

Our 25th Year!

THE vegan



advocate

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Rochester, NY USA

**A VEGAN DIET**  
What is it, and Why?

If you are not a vegetarian or a member of the Rochester Area Vegan Society (RAVS), this column is for you. Here are some of the basics.

A *vegetarian* is someone who eats no animal flesh: no meat, poultry or fish. A *vegan* is a vegetarian who goes further and eats no animal products at all: no eggs, cheese, milk, or honey. RAVS recommends a vegan diet as the optimal diet.

What are the reasons to go vegan? It comes down to 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 this direction, RAVS can help you. We are here to provide information and support. You do not need to be a vegetarian or vegan to give us a call, to attend our meetings, or to join our group. You do not need to be a member, either, to attend our meetings; guests are always welcome, and you don't need to reserve beforehand. You only need to follow our "vegan rule" for the dinner meetings (see box on p. 2 for a full explanation), and there is a \$3 guest fee for non-members. Come to a meeting, give us a call at (585) 234-8750, or visit our website, rochesterveg.org. You will find us helpful and welcoming. ❖

**TOWARDS A VEGAN WORLD:**

**THE ROCHESTER AREA VEGAN SOCIETY**

Since the Rochester Area Vegetarian Society was founded in the autumn of 1989, we have been encouraging people to follow a vegan diet, and have been offering guidance on how to do so. That is our mission as an organization. Now, on the occasion of our 25th anniversary, the Rochester Area Vegetarian Society (RAVS) is happy to announce that we have changed our name to the **Rochester Area Vegan Society**, as of July 2014.

Since its founding 25 years ago, all of RAVS's events, projects, publications, and recommendations have been completely vegan. RAVS has always intended to convey that the reasons not to eat meat, poultry and fish—concern for human health, for the lives of animals, and for the sustainability of the planet—argue just as strongly not to eat eggs or dairy products.

For all of these many years, the group has kept its name in the belief that the word "vegetarian" is more welcoming than the word "vegan" to those who have not yet changed their diet. But in point of fact, RAVS welcomes everyone—meat eaters, vegetarians, vegans, and eaters of every stripe—to contact us, to join our group, and to attend any of our events. Here is a tagline that a nearby vegetarian society uses to invite people to its meetings, which we think says it best: **"You do not have to be vegan to join us; just eat like one when you are with us."** And if you want to be with us, we want you to be there.

The word "vegetarian" has been used in vague and often inaccurate ways, perhaps because so many people want to associate themselves with being vegetarian—in itself, a good thing. The word "vegan," on the other hand, since coming into greater use, is understood by almost everyone to mean "no animal products" and "nothing that comes from an animal." By changing its name, RAVS avoids confusion and makes the unequivocal statement that its goal is to promote a vegan diet and way of life, and it hopes to bring that message to everyone.

We think it's a fortuitous alignment that seventy years ago this fall, in November

1944, Donald Watson coined the term "vegan" and founded The Vegan Society, based in Great Britain and now, of course, the oldest vegan society in the world. That group defines veganism as "a way of living that seeks to exclude, as far as is possible and practicable, all forms of exploitation of, and cruelty to, animals for food, clothing or any other purpose." That is, and always has been, the goal that we strive towards. So we are proud and honored to take on our new name on the 70th anniversary of The Vegan Society as well as the 25th anniversary of the Rochester Area Vegetarian Society.

As RAVS embarks on the next 25 years, it does so with a new name but with the same vision for a present and a future in which human beings are healthy, the earth is green, and animals are not exploited or used for food or for any other purpose.

Please join us in celebrating our 25th anniversary and in reaffirming our purpose as we move forward! ❖

**VEGAN FOR THE ENVIRONMENT**

"[T]hose who claim to care about the well-being of human beings and the preservation of our environment should become vegetarians for that reason alone. They would thereby increase the amount of grain available to feed people elsewhere, reduce pollution, save water and energy, and cease contributing to the clearing of forests. ...[W]hen nonvegetarians say that 'human problems come first' I cannot help wondering what exactly it is that they are doing for human beings that compels them to continue to support the wasteful, ruthless exploitation of farm animals."

**Peter Singer, *Animal Liberation*, 1990**

"The way that we breed animals for food is a threat to the planet. It pollutes our environment while consuming huge amounts of water, grain, petroleum, pesticides and drugs. The results are disastrous."

**David Brubaker, PhD, Center for a Livable Future, Johns Hopkins University**  
*Environmental News Network, 9/20/99*

veganoutreach.org

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## Rochester Area Vegetarian Society

### Coordinators:

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

### Board of Directors:

Shelley Adams	Ken McBride
Carol Hee Barnett	Rhea McBride
Ted D. Barnett	Walt McBurney
Beth Garver Beha	Daryl Odhner
Ellie Cherin	Ted Potter
Kimber Gorall	Barbara Savedoff
Nancy Hallowell	Bob Zimmermann
Leena Isac	

### RAVS Staff:

Treasurer:	Ken McBride
Website:	Ted Barnett
	Ted Potter
	Bob Zimmermann
Library:	Leena Isac

### *The Vegan Advocate* Staff:

Editors:	Carol and Ted Barnett
Contributors:	
Poetry	Bruce Ross, Ph.D.
Logo Design	Bern Berg

The Rochester Area Vegetarian Society, now the Rochester Area Vegan Society, was founded in 1989 by Rhoda and Stan Sapon, two dedicated activists who worked hard to embody their vision of a compassionate, non-violent world in a local community promoting vegan values: the idea that animals have a right to their own lives and don't exist to provide food or to be exploited by us in any way.

RAVS 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 vegetarians and non-vegetarians alike, as long as they support the goals of the organization.

