

Our 25th Year!

THE vegan



advocate

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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. ❖

**GO VEGAN FOR YOUR HEALTH:
THE SCIENCE SUPPORTS IT!**

In the spring and summer of 2014, we heard echoes of the famous scene from the film *Sleeper*, and it seemed that things we previously thought to be unhealthy--deep fat, steak, and cream pie--were all of a sudden good for us. The *NY Times* blogger and food guru Mark Bittman wrote on March 25 that "Butter is Back." The cover article in *Time* magazine's June 23 issue commanded: "Eat Butter: Scientists labeled fat the enemy. Why they were wrong."

These and other articles based their breezy recommendations on a piece published in early 2014 by Chowdhury et al. in the *Annals of Internal Medicine*. This was not an original study but a "meta-analysis" of 72 studies, which, among other things, found no overall effect of saturated fat on heart risks. The *Annals* meta-analysis reached this conclusion by combining studies which were designed to evaluate the risks of saturated fat with studies in which no participants were on a low-fat diet.

For example, the Oxford Vegetarian Study included people whose diets ranged from vegan to ovo-lacto-vegetarian to omnivore, with saturated fat ranging from a low of 6% of calories to more than 13% of calories. The Oxford study found that the fattiest diets *tripled* the risk of dying of heart disease, compared with diets that had very little saturated fat. But that study was combined in the overall analysis with studies such as a Swedish one in which subjects averaged more than 13% of calories from saturated fat, and no study group was on a low-fat diet. These types of studies canceled each other out, and thus the meta-analysis did not identify any benefit of avoiding saturated fat.

One of the co-authors of the *Annals* study, Dr. Mozaffarian, disagreed with a key conclusion of the study, regarding polyunsaturated fat. Another co-author, Dr. Angelantonio, stated that the study was "wrongly interpreted by the media." Dr. Francesca Crowe, one of the co-authors of the Oxford study which correlated saturated fat intake with heart disease risk, charged that the authors of the *Annals* piece reworked the analyses to get the result they wanted; she said "current guidelines should still recommend that people minimize their intake of saturated fat."

In fact, an article in the May 2014 issue of *Nutrition Action* suggested that the dairy industry was intent on showing that saturated fat does not cause heart disease, and subtly biased the authors towards that result. Martijn Katan, an emeritus professor of nutrition and the expert whose research helped document the harm done by trans fat, was interviewed in the article and he pointed to a November 2008 meeting of the global dairy

industry in Mexico City which resolved to "neutralize the negative impact of milkfat by regulators and medical professionals." The dairy industry set up a major, well-funded campaign to rehabilitate milkfat, and the results have been seen in studies that have emerged since then. Katan says there's no need to allege fraud: the methodological limitations of observational studies make it easy to get the results you want.

Dietitian Brenda Davis explains in her new book, the revised edition of *Becoming Vegan*, how the *Annals* study managed to conclude that saturated fat does not significantly affect heart attack risk. She writes: "First, many of the studies included in these meta-analyses compared similar populations that ate Western-style diets high in both fat and saturated fat (studies that examine a more diverse range of saturated fat intakes tend to show more significant disparity in disease risk); even the lowest intakes of saturated fat were above recommended intakes. Second, many of the studies used in these analyses relied on a single 24-hour recall to determine dietary intakes; this method isn't reliable for ascertaining long-term dietary patterns. Third, several of the studies were adjusted for serum cholesterol levels. Because serum cholesterol concentrations increase with higher intakes of saturated fat, controlling for this variable obscures the results"(p. 136).

Davis points out that the World Health Organization (WHO), the Institute of Medicine (IOM), and the World Heart Federation all recommend a reduction in saturated fat intake. The American College of Cardiology/American Heart Association (ACC/AHA) 2013 guidelines recommend that one get 5 to 6% of calories from saturated fat--exactly the amount consumed by the average vegan, and a percentage that's hard to achieve on the standard American diet. Davis writes: "A well-planned vegan diet offers, quite arguably, the most powerful protection against cardiovascular disease that can be provided by any diet" (p. 43). She also demonstrates throughout the book that a vegan diet can prevent and reverse other diseases such as diabetes, cancer, and auto-immune disorders, and in fact provides every imaginable health advantage.

[This editorial draws on *Becoming Vegan: Comprehensive Edition* (2014) by Brenda Davis, RD and Vesanto Melina, MS, RD; *Good Medicine* (Autumn 2014), a publication of the Physicians Committee for Responsible Medicine (pcrm.org); "Fat Under Fire: New Findings or Shaky Science?" from *Nutrition Action*, May 2014; an article on news.sciencemag.org (website of the American Assn for the Advancement of Science) by Kal Kupferschmidt dated 3/24/14; and a presentation given by Brenda Davis, RD, at the 2014 Vegetarian Summerfest.] ❖

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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 14602
- 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 vegetarian, 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

The newly-renamed Rochester Area Vegan Society (formerly the Rochester Area Vegetarian Society) is celebrating its 25th anniversary this year with activities that are reaching an ever-greater number of people in the Rochester community.

