

Our 27th 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. ❖

ARE VEGANS RIGHT?

The following is a summary of an article by Bill Macfarlane, who charts his journey towards embracing a vegan diet. The full article is at ucobserver.org

Bill Macfarlane makes an impulsive promise: lacking a wrapped Christmas gift for his 30-year-old daughter Caroline, a committed vegan, he tells her "that her gift was six months of *my* being vegan. I said I'd give it a try."

As Macfarlane waits to decide when to take the plunge (and makes excuses for the delay), he learns more about the reasons to be vegan. "When I began to read about what I was getting myself into, I learned two facts that seem very personal to me. First, a diet based on plants uses a sixth the arable land as a diet based on meat, poultry and dairy. Second, in a few years, when (touch wood) I hit my three-score-and-ten, there will be three times more people on Earth than when I was born. As pro-vegan arguments go, these two points, taken together, are the clincher. I almost feel responsible for how they add up—which may be because, in a way, I am."

Writing this article after having made the change to vegan, Macfarlane admits that he benefitted: "Does my digestive system work better with a herbivore gatekeeper in charge? (It does.) Are my energy levels higher? (They are.) Am I losing weight? (I am.) Do I generally feel better? (I do.) But as reasons to be vegan, these personal improvements seem a little self-absorbed to me." In other words, the writer feels that the health benefits and culinary delights of a vegan diet are not enough, on their own, to make him a dedicated vegan: there have to be better reasons to make the change. And he finds them: "Alas, there's no shortage of better reasons. Contributing to a more sustainable world being one. Not being a total dunce for another. 'Because we all liked cheeseburgers so much' is going to sound pretty stupid when humankind is hauled into the principal's office and asked to explain how the planet got destroyed."

Caroline tells him that the arguments for being vegan get dismissed because they make people feel uncomfortable. But Macfarlane sees that discomfort as a form of evidence that veganism makes sense: people wouldn't be so bothered if they didn't have a nagging sense that vegans are right. "Vegans point out that the great struggles of our time—for gay rights, for women's rights, for civil rights—all encountered the same snickering in their early slogging as the subject of animal rights does now." Macfarlane recalls that the philosopher John Stuart Mill identified the three stages of all great movements as ridicule, discussion and adoption. "And, as the existence of stages two and three would appear to indicate, stage one is a rhetorical device used by people who sense they may be dead wrong."

Macfarlane is swayed by all the evidence pointing to a vegan diet, such as the fact that the United States could feed 800 million people with the grain used currently to raise livestock; the fact that, by one estimate, livestock and its attendant industry create 51% of greenhouse gases; the fact that it takes 660 gallons of water to produce a single hamburger; the fact that non-smoking males (a group that includes him) who are vegans have a 16 percent lower risk of colorectal cancer than non-vegans. But thinking about the animals seals the deal for him: "Do chickens like to be jammed into a plastic box to do nothing but lay eggs all their lives? Do fish enjoy suffocating on the deck of a trawler? Do pigs suffer when they are hoisted upside down in a slaughterhouse, electrocuted and bled to death? Take a wild guess."

Macfarlane says it's not debatable whether animals raised for food suffer: "Of course they suffer." If anyone doubts this, Macfarlane suggests that he or she spend about 10 minutes on YouTube learning about the reality of animal agriculture: "Spoiler alert: don't go there if you want to continue enjoying sausages." He winds up agreeing with his daughter's boyfriend Adam, also a vegan: "I believe that I have a moral obligation to reduce as much suffering in the world as I can before I die." And once he concludes that we don't need animals for food, he decides he can't justify any suffering of a living creature on his behalf: "Isn't it all unnecessary?" He knows which side he wants to be on: "You can be over there with the interesting looking young people who are enjoying a dinner of lentils, avocado and roasted yams. Or you can be with the multi-billion-dollar industry that pretty consistently put its own interests ahead of health, the environment, social and economic justice—and way, way ahead of the interests of animals."

Macfarlane takes the plunge into veganism after a colonoscopy, when he knows he will be ravenously hungry and anything will taste good: "And you know what? It did. Still does." ❖

HAIKU
by Bruce Ross

hazy summer morning
the slow walk of the crow
along the fence

late summer
the water striders' jerky strokes
across the stream

autumn clouds
the little tick before
each petal falls

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Rochester Area Vegan Society

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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.

