

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. ❖

SEEING WITH YOUR HEART

by Carol Barnett

Occasionally, a person who comes by our Vegetarian Society table at an event will ask: Doesn't it hurt the broccoli when you harvest it? Assuming it is a good-faith question, I try to answer with a question: What do your senses tell you? Does your heart race when you cut the broccoli? Do you imagine that it would if you killed an animal?

Sometimes I think that what takes a person the final distance to being vegetarian is the simple decision to start paying attention to his or her own senses.

A while ago (June 22, 2003, to be exact), the food column of the New York Times Sunday magazine was devoted to lobster. The writer, Jason Epstein, tells of planning to grill "a dozen or so" lobsters, which required that he stab and bisect each lobster with a knife. He says he piled up the lobsters "with no more consideration for their feelings than if I were opening an oyster or peeling a potato" (so he puts it, though they are not equivalent things). He reports that after he killed the first lobster, "To my surprise, the others raised their claws as if in horror at what they were seeing and scuttled backward. Some fell to the floor, others into the sink; I was faced with an ethical dilemma. For it was now plain that these tasty creatures, despite their low standing on the evolutionary scale and unlike the potato, fear death just as we do."

The author "wishes" he could say that he released the remaining lobsters into the harbor; but instead he killed each one out of the sight of the other lobsters. He explains that guests were coming, and he had "no time" to adjust the menu to serve the other thing he had on hand, leftover lamb. "Moreover, the moral logic of sparing the lobsters presupposes absolute vegetarianism, for if violent death terrifies mere lobsters, what sense would it make to serve lamb instead?"

Exactly. That was exactly the lesson that was served up by his experience with the lobsters. But he chose to set aside the evidence of his own senses, and the insight that followed. In the next paragraph, Mr. Epstein

moves on from his observation about the vegetarian imperative to a discussion of the various methods of cooking lobster.

More recently—on July 31, 2008, the day I was writing this column—the well-respected reporter and news analyst Nicholas Kristoff wrote a column entitled "A Farm Boy Reflects." He talks about the progress in Florida, Arizona, Colorado and Oregon towards "animal rights" (really measures to improve the conditions under which factory farmed animals are raised). He recognizes these measures as progress and approves of them, but in the course of the discussion he reveals the extent to which his own thoughts about farmed animals are confused—or rather, the extent to which he has not allowed his feelings and thoughts to connect with his decision-making apparatus.

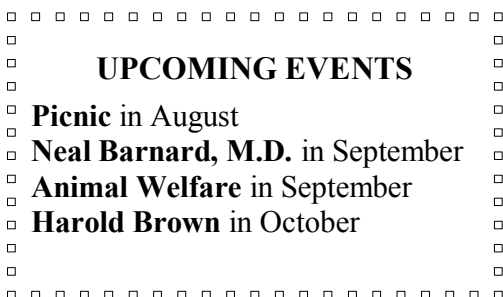
He says, for example, that, in a century or two, our descendants will look back on factory farming "with uncomprehending revulsion"; but, "in the meantime, I love a good burger." Then he describes his childhood experience growing in Oregon, where his family raised various types of animals. He says: "Our cattle, sheep, chickens and goats certainly had individual personalities, but not such interesting ones that it bothered me that they might end up in a stew." He found pigs "troubling" because of their obvious intelligence, and he feels to this day "when tucking into a pork chop" that he is eating someone smarter than he is. He still tucks in, though.

Then, Kristoff gives a stunning account of geese, "the most admirable creatures I've ever met. They have distinctive personalities, and they mate for life." Kristoff helped his parents capture the geese for slaughter. He remembers that they "knew that something dreadful was happening and would cower in a far corner of the barn, and run away in terror as I approached." Sometimes, though, "one goose would bravely step away from the panicked flock and walk tremulously toward me. It would be the mate of the one I had caught, male or female, and it would step right up to me, protesting pitifully. It would be frightened out of its wits, but still deter-

(Continued on page 7)

UPCOMING EVENTS

- Picnic in August
- Neal Barnard, M.D. in September
- Animal Welfare in September
- Harold Brown in October



ROCHESTER AREA VEGETARIAN SOCIETY

Coordinators:

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

Board of Directors:

Shelley Adams	Leena Isac
Carol H. Barnett	Ken McBride
Ted D. Barnett	Daryl Odhner
Ellie Cherin	Ted Potter
Wendy Gilmore	David Strafford
Chris Hirschler	Diana Strafford
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
Fax: (410) 366-8804
E-mail: vrg@vrg.org
Website: www.vrg.org
Membership (annual): \$20
Publication: *Vegetarian Journal*
(quarterly)

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

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

BOOK ORDERS FROM RAVS

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

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

WE NEED VOLUNTEERS!!