Meetings: Our August meeting was a delightful picnic at the home of **Kimber Gorall** in Pittsford on the Erie Canal. In September, we welcomed law professor **Gary Francione**, who spoke about the future of veganism to a large crowd. And in October, on almost the exact 25th anniversary of the very first meeting of our group, **John Morlino** of The ETHIC spoke about "Vegan Values" and the legacy of Stan and Rhoda Sapon, the founders of RAVS. See more about the history of RAVS and the vegan values set forth by Stan Sapon on p. 6 of this newsletter.

In November, our speaker will be African-American physician **Milton Mills**, who will speak on parallels between the civil rights movement and the vegan movement. In December, we will have a holiday gathering and also a discussion among ourselves about the challenges of being an activist. And in January 2015, we'll have a showing of "COMFORT ZONE," an environmental film by local filmmakers.

Outreach: In early August, RAVS had a table at the first-ever Buffalo area Vegfest. Several RAVS members attended: **Maggie** and **Daryl Odhner** had excellent times in the Tofurky Trot race, and **Darren Mrak** won the prize for the best costume, as a vegan guerrilla fighter armed with carrots.

In September, **Kristin Corsier Smith** was the organizer of the local Farm Sanctuary Walk for the Animals, and **Ted Barnett** was the speaker. That same day, RAVS did a vegan tasting at the Rochester Public Market featuring roasted veggies, scrambled tofu, and Gypsy Soup. Thanks to **David and Jenn Cherelin**, **Ellie Cherin**, **Scott Wagner**, and to **Darren Mrak** who baked carrot and lemon-blueberry cupcakes.

Later in September, RAVS had a table at the 4th annual Greentopia Festival in the High Falls district of Rochester. Despite

battling cold and rain for part of the day, the event was a big success. Thanks to staffers **Carol Barnett**, **Ted Barnett**, **Beth Garver Beha**, **Sue Brunsting**, **Nancy Hallowell**, **Carol Hope**, **Carol Manuel**, and **Sue Taylor**. Thanks also to **VegFund** for sponsoring our vegan tasting, and to **Jenny Johnson** for providing delicious vegan cupcakes.

Other outreach events this late summer and fall were health fairs at the Millard Latimer funeral home, the longest established African-American business in Rochester, staffed by **Carol Barnett** and **Kimber Gorall**; health fairs in Penfield and in Pittsford for town employees; and a University of Rochester Veg Challenge kick-off, in which students pledged to go vegetarian or vegan for a period of time (all staffed by **Carol Barnett**).

For the 6th time, **Ted Barnett, M.D.** gave the course on Plant-Based Diet at the JCC, with **Carol Barnett** assisting with recipes and food samples. About 45 people took the course, including 5 physicians and other health professionals who signed up for continuing education credit. The course has now been taken by approximately 300 people.

WE MOURN the passing of RAVS member **Alan Kusler**, who died on July 15, 2014. Our condolences to his sister and to his longtime partner, Bill Cox.

CONGRATULATIONS to the winners of the Lake Affect magazine vegan recipe contest. First and second prizes went to RAVS members **Selma Berger** and **David Cherelin**; best dessert went to Plant-Based Diet graduate **Mary Buckley**.

THANK YOU to **The Red Fern** restaurant and **Vive Bistro and Bakery** for providing delicious samples of their fare at our meetings in September and October.

NEW VEGETARIAN RESTAURANT! Thanks to **Carol Manuel** for alerting us to **Hettie's Delites**, a cafe in The Shops on West Ridge (3200 W. Ridge Rd. in Greece). Owner Heather Paola has vegetarian, vegan, and gluten-free offerings, and does catering as well. Visit HettiesDelites.com, or call 748-9866.

PAST RAVS NEWSLETTERS AVAILABLE In celebrating our 25th anniversary, we have put together binders of the posters, photos, and newsletters that we have generated over our history thus

far. If anyone is interested in a set of newsletters, contact rochesterveg@gmail.com. A modest donation to RAVS would be appreciated. Set of *VegNews* also available.

RAVS IN THE NEWS (and RAVS Coordinators Getting More than their 15 Minutes of Fame!)

On Tuesday September 9, the Democrat and Chronicle ran an article by Karen Miltner about RAVS celebrating its 25th anniversary and changing its name, which included an interview with RAVS Coordinators Ted and Carol Barnett.

Also in early September, through the generous support of an anonymous donor, RAVS was able to launch an advertising campaign with WXXI radio, so you may have heard radio spots identifying RAVS as a sponsor (and you will hear more in 2015). As part of this campaign, RAVS had an information table at the live "Political Junkie" event on September 28, at which our name and logo were also projected on the screen behind the speakers.

