

Our 26th Year!

THE vegan



advocate

Volume XXVI, Number 2



May 2015- July 2015



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. Nor do you need to be a member 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. ❖

WHY GO VEGAN?

[This essay is taken from vegan.com, the site founded by Erik Marcus, author of Vegan: The New Ethics of Eating; Meat Market; and The Ultimate Vegan Guide. We disagree somewhat with the final paragraph. -Editor]

A vegan diet offers an incredibly effective way to protect animals, the environment, and your health.

If you don't want your food dollar to support animal slaughter, a vegan diet is really the only way to go. That's because there are no retirement homes for dairy cows and egg-laying hens. They all go to slaughter, typically before they've reached even half their natural life expectancy.

Apart from animal slaughter, there are intractable ethical problems associated with dairy products and eggs. One of the key objections to the dairy industry is that, in order to maximize milk yields, dairy cows are typically kept pregnant nine months out of every year. And as a result, the dairy industry is awash with unwanted calves. And since male dairy calves are obviously unable to produce milk, and aren't the correct breed to be raised as beef, they are generally raised for veal or slaughtered at birth. The male counterparts of egg-laying hens don't fare any better; most of these animals are either smothered or ground up alive immediately after hatching. In the United States alone, about 200 million male chicks are discarded in this manner each year.

Leaving aside the fact that nearly all dairy cows and layer hens go to slaughter, these animals are often subjected to even greater cruelties than those who are bred for meat. You can become acquainted with the ethical problems of the dairy and egg industries by watching the short video Farm to Fridge or by reading books like Jonathan Safran Foer's Eating Animals or Mark Hawthorne's Bleating Hearts.

From an environmental point of view, a vegan diet likewise makes enormous sense. There's no doubt that raising crops directly for food requires fewer resources, and generates less waste, than feeding crops to animals. What's more, scientists are unanimous that the methane production associated with livestock is one of the key factors in global warming—quite possibly exceeding the impact of all greenhouse gases generated by cars, airplanes, trains, and ships.

The health advantages of a vegan diet aren't as pronounced as many animal advocates contend, and it's certainly possible

to eat an extremely healthful diet that contains some animal products. That said, a vegan diet will automatically eliminate many of the most unhealthful foods that people regularly eat: hamburgers, hot dogs, sausages, fried chicken, ice cream, and so forth. When you replace these foods with more healthful vegan choices, it's likely that you'll feel better while simultaneously reducing your risk of cardiovascular disease and certain types of cancer. ❖ [See RAVS's response below.]

VEGAN DIET FOR OPTIMAL HEALTH AND HEALING OF CHRONIC DISEASE

Actually, vegan.com is too modest in the health claims it makes for a vegan diet.

-A vegan diet is the only diet that has been shown to reverse heart disease with results that are quantifiable with radiological studies (Angiograms and PET scans). Esselstyn CB Jr. American Journal of Cardiology (1999) 84:339-41; Journal of Family Practice (2014) 63(7):356-64b.

-A vegan diet has been shown to reverse type 2 diabetes. Barnard N et al., Diabetes Care (2006) 29:1777-83. This disease has reached epidemic proportions in the US and is predicted to occur in 1/3 to 1/2 of children born after 2000 (if we don't change things).

-A vegan diet plus supplements can halt the progress of prostate cancer. Ornish, D. Journal of Urology (2005) 174:1065-1070.

-A low-fat vegan diet without the need for portion control has been shown to induce steady, sustainable weight loss, and healthy maintenance once a desired weight has been reached. Barnard, N et al., Obesity (2007) 15: 2276-81.

-Kaiser Permanente, the largest HMO in the US, published an article endorsing a plant-based diet. Permanente Journal (Spring 2013) 17(2):61-66.

-In Becoming Vegan (Comprehensive Edition, 2014), Brenda Davis, RD and Vesanto Melina, MS, RD, report results from the 2nd Adventist Health Study that ovo-lacto vegetarians had 9% reduced mortality and vegans had 15% reduced mortality compared to similar health-conscious non-vegetarians. The authors say that it's now recognized that vegan diets "provide a simple solution for the global epidemic of chronic disease." ❖

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## Rochester Area Vegan Society

### Coordinators:

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### Contributors:

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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

After a long, hard winter, spring is here! Interest in vegan diet and way of life is soaring. We continue to do the best we can to provide information and support (as well as delicious food samples) for people adopting or moving towards a vegan diet.

MEETINGS: In February, we showed film clips of **Dr. Michael Greger**, and held a Q&A session afterwards with Dr. Greger via Skype. Dr. Greger keeps constant tabs on emerging nutritional information; his valuable website, [nutritionfacts.org](http://nutritionfacts.org), contains hundreds of short videos and can be searched by topic.

In March, **Harold Brown** of [farmkind.org](http://farmkind.org) spoke on the topic "Be the Change." Harold grew up in a farming community and his journey away from animal agriculture has given him empathy for others who are on this path. Many stories were shared by the audience, and Harold gave many examples of how living the truth of reverence for all life can result in gradual but enduring change.