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

Our vegan message continues to find a wide and eager audience in the Rochester area. **MEETINGS/PROGRAMS**

At our May meeting, we had **Chef Mary Lawrence** speak to us about vegan cooking for mainstream appetites. Mary runs a vegan meal service, Well on Wheels, as well as a brand-new wellness center in the Hartford, Conn. area. In June, **Joel Helfrich** spoke to us about **Rochester River School**, a school based on the principles of humane education which will be the first vegan public school in the United States.

On the 4th Monday of June, the **Oil Free Vegan Group** met at Buckland Lodge. In July, our meeting was a lovely canalside picnic at the home of Kimber Gorall.

We look forward to a number of exciting events over the next few months. In August we welcome **Will and Madeleine Tuttle**: Will speaks to RAVS about "The World Peace Diet" at our August meeting (special venue--see calendar for details) and will appear at a number of other area events (see box this page and p. 8). In September we welcome vegan nutritionist **George Eisman, RD**; and in October, **Michael Klaper, MD**. Eisman and Dr. Klaper have been with the vegan movement since the 1970's and we look forward to having them share their wisdom and breadth of vision with us.

OUTREACH over the past three months included a table at the Rochester City School District's "Family Affair" at Charlotte Beach Park, staffed by **Shelley Adams** and **Sue Brunsting**. **Carol Barnett** spoke to a group at the Breath of Life SDA Church, about reasons to go vegan, at the invitation of **Sharon** and **Ray Dumbleton**. **Ted Barnett, MD** and **Carol Barnett** spoke to the Livingston County Sustainability Group, and provided vegan food samples. And **Carol Barnett** staffed a table for RAVS at Ginna power plant's annual Health and Safety Fair.

VEGETARIAN SUMMERFEST This year an all-time high of 27 people (that we know of!) from the Rochester area attended Summerfest in Johnstown, Pa.: **Carol & Ted Barnett** and children **Rebecca, Elizabeth** and **Nathaniel**; **Jennifer & David Cherelin** and children **Pahz** and **Tierra (Tia)**; **Ellie Cherin**; **Jane Dorsey**; **Ruth Goldberg & Mitch Ehrenberg**; **Jacki & Michael Hageberg**; **April Hunt** and daughter **Payton**; **Dee & Darren Mrak**; **Jennifer Muniak**; **Canden Simmons**, her son **Elijah Simmons**, and **Martin Janda**; **Sue Taylor**; **Joy Vandling**, **MacClurg Vivian**; and **Sharon Yates**.

MEETINGS OF OIL FREE VEGAN GROUP on August 22 and October 24; please bring a vegan dish that is also oil free and contains no high-fat plant foods, i.e., no olives, avocados, coconut, nuts, or nut butter.

WORLD PEACE DIET In August, Rochester will be blessed by a visit from **Will Tuttle PhD**, author of *The World Peace Diet*, and his wife **Madeleine Tuttle**, a visionary artist whose work graces Will's book and DVD covers. In addition to the 3 events listed in the calendar on p. 8, Will and Madeleine will be at Unity Church of Greater Rochester on Sunday morning 8/21 and on Monday evening 8/22, and at an Asha Sanctuary event on Tuesday 8/23. For the full schedule go to worldpeacediet.com. Some events are free but donations go to support the Tuttles' mission of peace advocacy through veganism. Will's music and books and Madeleine's art work will be available for purchase at all events; proceeds will support their mission.

A PLANT-BASED DIET, taught by **Ted D. Barnett, MD**, with recipes and food samples by **Carol Barnett**, will given for the 10th time, at Rochester General Hospital on six Wednesdays from Sept. 28 through Nov. 16 (some Wednesdays are skipped). The course is eligible for continuing medical/professional credit for doctors and other health professionals. For more information and to register, visit roclifemed.com

ROCHESTER LIFESTYLE MEDICINE (RLM) offers the plant-based Complete Health Improvement Program (CHIP) within a medically supervised yearlong plan covered by medical insurance. Visit roclifemed.com for information on upcoming free information sessions and programs, including cooking classes. Also, the RLM lecture series will resume this fall with speakers at the Rochester Academy of Medicine, including **Chad Teeters, MD**, **Michael Klaper, MD** and **Joel Kahn, MD**. Tickets at roclifemed.com; those without internet access, call 234-8750.