On September 20, Ted Barnett was interviewed about vegan diet by Michael Warren Thomas on his show "For Love of Food" (Ted called in from San Diego, where he was attending a national medical conference on plant-based nutrition.) And on Wednesday, October 1, he was a call-in contributor to the Evan Dawson show "Connections" on the topic of going vegan.

The fall 2014 issue of the American Vegan Society publication *American Vegan* has an article on the Rochester Area Vegan Society, the first of a series on local veg societies, with photos of the Barnetts as well as one of Sandy Baker, and it's written by Rebecca Barnett, who is an Assistant Editor of the magazine.

Ted Barnett was profiled on the back cover of the Summer 2104 issue of *Good Medicine*, published by Physicians Committee for Responsible Medicine (PCRM). Since then, from 10/26 to 11/3, Ted traveled on behalf of PCRM to the Republic of Macedonia (at the request of the Macedonian government and at their expense), along with another PCRM representative, to consult with public health and medical officials and to promote a plant-based diet. The Health Minister is interested in having Ted and his colleague return to Macedonia in spring of 2015! ❖

We welcome the following **New Members:** Joan Chapman, Mary & Gary Christo, Mary Jo Conrad-Reingold, Trish Fatta, Stephanie & Andrew Frackenpohl, Kerry Graff, M.D., Mary K. Grant, Surangee Gunawardena, Kristen Hryhorenko & Preston Maxwell, Lyn Kalnitz, Lydia Kalozny-Welnicki & Andrew Tomlinson, Nicole Kelly & Jennifer Ratcliff, Alexa Laubscher, Susan Mars, Megan Meyer & Don Sherman, Alison Moser, Ann Moser & Stu Levison, Janice Nunn, Daniele Fernanda Contiero Ramos, Penny Rose, Rebecca Silliman, Sonia Tumminelli & Michael Bozza, Lacey Witt, Mackenzie Zerniak. **Membership Renewals:** Joe Alfiero, Honey Bloch, Felicity & Gerry Brach, Peggy Weston Byrd, Anu Chathampally, Paul Clark, Joseph DeFiore & the Little Flower Community, Marion & Curt Fey, Kathryn Cappella Hankins (2-year renewal), Carol Hope, Steven Jarose & Marvin Ritzenthaler, Tina Kolberg, Jean Longchamps, Carol & Bruce Manuel, JoBeth & Noel Nichols, Lucille O'Brien, Maggie & Daryl Odhner, Andrea Parros & Brandon Michau, Mary Parson, Jill Pearce & Terrance Bellnier (Contributing Level), Sister Lucetta Sercu, Nina Sikand, Ester Mass Tobochnik, Jeff Vincent, Scott Wagner. **Newsletter Renewal:** Ron Schneider (2-year renewal). This list reflects memberships submitted through approximately 11/1/14. Please contact us with any questions about membership, and we thank you for your support. ❖

IN THE NEWS

THE TRUE COST OF A BURGER An opinion piece of that title by Mark Bittman was published in the *NY Times* on 7/15/14. Bittman discussed what economists call “externalities” (costs generated by a product but not reflected in the price), applying the concept to a cheeseburger, which he refers to as “the coal of the food world, with externalities in spades.” The carbon footprint of beef is 27 lb. of carbon dioxide for each lb. of beef. The environmental costs of beef have a monetary value of \$.53 per burger; the costs in terms of chronic disease risk are \$.48; other costs not paid for by the direct consumer include E.coli risk, the cost of public welfare to underpaid fast food workers, and loss of biodiversity. These costs, steep as they are, do not even take into account the suffering of the animals.

MASSIVE BEEF RECALL

A slaughterhouse in northern California, Rancho Feeding Corporation, was subject to a series of recalls, including one for 8.7 million pounds of meat, after officials were found to have circumvented inspection rules when they slaughtered cancerous animals and processed the meat. *NY Times* 8/18/14.

SPREADING HEALTH RISKS A study of a small group of workers at industrial hog farms in North Carolina has shown that they carry home with them antibiotic-resistant bacteria. The staph bacteria carried by the workers have a variant, MRSA, which has wreaked havoc on hospital systems and caused life-threatening complications. *NY Times*, 9/15/14

WHO’S GUARDING THE HEN HOUSE? The Department of Agriculture released new poultry-inspection rules which give plant operators the option of conducting their own inspections, and monitoring such contaminants as salmonella. Environmental groups such as Food and Water Watch, as well as animal welfare groups, protested the change. *NY Times*, 7/31/14

UNFATHOMABLE BRUTALITY

Four teens were arrested in connection with the killing of 920 chickens with a golf club and other blunt object at Foster Farms in Fresno, California. *Los Angeles Times*, 10/2/14.