DUES: Individual Membership, \$20 per year; Joint Membership, \$35 per year; Student/Fixed Income Membership, \$10. Membership includes receipt of *The Vegan 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 14620
- E-mail: rochesterveg@gmail.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*. 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 so-called "non-dairy" soy cheese, coffee creamer and whipped topping. Be alert for *eggs* in baked goods, mayonnaise and salad dressings, and *honey* in breads, pastries and preserves.

This "vegan rule" embodies our mission of showing how abundant and delicious a vegan meal can be. It also means that members and guests who are vegan can freely partake of everything. If you mistakenly bring a dish that is non-vegan, you will be very welcome to stay for the meal, but we will not be able to serve your dish. Please understand that no offense is meant by this.

Please prepare a card with your name, the name of the dish, and a list of all ingredients. If possible, 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 are not able to cook, you may bring fruit, cider, tortilla chips and salsa, green salad, fruit salad, etc. Non-members, in addition to bringing a dish, must pay a \$3 Guest Fee, which will be applied to your membership if you join that day.

## IF YOU ARE NEW TO RAVS

**You don't need to be a vegan, or a member of RAVS, to attend one of our events.** And you don't need to reserve or notify us beforehand (with the exception of restaurant events). We do ask that you follow the "vegan rule" at our dinner meetings. 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 a meeting. Call 234-8750 if you have further questions.

## MEMBERSHIP BENEFITS

Membership in RAVS entitles you to receive *The Vegan Advocate* (4 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.

An important benefit of membership is **half-priced** membership in two national vegetarian organizations. Membership costs given below are **before** the discount is taken. Let them know 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): \$25

Publication: *Vegetarian Journal*

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 in RAVS is that you help 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 that 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.

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

**IF YOU ARE NOT A MEMBER OF RAVS** and would like to receive subsequent issues of the newsletter by email (pdf file), send your email address to rochesterveg@gmail.com and put "RAVS Newsletter by Email" in the subject line.

**PLEASE DON'T TOSS THIS NEWSLETTER;** pass it on to someone else who might be interested in the information and recipes. Or share our contact information (in the column to the far left), and people can reach us to request their own copy of the newsletter.

## 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**.

## Vegan Society Update

by Carol Hee Barnett

RAVS continues its high level of involvement in the community; our meetings are well attended and our outreach opportunities just keep growing. We plan to carry this energy and enthusiasm into the autumn, when we celebrate our 25<sup>th</sup> anniversary.

At our May meeting, we had a talk by **Susie Coston**, the National Shelter Director of **Farm Sanctuary**, about farm animal sentience. Susie's heartwarming images and stories reminded us that each farmed animal is an individual who experiences pain and seeks pleasure and affection. In June, our program was a panel discussion by experienced vegan cooks from our own group. Thanks to **Handy Cowles**, **Meg Hurley**, **Deb Kiba**, and **Carol Manuel** for sharing their recipes and tips (and their stories of how they came to be vegan).

In July, the following RAVERS members were in attendance at the Vegetarian Summerfest: **Ted**, **Carol**, **Rebecca** and **Elizabeth Barnett**, **Jennifer**, **David**, **Pahz** and **Tia Cherelin**; **Ellie Cherin**, **Handy Cowles**, **Jacki** and **Michael Hagelberg**, **Lori Miller**, and **Camden** and **Elijah Simmons**. See the full report on Summerfest on page 4. Our July RAVERS meeting was a picnic at the Barnett home.

Our late summer and fall will be a cornucopia of wonderful speakers and events, in keeping with our anniversary celebration. In August we'll be at the Buffalo area **VegFest**, and **Will Tuttle**, **Ph.D.**, who will be speaking at VegFest, will also come to Rochester to speak to RAVERS (not on 3<sup>rd</sup> Sunday--see calendar p. 8). Our August picnic will be at the home of **Kimber Gorall**. On Saturday, Sept. 6, RAVERS will be the guest chef at the Rochester Public Market.

In September, RAVERS will again have a table at the **Greentopia Festival**, where we'll seek to persuade people that the single most powerful thing they can do to protect the environment is to go vegan (plus they can save their health and the animals, and they can make the change overnight, without any capital expenditure).

At our RAVERS autumn meetings, we will have an all-star lineup of speakers: **Gary Francione, J.D.** in September; **John Morlino, M.S.W.** in October; and **Milton Mills, M.D.** in November. Please continue reading this page and consult the calendar on page 8, for full information on all these events and speakers.

OUTREACH: RAVERS continues to spread the word about vegan diet wherever we can. In June, **Ted Barnett, M.D.** spoke to members of the New Bethel CME church; **Carol Barnett** tabled at a Latino Family Fair; and **Katherine DaCosta**, **Sara Gale**, **Kimber Gorall**, and **Charles Worl** staffed a health fair at Inner Faith Gospel Church. In July, **Carol Barnett** tabled at the family health and safety fair at Ginna nuclear power plant. ❖

### UPCOMING EVENTS!

**VEGFEST WNY** is a first-time-ever veg festival in the Buffalo area, but within striking distance of the Rochester area (RAVERS will have a table there). This FREE event will take place on Sunday **August 3<sup>rd</sup>** from 11 AM to 6 PM, and will feature guest speakers including Victoria Moran, Seth Tibbott, and Will Tuttle; live music; a fun children's program; rescue animals for adoption; many exhibitors; and delicious vegan food. Location is Delaware Park in Buffalo. The festival will kick off with a Tofurky Trot cross-country 5K run/walk at 11AM (registration 10AM) with prizes (including best costume prize) and a dog-friendly course. Visit [wnyvegfest.com](http://wnyvegfest.com) and [tofurky.com/trot](http://tofurky.com/trot)

**FLAVORS AT THE MARKET** is a demonstration series at the Rochester Public Market from 10AM to noon on summer Saturdays. On **Sept. 6**, RAVERS will be the guest chef and will be preparing a vegan dish to sample.