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

VEGETARIAN SOCIETY UPDATE

by Carol H. Barnett

It has been an interesting summer for our vegetarian society. In May, we were fortunate to have **Gary Francione, J.D.**, Professor of Law at Rutgers and the author of several books, speak to us about animal rights. We had a huge turnout for this cogent, provocative, and very entertaining talk; and we were gratified to hear Gary say that advocating for veganism is the single best thing one can do to help the animals.

In June, we showed a film of a cooking demo by **Compassionate Cooks (Alka Chandna and Colleen Patrick-Goudreau)**. Our July meeting was a picnic at the home of **Leena Isac and Ted Potter** and their family. The picnic was a great success despite intermittent rain! And on Monday, July 21, we had a special lecture, a presentation by **Dr. Leslie Van Romer**, author of **Getting Into Your Pants**, a vegan weight-loss program. Leslie's dynamic and entertaining presentation brought the vegan diet (and the vegetarian society) to the attention of a number of new people.

This fall we will have an exciting roster of programs, including lectures by **Harold Brown** (as seen in the **Peaceable Kingdom** video) and by **Neal Barnard, M.D.** See the calendar on the back page for details.

In summer outreach events, **Wendy Gilmore** taught classes in vegan cooking and living at the Pittsford library and Brighton recreation center. And **Ann McCulloch** and **Walt McBurney** once again staffed an outreach table at the Genesee County Fair.

Representing Rochester this year at the North American Vegetarian Society's **Vegetarian Summerfest** were **Handy Cowles, Esther Doan, Ken McBride, Ted Barnett,** and **Carol Barnett**. Ted and Carol sat on a panel on the topic of starting local vegetarian groups and keeping them alive, with Ted moderating, so our group was discussed as an example of how it's done! All of us came back with ideas and enthusiasm for promoting veg diet more effectively in our fair city. Here's to a safe, happy and productive fall. ❖

COOKING CLASSES

The Food for Life program of cooking classes is now a 4-part series. Cost is \$60 for the series paid in advance. The following classes will be taught this fall by **Sandy Baker**.

Eastridge High School Starting Mon. evening 10/6; 2-hour classes; four Mondays in a row. Go online for details and to register.

Gilda's Club. Starting Tues. 10/14; 2-hr. classes, four Tuesdays in a row. Call 423-9700 for details and to register.

Brighton Middle School. Starting Thurs. evening 10/16; 2-hr. classes, four Thursdays in a row. Go online for details and to register

CONGRATULATIONS to the newly elected members of the RAVS Board of Directors, including new members **Wendy Gilmore** and **Chris Hirschler**.

THANK YOU to the entire membership of RAVS for the lovely gift that was presented to your coordinators at the June meeting, a painting of farm animals by Karen Derrico. We have hung it in our kitchen, the center of our home. We will bring the painting to the September meeting to show many of you who missed seeing it.

VEGAN GOODIES

Laura's Wholesome Junk Food is a new brand of cookie available at Lori's Natural Foods. The cookies, which come in such flavors as Oatmeal Raisin and Xtreme Chocolate Fudge, are all vegan, and some varieties, such as Cashew Chocolate Chip, are gluten-free. We enjoyed free samples at our July picnic!

A NEW VEGAN RESTAURANT in Syracuse, NY is the **Strong Hearts Café**, 712 E. Genesee St., (315) 478-0000, strongheartscafe.com, info@strongheartscafe.com. The restaurant offers soups, salads, sandwiches, "milk" shakes and other yummys. Breakfast is served all day, every day except Friday. Friday is pizza night from 6 PM on. Strong Hearts will soon be certified as a green restaurant. "We open early and stay open mad late." Hours are Mon. 8am-6pm, TWTh 8am-12 midnight, Fri. 8am-2am(!),

Sat. 10am-2am, Sun. 10am-12midnight.