LOCAL BUTCHER The *Democrat and Chronicle* profiled Bostrom Farms, which recently opened a retail butcher shop to sell meat from its own 800-hog farm as well as beef from a nearby cattle farm. The store is hailed as offering “convenience” to meat-eating locavores. 10/17/14. But eating a vegan diet from all sources, even if

considerable transportation is involved, is more environmentally friendly than eating locally raised meat, in addition to sparing animals suffering and death. See *Environmental Science and Technology*, 2009, 43 (7) p. 2195.

PROSTATE CANCER RISK In the September 3-9, 2014 issue, *City* newspaper carried a cover article about the current confusion over treatments for prostate cancer and the advisability of getting PSA testing. The entire long article does not once mention the effect of diet on prostate cancer risk. In the next issue, RAVS member John Jongen had a letter published in which he states that “most Western diseases, including cancer, diabetes, heart disease, and lung disease, are preventable and reversible without the use of ‘modern medicine.’ It is our Western diet that is killing us.” Jongen goes on to say that *The China Study*, published in 2006, showed the relationship between consumption of animal products and disease, including prostate cancer.

Dean Ornish, who is so deservedly well-known for demonstrating that a near-vegan diet can reverse heart disease, published a study in 2005 showing that similar lifestyle changes can also slow the progress of prostate cancer. The experimental subjects, who had early, low-grade prostate cancer, were placed on an essentially vegan diet along with a regimen of meditation and social support. The PSA (an inflammatory marker presumed to be correlated with cancer progression) went down 4% in the experimental group, and went up 6% in the control group over the same period of time. *Journal of Urology* (2005) 174: 1065-70.

ADVICE FROM A VEGAN CARDIOLOGIST Dr. Kim A. Williams, the President-Elect of the American College of Cardiology, recommends a vegan diet to combat obesity, high blood pressure and cholesterol, and type 2 diabetes. Dr. Williams became vegan in 2003 and the diet brought his LDL (“bad”) cholesterol down from 170 to 90. In addition to his own experience, Dr. Williams cites research such as the Seventh Day Adventist studies, which show greater longevity and lower rates of heart disease, diabetes, and kidney problems in vegans and vegetarians than in meat eaters, as well as the work of Dr. Dean Ornish showing that low-fat vegetarian diet can reverse heart disease. The work of Dr. Caldwell Esselstyn, Jr. also demonstrates reversal of heart disease with vegan diet: Esselstyn’s results reported in 1995 are confirmed by a new studies published in July 2014 in *Journal of Family Practice and Experimental & Clinical Cardiology*. You can read the studies at dresselstyn.com

VIRTUOUS FAST FOOD A number of restaurants are offering healthier-than-average fast food, including Veggie Grill, a vegan chain with 25 stores on the west coast, serving vegan nachos and Buffalo “wings.” It ranked #7 on *Restaurant Business*’s list of the 50 fastest-growing small chains; the company says its revenues jumped 47.9% over the previous year. *NY Times*, 7/25/14

HOLD THE DAIRY The *NY Times* “Well” blog ran an article on non-dairy smoothies on 10/1/14, featuring such recipes as Frozen Strawberry-Coconut Smoothie with Pomegranate Molasses.

BENEFITS OF VEGAN DIET Local dietitian Tami M. Best wrote an article on the multiple health benefits of a meatless diet, including lower risk of heart disease and cancer, and she made it clear that “Health benefits appear to be expanded when moving from a vegetarian diet . . . to a vegan diet that omits animal flesh and all animal products.” *Democrat and Chronicle*, 10/8/14

VEGAN FOOD, YES The cover of a catalog for Tundra Restaurant Supply highlights the need to accommodate the nation’s 7.3 million vegans and vegetarians.

VEGAN MACHO A recent National Public Radio segment profiled a number of vegan male body builders. Interestingly, the diet not only supports their athletic endeavors: many of them regard the diet as “manly” because it is responsible and reflects control over their bodies and their impact on the planet and other beings. One says: “[There’s] nothing more cowardly to me than taking advantage of something that’s defenseless.” Npr.org, 7/21/14

PLEATHER Toyota has a number of simulated leather interiors, including Softex, a new product that compares favorably with leather in terms of comfort and durability. Sae.org, 4/4/13 [Your editors aren’t familiar with the availability of non-leather from other car manufacturers; just be sure to ask for it when you consider a purchase.]

VEGAN T-SHIRT DAY Vegan T-Shirt Day (VTSD) is a critical mass advocacy project for animals, people and the planet. Conceived by biologist and author (and friend of the Rochester Area Vegan Society!) Jonathan Balcombe, VTSD involves displaying your vegan/pro-animal message prominently (t-shirt, bumper sticker, hat, etc.) on the first Saturday of the month. As participation grows, the power of the movement will become visibly apparent to all. If you like this idea, wear it and share it! And join the VTSD FaceBook page. (Note, the first Saturday is the “official” VTSD, but no restrictions apply for all the other days!) ❖

RECIPE PAGE

The following recipes are for dishes brought to recent RAVS meetings. We think the first two dishes pair together well.