In April, we had our 22<sup>nd</sup> annual 2<sup>nd</sup> night seder, sharing the event with the Society for Humanistic Judaism. Thanks to **Barry Swan** for leading the service, and to **Ellie Cherin** and **Barry** for organizing the event. Also in April, our fund raiser dinner was held at the new vegan restaurant **Vive Bistro and Bakery**. At two seatings of 60 people each, everyone enjoyed an elegant dining experience. Thanks to all at Vive including **Pam, Keith, Nick**, and chef **Mark Demara!**

We look forward to our May program being given by **Marty Davey, RD (a.k.a. LaDiva Dietitian)**. Marty will talk about staying healthy on a vegan diet for those over 50, but we are sure that those under 50 can benefit! In June we will have a panel discussion on fast, easy, healthful and delicious vegan cooking (with recipes). July and August bring picnics.

OUTREACH: In January and February of 2015, **Ted Barnett, MD** taught his **plant-based nutrition course** for the 7<sup>th</sup> time to more than 50 people, with 10 health care professionals (including 4 MD's) taking the course for continuing education credit. More than 325 people have taken this course.

At Color Brighton Green's showing of the film "**Cowspiracy**" on March 18, **Carol Barnett** and other RAVS members spoke after the film, encouraging people to try a vegan lifestyle. See more about this film on page 6. On March 20, **Carol Barnett** staffed

a table for RAVS at the U of R Great American Meatout celebration hosted by SAVVY, the student vegetarian group.

RAVS had a table at the Integrative Health Conference on March 21: thanks to **Sue Brunsting, Norman Sacks, Charles Worl** and **Carol Barnett** for staffing; and at the Nazareth Wellness Fair: thanks to **Ken McBride, Yetta Panitch**, and **Carol Barnett**. On March 28, **Ted Barnett MD** taught a 4-hour plant-based nutrition unit, with recipes and food samples by **Carol Barnett**, to those completing a teacher training program at **Grounded By Yoga** studio in Bloomfield.

Nazareth student **Rebecca Silliman** presented a Veganism Awareness Event at the Golisano Academic Center on April 7. **Olivia Fontana** moderated a panel made up of **Rebecca, Alexa Laubscher, Claire LaDelia**, and **Dr. Jill Brooks**. The event was well attended, and everyone enjoyed vegan food samples provided by **The Red Fern, Vive**, and **Voula's**, as well as goodies like Amy's brand vegan pizza and cake.

**Ted Barnett, MD** gave a talk on vegan nutrition on April 11 as part of **Lori's Natural Foods** Spring into Health program. About 25 people attended, and Lori's provided delicious vegan food samples. **Phyllis Fleischman** and **Kimber Gorall** staffed a table at an Earth Day event hosted by U of R's environmental group Grassroots. And **Carol Barnett** staffed a table at SUNY Brockport MetroCenter's Wellness Fair.

Looking forward: **Ted Barnett, MD** will be teaching a Diabetes Workshop at the New Bethel CME Church on May 2. RAVS has been invited to staff tables at the Office of Parent Engagement's Family Fair on May 30 and at Ginna's Health Fair on July 24.

### VEGAN MESSAGES ON THE MEDIA!

**Ted Barnett, MD** went on Evan Dawson's midday WXXI talk show "Connections" on [January 20](#) and talked about vegan diet. This was the day of the first Plant-Based Diet class and drew a few extra enrollees! Then in February, in the aftermath of the new DGAC guidelines (see p. 4), Evan Dawson hosted a show on cardiac care and recommendations. When a caller mentioned a study showing that obese children can improve their cardiac risk factors by following a vegan diet (see p. 4), one of Dawson's guests, a local cardiologist, agreed that a vegan diet can reduce cardiac risk, but stated that such a diet is just too hard to follow. Dawson got some pushback from local vegans, and soon thereafter, on [February 23](#), he hosted a show with local vegans **Aaron Frazier** (attorney and president of the Rochester Black Bar Association); **Pam**

**Hathaway** (owner of **Vive Bistro and Bakery**); **Andrea Parros** (owner of **The Red Fern**) and **Ted Barnett, MD**. All testified that they are healthy and abundantly satisfied on their vegan diet!

On April 13, **Gene Baur** of **Farm Sanctuary** appeared on the Jon Stewart's Daily Show, promoting his book *Living the Farm Sanctuary Life*. Baur was wonderfully persuasive about the ease and joy of a vegan way of life. To [view this segment](#), simply enter "Baur" and "Jon Stewart" on Youtube.

VEGAN RESTAURANTS REVIEWED  
The new French-inspired restaurant **Vive Bistro and Bakery** was written up in the March 11 issue of *City* newspaper; **The Red Fern** was written up in the March-April issue of *(585) Magazine*.