VEGAN EMPANADAS (four different varieties) are available at **Juan & Maria's Empanada Stop** at the Public Market in East Rochester (just after the off ramp from Rte 490, on the left, going into the town of East Rochester). Thanks to RAVS member **Andy Dunning** for this tip.

VEGAN OPTIONS at a barbecue restaurant? Try **Sticky Lips**, where a vegan can eat for about \$10-12, and enjoy rooftop dining. Thanks to RAVS member **Paul Clark** for this tip.

CONGRATULATIONS to **VegNews** magazine. At the 57th Annual Maggie Awards, VegNews was named the Best Lifestyle Publication. VegNews won against Alternative Medicine, Mothering, and Vegetarian Times. This is VegNews's third Maggie in three years; it won for Most Improved Publication in 2006 and for Best Signed Editorial in 2007.

VEGGIE PRIDE At the Vegetarian Summerfest, **Pamela Rice**, the speaker at our March meeting, reported on the success of the **1st Veggie Pride Parade**, organized by Pamela and held in Greenwich Village, New York City on May 18, 2008. Video footage of the parade may be viewed at www.veggieprideparade.org

FARM KIND is a new non-profit group founded by animal advocate and former farmer **Harold Brown**. Harold will be able to tell us about his organization when he speaks to us at the October meeting. For more information, visit farmkind.org

A NEW WEBSITE created by **Tribe of Heart**, makers of the films **The Witness** and **Peaceable Kingdom**, seeks to explore the current trend of labeling animal farming, and animal products, as "humane" and "compassionate" when certain conditions are met. The website contains essays, interviews, video footage, and multiple links. Visit it at **Hu-** [maneMyth.org](http://humaneMyth.org).

❖



Membership Update: **New Members:** William Bross, Andy Dunning, Joanna Lipp, Rachel O'Donnell & Adam Hayes, Richard Olivier, Carolyn Prokopenko and Barbara Smith. **Membership Renewals:** Shelley Adams & Bob Zimmermann, Lynn & Simon Barnett, Lori Buchin, Audrey & John Fahey, Nancy Hallowell, Dr. Robert Klein (Patron Level) DeeDee & Darren Mrak (2-year renewal), Russ Roberts, Martha & Edward Sullivan (Contributing Level), Robert Victor (2-year renewal), and Jen Yates. This list reflects payments received up to 7/31/08. If you think your payment should have been received by that date and you are not on the list, please call 234-8750. ❖

REPORT FROM THE NORTH AMERICAN VEGETARIAN SOCIETY SUMMERFEST 2008

On June 18-22, the Barnetts (parents, no children) attended the Vegetarian Summerfest. While we can't summarize a 5-day conference in such a short space, here are some of the lectures and ideas that we found most striking.

Jonathan Balcombe (author of *Pleasurable Kingdom*), **Gene Baur**, and **Rae Sikora** spoke about the sentience of animals, their capacity for pleasure, gratitude, loyalty and even altruism. Chimps will forgo a treat that can only be gathered before dark in order to watch a sunset. Cows separated from their calves are able to find them and will travel dozens of miles to be reunited with them. According to Balcombe, animal sentience calls forth a human obligation to make choices that protect animals from harm. Animals have been shown to have empathy for other animals and for humans, and we should be able to do as much for them.

Milton Mills, M.D. spoke about the role of flowers in human evolution (possibly rebutting claims that hunting developed the human intellect). Flowers play a huge role in human culture, serving as decoration, symbols of devotion and agents of exchange. Knowledge of flowers conferred a survival advantage on early humans because they are markers of the life-sustaining fruits and vegetables that follow. A gift of flowers signifies life and health, and derives its meaning from food, "the original and only true primary currency"!

George Eisman and **Lee Hall** both discussed how the best way to fight global warming is to eat a plant-based diet. Ecology, climate change, and green living have everyone's attention now; but the mainstream environmental groups are not promoting vegetarianism and instead present the myth of sustainable animal agriculture. We need to use this window of opportunity to assert that there is no right or safe level of animal agriculture or consumption; and to offer the vegan diet as a new paradigm that includes respect for the earth, for each other, and for the animals.