SHAWN'S VEGAN CHILI

(brought by Valerie and Shawn Carey)

4 tbsp peanut oil, divided*
 1 large yellow onion, chopped
 1 large green bell pepper, chopped
 4 medium jalapeno peppers, de-seeded and minced
 2-3 cobs corn, kernels removed
 2 large cloves garlic, minced
 2 cups vegetable stock, divided
 28 oz can crushed tomatoes, divided
 28 oz can of kidney beans
 14 oz can of pinto beans
 2 bay leaves
 2 cinnamon sticks (3")
 6 chipotle dried whole peppers, de-seeded and chopped
 3 mild dried whole peppers (ancho, morita, pasilla, New Mexico, etc.), de-seeded and chopped
 2 tsp ground cumin
 1½ tbsp brown sugar
 4 links Field Roast sausage**
 9 slices Fakin' Bacon**
 2 tbsp cilantro, chopped
 ½ lime, juiced
 1 tbsp dried or fresh oregano
 Ground black pepper
 Sea salt
 ¼ cup shredded Daiya cheddar cheese**
 1 medium red onion, diced
 Tortilla chips (optional)

Heat one-half of the oil in a large pot over medium high heat. Toss in the onion, green pepper, jalapeno peppers, and corn. Cook until slightly soft (5-10 minutes). Add garlic, stir, and cook for an additional minute.

Add 1 cup of the vegetable stock, the beans, one-half of the crushed tomatoes, bay leaves, cinnamon sticks, dried peppers, cumin and brown sugar. Stir, cover, and bring to a boil; then crack the lid and reduce the heat to medium low. Simmer for 1 hour.

Heat the remaining 2 tbsp of oil in a pan over medium heat. Crumble the Field Roast links and ½" pieces of Fakin Bacon into the pan and stir occasionally until browned (3-5 minutes). Add the vegetarian "meats" to the simmering pot.

Add the remaining stock and tomatoes. Simmer for another 30 minutes, then turn off the heat.

Finish by adding cilantro, lime juice, and oregano. "Fish out" the cinnamon sticks and bay leaves. Check seasonings and add salt and pepper to taste. Stir and ladle into bowls. Garnish with red onion and Daiya cheddar cheese. Serve with tortilla chips [or perhaps Skillet Cornbread].

PLEASE NOTE: This sounds like a very spicy (hot) chili recipe. If you don't like spicy food, reduce the jalapeno, reduce or eliminate the chipotle pepper, and use only mild dried peppers.

*For a low-fat or no-fat version, substitute water or beer for the oil.

**These items can be found in a natural food store (Abundance, Lori's) or natural food section of the supermarket (Nature's Marketplace at Wegmans).

SKILLET CORNBREAD WITH GREEN CHILES AND CINNAMON

(Megan Meyer & Don Sherman recipe by Karina Allrich, glutenfreegoddess.blogspot.com)

This recipe is gluten-free (GF). Starred items can be found in a natural food store or section of the supermarket.

1 cup stone ground GF cornmeal*
 ¾ cup sorghum flour*
 ½ cup tapioca starch or potato starch* (not potato flour)
 1 tsp xanthan gum*
 1 tsp baking soda
 1½ tsp baking powder
 1 tsp fine sea salt
 1 tsp chile powder or cinnamon, or both
 ½ cup light brown sugar
 1 tbsp Ener-G Egg Replacer* whisked with ¼ cup warm water
 ½ cup plus 2 tbsp olive or grapeseed oil
 1 cup very warm water or rice milk
 ½ tsp lemon juice
 ½ cup chopped roasted green chiles--mild or spicy (comes in a can)
 2 tbsp extra water, if needed
 Sprinkle of chili powder and cinnamon, for topping

Preheat oven to 375°F. Lightly oil a 10-inch iron (oven-proof) skillet.

Combine the dry ingredients (cornmeal through brown sugar) in a bowl and whisk. In a large mixing bowl, combine the Egg Replacer with the olive oil and beat for one minute. Add in the dry ingredients and beat by hand just until a smooth batter is formed, about one minute. Add in the chopped roasted green chiles. (If your batter seems a little dry, add a tablespoon more liquid at a time until you achieve a smooth consistency.)

Heat the prepared skillet over medium-high heat. Pour the batter into the heated skillet and sprinkle a little chili powder and/or cinnamon over the top of the batter. Bake the cornbread in the center of a pre-heated oven for 25 to 35 minutes (depending upon your altitude), until firm to the touch in the center, and slightly golden around the edges. A wooden pick inserted into the center should emerge dry.

Place the skillet on a wire rack and allow the cornbread to rest 15 minutes before cutting. This helps keep the slices from crumbling apart. Serve warm.

