions. Add the greens, pasta, parsley or cilantro, if desired, and cayenne. Bring to a boil, then reduce the heat to medium. Cook, uncovered, for about 10 min. or until the pasta is tender and most of the broth has been absorbed, leaving a sauce. Add the lemon juice and mix well. Season with the salt and black pepper. Serve hot.

SPINACH DIP

[Editor's note: this is a vegan take on a wicked recipe that is a standby in mainstream American kitchens.]

20 oz. reduced-fat extra-firm silken tofu
[found in shelf-stable aseptic packages]
¼ c lemon juice
1 envelope Lipton Recipe Secrets Vegetable Soup Mix
½ t salt
1 package (10 oz.) frozen chopped spinach, thawed and squeezed dry
2 scallions, minced
1 can (8 oz.) water chestnuts, drained and chopped (opt.)
1 T vegetarian bacon bits (opt.)

Place the tofu, lemon juice, soup mix, and salt in a food processor and blend until smooth. Add the spinach, scallions, water chestnuts, if desired, and bacon bits, if desired, and pulse until mixed. Transfer to a serving bowl, cover, and refrigerate until ready to serve. Good served with raw vegetables and/or fat-free dark rye-crisp crackers.

THAI-STYLE COLESLAW (Makes 4 servings.)

[Editor's note: this recipe could probably be made easier by using packaged coleslaw mix.]

3 c finely shredded green or savoy cabbage
1 med. carrot, shredded
1 small sweet onion, thinly sliced
2 T minced fresh mint or 2 t dried mint
2 T minced fresh cilantro, basil, or parsley
2 T low-sodium soy sauce
2 T lime juice
2 T water
1 T sugar
1 T grated lime peel
1 ½ t toasted sesame seeds

Combine the cabbage, carrot, onion,

mint, and cilantro, basil or parsley in a serving bowl. Combine the soy sauce, lime juice, water, sugar, and lime peel in a small bowl. Pour over the salad, mix well, and refrigerate until ready to serve. Sprinkle with sesame seeds before serving.

MEATLESS SCHOOL LUNCHES AND SNACKS

On October 2, 2008, the Democrat and Chronicle, in the Living section, ran an article on vegetarian lunch ideas. Here are the suggestions, which the D&C took from one of PETA's websites, VegCooking.com:

- (1) Toasted English muffin pizza with tomato sauce, vegan cheese, and your child's favorite vegetable
- (2) Roll-ups: Soft tortilla, spread with vegan cream cheese [e.g. Tofutti] and/or veggie pepperoni and vegetables, rolled up, and cut into pinwheels
- (3) Variation on PB&J: Pack the peanut butter and jelly in separate cups to use as dip for bread sticks, celery, and apple slices
- (4) Pasta salad: Mix tricolor pasta spirals with diced tomatoes, cucumbers, and vegan mayo or dressing
- (5) Taco shells or tortillas (either wheat or corn) filled with black beans and brown rice [and salsa!]
- (6) Pitas or mini pitas sliced in half and filled with hummus, falafel, or another sandwich filling, plus veggies
- (7) Vegetarian baked beans with sliced veggie hotdogs.



HAIKU

November night:
the dark piles of raked leaves
at the curbside

autumn sunset—
the cow rubs her face against
the bale of hay

winter nightfall . . .
out of the hazy penumbra
a few light flakes

by Bruce Ross

(Continued from page 4)

audience of more than 250 people at Monroe Community College on Wednesday, Oct. 8. Scheib discussed the demands of the job and told many amusing and humanizing anecdotes. The next day, he led a cooking demonstration featuring favorite recipes from the Clinton and Bush years, including "a red curry sweet potato soup [that] was developed for college-bound Chelsea Clinton when she became a vegan." *Democrat and Chronicle*, 10/10/08

GOURMET VEGAN SATISFIES FOOD CRITIC In a review entitled "Not Missing the Meat (Mostly)" *New York Times* food reporter Frank Bruni says most vegans miss meat, because they name all their entrees after it, and claims to find evidence in a visit to Candle 79, "one of New York's most ambitious vegan restaurants," where paella with smoked (seitan-based) "sausage" and dairy free "ice cream" are served. After stating at the outset that vegan food is "a blessing to the colon but a hurdle for any hedonistic cook," Bruni samples the food and reports that it is all "pleasurable and largely satisfying." Although he doesn't go overboard, Bruni concludes that, like most of his food critic friends, he "hasn't given vegan cuisine its due" and "Candle 79 showed me the light—or is it lite." *New York Times*, 10/15/08. The rest of us are just trying to figure out how to get paid to go to Candle 79!

HEARD IT ON THE RADIO On October 8, national public radio (AM 1370) identified as one of its sponsors Goodbelly, a probiotic which is organic "and vegan." Household word?