T. Colin Campbell discussed the obstacles that have prevented widespread adoption and promotion of a plant-based diet, including government policy (subsidies and guidelines), bias in the media, public trends away from whole plant foods towards "food fragments" and supplements, the protein myth (reverence for animal protein), and the "tyranny of specificity"—i.e. the tendency to study isolated nutrients rather than the integrated effects of eating whole foods. In the face of these obstacles, we will have to persist with self-education, responsible individual choices, and grass-roots efforts.

Jim Corcoran spoke on the "wondrous" properties of phytonutrients, which are produced only by plants. There are probably over 1 million phytonutrients, of which some 30,000 have been identified. These substances cannot successfully be isolated in a pill and they work synergistically together, so the best approach is to eat a lot and a wide variety of fruits, vegetables, herbs and spices.

Jeff Novick, R.D. spoke on good vs. bad fats. The brain needs omega-3 fatty acids, but no need to eat fish in order to get them, as all animals, including fish, get it from plants. The problem is that we eat too many sources of omega-6 fats, which compete for the enzymes needed by omega-3 fats in order to be used by the brain. The key is to reduce overall fat intake; reduce omega-6 fats (in generic vegetable oils and in processed foods); and increase omega-3 fats (leafy green vegetables, ground flaxseed, and walnuts).

Caldwell Esselstyn, M. D. spoke on the ability to arrest and reverse heart disease with a low-fat vegan diet. We can end the heart disease epidemic not with "big pharma" but with lifestyle changes. Esselstyn recommends a vegan diet with no added oil and no high-fat plants foods (no olives or avocados, minimal nuts).

Michael Greger, M.D. gave his annual review of clinical nutrition, having reviewed 7,326 publications in the past year. A Thai study shows that vegans have significantly better baseline renal function than non-vegans; a Swedish study shows vegan diet protects against rheumatoid arthritis and obesity. Dr. Greger kept us entertained with a game show asking which foods have higher level of antioxidants (hint: for more antioxidants, choose red over green cabbage, red over white or yellow onions). For Dr. Greger's updated optimum nutrition recommendations, visit DrGreger.org

James LaVeck, Lee Hall, and others addressed the "humane myth": the notion, circulating in media accounts and supported by some animal advocacy organizations, that improvement in the conditions of farmed animals can justify calling those conditions, and the animal products produced under those conditions, "humane." LaVeck reminded us of the importance of language and of not letting key concepts like "compassion" be watered down, compromised, or hijacked; and he reminded us that animal agriculture, even under the most improved conditions, always involves confinement of animals, social deprivation, mutilation, manipulation of their reproduction, indignity, and premature death by slaughter. This set of issues will no doubt be debated by those in the vegetarian and animal advocacy movement for some time to come.

Rae Sikora and **Jim Corcoran** discussed easy and effective things to do to spread veganism in one's community. Some ideas: leafleting colleges, setting up library displays (and helping the library to set up an accompanying display of its vegetarian books), writing letters to the editor, wearing vegetarian message t-shirts, offering to show up for "Ask-A-Vegan" day at your local natural foods store (with manufacturer-provided vegan food samples), and even offering vegetarian starter kits on freecycle! We hope RAVS can try some of these suggestions.

Victoria Moran gave six "power points" for a more spiritual life: adopt a vegan lifestyle, quiet your mind every day for 10 minutes, simplify your life, take a Sabbath, practice giving, and "accept everybody and love everything." ❖

If you are not a RAVS member,
PLEASE JOIN. If you are a member,
**PLEASE LOOK AT
THE EXPIRATION DATE ON
YOUR ADDRESS LABEL.**

LETTERS TO THE EDITOR

In a letter to the Kansas City Star, responding to a 6/11/08 article entitled "No One Cares More About Cattle than Beef Producers," **JoAnn Farb** writes: "Would you allow your dog or cat to have his testicles or teeth removed without any anesthetic? Dan Thompson [the vet quoted in the article] wants us to believe that he cares about cows being treated in a humane way. But he is too enmeshed in the cattle culture to consider that the industry standards he has been taught, and makes his living embracing, are fundamentally inhumane. No amount of public relations will persuade truly caring people that the removal of horns, testicles, and nipples without anesthetic is not barbaric. These types of practices should not be tolerated in a civilized society."

