



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. ❖

UPCOMING EVENTS

- Organic Farmers in February
- The Environment in March
- Esselstyn Special Event in March
- Gourmet Indian Feast in April

IN MEMORIAM

It is with great sadness that we announce the death of Rhoda Sapon on December 27, 2007. Rhoda, along with her husband Stanley Sapon, Ph.D., an emeritus professor of psychology at the University of Rochester, founded the Rochester Area Vegetarian Society (RAVS) in October of 1989. Over the years, RAVS has offered support to its members and outreach to the larger community. RAVS is essentially the same organization that the Sapons founded almost 20 years ago. Its significant features—a quarterly newsletter, monthly share-a-dish dinners followed by a program, and especially the vegan rule for dinners—have served the organization well and, we hope, will continue to do so.

We send our sympathy to Stan; Stan and Rhoda’s four children and many grandchildren; other family and friends; and the many people whom Rhoda influenced for the better over her lifetime. Their loss is our loss.

Stan Sapon can be reached at 1700 Greenhouse Drive, Apt. GL306, Sarasota, FL 34231-6766.

On Sunday, January 27, the New York Times printed an amazing article by Mark Bittman, a well-known food writer and author of *How to Cook Everything Vegetarian* (who is not himself a vegetarian). The following is an excerpt from the article, which can be read in its entirety in a link at our website, www.rochesterveg.org.

RETHINKING THE MEAT-GUZZLER

Excerpted from the New York Times, 1/27/2008

A sea change in the consumption of a resource that Americans take for granted may be in store—something cheap, plentiful, widely enjoyed and a part of daily life. And it isn’t oil.

It’s meat.

The two commodities share a great deal: Like oil, meat is subsidized by the federal government. Like oil, meat is subject to accelerating demand as nations become wealthier, and this, in turn, sends prices higher. Finally — like oil — meat is something people are encouraged to consume less of, as the toll exacted by industrial production increases, and becomes increasingly visible.

Global demand for meat has multiplied in recent years, encouraged by growing affluence and nourished by the proliferation of huge, confined animal feeding operations. These assembly-line meat factories consume enormous amounts of energy, pollute water supplies, generate significant greenhouse

gases and require ever-increasing amounts of corn, soy and other grains, a dependency that has led to the destruction of vast swaths of the world’s tropical rain forests.

The world’s total meat supply was 71 million tons in 1961. In 2007, it was estimated to be 284 million tons. Per capita consumption has more than doubled over that period. (In the developing world, it rose twice as fast, doubling in the last 20 years.) World meat consumption is expected to double again by 2050, which one expert, Henning Steinfeld of the United Nations, says is resulting in a “relentless growth in livestock production.”

Growing meat (it’s hard to use the word “raising” when applied to animals in factory farms) uses so many resources that it’s a challenge to enumerate them all. But consider: an estimated 30 percent of the earth’s ice-free land is directly or indirectly involved in livestock production, according to the United Nation’s Food and Agriculture Organization, which also estimates that livestock production generates nearly a fifth of the world’s greenhouse gases — more than transportation.

To put the energy-using demand of meat production into easy-to-understand terms, Gidon Eshel, a geophysicist at the Bard Center, and Pamela A. Martin, an assistant professor of geophysics at the University of Chicago, calculated that if Americans were to reduce meat consumption by just 20 percent

(Continued on page 5)

ROCHESTER AREA VEGETARIAN SOCIETY

Coordinators:

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

Board of Directors:

Shelley Adams	Daryl Odhner
Carol H. Barnett	Ted Potter
Ted. D. Barnett	Heather Schooler
Ellie Cherin	David Strafford
Leena Isac	Diana Strafford
Ken McBride	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:	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
Tel: (410) 366-8804
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

With crisis comes opportunity. As we move through the political season, and experience hard times with the war and our economy, more and more people are showing interest in vegetarian diet as a solution to many of our problems.

The informative and motivating November meeting was devoted to the peace movement in Rochester. Thanks to RAVS member **Michael Connelly** for his overview of organizations, places and events; to the **Raging Grannies** for their issues-inspired music; and to **Tom Moore** and **Judith Bello** for their discussion of Iraq, based in part on Tom's first hand impressions from his recent visit.

Our December meeting was cancelled because of heavy snowfall, a first for RAVS. Thanks to **Kenyatta DaCosta** for preparing his program; we hope to have him present at a future meeting.