APPLESAUCE CAKE

(brought by Carol Barnett; adapted from *The New Farm Vegetarian Cookbook*, ed. by Louise Hagler and Dorothy R. Bates)

¼ cup oil (I used olive oil)
 ½ cup sugar
 2 cups unbleached flour (or mix of whole wheat and white flour)
 2 cups applesauce
 ½ tsp vanilla
 1½ tsp baking soda
 1 tsp cinnamon
 ½ tsp nutmeg
 ½ cup raisins (optional)

Preheat the oven to 350 degrees. Lightly oil and flour a 9" by 13" cake pan or a loaf pan. In a small bowl, mix the oil and sugar well; add the applesauce and vanilla and mix again. In a larger bowl, mix together the dry ingredients. Add the wet to the dry ingredients and beat until smooth. Pour into the prepared pan; bake the cake pan for 30-35 min. or the loaf pan for 45-50 min. until done. This cake is even better the next day. NOTE: This cake may take less time than the recipe indicates, so start checking for doneness at 25 minutes for the cake pan, 40 minutes for the loaf pan.

Here's an easy no-oil recipe from *Prevent and Reverse Heart Disease* by Caldwell Esselstyn, Jr., M.D.

VERY QUICK BLACK BEAN CHILI
(Recipe by Ann Crile Esselstyn; serves 4)

For an especially tasty meal, serve on a bed of steamed spinach topped with chopped green onions and crisped corn tortillas.

1 large onion, chopped (1 cup)
 2-3 cloves garlic, chopped, or 1 tsp garlic granules
 2 15-oz cans black beans, drained and rinsed
 1 16-oz jar salsa
 1 bunch green onions, white and green parts, chopped
 1 16-oz pkg frozen corn (about 2 cups)
 ½-1 cup chopped cilantro

Stir-fry onion in water in a large saucepan over medium heat until soft and beginning to brown. Add garlic and continue cooking 1 minute longer. Add beans, salsa, and green onions. Cover and cook over medium heat about 10 minutes, stirring occasionally. Add corn and cook, stirring, until heated. Add cilantro just before serving so that it stays green. ❖



Want to go vegan?
 We can help!

A BIT OF RAVS HISTORY

On October 21, 1989--almost exactly 25 years to the day before our October 19 meeting celebrating RAVS's anniversary--the group that was to become the Rochester Area Vegetarian Society met for the first time. At the November meeting they chose their name; at the January 1990 meeting, Stanley M. and Rhoda S. Sapon became the leaders ("Co-Coordiators," a term we use to this day, because they wanted to "forego hierarchical structure"). By February 1990, the group had established the rule that all food served at meetings would be vegan, for reasons of both practicality (everyone can eat everything) and principle: a vegan diet and way of life is what the group promotes. We follow the rule to this day, and in July we changed our name to the Rochester Area Vegan Society to best convey the vital purpose of our group. We offer an open welcome, and we always have, to persons of any eating persuasion who want to join us: as we like to put it, You don't have to be a vegan, as long as you eat like one when you are with us.

Rhoda and Stan Sapon died in 2007 and 2010, respectively. We thank and honor them for founding and leading RAVS. Following is a piece by Stan, who was an emeritus Professor of Psychology at the University of Rochester.

A PHILOSOPHY OF VEGAN VALUES by Stanley M. Sapon, Ph.D.

Vegans see life as a phenomenon to be treasured, revered and respected. We do not see animals as either "The Enemy" to be subdued, or the Materials for Food, Fabric or Fun that were put on Earth for human use.

Vegans see themselves as a part of the natural world, rather than its owners or its masters.

Veganism recognizes no expendable or superfluous species that humans are free to hurt or destroy. Species of life-forms need not justify their existence, nor plead for protection from extinction on the grounds of their potential usefulness as food or medicine for humans. We continue to be burdened and misguided by adages such as "A weed is a plant we have not yet found a use for."

Veganism acknowledges the intrinsic legitimacy of all life. It rejects any hierarchy of acceptable suffering among sentient creatures. It is no more acceptable to torment or kill creatures with "primitive nervous systems" than those with "highly developed nervous systems." The value of life to its possessor is the same, whether it be the life of a clam, a crayfish, a carp, a cow, a chicken, or a child.

Veganism understands that gentleness cannot be a product of violence, harmony cannot be a product of strife, and peace cannot be a product of contention and conflict.

Vegan ideals encompass much more than advocacy of a diet free of animal products, or a fervent defense of animal rights. Veganism excludes no sentient being--animal or human-- from its commitment to compassionate, gentle benevolence. To show tender regard for the

suffering of animals, yet treat humans with callous contempt, is a disheartening contradiction of Vegan principles.