THANK YOU to **Lyn Klement**, who made a generous donation to RAVS in memory of her husband **Ron Klement**, who passed away in 2013. Lyn lives in Hammondsport; in the past, she and Ron attended RAVS meetings and were volunteers at Farm Sanctuary.

OUR CONDOLENCES to **Carol and Bruce Manuel** on the loss of Carol's sister **Laurie Greenberg**, who died on March 26 at age 63 of metastatic breast cancer. She was a great teacher, specializing in reading; and she had a beautiful coloratura voice, studying at the Eastman School for one year, and auditioning for the Metropolitan Opera. Laurie was a graduate of SUNY Geneseo and Syracuse University.

PLEASE VOTE for the RAVS Board of Directors. If you have internet access you will receive your ballot attached to an email. Those without internet access will find a paper ballot enclosed with this newsletter. No need to send a ballot by mail: you can vote by email or phone. ❖

### HAIKU

spring breeze . . .  
a speck of dandelion fluff  
rises in the air

the crow pauses  
for the sun to pass  
behind a cloud

rainy pond . . .  
standing erect one duck  
waits on the shore

singing its heart out  
to no one in particular  
morning blackbird

by Bruce Ross

We welcome the following **New Members**: Jessica Bonds, Dr. Jill Brooks, Eileen Brophy, Dawn Draper, Lisa Emerald and family, Sarah Keenan, Maxine McDonald, Nancy Reed, Noreen Salerno, Jennifer & Thomas Tills and family, Pat & James Tompkins. **Membership Renewals**: Sandy Baker, Carol & Dr. Ted Barnett, Beth Garver & Brian Beha and family, Jenn & David Cherelin and family, Johanna & Michael Connelly, Katherine DaCosta and family (Patron Level), Margie Driscoll, Joel Freedman, Sara Young Gale, Ruth & Bill Grace, Jacki & Michael Hagelberg (Contributing Level), Jeff Hoffmann, Leena Isac & Ted Potter and family, Audry Liao, Rhea & Ken McBride, Elaine O'Neil, Yarden & Yonathan Shapir, Jonathan Smelts, Burt Spiller, Martha Sullivan (2-year renewal, Patron Level), Dr. Julie Yoon and family (Patron Level). **Newsletter Subscriptions**: Dr. Eric Wilcox (gift of Nancy Hollowell). This list reflects memberships submitted through approximately 4/7/15. Please contact us with any questions about membership, and we thank you for your support. ❖



## IN THE NEWS

**GOT MILK? MIGHT NOT BE DOING YOU MUCH GOOD** An article with this title by Aaron E. Carroll in the *New York Times* (11/17/14) reviewed the evidence that milk consumption is unhelpful and even, in some cases, detrimental. A meta-analysis in the *Journal of Bone and Mineral Research* (2007) reviewed six studies of a total of more than 200,000 women, and found no association between drinking milk and lower rates of fracture. A study in *JAMA (Jnl of the Amer. Med. Assn) Pediatrics* (2014) found that milk consumption in the teenage years was not associated with reduced risk of hip fracture later in life. A study in the *British Medical Journal* (2014) of 45,000 men and 61,000 women in Sweden found that milk consumption as adults offered no protection from fractures for men and increased fracture risk in women, and was associated with an increased risk of death in both sexes. A meta-analysis in the *American Journal of Clinical Nutrition* (2007) looked at studies of 200,000 people between the ages of 34 and 79, and found no link between total calcium intake and risk of bone fracture. Included in this meta-analysis was a randomized controlled study which concluded that calcium supplementation does not reduce the fracture and may increase the risk of hip fracture. The author deplors the fact that, in spite of this growing body of evidence, the government supports dairy production and consumption. For example, Dairy Management Inc. is a “non-profit” organization created by the US government in 1994 (but largely funded by dairy producers) whose goal is to increase dairy consumption. Dairy Management Inc. created the popular (but misleading) “Got Milk?” campaign.

**AND NEW YORK STATE IS PRODUCING MORE THAN ITS SHARE** An article on NY’s agricultural industry in the *Democrat and Chronicle (D&C)* on 3/4/15 reported that New York ranks in the the top 10 in the nation for milk and other dairy production; and because of the Greek yogurt boom, New York leads the nation in yogurt product. NY also ranks first in cottage cheese and sour cream production.