**A PLANT-BASED DIET: EATING FOR HAPPINESS AND HEALTH** will be offered again at the JCC with instruction by **Ted D. Barnett, M.D.** and recipes and food samples by **Carol Barnett**. The course will be offered on six Mondays in a row, **September 22 to October 27**, from 6:45-9:00 PM. This course is open to the general public, and is also available for continuing education credit for physicians, dietitians and other

health professionals. Call the JCC at 461-2000 to register. ❖

OUR CONDOLENCES to **Nancy Hollowell**, whose mother, Virginia Fox Maier, died on March 12 at the age of 97.

OUR CONDOLENCES also to **Martha Sullivan**, whose husband Edward Sullivan died on June 27; and whose mother, Jean Krebs, died on July 12.

THANKS to **Margie Campaigne** for helping to guide, during his stay, a young environmental activist, Charles Orgeon III, who was brought to town by the local Sierra Club chapter and who spoke at five local schools as part of Earth Day Week. Democrat and Chronicle (D&C) 4/22/14

THANKS to **Meg Hurley** for responding to an online editorial on the D&C website which asserted that "vegetarians are depressed because they can't eat bacon." See details on page 4.

THANKS to **Gloria Foster** for her part in the protest against oil trains which took place in Fairport on July 6. A color photo of Gloria appeared in the D&C on 7/7/14.

CONGRATULATIONS to RAVERS Co-Coordinator **Ted D. Barnett, M.D.**, whose profile (with photo!) appears on the back cover of the current (Summer 2014) issue of PCRM's *Good Medicine*.

THE RED FERN restaurant received a glowing review in City Newspaper, 5/28/14 ("Vegan, Served with a Smile"). The reviewer, Laura Kenyon, singled out the Compost Plate, a "winking take on the Rochester staple [Garbage Plate]," the Kale Chips, and the French Toast for special praise, and said "The Red Fern is worthy of attention from vegans, carnivores, celiacs, carb-lovers, and eaters in between." Kenyon also loved the restaurant's "light and airy" decor. Owner and operator Andrea Parros named The Red Fern after a novel by Wilson Rawls, in which the plant symbolizes eternal love and peace--an ethos that Parros wants to see reflected in her restaurant.

The Red Fern also received a glowing review in the D&C on 7/4/14, in which the author, Amanda Antinore, reported on her "fulfilling, and perhaps surprising, meal that dispelled any stereotypes tied to the term vegan."

We welcome the following **New Members**: Caroline Atti & Phyllis Fleischman, Sue Brunsting, Anh Bui & Greg Pien, Sharon & Ray Dumbleton, Tom Fronczak, Charles Lehner, Deb Renner, Kelly Schroeder, and Margaret Tash. **Membership Renewals**: Karen Atkins, Milt Braverman, Carole Camp (2-year renewal), Ellie Cherin (2-year renewal), Charles DiPrima, Nancy Hollowell, Jerry Hanss, Joanne & Christopher Hee, Audrey Kramer & Alex Chernavsky, Dee & Darren Mrak (Contributing Level), Yetta Panitch & David Daunce (Patron Level), Bill Labine, Kathryn Pridey & Ed Lewek, Russell Roberts, Mary Ann Samuelson, Ruth Sheldon (2-year renewal), Donna Silverman, Maureen & Steve Van Buren, Sharon Yates. This list reflects memberships submitted through approximately 7/20/14. Please contact us with any questions about membership. Thank you for your support! ❖

## IN THE NEWS

**DAIRY ASCENDANT IN NY STATE**  
New York State was the yogurt capital of the nation for the 2<sup>nd</sup> year in a row in 2013, producing 741 million pounds of yogurt and accounting for 15.7% of all yogurt production, the most of any state. New York is also ranked the 3<sup>rd</sup> highest producer of milk in the nation. *Democrat and Chronicle (D&C)*, 2/28/14. The NY State Senate voted 52 to 8 on May 6 to declare yogurt the official state snack, taking the idea from a 4<sup>th</sup> grade class in Byron-Bergen in Genesee County, which wrote a letter suggesting it. *D&C* 5/8/14. On June 11, the NY Assembly voted 85 to 1 in favor of the measure, which awaits Governor Cuomo's signature to become law.

RAVS's official position is that dairy products are unnecessary and unhealthy foods for humans, and the dairy industry causes misery for animals and devastation to the environment. The official snack designation might be okay if it's taken to apply to plant-based yogurt, which is available in ever more varieties and brands. In fact, TCBY just rolled out its third vegan frozen yogurt: coconut milk, joining almond-based vanilla and chocolate. PCRM's *Good Medicine*, Summer 2014.

**HEART DISEASE RISK FROM ANIMAL-BASED DIETS**  
The iron in meat may increase the risk of heart disease. According to a meta-analysis published in the *Journal of Nutrition*, heme iron (found in meat) increased risk of heart disease by 57%, while non-heme iron found in vegetables showed no relationship to heart disease risk or mortality. For those who have already suffered a heart attack, a high-fiber diet is associated with a 35% reduction in death from heart disease, according to a study in the *British Medical Journal*; fiber is found only in plants. And, the so-called "Paleo" diet worsens cholesterol levels--raising LDL ("bad") cholesterol, total cholesterol, and triglycerides, according to a prospective study of 44 healthy adults in the *International Journal of Exercise Science*. High cholesterol is a known risk factor for heart disease. All of these studies were discussed in *Good Medicine*, Summer 2014.