"Seafood risk may outweigh good"

In a May 2, 2008 letter to the Democrat and Chronicle, Joel Freedman discusses the possible link between the rising incidence of autism and mercury intake from fish consumption. He cites Dr. Neal Barnard's recommendation of total avoidance of fish consumption because of its suspected link to birth defects, kidney damage, and cancer. Freedman notes that fish contain omega-3 fatty acids, "but you can also get these nutrients from ground flaxseed, flaxseed oil, walnuts and dark, leafy greens." Freedman concludes: "I believe avoiding consumption of fish, meat, eggs and dairy is essential for healthy living."

(Continued on page 7)

RECIPES: A TASTE OF THE SUMMERFEST



FRESH HERB CASHEW PATE (Chef Ian Brandt)

Makes 3 cups; raw and gluten-free.

4 c soaked cashews
1 c water
3 T fresh lemon juice
1 T salt
¼ t white pepper

Blend all ingredients in blender till velvet smooth. Add one of the fresh herbs below, in the amount indicated; if an herb blend is used, reduce the amount of each herb.

Basil – ½ c chiffonade (very thin strip cuts)
Chives – ¼ c minced
Garlic – 1 T minced
Rosemary – 1 T minced
Sage – 1 T minced
Tarragon – 2 T minced
Thyme – 1 T minced

Serve on baguette slices, toasted crostinis, or crackers. Garnish with cracked pepper and an herb sprig. Can also be used as a base for sauces and soups.

MEXICAN-STYLE SEASONED CABBAGE (Chef Cherie Soria)

Makes 1 ½ cups; raw and gluten-free.

1 ½ c shredded cabbage (about ¼ head)
½ to 1 c fresh or frozen peas
1 green onion, thinly sliced
2 t sun-dried tomato powder
1 T extra-virgin olive oil
½ t salt
¼ t Mexican chili powder
¼ t ground cumin
¼ t onion powder
½ clove garlic, finely minced or pureed
½ ripe tomato, diced

Place the cabbage in a food processor and pulse until it reaches the texture of rice. Transfer to a large bowl, add the remaining ingredients, and toss gently. If you would like to warm the mixture, transfer it to a large glass baking dish and place in a dehydrator set at 125 degrees for 30 min. to 2 hours, or in a warmed oven (preheated to warm and turned off) for 30 min. prior to serving. Serve immediately.

JAMAICAN JERK-SPICED TEMPEH NUGGETS

(Robin Robertson, from *Vegan Fire & Spice*) Serves 4.

1 8-oz pkg. tempeh, cut into cubes
½ t garlic powder
½ t onion powder
½ t light brown sugar
½ t salt
½ t allspice
¼ t freshly ground black pepper
¼ t ground ginger
½ t dried thyme
¼ t cayenne
2 T canola oil, or more if needed

Place tempeh in saucepan of boiling water. Reduce heat to low and simmer 30 min. Drain the tempeh and pat it dry. [This step is not necessary if package says tempeh is pre-cooked.] Combine spices in a small bowl and set aside. Heat oil in large skillet over med-high heat. Add the tempeh and cook, turning frequently until browned on all sides, about 10 min. Sprinkle the spice mixture over the tempeh and toss until fragrant and evenly distributed, about 30 seconds, adding a little more oil if needed. Serve hot.

RAINBOW NOODLES (Chef Christine Waltermeyer)

This colorful dish provides a broad spectrum of vitamins and antioxidants. Serves 6.

2 t sesame oil
2 t water
2 cloves garlic, minced
½ in. piece fresh ginger, peeled and minced
½ red onion, thinly sliced
sea salt
¼ c carrot matchsticks
½ red bell pepper, seeded and thinly sliced
½ c red cabbage, thinly sliced
8 oz whole grain noodles, cooked al dente and drained
1 c broccoli spears
½ c corn kernels
1 ½ c cubed, baked tofu
1 ½ T soy sauce
1 T brown rice or apple cider vinegar
1 T brown rice or maple syrup
1/3 c chopped fresh parsley

In a large skillet, heat oil and water over med. heat and add garlic, ginger, onion, and a pinch of sea salt. Sauté until onion is translucent. Add carrot, bell pepper, and red cabbage and sauté another minute. Add the remaining ingredients except parsley. Cover and steam a few more minutes,

or until all veggies are brightly colored and tender. Adjust seasonings to taste. Serve garnished with parsley.

CRISP & CHEWY WHEAT FREE LACE COOKIES

(Fran Costigan)

Yield: About 3 dozen 3-inch cookies.