**ALPHABET SOUP AND OFFICIAL DIETARY RECOMMENDATIONS** Every 5 years, a combined panel of the USDA and HHS takes into consideration the suggestions of the DGAC in coming up with dietary recommendations. Got that? The DGAC, or Dietary Guidelines Advisory Committee, is the group before which our own Ted Barnett, MD testified, along with a number of other vegans as well as the usual lobbyists from various arms of the food industry, including dairy, eggs, and meat. Recently the DGAC submitted its preliminary recommendations to the USDA/

HHS panel, which will later issue its official recommendations. The DGAC’s preliminary recommendations got a lot of press for urging that limits on dietary cholesterol (including number of eggs consumed) be dropped from the official recommendations. This position got a lot of gleeful reactions from people advocating a high-protein, high-fat, animal-based diet (e.g. Paleo), but it also spurred a rebuttal from Dean Ornish, MD published in the *NY Times*, entitled “The Myth of High-Protein Diets” (3/23/15). While we lament the DGAC’s changed position on eggs, their overall report recommends that we move towards a plant-based diet, and it identifies and encourages a Healthy Vegetarian eating pattern, including a vegan diet. The DGAC also states that food patterns have environmental impacts that should be taken into account. Unfortunately, that position got a lot of blowback from political figures including Tom Vilsack, the Secretary of Agriculture (see the [Wall Street Journal blog, washington wire, 3/11/15](#)). The DGAC recommendations prompted a local discussion of vegan diet which we cover in the RAVS Update, p. 3.

**PLANT BASED DIETS LOWER RISK OF HEART DISEASE IN OBESE CHILDREN** A study conducted at the Cleveland Clinic found that a plant-based diet helped overweight children to reduce their blood pressure and cholesterol levels, lose weight, and lower their sensitivity to two biomarkers for cardiovascular disease. *Journal of Pediatrics* 2/12/15; reported in PCRM’s *Good Medicine*, Spring 2015.

**PLANT-BASED DIET REVERSES ANGINA** A study of a 60-year old man with angina (chest pain upon exertion) published in *Case Reports in Cardiology* found that after 4 months on a low-fat, whole-food vegan diet, his symptoms improved without medications or procedures; the subject also lowered his blood pressure and lost weight. *Good Medicine*, Spring 2015.

**NEW STUDIES BY PCRM** Two recent studies published by researchers at the Physicians Committee for Responsible Medicine show the life-saving, health-giving effects of a vegan diet. A meta-analysis of 15 studies with 755 participants who went on a vegan diet, published in the *Journal of the Academy of Nutrition and Dietetics* (1/21/15), found that the average weight loss was 10 pounds even in the absence of calorie counting or increased exercise, with those who were heavier at the outset losing the most weight. And a study published in the March/April issue of the *American Journal of Health Promotion* found that, in addition to improving physical markers, an 18-week plant-based dietary intervention program also boosts employee productivity and alleviates symptoms of anxiety, depression, and fatigue. *Good Medicine*, Spring 2015.

**MAINSTREAM DOC GOES TO BAT FOR PLANT-BASED** If you read the syndicated column by Dr. Keith Roach in the Living section of the *D&C*, you will have noticed that he is fairly conservative (medically speaking) in his advice. On three recent occasions, he said things that were consistent with the recommendation of a whole-food, plant-based diet. On 1/27/15, a reader writes to ask what Roach thinks of the Paleo (high meat and animal products) diet. Roach’s response is quite astute. He states that, even assuming the Paleo folks can know definitively what our ancestors ate (they can’t), it still isn’t necessarily an ideal diet because to be successful from an evolutionary standpoint, the Paleo diet only needed to sustain people till adulthood and did not necessarily foster longevity: “I think it is a fundamental misunderstanding of adaptation, in that there’s no guarantee that evolution produces a ‘best’ adaptation, merely one that’s good enough. Paleolithic man ate what he had to to survive, not necessarily what was optimal for his health.” Roach says he doesn’t agree with the recommendation to eat so much meat, and says “there is abundant evidence that preagricultural man, from many different societies, had atherosclerosis in the unlikely event he lived into his 40s.”

On 2/10/15, Roach fields a question as to what a “healthy diet” really is. Roach says the answer depends on a person’s medical condition and other individual differences. However, he does make the following generalization: “For most people, [it] means reducing red meat and choosing other good protein sources like legumes, fish [not recommended by RAVS], nuts or tofu. It usually means increasing vegetables and fruits, reducing sugars and substituting whole grains for processed ones. It often means removing unhealthy snacks and sugary drinks entirely.” And in his 3/21/15 column in response to a question whether one should take supplements to enhance the immune system, Roach responds: “a healthy diet makes a deficiency of a vitamin or mineral severe enough to weaken the immune system unlikely.... Many studies have shown that taking vitamins does not ... lead to improvements in prevention of disease, including heart disease, cancer or infections.” We agree, with the following two exceptions: vegans should take regular vitamin B12 supplements, which are vegan, cheap, and readily available (omnivores should probably take them as well); and we should take vitamin D, which is hard to get from the sun on a consistent basis in our climate. Vitamin D2 is the vegan variety but for those who are convinced that they should take vitamin D3, vegan vitamin D3 is available (it should be clearly labeled as such). ❖

## RECIPE PAGE

### BUFFALO TEMPEH WITH RANCH SALAD

(Isa Chandra Moskowith, theppk.com)

