

Our 26th Year!

THE vegan



advocate

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Rochester, NY USA

A VEGAN DIET
What is it, and Why?

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

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

What are the reasons to go vegan? It comes down to these: for your health, for the animals, and for the planet. Every day there are new findings that a plant-based diet is best for health. The standard American diet (SAD), which revolves around meat and animal products, results in poor health for people, suffering for animals, waste of resources, and devastation for the environment. But changing your diet can be hard, and people who want to change often need help.

If you want to move in this direction, RAVS can help you. We are here to provide information and support. You do not need to be a vegetarian or vegan to give us a call, to attend our meetings, or to join our group. And you don't need to be a member to attend our meetings: guests are always welcome, and you don't have 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. ❖

WORLD HEALTH ORGANIZATION LABELS MEAT A CARCINOGEN

An international panel of experts convened by the World Health Organization (WHO) concluded on October 26, 2015 that eating processed meat like hot dogs, ham and bacon raises the risk of colon cancer, and that consuming other red meats probably raises the risk as well.

The report placed processed meat into its Group 1 category, which means the panel found "sufficient evidence" based on human research—over 800 studies, mainly large observational studies—that it could cause cancer. The panel defined processed meat as those "transformed through salting, curing, fermentation, smoking or other processes to enhance flavor or improve preservation." (Other substances in the Group 1 category are alcohol, asbestos, tobacco smoke, estrogen, ionizing radiation, and diesel engine exhaust.) The panel cited an 18% increase in the risk of colon cancer per daily portion of 50 grams of processed meat (50 grams is a 1.8 oz serving). Based on the report, diets high in processed meat could be expected to contribute to about 30,000 deaths per year across the globe.

The panel placed red meat—which it characterized as muscle meat such as beef, veal, pork, lamb and mutton, among others—in its group 2A category as being "probably carcinogenic to humans." It said the association was observed mainly for colorectal cancer, but that diets high in red meat were also linked to pancreatic and prostate cancer. For red meat, each 100 grams daily serving (3.6 oz.) increased colon cancer risk by 17%.

On the "Here and Now" show, National Public Radio's Robin Young interviewed Dr. Kurt Straif of the International Agency for Research on Cancer, which is the WHO panel responsible for the report. When asked what it is in processed and red meat that is responsible for these ill effects, Dr. Straif replied that it appears that both inherent substances—such as the heme iron in red meat—and substances produced by various cooking and processing methods—such as nitroso compounds in processed meats, and heterocyclic aromatic amines and polycyclic aromatic hydrocarbons produced by cooking red meat at high heat, could be the culprits. The interviewer asked whether

reducing meat consumption could reduce this element of risk. Dr. Straif replied Yes, "but from these studies that have been reviewed, there is no clear evidence that there is a kind of safe threshold of eating processed meat. So we see with every 50 gram portion, the risks increase further."

The panel's conclusions evoked significant resistance from the meat industry. A spokesperson from the National Cattlemen's Beef Association responded that the panel's report points to correlation, not causation and "these studies cannot be used to determine cause and effect." What this response ignores is that it's impossible to do classical double-blind controlled experiments with diet (people can see what they are eating), and it's expensive and inconvenient to do any kind of dietary intervention study for any length of time; so nutrition scientists are compelled to look at epidemiological studies, which are actually quite revealing.

The new study only concerns itself with the cancer risk from meat. The reasons to give up meat multiply when one considers that consumption of processed meat and red meat contributes to the risk of cardiovascular disease, as seen in the EPIC-Oxford cohort study [*American Journal of Clinical Nutrition* 2013;97(3)]; and avoidance of meat has been associated with a lower risk of diabetes of about 51% in men and 74-75% in women, both in the Adventist Health Study-2 [*Nutr Metab Cardiovasc Dis* 2013;23(4)] and in a 2014 study of Taiwanese vegetarians and omnivores [PLoS One 2014 Feb. 11;9(2)].

[nytimes.com; theguardian.com; npr.org; Brenda Davis, *Becoming Vegan*. Thanks to Ellie Cherin for calling our attention to the NPR story.] ❖

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Metro Justice's 34th Annual Alternative Fair!

Homemade Veggie Food,
Free Child Care

Friday, December 11th, 5 pm to 9 pm
Saturday, December 12th, 10 am to 2 pm

First Unitarian Church
220 Winton Road South
\$3 Suggested Donation (ages 12 and up)

Rochester Area Vegan Society

Coordinators:

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

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Website:	Ted Barnett
	Ted Potter
	Bob Zimmermann
Library:	Leena Isac

The Vegan Advocate Staff:

Editors: Carol and Ted Barnett

Contributors:

Poetry	Bruce Ross, Ph.D.
Logo Design	Bern Berg

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

RAVS is a non-profit, tax-exempt, non-sectarian, all-volunteer educational organization dedicated to promoting the joy, compassion and life enhancing possibilities of a vegetarian lifestyle. We are an educational resource for those interested in any aspect of vegetarianism. We provide support to our members through social events that include monthly gatherings with a shared meal and programs on topics important to our members. Membership in RAVS is open to vegetarians and non-vegetarians alike, as long as they support the goals of the organization.