1 c oats, toasted and cooled
1 c almonds, toasted and cooled
1 c brown rice flour
1 t cinnamon
1 t baking powder
1/8 t ground nutmeg
pinch sea salt
3 T canola oil
1 c maple syrup
1 c brown rice syrup, warmed
1 t vanilla extract
1 t almond extract

Position a rack in the middle of the oven and another rack above it. Preheat oven to 325°. Line 2 baking sheets with parchment paper. Grind the oats in a food processor until fine. Add the almonds and process until the mixture resembles coarse meal. Pour into a bowl, and add the rice flour, cinnamon, baking powder, nutmeg, and salt. Stir to mix. In a separate bowl, whisk the oil, maple syrup, rice syrup, and vanilla and almond extracts until well blended. Pour into the dry ingredients and stir. The batter will resemble soft, chunky peanut butter. Using an ordinary teaspoon (not a measuring spoon), scoop up scant half teaspoons of batter and drop onto the baking sheets, spacing the batter 4 in. apart. These cookies spread a great deal. Bake for 12 to 13 min. Set baking sheet on a rack and cool completely (6 to 7 min.). The cookies will release easily from the paper when completely cool. Store in tightly closed jar or tin for 2 days. These cookies freeze well. ❖

EGGPLANT CAVIAR

(from *Vegan Seafood* by Nancy Berkoff, \$12, RAVS price \$10.80)

1 lb eggplant
2 t olive oil
½ c sliced fresh mushrooms
1/3 c chopped green bell pepper
1/3 c sliced green onion (white section only)
1 clove garlic, minced
3 T diced black olives
1 T fresh lemon juice
1 t ground black pepper
2 t kelp powder or ground dried nori (opt.)

(Continued on page 6)

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

(Continued from page 5)

2 T chopped pine nuts or almonds (opt.)

Preheat oven to 425 degrees. With fork, prick skin of eggplant in several spots. Place eggplant on non-stick or lightly oiled cookie sheet and bake 35-40 min. or until soft and starting to collapse. Remove from oven and set aside to cool. In skillet, sauté mushrooms and green peppers in olive oil for 3 min. Add green onion and garlic; sauté an additional 3 to 5 min. or until vegetables are tender. Allow to cool for 5 min. Carefully remove stem from eggplant. Cut in half lengthwise. Using a spoon, scrape out interior of eggplant into a food processor; add sautéed vegetables and remaining ingredients except almonds, and blend until smooth. Place in bowl and allow to chill at least 2 hours before serving. Gar-

“I have no doubt that it is a part of the destiny of the human race, in its gradual improvement, to leave off eating animals.”

—Henry David Thoreau

IN THE NEWS

BEEF RECALL

Kroger's, the nation's largest traditional grocer, expanded its voluntary recall of beef products to stores in more than 20 states. Meat obtained from Nebraska Beef Ltd, one of Kroger's suppliers, has been linked to illnesses reported in May and June caused by E.coli bacteria. Nebraska Beef has recalled more than 500,000 pounds of ground beef produced on five dates in May and June. Democrat and Chronicle, 7/3/08.

AN EGG A DAY . . .

People who ate one or more eggs per day had an almost 25 percent increased risk of death in a 20-year period compared with those who generally avoided eggs, according to the Harvard's Physicians' Health Study. The study included 21,327 participants. American Journal of Clinical Nutrition, 2008; cited in PCRM's Good Medicine, Summer 2008.

MEAT AND INFERTILITY RISK

A study of 18,555 women in the Nurses' Health Study II found that adding one serving of meat per day was associated with a 32 percent greater risk of infertility. Women with the highest animal protein intake had a 39 percent increased risk. American Journal of Obstetrics and Gynecology, 2008, cited in Good Medicine, Summer 2008.

PROCESSED MEAT INCREASES RISK OF COLON CANCER

According to the American Institute for Cancer Research, every 1.7 ounces of processed meat consumed per day raises the risk of colorectal cancer by 21 percent. AICR, 2007, cited in Good Medicine, Summer 2008.

LEAFY GREENS MAY PREVENT VISION LOSS

Leafy greens such as spinach, kale, and collard greens are rich in the antioxidant carotenoids lutein and zeaxanthin, which are the only carotenoids found in measurable amounts in the eye. Two new studies show a correlation between diets high in these antioxidants and reduced incidence of both cataracts and age-related macular degeneration. EarthSave News, June 2008.