#### *For the tempeh:*

8 oz tempeh  
1 tbsp olive oil, divided (those on a no-oil diet can use white wine or vermouth)  
4 cloves garlic, minced  
½ cup vegetable broth  
½ cup Frank's Red Hot hot sauce  
2 teaspoons dried oregano

#### *For the ranch dressing:*

¼ cup vegan mayo, like Vegenaise  
¼ cup unsweetened unflavored almond or soy milk  
2 tablespoons fresh lemon juice  
½ teaspoon garlic powder  
1 teaspoon onion powder  
1 teaspoon nutritional yeast  
⅛ teaspoon salt  
3 tablespoons fresh chopped chives

#### *For the salad:*

2 romaine hearts, chopped  
½ cup halved cherry tomatoes  
½ cup sliced cucumbers

Tear the tempeh into bite-sized pieces and place in a large stainless steel pan. Cover the tempeh with water, cover the pot and bring to a boil. Let steam for 15 minutes or so, and in the meantime, make the dressing.

After 15 minutes, most of the water in the tempeh should be mostly evaporated. Drain the remaining water, if any, into the sink, being careful not to lose any of the tempeh!

Return to the stove and add two teaspoons of olive oil, white wine or vermouth. Sauté tempeh for 7 minutes or so, until lightly browned. Shove all the tempeh to the side, and sauté the garlic in the remaining teaspoon of oil or wine for 15 seconds or so. Then flip it in with the tempeh and cook for a minute or so.

Add the hot sauce, vegetable broth, and oregano and bring to a boil. Lower heat to simmer and cook for 5 more minutes. The sauce should reduce by half. Taste for salt. It really shouldn't need any because the hot sauce is pretty spicy.

#### *To make the dressing:*

Mix all ingredients together in a mug. Use a fork and just stir until well combined.

#### *To assemble:*

Toss the lettuce, tomatoes and cucumbers with a ½ cup dressing or so. Top with tempeh, spooning extra sauce from the pan over it. Serve with additional ranch and dig in.

[Editor's note: the Buffalo Tempeh with Ranch Dressing would also be good served on a bed of grains or in a pita or wrap, for a heartier meal.]

### RED LENTIL DAL

(Darshana Thacker, *The Forks Over Knives Plan*, [forksoverknives.com](http://forksoverknives.com))

1½ cups red lentils, rinsed and soaked  
1½ tsp peeled and grated fresh ginger  
1 teaspoon ground coriander  
1 teaspoon onion powder  
½ teaspoon ground turmeric  
½ teaspoon ground cumin  
½ teaspoon garlic powder  
Sea salt  
1 tablespoon fresh lemon juice (from 1 lemon)  
1 tablespoon finely chopped fresh cilantro  
Steamed rice or whole-grain bread, for serving

1. Place the lentils in a saucepan and add 4 cups of water.
2. Bring to a boil over high heat. Reduce the heat to medium and stir in the ginger.
3. Cover the pan and simmer until the lentils are soft and have turned yellow, 15 to 20 minutes.
4. Add the coriander, onion powder, turmeric, cumin, garlic powder, salt to taste, and 1 cup water if the dal is very thick. Simmer for about 10 minutes more to blend the flavors.
5. Stir in the lemon juice and cilantro. Taste and adjust the seasoning. Serve hot, with rice or bread.

This dal has a very traditional texture, where the lentils are mushy but still intact. For a soupier texture, blend the lentils in a blender before adding the lemon juice and cilantro. This is great served as-is, or you can use it as the base for a variety of soups. Just add any vegetables, throw in some leftover cooked grains like quinoa, brown rice, millet, or pasta, and you'll have a hearty one-dish meal.

This freezes well, so feel free to also make a double batch and freeze it in smaller containers. Then, whenever you have some leftover grains and a few wilting vegetables in your crisper drawer, defrost one of your frozen containers of dal and heat it up with your leftovers. Your meal will be ready in minutes!



Want to go vegan?

We can help!

[rochesterveg.org](http://rochesterveg.org)

### SPRING POTATO SALAD

(Audry Liao brought a big batch of this to the March 2015 RAVS meeting)

About 12 -15 potatoes, scrubbed, quartered, peeled if desired (Audry did not peel hers)

½ tsp salt  
1 can corn, drained and rinsed  
1 lb or more baby carrots  
1 to 2 cups frozen peas  
1 large bunch celery, thinly sliced  
2 bunches scallions, green and white parts, thinly sliced  
1 bunch cilantro, rinsed, leaves taken from stems and coarsely chopped

#### *Dressing*

2 tbsp cider vinegar or rice vinegar  
2 tsp Wegmans Basting Oil with Garlic and Herbs (optional)  
½ tsp salt  
¼ to ½ tsp pepper

Cook potatoes in water with ½ tsp salt added, in a large pot on stovetop until done. This will take about 20 minutes. You need to watch this carefully, as the potato sections will not all be done at the same time. Test them with a fork and remove them when done. Reserve the cooking water and put it in a jar for later use in homemade soup, as it contains lots of flavor!