DUES: Individual Membership, \$20 per year; Joint Membership, \$35 per year; Student/Fixed Income Membership, \$10. Membership includes receipt of *The Vegan Advocate* and free attendance at our monthly dinner meetings. A membership application can be found at the back of this issue.

Contacting RAVS:

- P.O. Box 20185, Rochester, NY 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

As shorter days and colder weather approach, we look forward to continuing to grow the plant-based movement in Rochester.

MEETINGS: In August, our meeting was a wonderful canalside picnic at the home of **Kimber Gorall**. At our September meeting, **Dr. Thomas Campbell**, co-author of *The China Study* and author of the new book *The Campbell Plan*, spoke to a full house about the power of lifestyle change to radically improve health; the Drs. Campbell (he and his wife, **Dr. Erin Campbell**) run the new UR Nutrition in Medicine Program, which offers an 8-week Lifestyle Intensive, as well as individual consulting, a weekend immersion program, and the popular Lunch with Docs program.

In October, **Dr. Mylan Engel**, a philosophy professor at Northern Illinois University, spoke on the ethical basis for vegan diet, demonstrating that the values which are espoused by almost everyone (such as not to impose needless cruelty on sentient creatures) require that the "person on the street" adopt a vegan diet, simply to abide by his or her own values.

In November, we will view the landmark film "**Cowspiracy**." In December, we will have a gathering at the home of one of our members (see calendar on page 8 for details). In January of 2016, RAVS member **Alex Chernavsky** will give a talk on animal rescue after disasters, to mark the 10-year anniversary of Hurricane Katrina.

SAVE THE DATE: **Dr. Michael Greger** begins a book tour for his new book, the amusingly named *How Not to Die*, in December. Dr. Greger will be speaking in Rochester on **Monday March 14, 2016 at 7:00 PM** at the Rochester Academy of Medicine. Details to come on tickets.

PLANTPURE NATION! On Sunday, September 27, RAVS hosted a screening of "**PlantPure Nation**," a new film which explores the many barriers--social, political and institutional--to the widespread adoption of a plant-based vegan diet. The double screening took place at the Rochester Academy of Medicine; each screening was preceded by a sampling of food from one of

our Rochester vegan restaurants: **The Red Fern** before the 1:00 PM showing, and **Vive Bistro and Bakery** before the 4:00 PM showing. Thanks to **VegFund** for helping to sponsor this event. We also thank the many volunteers who made this event possible: **Beth Garver Beha, Melaney Bernhardt, Dr. Jill Brooks, Winton Brown, Lisa Campbell, Phyllis Fleischman, Kimber Gorall, Jacki Hagelberg, Nancy Hollowell, April Hunt, Daryl Odhner, Maggie Odhner, Lester Olguin, Sue Taylor, Joy Vandling, and Ren vanMeenen**. Thanks also to the physicians who sat on a panel for Q&A after both screenings: **Dr. Ted Barnett, Dr. Thomas Campbell, and Dr. Kerry Graff**. Anyone interested in working with the local PlantPure Nation team or "Pod," please contact rochesterveg@gmail.com

OUTREACH: Over the last months, RAVS engaged in the following activities (staffers in parentheses):

- Anthony L. Jordan Health Center Wellness Fair (Carol Barnett)
- Rochester City School District Start Strong Event (Carol Barnett)
- Taste of Lori's (Carol Barnett, Handy Cowles, Kimber Gorall)
- ABVI (Good Will) Employee Wellness Fair (Carol Barnett)
- ESL Wellness Fair (April Hunt, Lester Olguin)
- General Motors Health Fair (C. Barnett)
- U of R Veg Challenge (Carol Barnett)

A PLANT-BASED DIET: This popular course taught by **Ted D. Barnett, MD** was given for the 8th time in October and November, for the first time at Rochester General Hospital. About 45 people took the course, many of them for continuing medical education credit.

CHIP (Complete Health Improvement Program), an 18-session video-based health program which teaches plant-based diet along with other lifestyle measures to improve health, will soon be offered in the Rochester area by Rochester Lifestyle Medicine, PLLC. Visit roclifemed.com for more information.

HEALTHY LIFESTYLE SCIENCE group meets on the 2nd Sunday of every month, at 2:45 PM, at Pittsford Library in the Fletcher Steele Room on the 2nd floor.

New people always welcome! Contact **Mike Rudnick**, muc.rudnick@gmail.com for more information. This is an activity of the local PlantPure Nation Pod, not a library activity.

OIL FREE VEGAN EVENTS Following the end of Heartbeats for Life in July of this year, two regular events have sprung up. On the 2nd Monday of each month, there will be an oil-free vegan restaurant gathering. On the 4th Monday of alternate months, RAVS will sponsor an oil-free vegan meeting. For full details, see p. 7.