Our January meeting was a class on "Antioxidants and Phytochemicals" given by **Sandy Baker**, a certified instructor for **The Cancer Project**. This class was a sample class from an 8-part series that Sandy gives on a repeating basis at various locations in the Rochester area. More than 90 people, many of them new to RAVS, attended this event and enjoyed a full meal after Sandy's presentation. The event was a resounding success thanks to the long and hard work of many volunteers who shopped for, washed, chopped, prepared and served food; who loaded, drove, set up and cleaned up. We thank **Brad Cherin**, **Ellie Cherin**, **David Daunce**, **Leena Isac**, **Ken McBride**, **Heather Schooler**, **David Strafford**, **Diana Strafford**, and **Amanda Yeager** (and we're sure we've forgotten a few others) with special thanks to **Vernon Cain** of **Rochester Indymedia** for bringing and running the audio-visual equipment. Sandy will be teaching the full 8-class series at various times and locations this spring; see p.5 for details, along with the recipes for the dishes that were served at the January dinner.

See the calendar on the back page for our upcoming events. This will be a somewhat "irregular" quarter! Please note that in April, the 3rd Sunday, which is usually our meeting date, falls on the 2nd night of Passover, which we always observe. The service is non-denominational and you do not need to be Jewish to attend (see box this page); however, the seder is not our monthly meeting, which will instead be a restaurant gathering on the 2nd Sunday. Also, note that we have two wonderful out-of-town speakers coming soon: author **Pamela Rice** from New York at the March meeting, and physi-

cian-author **Caldwell Esselstyn** (*Prevent and Reverse Heart Disease*) for a special meeting in March. Both speakers have presented at the Vegetarian Summerfest many times, and we urge you to attend when we are lucky enough to have them here in Rochester.

We've had a number of recent outreach events, some unusual. In November, **Leena Isac** and **Carol Barnett** attended a conference on Preventing Childhood Obesity, targeted to school nurses and dietitians and sponsored by the dairy industry. Both Leena and Carol asked trenchant questions of the presenters. (We've written up an account of our experience at this conference, available on request.) Also in November, **Usha Shah** tabled and gave presentations on vegetarian food preparation and on meditation, at a conference for health professionals at the Integrative Medicine Center and Spa at Clifton Springs Hospital.

In November, **Dawn Zuppelli** of Rochester Indymedia produced and hosted a show on vegetarian alternatives for Thanksgiving, featuring a short cooking demo by our own **Wendy Gilmore** as well as a representative from **Farm Sanctuary**. "Let's Talk Turkey" ran on Monday 11/19 and Thursday 11/22 (Thanksgiving) on RCTV-Ch. 15.

Also, Messenger-Post newspapers interviewed several RAVS members for an article on vegetarian Thanksgivings which appeared in the Canandaigua Daily Messenger on 11/22, as well as in some of the weekly Post newspapers.

In December, RAVS had a table at **MetroJustice's** Alternative Fair. Thanks to the following for staffing the table: **Shelley Adams**, **Karen Atkins**, **Ellie Cherin**, **Wendy Gilmore**, **Ramya Kane**, **Ken McBride**, **Daryl Odhner**, **Maggie Odhner**, **David Strafford**, and **Diana Strafford**. Thanks to **David Cherelin**, **Ellie Cherin**, **Katherine DaCosta**, **Darren Mrak**, and **Maggie Odhner** for providing homemade vegan baked goods and popcorn to sell. RAVS sold \$135 in books, and took in \$115 (pure profit) for baked goods. Later in December, **Carol Barnett** staffed a table at the First Unitarian Church's holiday fair for its members.

Thanks to **Wendy Gilmore** for teaching a cooking class in February on "Be My Vegan Valentine" at Pittsford Library and at Fairport Library, with **Liane Fitzgerald**, **Leena Isac**, **Ken McBride** and **Heather Schooler** assisting. About 35-40 people attended each class.

As we move into spring, we hope to foster the ever-growing interest in vegetarian diet! ❖

RAVS SEDER The 15th annual RAVS vegan seder will be held on the 2nd night of Passover, Sunday, April 20th, 2008, at the Brighton Town Park Lodge, 777 Westfall Road. Please call to reserve at 234-8750. Please bring a dish that is vegan and also conforms to the Passover tradition. No wheat is allowed (e.g., no pasta, bread or cookies) except matzoh products such as farfel and matzoh meal—but no egg matzoh! Other grains such as rice are also excluded. Beans, potatoes, vegetables and fruits are fine. For details on time and place, see p. 8.