Dice the potatoes and place in a large bowl. Add the corn.

Blanch the baby carrots and frozen peas for about 1 minute (Audry places them in a bowl of ice water when done and then drains them, to keep them from overcooking). Add them, along with the celery, scallions, and cilantro, to the potatoes.

Add the vinegar, Basting Oil (if using), and salt and pepper. Toss gently and refrigerate until ready to serve.

Ed. Note: This is a very flexible recipe. There are a number of other vegetables, like green beans, bell peppers, and radishes, that would be great in this recipe. Fresh Italian parsley would be a great addition. You could use frozen corn instead of canned corn. The frozen corn and frozen peas don't need to be cooked; just add them and they will be nicely thawed by the time you serve the salad (all frozen vegetables are pre-cooked). This recipe is great for those on a no-oil diet: simply skip the Basting Oil and use rice vinegar, which is milder. Mustard (brown or Dijon) would be a nice addition: just whisk 2 tsp of mustard with the vinegar before you add the vinegar, to avoid clumps of mustard in the finished dish. Enjoy! ❖

MARTY DAVEY, a.k.a. LaDiva Dietitian,  
COMES TO ROCHESTER

On Sunday, May 3 (please note special date: **first** Sunday of the month), Marty Davey will sweep into Rochester to present the RAVS program. Marty's special blend of skills makes her an especially persuasive and entertaining spokesperson for the health benefits of a low-fat vegan diet.

Here is Marty's unusual bio: **Marty Davey, MS, RD, LDN** is the alter-ego of international YouTube star, **LaDiva Dietitian!™** LaDiva Dietitian's hilarious YouTube video recipes have been viewed globally, including by US troops in Afghanistan and Korea. LaDiva conducts cooking classes and demonstrations while Marty educates about no-cholesterol nutrition.

Marty worked with the Physicians Committee for Responsible Medicine's Geico Study focusing on the role of nutrition alone in regulating cholesterol, weight and diabetes. Marty is in her third year teaching *The Greatest Hits of Nutrition*, and *Nutrition Throughout the Lifecycle* at Victoria Moran's Main Street Vegan Academy.

Marty lives with two actors—husband, Jim Fitzpatrick and teenage son, Seamus Davey-Fitzpatrick—and three cats—Fang Girl, Robie and Rosa. LaDiva takes bubble baths and gets her hair done on a regular schedule.

Marty's newly-released ebook is entitled, *You're Not Dead, Yet: Nutrition for the Over 50 crowd*. It is a whimsical trapeze through the nutrition of the well-ripened human. Marty wrote the nutrition verbiage and the video recipes were donated, generously, by LaDiva Dietitian!

Best-selling author Victoria Moran wrote the foreword and said this about the book (according to LaDiva) without even being bribed once: *Marty Davey, MS, RD, and her enchanting alter ego, LaDiva Dietitian, are two of my favorite people. . . Where Marty Davey stands out among the growing coterie of treasured vegan dietitians is that she is can make learning about eating for health, vitality, and longevity more fun than just about anybody. When it's fun, we're more likely to do it, and having plenty of fun and an upbeat outlook is as important to growing older better as is having quinoa, kale, and black beans on the menu. . . What*

*Nutrition for the Over 50 Crowd gives us is a way to fight back.*

Dr. Neal Barnard wrote the following about the book: *Here, you will find the secrets to using the power of nutrition to thrive—with the best of health and energy. You've probably heard the phrase "older and wiser," and Marty's book helps the older get wiser (and healthier!). The second half of your life doesn't need to be filled with aches, pains, and medication—you can thrive after 50, and a low-fat vegan diet is the answer! Plant-based foods are nutritional powerhouses that add years to your life and life to your years. Marty Davey helped us teach hundreds of GEICO employees to take control of their health and lose weight, lower blood pressure, improve or reverse diabetes, and much more. Now, she's written a book to spread her knowledge to an even wider audience. Don't let the opportunity to learn from her pass you by—read this book and use the knowledge to eat for health!*

This [Ebook is on sale right](#) now. Marty writes (and LaDiva agrees): "For you skeptics (like myself and I love you) wondering whether this book is worth your reading time, [here is a link to read an excerpt on my website.](#)" Here are links to videos of three of LaDiva's recipes, which can also be found at the RAVS website, [rochesterveg.org](http://rochesterveg.org): [Creamy Cashew Dressing](#), [Basil Mustard Madness Sauce](#), and [Vital Vanilla Creme](#).