"VOCIFEROUSLY VEGAN" That's RAVS members **Maggie & Daryl Odhner**, who were profiled in an article by **Nina Alvarez** in the July/August 2016 issue of *55 Plus* magazine. The Odhners have derived physical, emotional, and spiritual wellness from their vegan diet: as Maggie says, "It can all wrap into one philosophy of living." And when you cook vegan you can enjoy "a delicious, exotic meal that leaves you not only satisfied, but empowered."

GOOD MEDICINE **Carol** and **Ted Barnett**, and **Erin** and **Tom Campbell** were on the cover of the summer 2016 issue of that magazine, which also has an article about the **Kickstart Your Health Rochester** program sponsored by Physicians Committee for Responsible Medicine in April-May 2016.

OUR CONDOLENCES to **Beth Garver Beha**, husband **Brian** and daughter **Tabetha**, on the loss of **Beth's** mother, **Annette Gordon Garver**, who died on June 4. She and **Beth's** father, **Philip Garver**, had been married 62 years.

PLEASE DONATE TO HELP OPEN THE ROCHESTER RIVER SCHOOL The school's application process requires consultation with lawyers, human resources professionals, and accountants; the school also needs to work on curriculum development, attracting good teachers, and getting the word out to parents of potential students. To support Rochester's (and the nation's) first vegan public school, visit: www.rochesterriverschool.org or go to www.facebook.com/rochesterriverschool.

VEGAN PREPARED MEALS Kitchen Verde is a local fresh-prepared vegan meal service with great variety and modest prices! Either pick up at **Lorraine's Food Factory** or have delivered for a modest charge. Visit kitchen-verde.com

MORE VEGAN PREPARED MEALS **Nicole Coulter** owns a vegan food prepping business called **Crave**. She cooks a week's worth of meals in your kitchen, leaving your fridge full and your kitchen clean. Nicole says: "I have the pleasure of giving people the option to spend their valuable time on things that really matter to them like family and work." Contact nicolerizzacoulter@gmail.com

VEGAN PRODUCT Oasis brand Zero Fat Hommus can be found at Abundance Coop and perhaps other stores as well. The four Zero Fat varieties include Original and Roasted Red Pepper; some varieties have oil or tahini added, so read the ingredients list.

ANOTHER VEGAN PRODUCT Iced **Bhakti Chai** can be found at the **Tops** on S. Clinton in a refrigerator case on the back wall with other teas. "Bhakti" means devotion through social action, and the company donates to non-profits that invest in women and girls. Thanks to **Johanna Connelly** for this tip.

VEGAN COOKING CLASSES **Sandy Baker** will be teaching a class on "Vegan Cooking" through Brighton Continuing Ed on Tuesday September 27; and an eight-class series at the Perinton Recreation Center on Thursdays from October 6 through December 1 (skipping Thanksgiving) (you can sign up for individual classes). **Bubbie Staron** will teach a class on "Vegan Holiday Cooking" at Fairport Public Library (223-9091) on Tuesday, November 15.

"GO MEATLESS TO HELP SAVE THE PLANET" **John Kastner** wrote this letter in the 5/18/16 issue of *City* newspaper, in response to an article in the 5/4 issue celebrating local meat. Kastner, who has been vegetarian for 35 years, stated that the April 2016 Sierra Club Environmental Form focused on food and climate change; and reminded readers that climate scientist **James Hansen** says "eating less meat is the single most effective personal action we could take to reduce our greenhouse footprint." Kastner is on the Executive Committee of the Sierra Club, Rochester Regional Group. ❖