CONGRATULATIONS Project House was listed by Rochester Environment as the Web Site of the Month for December 2007. RAVS member **Margie Campaigne** is very involved with this project and other environmental causes. Visit www.Project-HOUSE.us

SHAMELESS PLUG Nathaniel Barnett, son of the RAVS Coordinators, will be appearing in the Rush-Henrietta HS production of the musical "Working" on Fri. March 7 and Sat. March 8 (2 nights only), 7:00 PM, 1799 Lehigh Station Rd. Call 359-5200 for tickets. FREE dress rehearsal Wed. March 5 (NOT Thurs.) at 6 PM.

VEG RESTAURANT OPTIONS

Hyjea 2120 Five Mile Line Rd., Penfield, 586-5683, www.hyjea.com: Chef **Jonathan Amoia** has added a host of vegetarian options to the menu. The November soup of the month, Apple Squash Soup, was vegan.

Lento, 274 N. Goodman St. (Village Gate), 271-3470: The restaurant always has one vegetarian option; now, every Thursday will be "vegetarian night" with a separate menu. Lento features organic, local, seasonal fresh cooking. Chef **Art Rogers** knows vegan options are welcome to members of our group.

Northfield Food & Drink, 3001 Monroe Ave. (site of former Spring House), 641-0468: Chef **Dave Bunts** can provide delicious vegan meals with some advance notice. Northfield catered the delicious low-fat vegan holiday dinner for the Heartbeats for Life (Ornish) group.

Palace of Dosas, 656 Millersport Highway, Amherst, NY 14255 (close to 6 corners in Amherst): Though somewhat far afield from Rochester, this is an all-vegetarian restaurant specializing in South Indian cuisine. ❖

IN THE NEWS

PROSTATE CANCER RISK FROM DAIRY PRODUCTS Analysis of results from the National Institutes of Health-AARP Diet and Health Study showed a positive association of skim milk intake with advanced prostate cancer. Calcium intake from plant foods was shown to have a potential protective effect against non-advanced prostate cancer. Common plant sources of calcium include green leafy vegetables, beans, sesame seeds, and tofu. Physicians Committee for Responsible Medicine (PCRM)'s *Good Medicine*, Winter 2008

PANCREATIC CANCER RISK AND PROCESSED MEATS, DAIRY A study at the University of California, San Francisco showed the intake of beef, processed meats, lamb, eggs, and dairy products to be positively associated with risk of pancreatic cancer. Total dietary cholesterol and animal fat both corresponded to increased risk. *Good Medicine*, Winter 2008

RED AND PROCESSED MEAT CONSUMPTION SIGNIFICANTLY INCREASES CANCER RISK A new comprehensive report by the American Cancer Institute of Research and the World Cancer Research Fund found that red and processed meats can significantly increase cancer risk, and that no amount of processed meats is completely safe. For example, every 1.7 ounces of processed meat consumed a day increases the risk of colorectal cancer by 21 percent. *Good Medicine*, Winter 2008

ATKINS DIET HARMS BLOOD VESSELS Researchers at the University of Maryland Hospital in Baltimore found that the Atkins diet, with about 50 percent of calories from fat, causes LDL or "bad" cholesterol to increase. In addition, the Atkins diet reduces blood vessel dilation and increases inflammation associated with blood clots, possibly causing long-term damage to blood vessels. *Good Medicine*, Winter 2008

"WESTERN DIET" LINKED TO BIRTH DEFECTS A new study from the Netherlands showed that mothers with a "Western dietary pattern" (e.g., high intakes of red meat, processed meat, pizza, French fries, mayonnaise) had a higher risk of birth defects in their offspring, in some cases nearly double the risk. *Good Medicine*, Winter 2008

WHOLE GRAINS PROTECTIVE VS. DIABETES A recent meta-analysis of studies by the National Institutes of Health showed that, on average, every serving of whole grains in a person's daily diet cuts diabetes risk by about 10 percent. *Good Medicine*, Winter 2008

CHANGES IN WIC As of December 2007, the US Dept. of Agriculture includes tofu and soymilk as alternatives to cow's milk in its Women, Infants and Children (WIC) food packages. The agency notes that the option is in line with the 2005 Dietary Guidelines, and is part of an effort "to better meet the nutritional needs of WIC participants" (www.usda.gov).

ORNISH vs. KRUGMAN Paul Krugman, a regular New York Times columnist, wrote in an 11/9/07 column that "lifestyle-related problems play, at most, a minor role in high U.S. health care costs." In a letter published on 11/13/07, Dean Ornish, M.D.—author of the groundbreaking study demonstrating that lifestyle changes can reverse heart disease—wrote: "In fact, chronic diseases like coronary heart disease, diabetes and obesity account for more than 50 percent of health care costs in the United States and most of the world. Studies show that approximately 95 percent of these chronic diseases are preventable or even reversible just by making comprehensive lifestyle changes."