LaDiva's *2014 Farmers Market Recipe Book* is also now available, with all the recipes developed for her market cooking demonstrations. Here's the link: [LaDiva's 2014 Farmers Market Recipe Book!](#) ❖

#### "COWSPIRACY"

At Vegetarian Summerfest 2014, we saw a preview screening of a film called "Cowspiracy." This ground-breaking film explores the connections between animal agriculture and climate change; and it asks and answers the question why the large environmental organizations shy away from the food-environment connection. (Hint: it has much to do with money, and something to do with fear for your life.) But after tangling with this important issue the film does even more: it addresses the adequacy and healthfulness of a vegan diet, and movingly comes to grip with what it means, and feels like, to take the life of another living creature. This film has the capacity to change your life and to change the world.

At the time that this newsletter goes to press we are attempting to schedule a showing of this film to benefit a new progressive school in Rochester, the Rochester River School, which will have exclusively vegan lunch offerings for its students. Please be on the lookout for a posting on our website about this film showing (and we will make sure our members who do not use a computer will hear about this event). You can also order the DVD of this film at [cowspiracy.com](http://cowspiracy.com) ❖

#### A NEW PILOT PROGRAM FOR RAVS

RAVS is creating a new initiative to be called the Oil-Free Vegan Group (OFVG).\*

RAVS will sponsor bimonthly (every two months) meetings of the group at a venue to be determined, perhaps one of the Brighton lodges. They will resemble RAVS meetings in several ways: they will begin with a vegan potluck dinner and be followed by a brief educational presentation and a Q&A and discussion period. As with all RAVS meetings, everyone is welcome. RAVS members attend for free, and guests are asked to pay a \$3 guest fee.

Most likely this meeting would be on a week night. We are leaning towards the 3rd Wednesday of the month: so, say, the 3rd Wednesday of January, March, May, July, September, and November. We are planning to have the first such meeting on Wednesday August 19, but thereafter the gatherings would be in the months specified.

WHAT WOULD BE DIFFERENT from regular RAVS meetings: we would ask that the food for the potluck be Esselstyn compliant: that is, vegan, with no added oil, no nuts, peanuts, nut butters, olives, avocado or coconut. Just as you don't have to be vegan to attend RAVS meetings as long as you bring a vegan dish and eat vegan when you are there; you don't have to "be" oil-free when you come to the OFVG meeting, as long as you bring an oil-free dish.

VERY IMPORTANT: These meetings are intended, in part, to fill the gap left by the disbanding of the Heartbeats for Life (H4L) group, which has its final meeting in July. H4L, at its gatherings, followed the rules set forth by Dr. Dean Ornish, a vegetarian (but not completely vegan) diet which excludes oil and high-fat plant foods, but allows egg whites and non-fat dairy. However, dairy and egg ingredients will not be allowed at the OFVG potlucks. In keeping with our vegan mission, we allow only plant foods at our gatherings. We're quite sure that no one will



experience this as a hardship. There are non-fat vegan plant milks and vegan yogurts, as well as egg substitutes both homemade and commercial (for the latter, we recommend Ener-G Egg Replacer, available in natural food stores and sections of the supermarket).

The program portion of the OFVG gatherings will be brief health-related videos, Powerpoint presentations, or talks. The emphasis will be on discussion and Q&A (and eating!).

We anticipate that a number of RAVS members, even people who have never gone to a H4L meeting, might be interested in these OFVG meetings. It's a chance to gather for a potluck and program on a different day of the week, and in a setting where turnout will likely be smaller than it is at our regular monthly meetings. We think the interaction of RAVS members with former H4L members will be very constructive. In the Q&A and discussions, we all can share our experiences, and some good connections might be forged.

We'll be interested to see how this pilot program is received and how many people take advantage of it. We will remain flexible and will continue the program if it's warranted; we will also be patient and give the program a chance to catch on and grow.

\*We had thought of using the name "Healthy Vegan Support Group"; however, we don't want to send the message that a

vegan diet has to be devoid of high-fat plant foods and oil to be healthy. All we know is that this style of vegan diet has been therapeutic for people with well-established heart disease and other chronic lifestyle diseases such as diabetes, obesity, and early-stage prostate cancer, as demonstrated by Drs. Esselstyn and Ornish; and we know that a number of people wish to follow this oil-free vegan style of eating. We also think that many vegans who don't eat this way all the time might enjoy and benefit from an Esselstyn-compliant meal on occasion. ❖

#### VEGAN KICKSTART PROGRAMS AND MEAL DELIVERY PROGRAMS

In 2009, the Physicians Committee for Responsible Medicine started its 21-Day Vegan Kickstart program, based on the well-tested premise that the hard part is getting started, and that tastes change over 3 weeks until a dietary change is firmly established. PCRM's kickstart program has helped countless people to change. Kickstart has been launched in Spanish, and in China, India and Japan.

A new program starts on the first of each month; you can get on the bandwagon by going to the website, <http://www.pcrm.org/health/diets/kickstart/kickstart-programs/> and tailoring the program, which is entirely free, to your wishes. Or you can buy the book, *21-Day Weight Loss Kickstart* by Neal Barnard, MD.