We welcome these **New Members**: **Cindy Barben**, **Renée & Brian Bell**, **Drs. Mary & Brendan Brady**, **Pat Haines**, **Nancy Hauck**, **Sandi & Ted Howard**, **Elizabeth Knight**, **Andrea Maccarone**, **Alison MacKenzie**, **Heather McIntyre**, **Jim Minor**, **Rhonda Rittenhouse-Norton & Keith Norton**, **Leslie Salas**, **Janet Siegel**, **Susan Schirm Teschke & William Teschke**. **Membership Renewals**: **Lois & Greg Baum**, **Selma & Mike Berger**, **Mary (Handy) & Fr. Patrick Cowles** (Sustaining Level), **Sharon & Ray Dumbleton** and family, **Joel Freedman**, **Nancy Hallowell & Winton Brown**, **Joanne & Christopher Hee**, **Nancy Herbst**, **Carol Hope**, **Susie & Bill Labine**, **Maxine McDonald**, **Yetta Panitch & David Daunce** (Patron Level), **Dr. Naomi Pless**, **Nancy Reed & Bob Gordon** (Contributing Level), **Ruth Sheldon** (3-year renewal), **Donna Silverman**, **Maureen & Steve Van Buren**, **Sharon Yates** (Contributing Level), **Jennifer Zodarecky**. Thank you for your support! This list is current through 8/1/16. ❖

IN THE NEWS

CHINA URGING LOWER MEAT CONSUMPTION In order to address the problems of soaring livestock emissions and a rising obesity rate, China has created a national campaign urging people to cut meat consumption in half. They've enlisted celebrities such as Arnold Schwarzenegger and "Avatar" director James Cameron in this campaign, which has the tagline: "Less Meat, Less Heat, More Life." 6/21/16, vox.com Thanks to Hal Bauer, Bill Labine, Joanne Sandler, and Nina Sikand for this tip.

ANIMAL PROTEIN AND DIABETES In a study of more than 200,000 subjects published in the *American Journal of Epidemiology* (2016), those who consumed the highest amount of animal protein increased their risk for type 2 diabetes by 13% compared with those who consumed the least. Participants who replaced 5% of their protein intake with vegetable protein decreased their risk for diabetes by 23%. PCRM's *Good Medicine*, Summer 2016

VEG DIET FOR BOTH HEALTH AND THE ENVIRONMENT According to projections published in *Proceedings of the National Academy of Sciences* (2016), the shift to a plant-based diet would lead to lowering of global mortality by 10%, reductions in global greenhouse gases by 70%, and savings of trillions of dollars in health care costs. *Good Med.*, Summer 2016

TEN REASONS PEOPLE FIND IT HARD TO GIVE UP MEAT

(Excerpt from *The Plant Advantage* by Benji Kurtz and Glen Merzer, found at forksoverknives.com)

- 1) Humans have a weakness for fatty foods in general.
- 2) Our ancestors ate meat because obtaining sufficient calories was their primary goal. They were not concerned about longevity.
- 3) It is only recently that large-scale animal agriculture has posed a threat to the planet.
- 4) Eating animals became associated in many cultures with strength and power.
- 5) Science initially made the error of attributing superiority to animal protein.
- 6) Culture and habits die hard, and eating animals is common in most cultures.
- 7) The human body is durable and pliant, and so there are many long-lived meat-eaters, who appear to provide evidence against the truth that animal foods are unnecessary and harmful.
- 8) Nutritional studies are designed and presented in ways that appear confusing and contradictory to the general public, and rarely involve a cohort on low-fat, plant-based diets.

9) The industry of animal agriculture promotes its interests without compunction, taking good advantage of a confused public, and infiltrating all agencies of government relevant to advancing sales of their products.

10) It isn't only animal foods that are making Americans fat and sick; it is also the excessive consumption of processed foods including oils. This provides ammunition to the defenders of the meat industry who can point to these substances as the true evils in our diet.

As long as Americans are confused about nutrition, we will continue to be fat and sick. We need to have an understanding of the basic principles involved in human nutrition. That begins with an understanding that the way we eat will affect our health more than virtually anything else.

7 THINGS THAT HAPPEN WHEN YOU STOP EATING MEAT

(Excerpt from article by Michelle McMacken, MD. To read the entire article, including more details and links for all of these reasons, visit forksoverknives.com)

- 1) You'll reduce inflammation in your body.
- 2) Your blood cholesterol levels will plummet.
- 3) You'll give your microbiome a makeover.
- 4) You'll change how your genes work.
- 5) You'll dramatically reduce your chances of getting type 2 diabetes.
- 6) You'll get the right amount—and type—of protein.