**VEGETABLES TO HEAL HEART DISEASE**  
Dr. Shane Williams, a community cardiologist in Canada, has been vegan since 2010, and has been using a plant-based diet to treat his patients. He says the results are "simply amazing." CBC News, 5/23/14, cbc.ca In his approach to heart disease, Dr. Williams joins physicians in the U.S. like Dr. Caldwell Esselstyn, Jr., who released a new study in July expanding the results of his previous work; and Dr.

Robert Ostfeld, who treats heart patients with vegan diet, and who will be the featured speaker for Heartbeats 4 Life on Monday, Sept. 8 (see calendar p. 8). Dr. Ostfeld's article on treating heart disease with lifestyle change can be found on the Forks Over Knives website. Thanks to Kimber Gorall for this reference.

**VEGAN AT HEART!** The incoming president of the American College of Cardiology, Dr. Kim Williams, is vegan! He says the goal of the ACC should be to put itself out of business. Thanks to Carol Hope for this reference.

**VEGGIES FOR OPTIMAL WEIGHT**  
In an article on his *NY Times* blog entitled "What Causes Weight Gain," columnist Mark Bittman notes that, for weight control and avoidance of chronic disease, people need to eat real food instead of processed food, and the real food should be from the plant kingdom. Bittman writes: "Minimally processed plants should dominate our diets. (This isn't just me saying this; the Institute of Medicine and the Department of Agriculture agree.)" 6/10/14

**GIVING TOFU ITS DUE**  
Bittman also wrote a blog post singing the praises of tofu, saying: "it's time to re-evaluate and finally embrace the original plant-based mock meat." Bittman says if you use tofu for taco filling "no one will know the difference. You'll have saved money and cooked a product with a lighter carbon footprint, no animal welfare issues and fewer health threats than any meat." Bittman gives recipes for Tofu Escabeche (a kind of pickled or marinated tofu), Scrambled Tofu, Tofu Mayonnaise, and Tofu Chorizo (Sausage)--all vegan recipes. 7/7/14

**FINDING THE VEGAN PATH**  
Former Vice-President Al Gore has gone vegan "with little fanfare" according to the *Washington Post*, 11/25/13. Gore is the writer of the award-winning film that started the conversation on climate change, "An Inconvenient Truth." The article speculates as to Gore's reasons for going vegan, and points out that industrial farm operations are major sources of nutrient pollution and contribute significantly to the nation's greenhouse gas emissions. Thanks to Lois Baum for this reference.

**BAITING VEGETARIANS**  
RIT student Tianna Manon, who describes herself as an "avid meat-eater," wrote an online article skewering vegetarians at democratandchronicle.com in which she referenced a study purporting to show that meat eaters have a higher quality of life than vegetarians. Manon went on to express the view that vegetarians have more anxiety and depression because "they can't eat bacon." In her response, RAVS member Meg Hurley

wrote: "Please don't publish arrogance and ignorance...People who don't eat meat often do so for health and ethical reasons, because they have compassion for animals...Knowing what happens to animals used for human purposes would make any ethical person depressed. And knowing that factory farming is one of the biggest contributors to environmental collapse would make any reasonable person anxious. Being aware of the truth causes psychic discomfort. And bacon causes cancer." As for the study cited by Manon, Jack Norris, R.D. discusses it at jacknorrisrd.com. The study had several problems: (1) vegans were grouped with ovo-lacto vegetarians and fish-eaters; (2) the dietary categories ("rich in meat" "less rich in meat") were not defined for the participants when they were asked which group they belonged to; and (3) the p-values, which establish statistical significance, were unimpressive. Even with those problems, the study concluded that "as diets rich in fruits and vegetables were associated with better health...these diets should be recommended."

**OKTOBERFEST CATERES TO VEGANS**  
Last year, adapting a 200-year-old tradition, Oktoberfest--an autumn beer and food festival held in Munich, Germany--welcomed vegans. Vegetarianism is on the rise in Germany, according to the German Vegetarian Assn., which estimates that 8-9% of the population is vegetarian, about 7 million people, including 800,000 vegans. The vegan menu for Oktoberfest--designed in part by Martin Jonas, a prominent hotelier's son who is training to be a vegan cook--included Ginger-Carrot Soup; soy medallions to replace pork and mushrooms; and a Bavarian cheesy egg noodle bake made without eggs and cheese. Of the noodle bake, Jonas said: "it tastes so good people don't believe it's missing the two key ingredients"; one day his cook spent 10 hours filling orders for the vegan version. "Meat-Drenched Oktoberfest Warms to Vegans," npr.org, 10/4/13; thanks to Donna and Dan Barski for this reference. ❖

## HAIKU

don't know your name  
but there by the roadside  
little white flowers

the thunderstorm  
lifts off a highest peak  
my lingering dreams

train station  
the sparrow lifts one leg  
as if begging

by Bruce Ross



## A TASTE OF VEGETARIAN SUMMERFEST

The following are recipes from cooking demonstrations at the July 2014 Vegetarian Summerfest. Enjoy!

### RAW NUT MEAT TACOS (Christy Morgan, theblissfulchef.com)

1 cup almonds and 1 cup walnuts, soaked in filtered water for 2 hours  
1 tbsp chili powder  
1 tbsp ground cumin  
1 tsp ground coriander  
Dash garlic powder (or fresh garlic to your liking)  
Dash cinnamon  
Dash cayenne (for a spicy meat)  
1 tbsp balsamic vinegar  
1 tbsp tamari or Bragg's Liquid Aminos

Drain nuts. Blend in a food processor (not blender) for about 20-30 seconds to get the nuts chopped. Add the rest of the ingredients and blend, scraping down the edges of the bowl a few times to incorporate all the ingredients. Blend until your preferred level of chunkiness (I like my meat crumbly and not a smooth paste). Season with salt if needed. Pile the meat into a lettuce leaf or tacos and add toppings (tomatoes, avocado, shredded carrot, cucumber, cilantro, salsa). Add a dollop of Chipotle Cashew Cream (recipe below) and enjoy!