WHOLE FOOD PLANT BASED COOKING CLASS will be offered by Phyllis Fleischman, who has certification with the Rouxbe Cooking School, on Sunday, Nov. 15 from 11:30AM-1:30PM, at the Rochester Academy of Medicine. Cost only \$15pp. This is a pilot program of the Rochester PlantPure Pod. Visit rochesterveg.org to register.

METRO JUSTICE ALTERNATIVE FAIR will be held on Friday, Dec. 11 and Saturday Dec. 12. As always, RAVS will have a booth! See notice on p. 1.

CONGRATULATIONS to **Vive Bistro and Bakery** for being given a second write-up in *City Newspaper*, on 7/22/15, since its opening early in 2015. Congrats also to **The Red Fern**: the *Rochester Business Journal's* "Explore Rochester Guide" featured a photo of owner Andrea Parros serving the restaurant's delicious food, to introduce a listing of area restaurants.

CONGRATULATIONS to RAVS members **Amanda Dolan** and **Ky Hall**, who celebrated their wedding on September 26, 2015!

WE MOURN THE PASSING of **Steve Connelly**, a longtime member of RAVS who died on September 21, 2015. Steve was a postal worker for 36 years, and walked his route for his entire career. Steve was a fitness buff who loved to talk about nutrition and politics. We all will miss him.

WE MOURN THE PASSING of **Joe Fappiano**, a RAVS member who died in August of this year. Joe was a talented chef who could be seen biking to his destination in all weathers. Joe was unfailingly kind and supportive at RAVS meetings and at the Plant-Based Diet class, which he took and often attended as an alumnus. He will be greatly missed. ❖

We welcome the following **New Members**: Susan Boland, Laura Brown and family, Pat Cirillo, Frank Coppola, Ann Diehl, Alana Dolan & Ky Hall, Glennda Dove-Pellito, John Edward, Jennifer Germain, Molly Giles & Terry Boothman (Contributing Level), Barbara Hellman, Darcie Johnson, Audrey Lahman, Elizabeth Lucas, Betty McLean, Lenore McPherson, Jennifer Muniak (Contributing Level), Carolyn Place (Contributing Level), Linda Rowsick, Linda Sardisco, Shari Schmidt, Kathy & Kevin Skerrett, Dawn & Gary Smith, Garrett Spring, Sarah & Jim Stranz, Ren vanMeenen, Susan Veronda, Shannon Weiland. **Membership Renewals**: Walter Bowen, Cindy Brickley, Peggy Weston Byrd, Margie Campaigne, Joan Chapman, Mary & Gary Christo, Paul Clark, Sharon & Ray Dumbleton & family, Marion & Curt Fey, Linda Isaacson Fedele & Sam Fedele (3-year renewal, Contributing Level), Tom Fronczak, Dr. Kerry Graff (Patron Level), Jacki & Michael Hagelberg (Contributing Level), Nancy Hollowell & Winton Brown, Deb Kiba, Tina Kolberg, Dvorah Kolko & Simeon Kolko, Walt McBurney, Susan Miller (Patron Level), Ana Moser, Maryanna Mueller, JoBeth & Noel Nichols (2-year renewal), Dr. Saul Presberg & Helen Presberg (2-year renewal), Nina Sikand, Candan Simmons, Denise & Mitch Speicher, Sharon Sweeney, Maureen & Steve Van Buren. This list reflects memberships submitted through 11/1/15. Please contact us with any questions about membership, and we thank you for your support. ❖

IN THE NEWS

BEEF IS THE NEW SUV CNN columnist John Sutter reports that beef has a “massive, unexpected effect on climate change.” According to the UN’s Food and Agriculture Organization (FAO), the livestock industry is responsible for 14.5% of all greenhouse gas (GHG) pollution; and 65% of that GHG contribution can be attributed to beef and dairy cattle. The author, who ate a 1.27 pound beef brisket sandwich in Texas, did the math and calculated that the GHG toll was comparable to a 70-mile car ride. cnn.com/9/29/15; thanks to Kimber Gorall for this reference.

HOW SAFE IS YOUR GROUND BEEF? Americans bought 4.6 billion lb. of beef over the past year, 50% of it in the form of ground beef (vs. 42% a decade ago). Ground beef poses special risks because of its surface exposure and combining of sources; and just before July 4, 13.5 tons of ground beef and steak were recalled in a single day because of possible contamination with *E. coli* bacteria. Consumer Reports tested 300 packages of ground beef, from conventional as well as “sustainable” sources, for 5 common types of bacteria as well as the antibiotic resistance of those bacteria. All 458 lb. of ground beef that were tested contained bacteria that signified fecal contamination. About 18% of the ground beef from conventional sources was contaminated with “superbugs” (antibiotic-resistant strains); even the “sustainably” sourced ground beef had superbugs in 6 to 9% of the samples. *Consumer Reports*, September 4, 2015