John Muir, talking about the natural environment, once observed "Every time I bend down to pick something up, I find it is connected to something else." There is an equivalent "ecology" to our behavior. Everything we do connects to something else; every action touches on the world around us, either close at hand and noticeable, or far away and unperceived, immediate in its effect or distant in time.

If Veganism has a prime value, it is simply that life-respecting compassion overrides individual issues of custom, convenience, comfort or cuisine.

If there is a single article of faith, it is that commitment to Vegan values will bring us closer to a world in which the fate and fortune of a planet and all its life forms do not hang on the judgment or the generosity of one species.

If there is one single concept that both generates and sustains the meaning and the power of the Vegan world-view, it is found in the word mindfulness. As Vegans, we strive to be thoughtful, aware and concerned about the impact of our choices, our actions and our decisions. The fruit of this awareness is inner peace, the quiet strength of ethical confidence, and an uplifting sense of fulfillment.

www.veganvalues.org

VEGAN LIFESTYLE: GOOD FOR PEOPLE, ANIMALS AND MOTHER EARTH

[We reprint with permission the following article by Joel Freedman, which appeared in the *Finger Lakes Times* on August 31, 2014]

Over the past year, several letters published in the *Finger Lakes Times* have urged people to "go vegan" by excluding meat, fish, eggs and dairy products from their diets.

The summer 2014 issue of *Animal Place Magazine* describes a recent visit to Animal Place, a farmed animal sanctuary in Grass Valley, Calif., by David Carter Jr., a defensive lineman for the Oakland Raiders who adheres to a vegan diet.

Carter explains: "I experienced so many incredible benefits from becoming vegan. I'm still feeling things change as time goes by. My nagging injuries, like tendonitis, inflammation and early onset

arthritis went away. I'm running faster, lifting heavier and even sleeping better. I have also benefited from an elevation in mind clarity."

Initially motivated by health concerns to adopt a vegan diet, ethical concerns for farmed animals became another motivator for Carter after he learned about "the horrible things happening to all these voiceless creatures" before people eat them.

Carter also learned how unsustainable eating meat is for our planet. "Meat consumption has put increasing pressure on the availability of water, land, feed, fertilizer, fuel, waste disposal capacity and most of the other limited resources of our planet," he said.

When he visited Animal Place, Carter said he "connected with all the animals. They all had their own personalities. I can't understand how so many people can have dogs and cats and not realize there is no difference between their life and the life

of a pig or a chicken. How can you love one and not the other?"

Because goat meat is the most consumed meat in the world, the story of one resident goat at Animal Place is a reminder that farmed animals, just like companion animals such as dogs and cats, are worthy of moral consideration.

For 10 years, a goat named Mr. G and a burro named Jellybean lived together and became friends on the property of a woman who neglected them and the many dogs she hoarded. After the animals were confiscated, Animal Place took in Mr. G. Another sanctuary accepted Jellybean.

For several days after his arrival, Mr. G wouldn't eat. He spent his time lying in his stall, barely lifting his head. A veterinarian found no physical ailments. Mr. G was apparently mourning his loss of Jellybean. Arrangements were made to reunite them.

When Jellybean entered Mr. G's stall, Mr. G erupted from his lethargy, snorting

and inhaling Jellybean's presence. He jubilantly followed her into the pasture and ate from Jellybean's bowl. Animal Place is now their permanent home. Watch Mr G's grief change to a joyful reunion with his best friend: <http://bit.ly/mrgjellybean>

Several years ago, the Reno, Nevada Animal Shelter took in two unlikely friends--a cat and a rat. They groomed each other. The cat rode on the cat's back.

Animals form friendships and deep emotions just like us. The ancient Greek physician Hippocrates was right in his belief that "the soul is the same in all living creatures, although the body of each is different."

For anyone struggling to commit to a vegan lifestyle, including energetic athletes, Carter, who said he needs a minimum of 8,000 calories daily to match his high level of football playing activity, suggests "the best advice I can give to anyone struggling to commit is to find a purpose for making the change. It doesn't matter if it's for health, the animals, or the planet. When it's difficult, remember the reason you decided to change in the first place and let it inspire you again. Don't give up." ❖

Joel Freedman of Canandaigua chairs the public education committee of Animal Rights Advocates of Upstate New York (arauny.org). He is also a member of the Rochester Area Vegan Society (rochesterveg.org).

“Teaching for the 21st Century: Bringing Humane Education into the Classroom”

with Zoe Weil

Saturday, November 22, 2014

8:30 AM-5:00 PM

(Note: You do not need to be a teacher in order to attend.)

Join Institute for Humane Education President Zoe Weil on Saturday, November 22, 2014, from 8:30 a.m. until 5 p.m. for a professional development workshop designed to train educators to effectively teach critical thinking about animal protection, environmental ethics, and social justice to enhance students' understanding of how their choices impact themselves, other people, and other species and the world.