### CHIPOTLE CASHEW CREAM

½ cup raw cashews with ¼ cup dried goji berries\* or raisins, soaked in filtered water for 2 hours  
2-3 chipotle peppers in adobo sauce, or less to taste\*\*  
2 tbsp lime juice  
2 tbsp apple cider vinegar  
1 tbsp nutritional yeast\*\*\*  
½ tsp garlic powder (or fresh garlic to your liking)  
½ tsp ground cumin  
½ tsp salt (optional)  
Dash liquid smoke  
Black pepper, to taste

Drain water from cashews and goji berries or raisins. Place them in a blender with the remaining dressing ingredients and blend until smooth and no chunks remain. Season with salt and pepper, as needed. Save in glass container in the fridge up to 7 days.

Editor's notes:

\*Melissa's brand goji berries available in Wegmans produce section

\*\*Available in international section of supermarket. Chipotle peppers have a great smoky flavor, but 2-3 peppers carry a lot of

heat. If you don't like heat, or have never used chipotles in cooking, start with about ½ of one pepper, or 1 tsp of the sauce.

\*\*\*Available in bulk in natural food stores, or on the shelf at Wegmans Nature's Marketplace (Bob's Red Mill brand).

### HEARTY LENTIL MEATLOAF (Allison Rivers Samson, allisonsgourmet.com)

½ cup tomato paste  
3 tbsp tamari or soy sauce, divided  
1 tbsp dark agave nectar\*  
½ tsp liquid smoke  
1 tbsp + 2 tsp minced garlic, divided  
4 tbsp unflavored coconut oil, divided\*\*  
1 cup onion, chopped and divided  
1 cup portobello or other mushrooms, diced into ½-inch pieces  
½ cup diced celery  
½ cup diced carrot  
¾ tsp salt  
¾ tsp black pepper  
¾ cup cooked brown rice  
2 cups cooked French (green) lentils\*\*\*  
1½ tsp vegan Worcestershire sauce  
¼ tsp Dijon or spicy brown mustard  
1 tbsp arrowroot powder or cornstarch  
2 tbsp fresh Italian parsley, minced  
¾ cup breadcrumbs

The rice and lentils in this recipe must be prepared previously and ready to use.

Preheat oven to 350 degrees. Oil a loaf pan or line it with parchment paper. In a small bowl, combine the tomato paste, 2 tbsp of tamari, agave syrup, liquid smoke, and 1 tbsp of garlic. Set aside.

In a large skillet, sauté ½ cup of the onions in 2 tbsp of oil over med heat for 5 minutes; add the mushrooms and sauté for about 7 minutes. Transfer to a small bowl. Add the remaining 2 tbsp oil to the skillet and sauté the celery, carrot, remaining 2 tsp garlic, salt and pepper over low heat; cover and let cook 10 minutes, stirring occasionally.

In a food processor, pulse the rice and lentils 10 times, then transfer to a large bowl. Add the sautéed celery and carrot to the food processor and pulse 10 times. Add to the rice and lentils along with the reserved onions and mushrooms, ½ cup uncooked chopped onion, vegan Worcestershire, 1 tbsp tamari, mustard, arrowroot, parsley, breadcrumbs, and 1 tbsp of the reserved tomato paste mixture.

Put ½ of the mixture in the loaf pan and spread ½ of the tomato paste mixture on top. Repeat with the remaining half of the loaf mixture and the tomato paste topping. Cover with foil. Bake 350 degrees 45 minutes; remove foil and let cook another 15 minutes to brown. Loaf should cool 15 minutes to firm up before slicing.

Editor's notes:

\*I used maple syrup

\*\*You can substitute olive oil for the coconut oil, reduce the amount, or eliminate it entirely (use whatever no-oil sauté method you like, such as sautéing in water, wine, or dry vermouth).

\*\*\*Green lentils can be hard to find. I used Goya brand Pardina lentils, which are similar to French lentils. Find them in the international section of supermarkets.

### ALMOST-INSTANT CHOCOLATE PUDDING (from Fran Costigan's *Vegan Chocolate*) (Makes 2 ¼ cups, 3 to 4 servings)

½ cup granulated sugar, preferably organic  
¼ cup cornstarch, preferably organic\*  
¼ cup Dutch-process cocoa powder  
¼ tsp salt  
1½ cups plus 6 tbsp plant milk (e.g. almond, coconut or soy milk)  
1½ oz dark chocolate, chopped into small pieces  
1 tsp pure vanilla extract

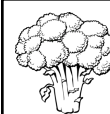
Sift the sugar, cornstarch, cocoa powder, and salt through a wire mesh strainer into a medium saucepan. Slowly stir in the milk. Keep stirring until no trace of any of the dry ingredients is visible. The idea is to make sure the cornstarch is completely dissolved before you turn on the heat.

Cook over medium-high heat, whisking frequently, until the mixture begins to thicken and is close to a boil. This can take as long as 12 minutes. Adjust the heat as needed to get a full boil, but don't let it be so high that the bottom scorches. As soon as the pudding starts to boil, it will thicken to pudding consistency. Immediately lower the heat and boil gently for another minute, stirring frequently.

Remove the saucepan from the heat. Gently stir in the chocolate pieces until the chocolate is melted and incorporated. Stir in the vanilla.

Spoon the pudding into a bowl. It will be set and ready to use in about 30 minutes at room temperature, but it can be refrigerated for up to 24 hours. If you refrigerate it, cover the surface with plastic wrap, making sure the wrap adheres to the pudding to prevent a skin from forming.