ORNISH AGAIN In "Chocolate to Live For!" (Newsweek Web Exclusive 11/20/07), Dr. Ornish wrote that, at the American Heart Association annual scientific sessions in November 2007, researchers reported that eating dark chocolate may actually improve blood flow to your heart. A study in Japan showed that subjects eating dark chocolate rich in polyphenols had significantly more blood flow to the heart than subjects eating white chocolate, which has no polyphenols. This confirms the findings of earlier studies published in the *Journal of the American College of Nutrition* and in the *International Journal of Medical Sciences*. (Now you know what to give your Valentine!)

EVANGELICALS FOR COMPASSION Stephanie Simon of the Los Angeles Times reported in November 2007 on religious evangelicals who are embracing animal rights as a cause. Recently, at a ceremony in Washington, D.C., clergy from 20 faith traditions signed a statement declaring a moral duty to treat animals with respect. The Best Friends Animal Society, which brought the interfaith group together, plans to recruit volunteers to bring that message into at least 2,000 congregations. To read the statement online, visit Best Friends Network and click the icon for "Religious Proclamation."

"I AM AN ANIMAL: The Story of Ingrid Newkirk and PETA (People for the Ethical Treatment of Animals)" was shown on HBO on 11/19/07, and was released on DVD in January 2008. You may visit peta.org to view clips, to see Ingrid's video response to the documentary, and to post comments on the film.

ADOPT-A-COLLEGE PROGRAM Visit Vegan Outreach at veganhealth.org/colleges/

VEGAN RETIREMENT is available for seniors looking for a health-oriented alternative to assisted living or a nursing home, at a cost lower than most facilities, at a site in Jamaica. Visit VeganGuestHouse.com

VEGETARIAN TRAVEL GUIDE Jon Carpenter Publishing, in Great Britain, offers *Vegetarian Visitor*, an annual guide to travel in the British Isles. Other titles include *Vegan Baking*, *Vegan Barbecues and Buffets*, *Vegan Dinner Parties*, and 12 titles in a "Vegan Taste of" series including India, Italy, and Africa. The books can be purchased from Amazon, or directly by calling 1-800-888-4741 or going to www.ipgbook.com. For sample material from the books you can visit www.vegetarianvisitor.co.uk

THE VEGETARIAN SOLUTION by Stewart Rose is now available for purchase from RAVS (list price \$12.95, RAVS price \$11.65). This excellent book (with lots of visuals!) devotes chapters to each of the reasons for going veg, and is a good tool to bolster your persuasiveness, as well as an excellent gift for fence-sitting relatives and friends.

HUNTING An 11/4/07 article in the *Democrat and Chronicle* discussed reasons for the decline in hunting over recent years. In a letter to the editor, RAVS member Alex Chernavsky wrote that "maybe the true reason is that people are tired of reading the usual front-page news—about suffering, violence and death in the human world—and they lose their appetite for stalking and killing innocent creatures. One can only hope, anyway."

MORE ON HUNTING There has been a recent change (noted by Sandy Baker) in the Weekend section of the *Democrat and Chronicle*, to an increased focus on hunting activities. On 12/13/07, it ran a feature article on trophy hunting called "The Budget Guide to Big Game." On 1/17/08, the "get out" page had an article spotlighting the instructors who teach safety to first-time hunters and trappers, even though there was no related event that weekend. If you have objections to the emphasis on hunting, write Letters to the Editor, *Democrat and Chronicle*, 55 Exchange Blvd., Rochester, NY 14614, 258-2641, dceditpage@DemocratandChronicle.com, You can contact Catherine Roberts, Editor of Weekend, D&C (same address); cathyr@DemocratandChronicle.com, or call 258-2310. Leo Roth, who writes the "get out" page, is at the same address; lroth@DemocratandChronicle.com or call 258-2764. ❖

(Continued from page 1)

it would be as if we all switched from a standard sedan — a Camry, say — to the ultra-efficient Prius. Similarly, a study last year by the National Institute of Livestock and Grassland Science in Japan estimated that 2.2 pounds of beef is responsible for the equivalent amount of carbon dioxide emitted by the average European car every 155 miles, and burns enough energy to light a 100-watt bulb for nearly 20 days.

Though some 800 million people on the planet now suffer from hunger or malnutrition, the majority of corn and soy grown in the world feeds cattle, pigs and chickens. This despite the inherent inefficiencies: about two to five times more grain is required to produce the same amount of calories through livestock as through direct grain consumption, according to Rosamond Naylor, an associate professor of economics at Stanford University. It is as much as 10 times more in the case of grain-fed beef in the United States.