LOWERING CHOLESTEROL WITHOUT DRUGS

A lengthy article on heart disease in US News and World Report emphasizes surgical and pharmaceutical approaches, but it notes in a sidebar that “components of plant-based diets actively interact to improve cholesterol profiles” and that the Ornish program of diet, exercise, stress reduction, and social support “can lower LDL by nearly 40 percent and even cause plaques in arteries to shrink—which not even statins have been proven to do.” February 18, 2008.

WORLD FOOD CRISIS

One of the main reasons for higher food prices and for shortages is that the fast-growing economies of China and India are increasing the demand for animal products: since 1980, Chinese meat consumption has more than doubled and milk consumption has tripled. “With such growing demand, more grain is diverted to feeding livestock rather than people.” From “Why the World Can't Afford Food,” Time, May 19, 2008.

Fred Magdoff reports that one cause of rising food prices is “the increasing demand for meat among the middle class in Latin America and Asia, especially China. . . . 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.” Zspace Page, May 26, 2008.

Most recently, Michael Gerson, in an article on food inflation in the Washington Post, puts this first in the list of causes: “the growth of meat-based diets across the world, requiring large amounts of grain for animal feed.” July 9, 2008.

REDUCING MEAT CONSUMPTION

New York Times writer Mark Bittman devoted his food column “The Minimalist” on June 11, 2008 to “Putting Meat Back in Its Place.” Stating that the “myriad and well-publicized” reasons to forego or reduce meat consumption “may be economic, ethical, altruistic, nutritional or even irrational [?],” Bittman urges the reader to keep the reasons to him- or herself, since “No one likes a proselytizer.” We don't necessarily agree with that, but we like it when he says “don't apologize,” since by serving less meat to others, you are doing them no harm “and may be doing them good.” Bittman asserts that it is harder to cut back on meat than to eliminate it entirely, since vegetarian recipes are “everywhere.” It's hard to know whether he's right about that; both cutting back and cutting out can be done without too much trouble, with the desire and some planning. Bittman's suggestions for reducing meat are very useful, however, and we share them with you.

- 1) Forget the protein thing. [Don't worry about getting enough protein; everybody does, some people get way too much.]
- 2) Buy less [or no] meat.
- 3) Get it out of the center of the plate.
- 4) Buy more vegetables, and learn new ways to cook them.
- 5) Make nonmeat items as convenient as meat. [E.g., pre-clean salad items, or pre-cook beans, grains, or veggies and store them in the refrigerator; or purchase convenient items like bagged salads, pre-cut vegetables, or canned beans, realizing that these items may cost more.]
- 6) Make some rules. [E.g. vegetarian dinner 3X a week; or, breakfast and lunch always vegetarian.]
- 7) Look at restaurant menus differently. [Choose a different restaurant, perhaps ethnic; or order from a different part of the menu, perhaps from the appetizers, salads, or soups.] ❖

HAIKU

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

how it covers
the lawn and the sidewalk
the pine's shadow

old country cemetery--
all the gravestones surrounded
by autumn leaves

by Bruce Ross

(Continued from page 1)

mined to stand with and comfort its lover.”

Kristoff tells us that eventually his family became so “impressed” with their geese that they released them, though he believes that they were subsequently captured by someone else for use as food.

Kristoff’s position after reflecting on his experience? “I’ll enjoy the barbecues this summer, but I’ll also know that every hamburger patty has a back story, and that every tin of goose liver pate could tell its own rich tale of love and loyalty.” He admits that it may be “hypocrisy to stand up for animal rights, particularly when I enjoy dining on these same animals.”

Kristoff, like the man with the lobsters, has failed to learn the life lesson that was being offered. Each of them had a salient personal experience which he blunted before it had a chance to travel to his heart and his will.

Few of us have a chance to witness the suffering of the animals that wind up on supermarket shelves in Styrofoam and plastic wrap, already killed. Each was an individual; each, as Kristoff put it, had a back story. People like our two authors are lucky to have a personal experience to go on. Most of us instead have to put a number of things together—accounts in books and films, our feelings for the animals we know and love or see in nature—to imagine what it must be

like for the unseen animals on farms.