\*The cornstarch is crucial to get the right texture for this pudding. Do not substitute another thickener. ❖



Want to go vegan?  
We can help!

## VEGETARIAN SUMMERFEST RULES by Carol Hee Barnett

Every year since 1975, the **North American Vegetarian Society** has held a **Vegetarian Summerfest**--a combination of serious academic conference and joyous festival, with cooking demos, exercise classes, live music and partying, a children's center, as well as a chance to see the birds in the morning and the stars in the evening. This year was the 40<sup>th</sup> anniversary of Summerfest (and the 20<sup>th</sup> year our family has attended), and it was wonderful as always.

Summerfest is the place where we meet virtually all of the experts which we then later bring to Rochester to speak at RAVS meetings. Also, RAVS members were 15 strong at this year's Summerfest (see the full list on page 3), and we did our part to contribute to the program. The Barnetts sat on a panel about Starting and Running a Vegetarian Society, and Ted Barnett gave a talk on Green Birding and another on testifying before the US Dept of Agriculture in Washington. Ted led the morning bird walks; Rebecca and Elizabeth Barnett provided musical entertainment; and the Barnett family organized a Memorial Service for the Animals on the final day. The Cherelin family launched positive messages into the sky to celebrate July 4<sup>th</sup>. And RAVS alums Chris Hirschler and Isabel Marmolejo (they have moved to New Jersey) were on the program: Chris was a speaker and Isabel led Zumba classes.

Some highlights of the conference:

-The return of Howard Lyman (a.k.a. The Mad Cowboy). Lyman had not been to Summerfest for several years, and he was back, in fine form, with his wife Willow Jeane. The Lymans' car, however, was destroyed by lightning on their way to the conference (it seems the meat lobby will stop at nothing).

-The Vegetarian Hall of Fame award was given to John Pierre, who spoke at the October 2013 RAVS meeting. Pierre is not only an invaluable nutrition advisor, trainer (to the stars, no less) and motivational speaker; he is a surpassingly humble, gentle and generous soul. His award is richly deserved. Pierre will be launching a sanctuary where his work with abused women and children and with rescued farm animals can dovetail.

-Dr. Michael Greger's "Latest in Nutrition 2014," which we hope to bring to Rochester!

-Miyoko Schinner, who last year created recipes for vegan cheeses using traditional cheese-making techniques has, as predicted, launched a commercial venture to bring them to market, so look for them in the near future! Meanwhile visit [miyokoskitchen.com](http://miyokoskitchen.com)

-A screening of the new documentary "Cowspiracy: The Sustainability Secret." This film establishes that animal agriculture is the single largest contributor to global warming (and theoretically could be eliminated overnight); and also that there is a

conspiracy ("cowspiracy"), sometimes enforced by violence and certainly supported by industry dollars, to keep this information from being widely known and from being on the agenda of the large environmental organizations. Just when you thought this film had done enough, by making the environmental point, it challenges the "humane meat" movement on both environmental and ethical grounds (the images of so-called "humane" slaughter are unforgettable), and then makes a convincing case for the healthfulness of eating vegan. This powerful new film promises to be a game-changer in the movement towards a vegan world; and RAVS will be sure to have a showing for the Rochester community as soon as it's available.

The conference sessions (there are about forty over 5 days, counting the plenary sessions) are a rich source of detailed and current information on vegan diet, given by some of the world's experts. Here are summaries of a few of the more salient talks.

**Brenda Davis, R.D.** on "Vegetarian and Vegan Diets: The Current State of the Evidence" Davis reported as follows:

-A 2012 study shows that one 3-oz. serving of red meat a day increases mortality by 13% (20% if it's processed meat).

-A 2014 study shows that, in subjects aged 50-65, protein intakes greater than 20% result in a 74% increase in mortality and 4 times the number of cancer deaths. A typical Paleo diet is 30% protein.

-In the EPIC-Oxford study, after 12 years, vegetarians were 28-32% less likely to develop heart disease than health-conscious meat or fish eaters.

-The Adventist Health Study-2 (AHS-2) found that high blood pressure was 43% lower in ovo-lacto vegetarians, and 63% lower in vegans, than in meat eaters.

-Chronic inflammation (as measured by CRP) is lower in vegans than in endurance athletes, and less than ¼ the levels found in those on a typical diet (Fontana, 2007).

-Cancer rates are 15-20% lower in vegans than in the general population, and the vegan diet is especially protective against prostate cancer (38% lower in vegans, according to the EPIC-Oxford study).

-A 2013 Harvard study found that ½ serving of red meat a day (1.5 oz.) increases diabetes risk by a whopping 48%; the AHS-2 study found that vegans lower their risk of developing diabetes by 62%.

-The so-called "blue zones" of high longevity all have two dietary components in common: a plant-based diet, and consumption of legumes (compare this to the Paleo diet, which is meat-heavy and excludes legumes).

As Davis concluded: "One diet cuts across all the categories. The science is complicated, but the solution is simple."

**Julieanna Hever, R.D.** "Ten Tenets to Optimal Health" Hever's tenets are: Pick Proper Packaging (whole plant foods), Stay Simpler (fewer packaged foods, more cooking for yourself), Revel in the Rainbow

(of colorful fruits and vegetables), Focus on Fiber, Leverage Legumes and Leafy Greens, Favoritize Fats (opt for whole food sources of healthy fats, like nuts, seeds, tofu, greens, and avocados), Sweeten Selectively (added sugars should be <10% of calories), Practice Cautious Calorie Consciousness (eat in a calm setting and stop when not quite full), Movement (exercise) and Mindfulness (stress management, fuller living, and more peace).