The environmental impact of growing so much grain for animal feed is profound. Agriculture in the United States—much of which now serves the demand for meat—contributes to nearly three-quarters of all water-quality problems in the nation's rivers and streams, according to the Environmental Protection Agency.

Americans are downing close to 200 pounds of meat, poultry and fish per capita per year (dairy and eggs are separate, and hardly insignificant), an increase of 50 pounds per person from 50 years ago. We each consume something like 110 grams of protein a day, about twice the federal government's recommended allowance; of that, about 75 grams come from animal protein. (The recommended level is itself considered by many dietary experts to be higher than it needs to be.) It's likely that most of us would do just fine on around 30 grams of protein a day, virtually all of it from plant sources.

Having posed the problem, Bittman presents some weak solutions: better waste management, in vitro meat, a return to grazing. But he acknowledges that the best hope lies in consumers becoming aware of the true costs of industrial meat production. He writes: "Animal welfare may not yet be a major concern, but as the horrors of raising meat in confinement become known, more animal lovers may start to react. . . . perhaps the combination of deforestation, pollution,

climate change, starvation, heart disease, and animal cruelty will gradually encourage the simple daily act of eating more plants and fewer animals."

We agree with the letter by Elaine Sloan, printed in the Times on 1/30/08 in response to Bittman's article: "there is indeed a simple answer to these problems: Go vegan." For, in the remarkable words of Gidon Eshel, quoted in Bittman's article: "The good of people's bodies and the good of the planet are more or less perfectly aligned." ❖

FOOD FOR LIFE is an 8-part series of **free nutrition and cooking classes for cancer prevention and survival** sponsored by the physicians and dietitians of **The Cancer Project**.

Sandy Baker has been trained and certified as a Cooking Instructor by The Cancer Project to teach the Food for Life series. At the RAVS meeting on Sunday, January 20, 2008, Sandy presented the "Antioxidants and Phytochemicals" class of the series to 90 people. Sandy will be presenting the entire Food for Life series at two locations this spring. You may register by contacting these venues directly.

Brighton Middle School, 2643 Elmwood Ave. (12 Corners), Tuesday evenings, 6-8 PM, beginning March 18, 2008.

Contact Brighton Central School District, Continuing Education, 242-5191.

Gilda's Club, 255 Alexander St., 423-9700, Thursday afternoons, 2-4 PM or Thursday evenings, 6-8 PM, beginning March 20, 2008.

For more information about **The Cancer Project**, visit www.CancerProject.org; write 5100 Wisconsin Ave., NW, Suite 400, Washington, DC 20016; contact info@CancerProject.org; or call (202) 244-5038. You may download all the course materials and recipes for the 8-week series from the website. Here are the recipes that Sandy and her helpers made for us at the January meeting.

Cucumber, Mango, and Spinach Salad Serves 10 to 12

1 bag or bunch of spinach
1 mango, peeled and cut into bite size pieces
1 large English cucumber, peeled and sliced
6 scallions, thinly sliced
1/2 cup chopped fresh basil leaves
Juice of 1 lime
1/2 cup seasoned rice vinegar
Fresh cracked black pepper to taste

Wash and drain spinach, tear into bite-sized pieces if necessary, and put into a large serving bowl. Toss mango, cucumber, scallions, and basil in a medium bowl. Dress

with lime juice and vinegar. Arrange mango mixture on spinach and sprinkle with fresh cracked black pepper.

Zippy Yams and Collards Serves 4

1 bunch collards (or kale), finely sliced
2 small yams, cut into bite-sized chunks
1 onion, sliced
2 large cloves of garlic, minced
1 tablespoon vegan Worcestershire sauce
1/2 teaspoon Thai chili paste
1/2 lemon

Put yams in a deep skillet and just cover them with water. Cover skillet and boil yams for 5 -10 min. until soft when pierced with a fork. Add onions and garlic and continue to simmer until about half of the water has boiled away. Add vegan Worcestershire sauce, chili paste, and collards. Simmer until the collards are soft. Squeeze lemon over the mixture and serve.