“A POPE FOR ALL SPECIES” *NY Times* columnist Nicholas Kristof reports that Pope Francis’s notable empathy extends to animals. In his encyclical on the environment, Francis writes: “We must forcefully reject the notion that our being created in God’s image and given dominion over the earth justifies absolute domination over other creatures. . . . The Bible has no place for a tyrannical anthropocentrism.” 9/24/15

“THE (FAKE) MEAT REVOLUTION” also by Nicolas Kristof, reports on the marketing of meat analogues that “taste like the real thing.” Kristof says that these foods could end up being cheaper than real meat, and soon will be purchased by ordinary folks looking for healthy, sustainable, and cheap food. “So look out. If the alternatives to meat are tasty, healthier, cheaper, better for the environment and pose fewer ethical challenges, the result may be a revolution in the human diet.” Kristof points to Beyond Meat, and Hampton Creek’s Just Mayo, as vegan foods that have achieved mainstream acceptance. *NY Times* 9/19/15

EGGS AND HEART DISEASE RISK According to a recent study of more than 23,000 South Koreans, published in *Atherosclerosis* (2015;241:305-312), those who ate the most eggs, compared with those who ate the least, had 80% higher coronary artery calcium scores, a measure of heart disease risk. Cited in PCRM’s *Good Medicine*, Autumn 2015.

DIETARY CHOLESTEROL AND SERUM CHOLESTEROL According to a meta-analysis published in the *American Journal of Clinical Nutrition* (2015;102:276-294), dietary cholesterol will increase total cholesterol and LDL (“bad”) cholesterol levels. When participants increased their dietary cholesterol by up to 650 mg. a day (about the amount in 2 eggs), their total cholesterol went up an average of 12.1 mg/dL and their LDL cholesterol went up an average of 6.7 mg/dL. *Good Medicine*, Autumn 2015.

VEGAN DIET FOR WEIGHT CONTROL PCRM’s *Good Medicine*, Autumn 2015 reports on two new studies showing that a plant-based dietary pattern may be the most effective for weight loss. In a meta-analysis published in the *Journal of General Internal Medicine* (online 7/3/15), researchers reviewed 12 randomized controlled trials of both vegetarian and non-vegetarian weight-loss diets; they found that over an average of 18 weeks, vegetarian participants lost 4.4 pounds more, on average, than non-vegetarian participants, and those on a vegan diet lost the most weight of all, 5.5 lb on average. Similarly, a study of five diets over six months, published in *Eating Behaviors* (2015;19:33-38), found that those on vegan or vegetarian diets lost the most weight, and also had high acceptance rates for their assigned diets.

PLANT-BASED MEDICAL CONFERENCES ABOUND 2015 saw at least three major plant-based medical conferences: the Physicians Committee’s (PCRM’s) International Conference on Nutrition in Medicine focusing on cardiovascular disease (following previous conferences focusing on the brain and diabetes), from 7/31-8/1/15; the National Plant-Based Prevention of Disease Conference (P-POD), from 9/11-9/13/15; and the Plantrician Project’s third annual International Plant-Based Nutrition Healthcare Conference from 9/30-10/3/15. Several Rochester-area physicians and other health care providers attended these conferences!

PLANT FOODS MAKE YOU STRONG In an article on how Jake Gyllenhaal built his body in order to play the boxer in the movie “Southpaw,” *USA Today* reports that co-star Rachel McAdams said: “He ate a lot of vegetables.” 7/24/15

BENEFITS OF TOFU According to dietitian Tami M. Best, tofu is rich in protein, calcium, and health-promoting compounds called isoflavones, which are effective cholesterol-lowering agents and also reduce the risk for certain types of cancers, including breast and prostate cancer. *Democrat and Chronicle*, 5/27/15.

“A VEGAN EMPIRE STATE OF MIND” That’s the title of a *NY Times* article by Courtney Rubin, on Jay Z and Beyoncé, who started their 22-day vegan challenge in December 2013, and in February 2015 started a vegan meal delivery service. Beyoncé writes: “The benefits of a plant-based diet need to be known. We should spend more time loving ourselves, which means taking better care of ourselves with good nutrition and making healthier food choices.” 5/7/15. Thanks to Nancy Hollowell for this reference.

VEGANS GO GLAM is the title of the 9/29/15 *NY Times* article profiling, among other people, elite athlete Rich Roll, author of *Finding Ultra* and co-author with his wife Julie Piatt of the new coffee table cookbook *The Plantpower Way*. The article sparked a range of responses. Many people celebrated the fact that high-end and gourmet vegan foods and restaurant meals are now available; others lamented that this kind of press coverage will make vegan diet seem inaccessible and irrelevant to ordinary readers. Here is one representative comment: “You don’t have to be a “foodie” or spend a lot of money at fancy stores to eat a healthy plant-based diet. Inexpensive items like beans, brown rice, potatoes, whole grain pasta, and some fresh fruits and vegetables are all that are needed to support one’s nutritional needs and prevent or even reverse serious diseases that [are] directly caused by the Standard American Diet. I recommend watching “Forks Over Knives” (available on Netflix) and checking out books like “The Engine 2 Diet” by Rip Esselstyn or “The Starch Solution” by Dr. John McDougall. If you want to eat out at a fancy vegan restaurant that takes plant-based recipes to an art form, that’s perfectly fine and occasionally desirable---but the larger population suffering from the Western disease-causing diet need to know that eating healthy and plant-based is not rocket science or for the wealthy. In fact it can even cost less than the cheap (subsidized) fast foods being so heavily marketed to the poorest Americans.”