**Brenda Davis, R.D.** on "Paleo Diets: Facing Facts" Davis says this new diet scares her more than earlier high-protein diets like Atkins and Stillman, because it is embraced by so many mainstream experts. Though the Paleo diet excludes grains and legumes, Davis says there is recent evidence that the intake of grains and legumes by ancient humans was greater than had been previously thought. Even by their own standards (i.e. lined up with the ideal macro- and micro-nutrient intakes on a "true" ancient diet), the food recommendations of Paleo authors fall short of a vegan diet--in other words, a vegan diet is more Paleo than a "Paleo" diet. Paleo authors raise a scare about toxins in plant foods, such as phytates in grains, but these are easily eliminated by traditional preparation methods such as soaking, sprouting, and cooking. A recent study (Smith, Trexler, et al., 2014) found that an unrestricted Paleo diet is deleterious to blood lipid profiles. And even if a Paleo diet were healthy, which it is not, it would be (and is) an unmitigated environmental and ethical disaster, as it would take several Earths to feed everyone this way.

**Stephan Esser, M.D.** "Movement: It's What's for Dinner" Esser is one of many speakers who emphasized the need for regular exercise of many types (aerobic, strength-bearing, flexibility, balance) to maintain optimal health. Esser pointed out that vegans need to exercise because if they don't, they make a statement to the world that veganism doesn't work. Esser quoted Walter Bortz ("a portion of the changes...commonly attributed to aging are in reality caused by disuse and...are subject to correction") and also his grandfather, William Esser, also a doctor and a vegan: "Exercise is as essential as a rational diet."

**Fran Costigan, Allison Rivers Samson, Miyoko Schinner**, "How to Veganize Any Recipe" This trio encouraged us to ask what purpose the animal product is serving in the recipe and to search for a plant substitute that is also a healthy food. Many commercial vegan substitutes are highly processed, and these cooks prefer whole foods (e.g. Ms. Samson uses lentils rather than a processed "faux meat" in her meatloaf recipe, given on page 5). Samson says "plants are where the flavor is" even in traditional omnivorous cooking, and so vegans do not have to give up full flavor and deliciousness. A useful tip from Samson was to use all five flavors in every recipe (salt, sweet, sour, bitter and pungent or "umami"); so, a sauce or dressing might contain a combination of maple syrup, soy sauce,

citrus, and vinegar for complexity of flavor. [As a side note, umami—which translates as “deliciousness” in Japanese and also has been equated with “savory”—is especially prevalent in animal foods but can be found in wine, soy sauce, miso, nutritional yeast, mushrooms, olives, and fermented foods, and can be enhanced by techniques like roasting and caramelizing. See “Is Umami a Secret Ingredient of Vegan Activism?” at [theveganrd.com](http://theveganrd.com).] Another good tip came from the moderator, Patti Breitman, who recommended making dishes, especially for non-vegans or new vegans, that people are familiar with already, like soup, chili, or mac and cheese: “They know what it is”.

**Howard Jacobson, Ph.D.** “Shift Easy: The Psychology of Joyful and Sustainable Diet Improvement” Jacobson provides a useful model for dietary change that can be applied in other areas of life as well: if you have the motive to change, minimize the need for will power by putting a system in place that makes it easy to succeed. In moments of high energy and decisiveness, execute a plan that will make it easy for you to follow through when you are tired, stressed, or overwhelmed. In this vein, Jacobson has a new company called The Purple Carrot that, for a fee, delivers the ingredients—including the produce—for 2 vegan meals a week with enough for leftovers. [thepurplecarrot.com](http://thepurplecarrot.com)

**Jeffrey Cohan**, “Ten Principles of Effective Vegan Advocacy” Cohan’s basic message was that effective advocates need to connect with their audience, and show them some of the compassion that motivates them so strongly. As Cohan says, most of us were

carnivores once, and we needed to be enlightened and guided. Cohan’s acronym is PACE (be Polite, Affable, Compassionate, and Encouraging). Cohan also says “How” is as important as “Why”; that is, once you have persuaded people of the reasons to be vegan, you owe it to them to show them how and make it as easy as possible to make the switch. Cohan also says that “All vegans are vegan advocates,” just by virtue of the example they provide.

**Jonathan Balcombe, Ph.D.**, “After Meat: A Thought Experiment” Balcombe asked us to imagine what it would be like if, because of an external event like a meat-borne epidemic, meat was no longer consumed. It was empowering and inspiring to consider that farmland would be returned to nature, climate change and biodiversity loss would be reversed, there would be “an epidemic of health gains,” and the torture of factory farming would end (but No, cows and other farmed animals would not go extinct). Balcombe said that, while his scenario may be a fantasy, meat consumption rates have been dropping in the U.S. (down from 9.5 billion animals slaughtered yearly to 9 billion). Stopping meat consumption would bring about “a more peaceful and compassionate society across the board for animals and humans.”