Mushroom Gravy Serves 4 to 8

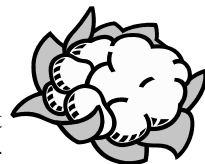
12 ounces button or cremini mushrooms
2 teaspoons olive oil
1-2 tablespoons soy sauce (optional)
3 tablespoons flour
1-2 cups vegetable stock, divided
1 teaspoon Italian seasoning
Salt and black pepper, to taste

Clean and slice mushrooms, then sauté in oil until soft (about 5 min.). Mix flour with 1/4 cup of stock or water until smooth (whisk together in a bowl or shake it in a small plastic container with a tight fitting lid). Add remaining stock to the mushrooms along with the soy sauce and about 1/2 the flour mixture. Bring gravy to a simmer for 3 to 5 min., stirring regularly. If the gravy is not thick enough for your taste, add the remaining flour mixture and continue heating and stirring until it thickens. Serve immediately.

[At our dinner, this gravy was served over mashed cooked quinoa and cauliflower.]

Chocolate Mousse or Chocolate Mousse Pie Serves 8

2 packages lite silken tofu
12 ounces semi-sweet chocolate chips or bars
1 tablespoon maple syrup or liqueur, such as Kahlua or Grand Marnier, if desired
1-4 tablespoons soymilk
1 ready-made gra- crust (optional)
M e l t chocolate in the mi- crowave,



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

FEATURED COOKBOOK!



Veganomicon (hardcover, \$27.50; RAVS price \$24.75) is the wonderful new cookbook by Isa Chandra Moskowitz and Terry Hope Romero, authors of *Vegan Cupcakes Take Over the World*. Ms. Moskowitz is also the sole author of the wonderful *Vegan with a Vengeance*.

Veganomicon's subtitle says it all: it's "The Ultimate Vegan Cookbook." If you don't already own a vegan cookbook that is both basic and comprehensive, this one is for you; and even if your shelves are groaning, you may want to buy this book for its unique charm and, frankly, wonderful recipes (250 of them).

No matter that, in the words of one reviewer, the cover looks like your high school chemistry text: that's part of its off-beat appeal. This book has a heft in the hand—along with its graphics, clear organization, special features and, again, recipes—that will make you want to use it often. Moreover, you'll want to read it from cover to cover like a novel just because the authors are so likeable, funny, and irreverent. For example, as the book's title is meant to make it sound mystically authoritative, the authors warn: "Just to be safe, don't read this cookbook backward at the stroke of midnight." But they don't let their sense of humor get in the way of a serious purpose: "Our mission in life is to prove that vegan food doesn't have to be repetitive, difficult, or inaccessible. . . . The beauty of this culinary whippersnapper (vegan cuisine) is that it draws influences from every part of the world to create an entirely new way to eat." Start your own tradition with these sample recipes from *Veganomicon*.

PUMPKIN BAKED ZITI WITH
CAMELIZED ONIONS AND SAGE
CRUMB TOPPING (Serves 6 to 8)

¾ lb uncooked ziti or penne pasta
2 onions, sliced very thinly
3 T olive oil
1 recipe CASHEW RICOTTA
1 T brown sugar
¼ t ground nutmeg
White pepper and cayenne
2 c (one 15-oz can) pumpkin puree (don't use pumpkin pie mix)
¼ c vegetable broth
1 recipe SAGE BREAD CRUMBS

Preheat the oven to 375 degrees. Lightly grease a 9 x 11 in. lasagne-type baking pan with olive oil, or use two smaller pans. Prepare the ziti according to package directions, about 10 min. Drain and set aside. In a large heavy-bottomed pan,

preferably cast iron, sauté the onions in oil until some onion bits are very brown and caramelized, 12 to 15 min. Set aside. In a large bowl, mix together the CASHEW RICOTTA, pumpkin puree, brown sugar, nutmeg, white pepper, cayenne, and vegetable broth. Add the cooked ziti and caramelized onions, stirring to coat the pasta. Spoon the mixture into the prepared baking pan and level with a rubber spatula. Sprinkle the SAGE BREAD CRUMBS evenly over the ziti. Bake for 28-30 min., until the top is golden brown. Cool for 10 min. before slicing and serving.

CASHEW RICOTTA

½ c raw cashew pieces
¼ c fresh lemon juice
2 t olive oil
2 cloves fresh or roasted garlic
1 lb firm tofu, crumbled
1 ½ t each, dried basil and salt

In a food processor, blend the cashews, lemon juice, olive oil, and garlic until a thick creamy paste forms. Add the tofu, working in two or more batches if necessary, until the mixture is thick and well blended. Blend in the basil and salt.

SAGE BREAD CRUMBS

2 ½ c bread crumbs, preferably fresh
1/3 c walnut pieces, chopped in food processor to coarse crumbs
¼ c nonhydrogenated vegan margarine
2 t dried rubbed sage
1 t dried oregano
½ t paprika
Salt and pepper

Melt the margarine in a large, heavy-bottomed skillet over med. heat. Stir in the other ingredients. Stir constantly until the mixture is lightly coated, 3 to 4 min. Remove from heat.