LOCAL HERO Dogtown was recently rated ninth in a list of the top 40 hot dog establishments in the US by Foursquare (4sq.com). An article in the *Democrat and Chronicle*, 7/24/15 notes that Dogtown has “many options for vegetarians”; almost all the sides are vegan, and any of the special plates can be made with a veggie dog. ❖

RECIPE PAGE

Appetizers for the Holiday Season!

This appetizer is a healthy vegan “take” on that hot cheesy spinach artichoke dip that seems to turn up at holiday time. Most vegan versions use commercial vegan cream cheese; this one uses silken tofu, a traditional and lightly processed food (certainly closer to a whole food), and I think the results are just as good.

HOT (OR WARM) SPINACH-ARTICHOKE DIP

8-10 oz frozen chopped spinach (either one 10 oz box or one-half of a 16-oz bag)*
 1 can artichoke hearts**
 3 scallions, sliced, both green and white parts
 1 clove garlic, minced
 2 packages firm or extra-firm silken tofu***
 1 tbsp rice vinegar
 3 tbsp cashew butter or tahini or a mix
 2 tbsp nutritional yeast****
 Juice of one lemon (don't use bottled)
 1 tsp Frank's or other hot sauce (optional)
 1 tsp Dijon or spicy brown mustard
 ½ tsp salt
 ¼ tsp pepper, white or black

Thaw the spinach (no need to cook; it's okay if the spinach is only semi-thawed when you make the recipe). Drain the artichoke hearts, reserving the liquid, and chop them. Put the spinach, artichokes, and sliced scallions in a large mixing bowl. Combine the remaining ingredients in a food processor, then spoon the mixture into the mixing bowl and combine with the vegetables. Spoon the combined mixture into a very lightly oiled baking dish (preferably ceramic). Bake, covered, at 375 degrees for about 20 minutes; if you like a slightly browned top, uncover and bake 5 minutes more or until browned. Nothing in the recipe needs cooking; the baking is just to make it hot or warm for serving, and to brown it. If the baking dish permits, you can warm this in the microwave before serving. Serve with bread, crackers, and/or veggies.

*If you get “cut leaf” rather than “chopped” spinach, you may want to chop it more finely, which is easiest to do when the spinach is still mostly frozen.

**I always reserve the juice/liquid from canned artichoke hearts and put it in a jar, to use in soup or stew recipes, as it has a nice flavor.

***This is the tofu that comes in aseptic (juice-box type) packages. It's shelf stable; available in natural food stores or natural food sections of supermarkets.

**** Nutritional yeast is a (surprise!) very nutritious food-grade yeast (lots of minerals and B vitamins) which also happens to have a delicious cheesy taste. It is available on the shelf in Wegmans; look for Bob's Red Mill brand (in a bag), Bragg's brand (in a jar), or Red Star brand (in a jar). However, these brands price at about \$19 or \$20 a pound if you do the math; and you can get nutritional yeast in bulk at Abundance or Lori's for about \$12 a pound. So if you wind up using nutritional yeast a lot, to make things like cheesy sauces, then it's worth a trip to Abundance or Lori's. There are lots of other treasures in the bulk sections of those stores, including beans, grains, and flours; and fresh herbs and spices at a fraction of what it costs you to buy them in little containers at the supermarket.

You can serve this dip with gluten-free crackers (Mary's Gone Crackers, available in the gluten-free section of Abundance, Lori's, or Wegmans Nature's Marketplace) and also Wasa brand wheat crackers, which contain only rye, yeast, and salt—no oil, no long list of chemical ingredients! [I sometimes crisp them in a low-moderate oven (225 degrees) for 5-10 minutes; this really improves them.] The Wasa crackers are found in natural foods stores or sections.

ROASTED RED PEPPER HUMMUS (large batch)

2 cans chickpeas/garbanzo beans, preferably organic, drained but not rinsed, liquid reserved or
 1 to 1½ cups dry garbanzo beans, soaked overnight or for a few hours and cooked until tender
 1/3 cup tahini (available in health food store or Middle Eastern section of international aisle)
 Juice of one lemon or lime, or a mix
 1 garlic clove, chopped
 ½ tsp salt
 ¼ to ½ tsp ground cumin
 1 roasted red pepper (jarred variety is fine to use)
 ½ cup water or other liquid*

Blend all ingredients in food processor. If the end product is thicker than you would like, just add more water or liquid till you get the consistency you want.



Want to go vegan?