**Jenny Brown**, “Winning Compassion for Farmed Animals” Brown says that every vegan, just by his or her example, has an opportunity to educate others and really no choice in the matter, so they should embrace their advocacy. She says to be compassionate, focus on the joy of vegan living, and be a

voice for the animals. Brown quotes Dr. Paul Farmer: “The idea that some lives matter less is the root of all that is wrong with the world.” Brown’s takeaway message: In a world of people who couldn’t care less, be someone who couldn’t care more. ❖

**Make your friends and family vegan-friendly**  
(advice from Isa Chandra Moskowitz)

Bring vegan dishes to holiday gatherings —any social gathering, really. Just get vegan food out there to the masses starting with the ones closest to you. As gifts, buy them vegan cookbooks to go along with something they “really want”... Or take them out to a great vegan restaurant. Cook them a yummy vegan meal. Prepare dishes familiar to them: soups, chilies and curries. But here’s a suggestion: don’t break out the nutritional yeast on the first date. Yes, it would be great if you could make everyone vegan but the next best thing is to make them vegan-friendly. You never know when they will be met by the anti-vegan—that guy who wears the People for Eating Tasty Animals beer hat. Having people who aren’t vegan, but are in your corner, helps in our defense. For people you are really close to and that will love you no matter what, replace some of their non-vegan things with vegan ones. Store Vegemise in their refrigerator door, push the half and half to the back with that ancient jar of apricot preserves and put the Silk Coffee Creamer front and center. Hopefully they will try these things once they are in the fridge, and if they don’t, well, you’ve voted vegan with your wallet and that’s okay, too. ❖

**APPLICATION FOR MEMBERSHIP IN THE ROCHESTER AREA VEGAN SOCIETY:**

P.O. BOX 20185, ROCHESTER, NY, 14602-0185  
(585) 234-8750, [rochesterveg.org](http://rochesterveg.org), [rochesterveg@gmail.com](mailto:rochesterveg@gmail.com)

Membership in the **Rochester Area Vegan Society** is open to all those who support the goal of moving towards a vegan world. RAVS defines veganism as “a way of living that seeks to exclude, as far as is possible and practicable, all forms of exploitation of, and cruelty to, animals for food, clothing or any other purpose.”

Members are entitled to admission to monthly events, and discounts on the purchase of books and other material available from RAVS. Members receive *The Vegan Advocate*, published 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): \_\_\_\_\_ email: \_\_\_\_\_

- \$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 *The Vegan Advocate* only
- I am/we are willing to volunteer to help RAVS

Amount enclosed \$ \_\_\_\_\_. Any amount over basic membership is tax deductible. Please make check payable to **RAVS**.

- I follow a vegan diet.
- I am an ovo-lacto vegetarian.
- Ornish/Esselstyn (no oil) diet.
- I am not yet a vegetarian.

Primary interest in vegetarianism:

- Environment
- Animal Rights
- Health
- Other:

## Rochester Area Vegan Society upcoming meetings and events of interest:

- **August 3, 2014 (Sunday) 11 AM-6 PM VegFest WNY** Delaware Park, Buffalo NY. Guest speakers, live music, exhibitors, delicious vegan food, children's program. Admission Free. Tofurky Trot Cross Country 5K Run/Walk (Registration 10 AM, Race Start Time 11 AM)
- **August 5, 2014 (Tuesday) Time to Wake Up! Be Healthy, Save the Planet** with **Will Tuttle, Ph.D.**, author the *The World Peace Diet* Brighton Town Park Lodge, 777 Westfall Road, 5:30PM **Vegan Share-A-Dish** Dinner, 7:00 PM Program
- **August 17, 2014 (3<sup>rd</sup> Sunday) 2:00 PM Summer Picnic** at the home of Kimber Gorall, 15 Peachtree Lane, Pittsford, NY 14534. Kimber's house is on the canal! Peachtree Lane is off Marsh Road, just north of the canal in Bushnell's Basin. Please bring a **vegan** dish to pass, a place setting for yourself, and a folding chair if you have one. If rain is threatened, call the RAVS hotline (234-8750) on Sunday morning to see if the picnic has been rescheduled.
- **September 8, 2014 (Monday) The Plant-Based Lifestyle is the Best Medicine** with **Robert Ostfeld, M.D.** Rochester Academy of Medicine, 1441 East Avenue, **7:00 PM** (doors open 6:30 PM); \$1 fee. Heartbeats 4 Life Autumn Kickoff; not a RAVS event.
- **September 21, 2014\* The History of Veganism** with **Gary Francione, J.D.**, Professor of Law, Rutgers University and author of *Rain Without Thunder*. Come early at 5PM to enjoy food samples.
- **September 22 through October 27, 2014 (six Mondays, 6:45 PM - 9PM) A Plant-Based Diet: Eating for Happiness and Health**, taught by **Ted D. Barnett, M.D.**, recipes and food samples by **Carol Barnett**. Available for CME and other continuing education credits for physicians, dietitians, and other health professionals. Jewish Community Center, 1200 Edgewood Ave. Call 461-2000 to register.
- **October 19, 2014\* (3<sup>rd</sup> Sunday) Vegan Values: The Legacy of Stan and Rhoda Sapon** with **John Morlino**, founder of The ETHIC (The Essence of True Humanity is Compassion). PLEASE NOTE location is Buckland Lodge, 1341 Westfall Rd; otherwise our usual 3<sup>rd</sup> Sunday (5:30 **Vegan Share-a-Dish** Dinner, 7PM Program). Come early at 5PM to enjoy food samples.
- **November 16, 2014\* (3<sup>rd</sup> Sunday) The Courage of our Convictions: Parallels between the Vegan Movement and the Civil Rights Movement** with **Milton Mills, M.D.** Come early at 5PM to enjoy vegan food samples.

**\*Indicates a regular meeting.** Unless otherwise indicated, regular meetings are held on the third Sunday of the month at the Brighton Town Park Lodge, 777 Westfall Rd. 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. Look for "Brighton Town Park" sign. Lodge is on the south side of Westfall; driveway leading to the Lodge is called "Haudenosaunee Trail."

PLEASE NOTE: We always welcome new people at our meetings. You may attend just the dinner, just the program, or both; there is no need to reserve for either. If you attend the dinner, we ask that you pay a \$3 Guest Fee in addition to bringing a vegan dish to pass. See box on p. 2 for information about preparing a vegan dish. The Guest Fee will be subtracted from your dues, if you decide to join later in the meeting. No fee is charged to attend the program portion of the meeting.

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



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