CHEWY CHOCOLATE-RASPBERRY
COOKIES (Makes 2 dozen)

½ c raspberry preserves
1 c sugar
1/3 c canola oil
1 t vanilla extract
1 t almond extract
½ c plus 2 T unsweetened cocoa powder (sifted if clumpy)
1 ½ c all-purpose flour
¾ t baking soda
¼ t salt

Preheat oven to 350 degrees. Lightly oil a cookie sheet. In a large mixing bowl, stir together the raspberry preserves, canola oil, vanilla, and almond extract. In a separate

mixing bowl, sift together the other ingredients. Add the dry to the wet in three batches, mixing well with a fork after each addition. When you get to the last batch, you may need to use your hands to work the batter into a soft and pliable dough. Roll the dough into walnut-size balls and then flatten them with your hands into 2½ inch-diameter disks. Place on a cookie sheet (they need be only ½ inch apart because they don't spread out when baking). Bake for 10 min. Remove from oven and let cool for 5 min. Transfer to a cooling rack to cool completely. You can also serve these cookies still warm over a scoop of vegan ice cream. Or three. ❖

THE VORACIOUS VEGAN

On vegan candy

What's available for the vegan consumer on Valentine's Day? Many people mention Stevers on Park Avenue. Stevers unfortunately says they do not categorize, label or carry specifically vegan candy, nor do they intend to. Using original old recipes for 62 years in a small location, they label even their dark chocolate as processed in a facility that processes dairy and may contain traces...you know the drill. So for all the many small confectioners and candy shops around the area, I'd recommend going in, checking labels and talking to an owner. Let them know there really is a market for good vegan candy. Some area caterers I've talked to will produce vegan candy for special occasions.

Many RAVS members shop at Abundance Cooperative on 62 Marshall St. They carry a large selection of vegan candy bars and numerous yummy selections, such as nut brittles, sesame treats, chocolate covered fruits and date-coconut rolls. Lori's in Henrietta, 900 Jefferson Rd., carries similar treats with a very wide selection and too many choices to list.

A trip to a local Wegmans store took a bit of searching to find these selections: Green & Blacks organic chocolate bar; Alter Eco Fair Trade bar; Panda licorice in red-raspberry and black; Kettle Valley organic Fruit Snack in blueberry, cherry, berry blend and cranberry flavors; Ritter Sport dark chocolate sport bar with marzipan; Maple Valley pure maple candy; Tom & Sally's plump blackberries and red raspberries covered in Belgian bittersweet chocolate; and Sconza dark chocolate espresso beans, along with a variety of hard candies. You may find other dark chocolate bars, but beware of butterfat, milkfat, whey and other dairy ingredients. Cocoa butter is vegan, however! We're told that Aldi's also carries an array of imported vegan chocolate bars. As always, read the labels! ❖

REMEMBERING THE HOLIDAYS

We saw several articles in national newspapers on vegetarian themes during the holidays.

On 11/17, the Washington Post carried this headline: "Vegetarians, Meat-Eaters Dig In to Send Sales of Tofurky Soaring." The article noted that the product hit stores in 1995, and that sales had grown 37% from 2006 to 2007, with 270,000 selling in 2007. The article quotes John Cunningham, consumer research manager at the Vegetarian Resource Group, expressing a view that applies to Tofurky as well as a number of other commercial vegan analogues: "Tofurky does not taste like turkey. That doesn't mean it doesn't taste good, with a firm texture and a salty, savory flavor. It just tastes different."

On 11/14, the New York Times ran an article by Melissa Clark called "Stuff Yourself, Not the Bird." She writes: "From an omnivore's perspective, Thanksgiving should be a vegetarian feast. After all, aren't the side dishes usually the best part of the meal?" She

acknowledges the vegetarian's problem that too often these dishes are made off-limits by the addition of such things as bacon or meat stock. "The worst thing, though, isn't the food so much as the feeling of alienation from the rest of a shared meal." She says the host should be "making side dishes hearty and protein-filled enough for vegetarians to call entrees, and for everyone else to simply call for more." Recipes follow, all of them readily adaptable to vegan.