We can help!

rochesterveg.org

The taste is different when you use beans cooked from scratch rather than canned beans, and the consistency may be grainier, no matter how well you cook the beans. You could get a creamier result by adding a little more tahini.

Variation: Try using almond butter instead of tahini; or soaked sun-dried tomatoes instead of roasted red peppers. Experiment!

*If you use canned beans, you can use the reserved liquid from the can to thin out the hummus.

VEGAN PINWHEELS

1 package burritos, such as Wegmans Gordita-style Tomato & Basil Flavor*
 1 tub Tofutti Better Than Cream Cheese
 1 jar roasted red bell peppers
 1 bag arugula or baby spinach

Take one burrito and spread it generously with the vegan cream cheese (probably 2-3 tbsp per burrito). Drain a roasted red pepper on paper towel (otherwise the finished product will be soggy). Slice the red pepper into strips. Place strips down the middle of the circle; then toss a layer of spinach leaves on top of the entire burrito. Roll up the burrito tightly in such a way that, when you cut cross sections, there will be red pepper in each slice. You may need some more cream cheese to seal the edges of the burrito. Cut cross sections, about 10 or 12 per roll. (The end pieces are a little irregular so you may have to snack on them as you go!) Nice during the holidays (red and green).

Variation: Add some slices of Tofurky brand deli cuts to the burrito before rolling.

No-oil variation: Use a small amount of mustard instead of vegan cream cheese.

Another healthy variation: Instead of vegan cream cheese, use a homemade cheese for the “base” of your pinwheel: combine 1 can white beans, drained but not rinsed, with 2 tbsp cashew butter and 3 tbsp white miso. Spread on burrito; use roasted red pepper, cucumber strips and arugula for filling.

*You can use any brand or style of burrito or wrap, but check ingredients. The Wegmans Spinach, Garlic & Pesto style is labeled “V” for vegan, but the ingredients say it has Romano cheese flavor, so I avoid using it. Also, be warned that Wegmans whole wheat burritos (and also at least one variety of Wegmans whole wheat bread) have fish oil added. You can find other brands, esp. in health food stores, that are vegan. You can also use gluten-free wraps but they tend not to be flexible for rolling. I tried Food for Life brand Brown Rice Tortillas, found at Lori's and had to make tiny sandwiches rather than spirals. ❖

THOUGHTS ON BEING VEGAN

by Carol Hee Barnett

After a recent Plant-Based Diet class, one of the students asked whether we would be giving any guidance about social situations, especially as we move into the holidays. We deal with some of these issues in the later Plant-Based classes; but truly, the question of how to interact with one's friends, family and community after adopting a vegan diet is an ongoing one and the challenge continues over weeks, months, and even years. I have a few thoughts:

Take a gentle approach. Many people have told me how well this works for them. If part of our motivation is compassion for the animals and our lovely planet, then we really owe as much to our fellow humans; and none of us, as far as I know, started vegan but rather had to learn the why and the how. It makes me think of the famous Margaret Mead quote ("never doubt that X can work—indeed it's the only thing that has ever worked"). Never doubt that a compassionate approach will work; indeed it is the only thing that has ever worked. There may be some people it won't work for, but nothing else will work for them, either, except, at some point, self-interest regarding health, and going along with the mainstream when this way of eating catches on.

Your example of being a vegan is the most powerful tool you have. Don't be flustered by people (relatives, co-workers) who give you a hard time: in our experience, they are the ones who are the most likely to "fall," and before long they will be asking you for recipes! They are having an argument with themselves; and you need to be good-natured and let them work out their own issues. A book I can recommend on this topic is *Living Among Meat Eaters* by Carol J. Adams, available from Amazon and other book sellers, as well as in the Monroe County Library System. [Also save the date: Carol Adams will be giving a lecture on "The Sexual Politics of Meat" at U of R on Wednesday, March 16, at 7:00 PM; free and open to the public.]

Adams takes a fundamentally optimistic view of human nature, which is that meat eaters are "blocked vegetarians." They give vegetarians a hard time because we are a living reproach to them. Our job is to get out of the way of the negativity, while still offering some help to meat eaters in the argument they are having with themselves (not us), by guiding them towards vegan choices. One of the best ways to do this is to demonstrate that being vegetarian is a condition of abundance, rather than a condition of deprivation. A practical approach that always works is to have good vegan food with you wherever you go, and

to bring it yourself when you can (and be prepared to have everyone else eat it up!).

A final word about the social challenges of being vegan is that it's amazing what time will do. If you are consistent in following this way of eating, people will come around, from a sometimes grudging acceptance of your choices, to interest and even enthusiasm and an embrace of the vegan lifestyle. We can wish for nothing less for our friends and loved ones. ❖

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

—Henry David Thoreau, 1817-1862

Vegetarianism serves as the criterion by which we know that the pursuit of moral perfection on the part of humanity is genuine and sincere.

—Leo Tolstoy, 1828-1910

Until he extends the circle of his compassion to all living things, man will not himself find peace.