By deciding to be vegetarian, we’ve taken the pieces of evidence—the stories, the images, our own experiences, and, perhaps most powerfully, our imagination—and drawn a conclusion: to have reverence for life. To live without deliberate cruelty—and without inadvertent or delegated cruelty—to animals.

It’s a matter of paying attention to your senses and letting them get through to your mind, your heart, and your will.

After writing this article, we were pleased to see these letters to the New York Times on 8/2/08, responding to Kristoff’s article:

Bernard Burlew writes: “As a recent convert to vegetarianism, I found that it reinforced my feeling that the eating of living, thinking, emotional creatures is just plain wrong. . . . As a country, we place so little value on the creatures that give up their lives to satisfy our hunger. Since our food is delivered to us on a bun or in big bags of frozen parts, it’s easy to eat it and not think about what it was or how it was killed.”

Susan Beal is “astonished” that Kristoff continues to eat animals “for which he obviously has such affection and respect.” She writes: “Doesn’t he realize that he does not

have to engage in this voluntary activity, which causes moral conflict for himself and suffering for the animals? . . . I hope he also knows that choosing a meat-based diet contributes to environmental devastation, involves a disproportionate use of the earth’s resources and causes untold health problems. I encourage him, and everyone who has been moved by his reflective column, to try going vegetarian full or part time, and dig into a plate of something more delicious, more compassionate and more healthy for us all.” ❖



(Continued from page 4)

“Lifestyle change is cheaper in the end” Responding to an earlier letter claiming that it is expensive to be healthy, Thomas F. Clark of Greece writes that walking is cheaper than a gym membership. “Then you’ll have plenty of money available to buy fruits and vegetables as you will *not* be buying red meat . . . or meat at all. Eating at the base of the food triangle is far healthier than a ‘sandwich, fries and a drink.’ As for why it’s so expensive to be healthy, eating the typical American diet and then facing a lifetime of health problems is a far more costly alternative.” Democrat and Chronicle, July 8, 2008. ❖

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:

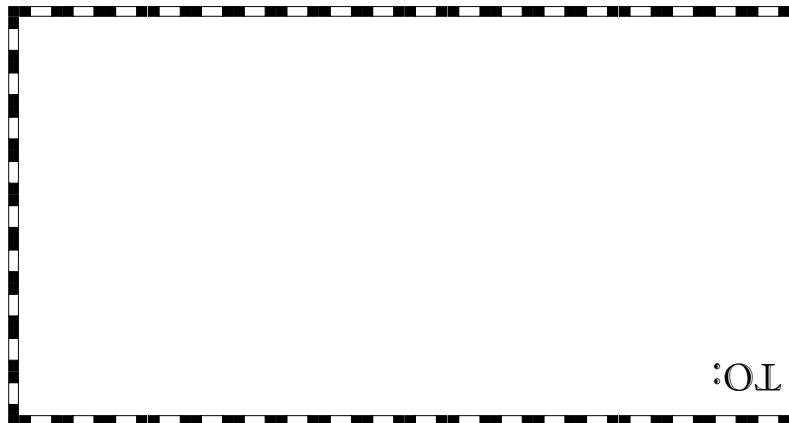
- ⇒ **August 17, 2008** (3rd Sunday) 2 PM Summer Picnic, home of Ted and Carol Barnett, 117 Lyons Road, Rush. Bring vegan dish to pass. NOTE: If rain is active or predicted, look for e-mail message or check RAVS line (234-8750); if nothing posted by noon, picnic is on.
- ⇒ **September 17, 2008** (Wednesday) 7 PM Pittsford-Sutherland High School Auditorium, 55 Sutherland, off Jefferson Rd. **Neal Barnard, M.D.**, noted author and President, Physicians Committee for Responsible Medicine will speak on **Reversing Diabetes**. Free and open to the public. Book available for purchase and signing. A rare opportunity to hear Dr. Barnard speak! Not a RAVS event; sponsored by Heartbeats for Life.
- ⇒ **September 21, 2008*** (3rd Sunday) **Animal Welfare: Working for Change** with **Hoss Firooznia** and **Adam Durand**,
- ⇒ **October 19, 2008*** (3rd Sunday) **Positive Activism: Moving Society towards Veganism** with **Harold Brown**, founder and President of **Farm Kind**, www.farmkind.org

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

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

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

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



ROCHESTER AREA VEGETARIAN SOCIETY
 BOX 20185
 ROCHESTER, NY
 14602