And on 11/22 (Thanksgiving), an article in the New York Times called "In Some Households, Every Day is Turkey Day" profiled people who have adopted turkeys, mentioning Farm Sanctuary's program. The author notes: "It is one thing for the president of the United States to pardon a pair of turkeys every year and then send them off to live out their days in Florida. It's quite another to save a turkey from the Thanksgiving table by inviting it to live with you." Caring for a turkey can change your view of them;

one rescuer says that since having turkeys "it's literally painful to have to go to a Thanksgiving dinner." That's unless you go to a vegan Thanksgiving. ❖

HAIKU

snowbound shallow creek . . .
the steady flow of water
over still rocks

how still they are
in this cold
pigeons on a curved lamppost

a field mouse
on a crinkly elm leaf
breathing

by Bruce Ross

Membership Update: New Members: William Cox & Alan Kusler, Barbara Healy, Carole & Anthony Lipani, Jerry Lisson, Karen Rheinstein, Bill Scarbrough, Kathy Serio. **Membership Renewals:** Karen Atkins, Hal Bauer, Jodi Beckwith & Stefan Cohen, Honey Bloch, Carol Ann Britt, Fr. Patrick and Mary Cowles (2-year renewal, Sustaining Level), Katherine DaCosta, Beth Faubel (2-year renewal, Sustaining Level), Liane Fitzgerald, Sara Gale, Wendy Gilmore, Jerry Hanss, Ramya Kane, Matt Kaufman, Louise Mack, Katie McDonald, Yetta Panitch (Contributing Level), Naomi Pless, Ron Schneider, Camden Simmons, Burt Spiller, Sharon Townley, Judith Treschuk & Leo Blair, Julie Yoon & Paul Gosink. Thank you for your support. This list reflects payments received up to 2/1/08. If you think your payment should have been received by that date and you are not on the list, please call 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: _____

- | | | |
|---|--|---|
| <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: | |



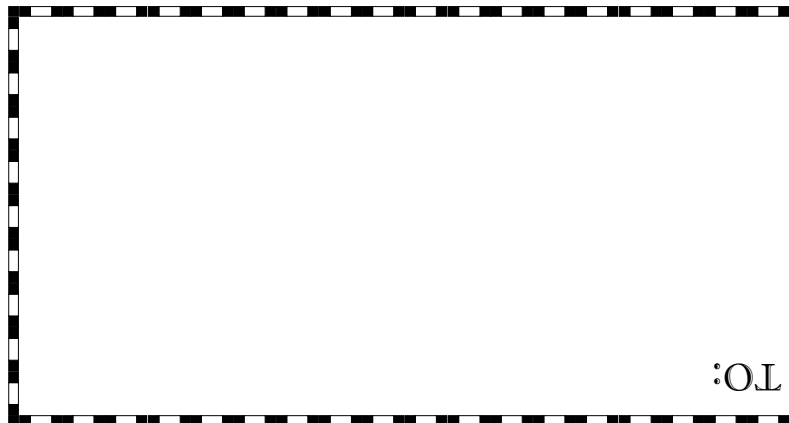
Rochester Area Vegetarian Society upcoming events:

- ⇒ **February 17, 2008*** (3rd Sunday) **Local Organic Veggies: Where to Get Them:** A Panel Discussion with local organic farmers, suppliers, and advocates
- ⇒ **March 16, 2008*** (3rd Sunday) **Vegetarianism to Save the Environment** with **Pamela Rice**, founder VivaVegie Society, author of *101 Reasons Why I'm a Vegetarian*
- ⇒ **March 31, 2008** (Monday) **Prevent and Reverse Heart Disease** with **Caldwell Esselstyn M.D.** 7:00 PM, Brighton Town Hall Auditorium, 2300 Elmwood Ave., 1st floor (handicapped parking and entrance at rear of building) Come early! Free fat-free **vegan** refreshments before and after the lecture. See heartattackproof.com for more information on Dr. Esselstyn.
- ⇒ **April 13, 2008** (PLEASE NOTE: 2nd Sunday) **Gourmet Vegan Buffet** at the **India Palace Restaurant**, 1900 S. Clinton (Tops Plaza), 5:00 PM Cash Bar, 6:00 PM Dinner. \$15 per person. Call 234-8750 to reserve and send checks made out to "RAVS" to RAVS, P.O. Box 20185, Rochester, NY 14602-0185.
- ⇒ **April 20, 2008** (3rd Sunday) **15th Annual RAVS 2nd Night Seder** (shared event with Jewish Humanist group), Brighton Town Park Lodge. Doors open 5:00 PM; Service 6:00 PM followed by share-a-dish meal. Volunteers needed for set-up and clean-up. See p. 3 for more information. Call 234-8750 to reserve.

***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 and S. Clinton Rd. (15A). 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