—Dr. Albert Schweitzer, 1875-1965

HAIKU

November drizzle --
the squirrel's head beneath
the wet leaves

a solitary crow
from tree to tree
first snow

winter pond --
the bulrushes tilting in
light wind

by Bruce Ross

"Peace of the Wild Things"
by Wendell Berry

When despair for the world grows in me
and I wake in the night at the least
sound,
In fear of what my life and my children's
life may be,
I go and lie down where the wood drake
rests in his beauty on the water and the
great heron feeds,
I come into the peace of the wild things
who do not tax their lives with
forethought of grief.
I come into the presence of still water,
And I feel above me the day-blind stars,
waiting with their light.
For a time I rest in the grace of the world,
and am free. ❖

RESOURCES FOR GOING VEGAN

Contact the **Rochester Area Vegan Society** for information, encouragement, and support to go vegan: rochesterveg.org

LOCAL CLASSES AND HEALTH CARE PROGRAMS

"A Plant-Based Diet: Eating for Happiness and Health" Class offered by Ted D. Barnett, MD; includes food samples and recipes. Eligible for continuing education credit for health professionals. For info on upcoming classes, or to access handouts and videos from the course, go to rochesterveg.org and click on "Education."

CHIP Program Nutrition and lifestyle counseling eligible for health insurance reimbursement. Medical testing before and after. Visit roclifemed.com

UR Nutrition in Medicine Program Offered by Thomas Campbell, MD and Erin Campbell, MD, MPH. Lifestyle Intensive program includes individual assessment, medical monitoring, catered meals and cooking classes.

BOOKS and films: "Forks Over Knives" (film); "PlantPure Nation" (film); *Dr. Neal Barnard's Program for Reversing Diabetes*; T. Campbell, MD, *The Campbell Plan*; T. C. Campbell and T. Campbell, *The China Study*; Davis and Melina, *Becoming Vegan*; R. Esselstyn, *Engine 2 Diet*; C. Esselstyn, MD, *Prevent and Reverse Heart Disease*; J. Norris, *Vegan for Life*

COOKBOOKS: Some favorites for fast and frugal vegan cooking are *Quick-Fix Vegan*, *Vegan on the Cheap*, and *One-Dish Vegan* by Robin Robertson; *Vegan Express* by Nava Atlas; and *The 4 Ingredient Vegan* by Abrams and Dinshah. **Cookbooks with a no-oil approach:** Campbell, *China Study Cookbook*; Esselstyn, *Prevent and Reverse Heart Disease Cookbook*; Sroufe, *Forks Over Knives Cookbook*; Kim Campbell, *PlantPure Nation Cookbook*

WEBSITES: brendadavisrd.com; drmcDougall.com; forksoverknives.com; heartattackproof.com; jacknorrisrd.com; nutritionfacts.org; pcrm.org; nutritionstudies.org; theplantbasedlife.com; plantpurenation.com; veganhealth.org; vrg.org

COOKING AND RECIPE WEBSITES: ChooseVeg.com, FatFreeVegan.com, Free-Easy-Vegan-Recipes.com, KeepinItKind.com, OhSheGlows.com, PlantPoweredKitchen.com, ThePPK.com, TheVeganCrew.com, TryVeg.com, VeganChef.com, VeganCooking.com, VeganCookingwithLove.com, VeganOutreach.org, VegWeb.com, ZsusVeganPantry.com

COOKING VIDEOS: Go to theppk.com and click on "Video"; go to ladvadietitian.com and click on "LaDiva's YouTube Channel"; go to YouTube and search Vegan Cooking with Love; Vegan Zombie; or Veggietorials.

GETTING THERE IN 3 TO 4 WEEKS: 30dayveganchallenge.com; 21daykickstart.org

Oil-Free Vegan Activities in Rochester

Since Heartbeats for Life dissolved in July of this year, two different programs for oil-free vegan gatherings have been organized.

(1) **Ed Ehlers**, who founded the Ornish support group which was the precursor of Heartbeats for Life, has organized a regular event for the **2nd Monday** of the month. Ed has worked out a plan with Jines Restaurant, 658 Park Avenue: Jines will offer a vegan lasagna with no added oil on the second Monday of every month for 4 to 6 months starting in September 2015. Ed will try to get 20 to 30 people to attend (he did so in Sept. an Oct.). If the plan is successful, Jines will then feature this menu item on a regular basis every Monday. If the entire venture goes well, other restaurants may be approached at a later date.

For more information or to make a reservation for any 2nd Monday, please email 585ehlers@gmail.com with your name, phone number and the number of people that would like to attend.