Educators will learn how to bring global ethical issues into the classroom through innovative activities and approaches that enable their students to become conscientious change-makers and effective problem solvers for a more humane, peaceable, and healthy world. This workshop is recommended for all K-16 teachers and includes breakfast, lunch, and text for the course. Tickets for the workshop are \$20. For more information or to register, please contact Joel Helfrich (helf0010@umn.edu) and/or Jericsson Pichardo (jericsson.pichardo@hws.edu). Location: TBA.

Metro Justice's 33rd Annual Alternative Fair



**Home Made Veggie Food
Free Child Care**

**Friday, December 5th, 5 PM to 9 PM
Saturday, Dec. 6th, 10 AM to 2 PM**

First Unitarian Church
220 Winton Road South

\$3 suggested donation (ages 12 & up).

HAIKU

late autumn stillness
the chickadee's commotion
on a one-leaf twig

in the dream
my dead friend has to go
winter solstice

brighter
than my thoughts
the morning stars

by Bruce Ross

APPLICATION FOR MEMBERSHIP IN THE ROCHESTER AREA VEGAN SOCIETY

P.O. BOX 20185, ROCHESTER, NY, 14602-0185
(585) 234-8750, rochesterveg.org, rochesterveg@gmail.com

Membership in the **Rochester Area Vegan Society** is open to all vegetarians, as well as to those who support the goals of vegan living and the society. You do not have to be vegan to join our group. You just have to eat like one when you are with us. 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 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 **Rochester Area Vegan Society**.

- 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:

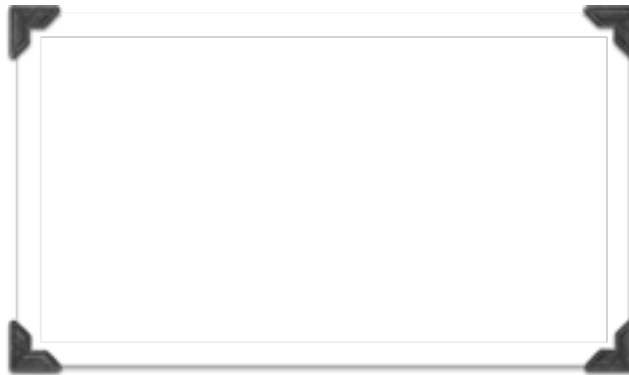
- **November 15, 2014** (Saturday) 2:00-9:00 PM **Festival for the Turkeys** at Asha Sanctuary, Newfane, NY (near Buffalo). Vegan reception/dinner to follow at Brookside Banquet Hall in Newfane. Tickets available online at ashasanctuary.com; all profits will benefit Asha Sanctuary. Not a RAVS event.
- **November 16, 2014*** (3rd Sunday) Brighton Town Park Lodge, 777 Westfall Rd. 5:30 PM **Vegan Share-a-Dish Dinner**, 7:00 PM Program. **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 from The Natural Oasis.
- **November 22, 2014** (Saturday) 8:30 AM-5:00 PM **“Teaching for the 21st Century”** with **Zoe Weil**, President of the Institute for Humane Education. See detailed notice on page 7. Not a RAVS event.
- **December 5** (Friday) 5:00-9:00 PM and **December 6** (Saturday) 10:00 AM-2:00 PM **Metro Justice Alternative Fair**, First Unitarian Church, 220 Winton Road South, Rochester, NY 14610. Not a RAVS event, but RAVS will have a booth; great opportunity for fair trade, earth-friendly, sustainable holiday shopping. See notice on page 7.
- **December 21, 2014*** (3rd Sunday) Brighton Town Park Lodge, 777 Westfall Rd. 5:30 PM **Vegan Share-a-Dish Dinner**, 7:00 PM Program. **Winter Solstice Dinner and Party** with optional Vegan Cookie Exchange (take as many as you bring). Please bring a vegan dish to pass; we cannot live on cookies alone! Also bring voices and (optional) instruments for music after dinner. Our program will be a group discussion among the attendees, led by Ted Barnett, on the topic of **“How to Continue Activism When Things Seem Hopeless.”** If there is time and interest, we will have holiday music before and after the group discussion.
- **January 18, 2015** *(3rd Sunday) Brighton Town Park Lodge, 777 Westfall Rd. 5:30 PM **Vegan Share-a-Dish Dinner**, 7:00 PM Program. **Showing of “COMFORT ZONE”** a film with an environmental theme and message, co-produced by Rochester-based film makers David S. Danesh, Sean P. Donnelly, and Kate Kressmann-Kehoe.

***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.

Brighton Town Park Lodge is at 777 Westfall Rd., on the south side of Westfall between E. Henrietta Rd. (15A) to the west, and S. Clinton Rd. to the east. Look for “Brighton Town Park” sign. The 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



14602
ROCHESTER, NY
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ROCHESTER AREA VEGAN SOCIETY