You'll make a huge impact on the health of our planet and its inhabitants.

PLANTPURE SUMMIT 2016

This free online event will use video conferencing to bring you 40 top experts in plant-based nutrition, lifestyle and healthcare including Neal Barnard, MD, Kim Campbell, T. Colin Campbell, PhD, Brenda Davis, RD, Caldwell Esselstyn, MD, Kathy Freston, Michael Greger, MD, Tracey McQuirter, Baxter Montgomery, MD, Kerrie Saunders, PhD, Miyoko Schinner, Will Tuttle, PhD, and many more. There will be four speakers per day, each day from Sept 7-16. Presentations will be available free for 24 hours after they are aired, and may be available for purchase thereafter. Go to plantpuresummit.com; or contact summit@plantpurenation.com



Want to go vegan?
We can help!
rochesterveg.org

Bonus Recipe!

MOROCCAN BEAN STEW WITH SWEET POTATOES (Serves 6)

(Dreena Burton, forksoverknives.com;
Bill Labine made this in his solar oven for the June Oil Free Vegan Group meeting!)

There's something about the warmth and complexity of the spices in Moroccan cuisine that inspires me to create new dishes using them. This stew offers a heaping serving of black beans, chickpeas, and lentils, along with yellow-fleshed sweet potatoes that simmer in a fragrant, intoxicating broth infused with cinnamon, coriander, ginger, fennel, and garlic. Individual servings can be finished with slices of dried roasted figs, a nice touch if serving to guests. — Dreena Burton

- 1 tbsp water
- 1 tsp cumin seed
- ¾ tsp ground cumin
- 1½ tsp cinnamon
- 1 tsp coriander
- ½ tsp turmeric
- ½ tsp fennel seeds
- 1 tsp dried basil
- ½ to ¾ tsp salt
- Few pinches cayenne pepper (optional)
- Freshly ground black pepper to taste
- 1½ cups onion, diced
- 3 to 4 med cloves garlic, minced or grated
- 3 to 3½ cups yellow or orange-fleshed sweet potato, diced
- 1 can (14 oz) black beans, drained*
- 1 can (14 oz) chickpeas, drained*
- 1 cup dry red lentils, rinsed
- 3 cups vegetable stock
- 3½ cups water
- 1½ tbsp grated fresh ginger

In a large pot over medium heat, add the tbsp of water with the spices and salt. Cook for a couple of minutes, then add the onion, garlic, and sweet potato. Stir through, cover, and cook for about 7-8 minutes, stirring occasionally, until the onions have started to soften. Add all remaining ingredients except ginger, and increase heat to high to bring to boil. Once at a boil, reduce heat to medium-low, cover, and cook for 20-25 minutes, until lentils are fully dissolved. Add fresh ginger, stir through, and serve.

Notes: Before serving this soup, you could stir in several cups of baby spinach or chopped chard until just wilted.

This makes a decent batch. You can portion and freeze some of this soup, as it thaws and reheats very well.

**Editor's note:* Consider reserving the liquid from the canned beans and using it for any of the "aquafaba" preparations. Aquafaba is the viscous liquid from canned or home-cooked beans, which has the ability to "mimic [the] functional properties of egg whites" (Wikipedia), making it a good egg replacer. Visit aquafaba.com or search for aquafaba recipes online. ❖

A TASTE OF SUMMERFEST

The following are recipes from cooking demos at Vegetarian Summerfest 2016.

EDAMAME AND BLACK BEAN PROTEIN POWER SALAD

(Mary Lawrence, Well on Wheels)

The ingredient list is short and sweet, yet the finished product packs a punch of flavor, and it looks super pretty, too. Enjoy this healthy, tasty meal on the go by packing it in canning jars or tossed with pasta, quinoa, or rice to stretch it even further.