(2) RAVS Oil-Free Vegan Group (OFVG) (Esselstyn Rules)

RAVS will continue to hold its OFVG meetings every other month. We will have meetings in the months of **February, April, June, August, and October, on the 4th Monday**. If it is available we will meet in **Buckland Lodge**. We will not have an official meeting in November or December, though if there is demand and a

volunteer, we may have a gathering at someone's home. Our start time for dinner will be 6 PM, in recognition that it's a weeknight, but feel free to gather at 5:30 PM or even earlier (the facility opens at 4:30 PM). Our program, usually a short film followed by discussion, will begin at 7 PM. We will not always post the program beforehand. There's almost an unlimited number of good films on whole-food plant-based eating, so we'll always have something good.

Our next upcoming meeting will be on **Monday February 22 at Buckland Lodge**.

RAVS OIL FREE VEGAN GROUP POLICY:

(1) No eggs or dairy. The H4L group started out as an Ornish support group, and as such it adhered to Ornish rules, which allowed nonfat dairy and egg products, such as skim milk, fat-free yogurt, and egg whites. The RAVS OFVG does not allow any animal products and therefore it does not allow eggs or dairy products whether or not they are fat free.

We think these fat-free egg and dairy products will not be missed. One area where people may feel at a loss is in making baked goods, where people commonly use eggs and egg whites for binding. We recommend the following foods or products to substitute for eggs or egg whites in baking:

To substitute for one egg in baking (some choices make more sense than others depending on what you are baking):

1½ tsp Ener-G Egg replacer (a commercial product) whisked with 2 tbsp water (those are the instructions on the package)

1 tbsp ground flax meal whisked or blended with ¼ cup water
¼ cup mashed / blended tofu or vegan yogurt
¼ cup mashed banana, pureed prunes, applesauce, or other pureed fruit
2 tbsp corn starch, potato starch, or arrowroot
Please note: Egg Beaters is made from eggs and is not a vegan product

(2) No oil of any kind and no high-fat plant foods. High fat foods that are excluded are the following: nuts and nut butters; olives; avocados; coconut and coconut milk

While everyone who attends the meeting may not exclude these items on a regular basis, many of the attendees follow an Esselstyn-type diet to heal from and reverse heart disease. For them, even a clearly-marked dish with nuts or olives, or nuts and olives "on the side," might be a source of temptation, and might give rise to a feeling of deprivation. As always at RAVS meetings, we want people to feel a sense of abundance and safety regarding the food table at OFVG meetings: i.e., that there are plenty of good foods to eat, and that—allergies and food preferences aside—everyone can have all of them. Those who don't observe this level of strictness all the time can still enjoy a somewhat "lighter" spread of meal offerings at OFVG meetings. This stricter rule will not apply at our regular RAVS meetings.

(3) No artificial sweeteners such as aspartame or Splenda. Strongly advised: no white pasta, white flour or white sugar; not an absolute rule, but we encourage people to use whole wheat or brown rice pasta or flour.

(4) As always at RAVS meetings, please label your dish and list the ingredients. ❖

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, 2015** (3rd Sunday)* A showing of the film “**Cowspiracy**” followed by a Q&A period conducted by Joel Helfrich, sustainability expert and founder of Rochester River School. “As eye-opening as *Blackfish* and as inspiring as *An Inconvenient Truth*, this shocking yet humorous documentary reveals the absolutely devastating environmental impact large-scale factory farming has on our planet, and offers a path to global sustainability for a growing population.” This is a don’t-miss film; those who have seen it know it’s worth seeing again. Be sure to bring a friend! Popcorn provided.
- **December 11, 2015** (Friday) 5-9 PM and **December 12, 2015** (Saturday) 10 AM-2 PM **Metro Justice Alternative Fair** at First Unitarian Church, 220 Winton Road South. Not a RAVS event, but RAVS will have a table. See notice on p. 1.
- **December 20, 2015** (3rd Sunday) 5:00 PM **Winter Solstice Gathering and Celebration** at the home of one of our RAVS Board members. Members only, as we are limited to 50 people in attendance. Please go to rochesterveg.org to obtain a free ticket to this event and we will respond with information about the venue and what kind of vegan food to bring. Those who don’t use the internet, please call RAVS at 234-8750 to secure a reservation for this event.
- **January 17, 2016** (3rd Sunday)* **Rescuing Companion Animals in the Wake of Disaster** with **Alex Chernavsky**. It is the 10th anniversary of Hurricane Katrina, and Alex will share his experiences with search-and-rescue in New Orleans, as well as information about disaster policy in Monroe County.
- **February 21, 2016** (3rd Sunday)* **The Value of Organic Farming to Human Health and the Health of the Planet** with **Elizabeth Henderson** and **Erin Bullock**.
- **February 22, 2016** (4th Monday) **Meeting of Oil-Free Vegan Group (Esselstyn Rules)** at **Buckland Lodge** (not our usual lodge), 1341 Westfall Road. 6 PM Vegan Potluck Dinner; 7 PM Program. See p. 7 for special food rules pertaining to this group meeting.
- **March 14, 2016** (Monday) **SAVE THE DATE! Dr. Michael Greger** speaks on **How Not to Die!**

***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 the amount of dues, if you decide to join RAVS 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
Box 20185
ROCHESTER AREA VEGAN SOCIETY