LET'S ALL BE CAREFUL A recent column in the *Democrat and Chronicle's* "Wellness" section by Charles Stuart Platkin was entitled "*Be careful eliminating meat in diet.*" It begins with this quote from Joan Salge Blake, nutrition professor at Boston University: "A vegetarian diet contains the fundamentals for reducing the risk of heart disease, high blood pressure, diabetes, cancer, stroke and obesity." Platkin explains that vegetarian diets are healthier because "they're typically lower in fat and cholesterol, higher in fiber, and more moderate in protein and calories than other diets. Plus, fruits, vegetables, whole grains, legumes and nuts contain a variety of antioxidants known to promote health and prevent the onset or promotion of disease." But he goes on to say that switching to a vegetarian or vegan diet is not "automatic healthier" because it requires "careful planning" to ensure consumption of all needed nutrients and because "highly restrictive, poorly planned" vegetarian diets can lead to deficiencies. Our response is that (1) all diets require some attention and planning to be healthful and adequate; (2) omnivore diets, precisely because they contain harmful elements and tend to "push" health-

ier foods off the plate, are much more likely to lead to poor health--the diseases caused by SAD (the Standard American Diet; and (3) precisely because most vegetarians have chosen the diet as a result of reviewing information, they are more likely than unreflecting omnivores to make the careful choices necessary for nutritional adequacy. We are glad that Platkin wrote a column praising vegetarian diet; unfortunately, because many people tend to just read or glance at the title, he may have done more harm than good with his article. *D&C*, 7/23/08.

VEGANIZING THE WEB Mercy for Animals' new ChooseVegBlog.com website is hosted by the "cruelty-free kitchen warrior" Sangeeta Kumar. Updated regularly, the blog features recipes, cooking tips, profiles of vegan products, and mouthwatering photos.

PAUL SAYS GO VEG "If anyone wants to save the planet, all they have to do is just stop eating meat. That's the single most important thing you could do. It's staggering when you think about it. Vegetarianism takes care of so many things in one shot: ecology, famine, cruelty." -Sir Paul McCartney, quoted in Top Ten Reasons To Go Vegetarian by Bruce Freidrich, found at peta.org and commondreams.org. ❖

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

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:

- ☐ \$20/year Individual Membership
☐ \$35/year Joint membership, one address
☐ \$10/year Student/Fixed income
☐ \$17/year Joint fixed income
☐ \$50/year Contributing membership
☐ \$75/year Sustaining membership
☐ \$100/year Patron
☐ \$7/year *Vegetarian Advocate* only

Amount enclosed \$_____. Any amount over basic membership is tax deductible. Please make check payable to **Rochester Area Vegetarian Society**.

- ☐ I have a vegan lifestyle.
☐ I have a vegan diet. ☐ Ornish diet
☐ I am an ovo-lacto vegetarian.
☐ I am not yet a vegetarian but would like to support RAVS.

Primary interest in vegetarianism:

- ☐ Environment ☐ I/we am/are willing to volunteer to help RAVS.
☐ Animal Rights
☐ Health
☐ Other:



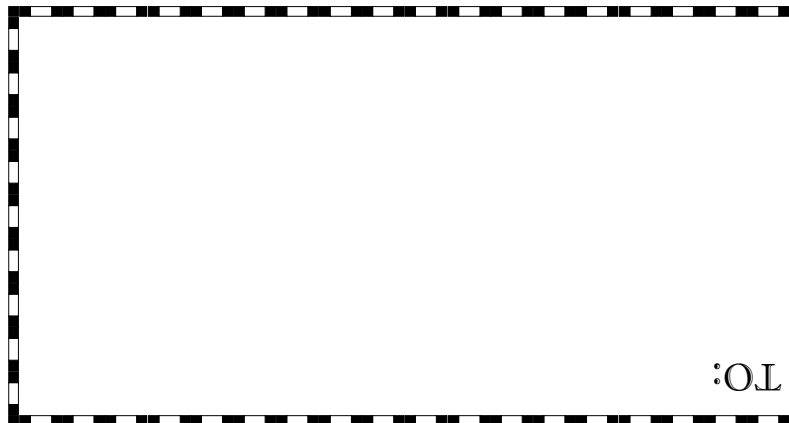
Rochester Area Vegetarian Society upcoming events:

- ⇒ **November 16, 2008*** (3rd Sunday) **The History of Dietary Recommendations in the U.S.** a presentation by RAVS's own **Ted D. Barnett, MD**
- ⇒ **December 21, 2008*** (3rd Sunday) **Winter Solstice** Vegan Potluck followed at 7 PM by a cooking demo of **"Easy Holiday Appetizers and Desserts"** with RAVS Cooking Instruction Coordinator **Wendy Gilmore** and helpers. NOTE: Unlike previous years, this dinner will begin at our usual starting time and will be followed by a program. You must bring a dish to share just as at a typical meeting. We'll also have an **OPTIONAL VEGAN COOKIE EXCHANGE** (take as many as you bring).
- ⇒ **January 18, 2009*** (3rd Sunday) **Movie Night** featuring **Films with a Vegetarian or Social Justice Theme** from the Rochester International Film Festival, brought to us courtesy of **Ellie Cherin**.

***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."

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



ROCHESTER AREA VEGETARIAN SOCIETY
BOX 20185
ROCHESTER, NY
14602