There's also Colleen Patrick-Goudreau's book, *The 30-Day Vegan Challenge*; visit <http://www.30dayveganchallenge.com/>

A caller to the RAVS line, Dwayne Simmons, told us about Beyoncé's 22-day vegan challenge, which is paired with a plant-based meal delivery service called 22 Days Nutrition, designed by Beyoncé's trainer Marco Borges, and costing from \$14.85 to \$9.24 per meal, per person, depending on whether you order one, two or three meals a day. Orders must be made at least a week in advance; meals are delivered fresh on Fridays, and must be reheated throughout the week. Visit <http://www.22daysnutrition.com/>

Forks Over Knives also has a fresh vegan meal delivery service being launched this spring 2015. Based on a 5-day plan, costs range from \$199 per person per week for 3 meals a day (15 meals) to \$159 for 2 meals a day (10 meals--lunch and dinner) to \$99 for 1 meal/day (5 meals--lunch or dinner). Visit <http://www.forksoverknives.com/> to stay posted on this program.

Another option is The Purple Carrot, which delivers ingredients to your home for meals you make in around 30 minutes (and provides the recipes). Most meals feed four for less than \$30. This Week's Menu on the website features One Pan Mexican Fiesta, Cobb Salad with Coconut Bacon, Purple Pad Thai, and Lemon Asparagus Risotto. Visit <https://thepurplecarrot.com/> ❖

### 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:

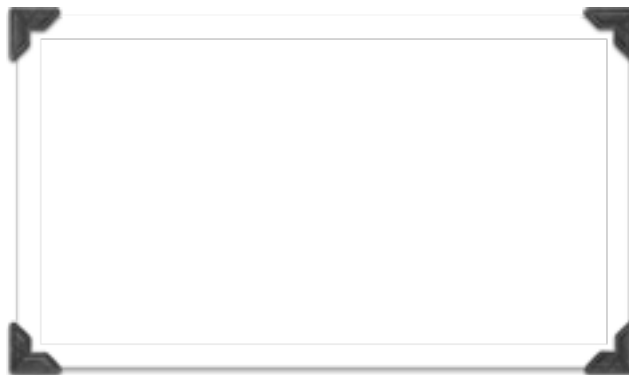
- Environment
- Animal Rights
- Health
- Other:

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

- **May 3, 2015\*** (1st Sunday) (PLEASE NOTE: Not our usual 3<sup>rd</sup> Sunday) Brighton Town Park Lodge, 777 Westfall Rd. 5:30 PM **Vegan Share-a-Dish Dinner**, 7 PM Program. **You're Not Dead Yet: Vegan, Healthy, and Over 50 with Marty Davey, R.D. (a.k.a. LaDiva Dietitian)**. Those under 50 welcome--you'll get there eventually!
  - **May 31, 2015** (Sunday) 11 AM-5 PM **Kiss A Cow Day, Asha Sanctuary's Summer Kickoff**, Newfane, NY. Live shows, vegan food, wine tasting, cooking demo, activities for kids. Tickets \$10 (\$8 advance), \$5 ages 6-12, free age 5 and under. Visit [ashasanctuary.com](http://ashasanctuary.com).
  - **June 21, 2015\*** (3<sup>rd</sup> Sunday) Brighton Town Park Lodge, 777 Westfall Rd. 5:30 PM **Vegan Share-a-Dish Dinner**, 7PM Program. **Fresh, Fast and Frugal: Advice from a Panel of Experienced Vegan Cooks**. Come to enjoy this popular annual program with a different group of veteran vegan cooks each year. Lots of cookbooks for sale as well.
  - **July 8-July 12, 2015** (Wednesday -Sunday) North American Vegetarian Society's **Vegetarian Summerfest**, University of Pittsburgh, Johnstown campus. Child care included in registration; weekend package available. Discounts for early registration. Visit [vegetariansummerfest.org](http://vegetariansummerfest.org) for details, and to view speaker list and program from summer 2014.
  - **July 19, 2015** (3<sup>rd</sup> Sunday) **2:00 PM Summer Picnic** at the home of Ted and Carol Barnett, 117 Lyons Road, Rush NY 14543. Please bring a **vegan** dish to pass and a place setting for yourself; folding chairs provided. Outdoor games equipment optional. If rain is threatened, call the RAVS hotline (234-8750) on Sunday morning or visit [rochesterveg.org](http://rochesterveg.org), to see if the picnic has been rescheduled.
  - **August 16, 2015** (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, or visit [rochesterveg.org](http://rochesterveg.org), to see if the picnic has been rescheduled.
  - **August 19, 2015** (3<sup>rd</sup> Wednesday) First meeting of the Oil-Free Vegan Group (OFVG). 5:30 PM **Vegan Potluck Dinner** (see special rules page 6), 7 PM Program and Discussion. Location TBA: check August newsletter, [rochesterveg.org](http://rochesterveg.org), or 234-8750.
- \*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  
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ROCHESTER AREA VEGAN SOCIETY