- 2 tbs olive oil
- 1 tbsp tahini (sesame seed butter)
- 1 tbsp Dijon mustard
- 1 tbsp fresh lemon juice
- 1 tsp apple cider vinegar
- 1 tsp agave syrup
- ¼ tsp salt
- 1 to 2 tsp water (as needed)
- 2 cloves garlic, minced
- One 15-oz can black beans, drained and rinsed
- One 16-oz bag frozen shelled edamame, thawed
- One 16-oz bag frozen corn, thawed or 2 ears fresh corn removed from cob
- ¼ cup red onion, diced to the size of a corn kernel
- 1 red bell pepper diced to the size of a corn kernel

In a large bowl, whisk together the olive oil, tahini, mustard, lemon juice, agave, salt and enough water to make a smooth and creamy paste. Stir in remaining ingredients, and season to taste.

ROASTED BEET BURGERS

(Makes 6)

(Michelle Schwegmann, author of *Eat Like You Give A Damn*)

Everything about these burgers is delicious. Roasting the vegetables and tofu makes them taste incredible, and beets make the meatiest-looking veggie burger ever. There is no need to chop the vegetables uniformly or in small pieces, because you'll be using a food processor to make the ground "meat," so the prep work is super easy.

- 2 cups quartered crimini mushrooms
- 1½ cups coarsely chopped beet (see tip)
- ½ cup coarsely chopped onion
- 4 large cloves garlic, coarsely chopped
- 1 lb extra-firm tofu, drained and pressed
- 2 tbs olive oil
- 2 tbs tamari or other soy sauce
- 2 tsp dried thyme
- 1 cup cooked quinoa, farro, or brown rice
- ¼ cup nutritional yeast flakes
- ½ tsp salt
- ¼ tsp freshly ground black pepper

Preheat the oven to 400 degrees F. Line a baking sheet with parchment paper or lightly oil it. Put the mushrooms, beet, onion, and garlic in a large bowl. Using your hands, crumble the tofu into the bowl, making sure to break up the pieces well, and stir to

combine. Add the oil, tamari, and thyme and mix well. Spread the mixture on the baking sheet so it covers the whole sheet. Bake for 20 minutes. Stir and spread out the mixture again. Bake for 25 minutes longer, until the beet is tender and easily pierced with a fork. Remove from the oven and let cool slightly.

Transfer to a food processor. Add the quinoa, nutritional yeast, salt, and pepper. Pulse 8 to 10 times, stopping occasionally to scrape down the work bowl, until all the ingredients are well chopped and stick together. Return the mixture to the large bowl. Form into 6 patties, putting each patty on waxed paper as it's shaped.

Lightly oil a large skillet and heat over medium heat. When hot, cook the patties until crispy (in batches, if necessary), about 5 minutes per side. [*Ed. note:* or bake 350 F. 12 min. each side.]

Tip: Use a beet about the size of a baseball. Scrub it well so you can leave the skin on.

SAVORY CHICKPEA PANCAKES

(Makes 2 large pancakes) (Michelle

Schwegmann, author of *Eat Like You Give A Damn*)

These pancakes are perfect for any hour of the day. This recipe, influenced by the cuisine of South India, is endlessly adaptable (add whatever veggies you like!) and very filling. We often use two skillets and cook both pancakes at the same time. Then we slice them like pizza.

- 1½ cups chickpea flour (available in bulk at natural food store)
- 1 tsp garlic granules or powder
- 1 tsp onion granules or powder
- ¼ tsp ground turmeric
- ½ tsp baking soda
- 1 tsp salt
- ¾ cup water
- ½ cup diced onion
- ½ cup fresh or thawed frozen peas
- ½ cup chopped tomato
- 1 tbs lemon juice

Put the flour, garlic granules, onion granules, turmeric, salt, and baking soda in a medium bowl and whisk to combine. Add the water a little bit at a time and stir with a spatula, breaking up any clumps of flour. Scrape the bowl as needed and continue mixing for about 1 minute until smooth. Add the onion, peas, and tomato and stir until evenly distributed. Stir in the lemon juice and mix well. Let sit until you see a few bubbles in the batter, about 5 minutes. The pancakes are ready to cook!

Oil a large skillet or mist with cooking spray, and heat over medium heat. When hot, pour half the batter into the skillet, making sure to include half the vegetables. Cook until well browned on the bottom, about 8 minutes. Flip and cook the other side until well browned, about 8 minutes longer. As it cooks the pancake will puff up to almost an inch thick.

Tip: Preheat the oven to 200 degrees F. Put the first pancake on an ovenproof plate and put it in the oven to keep warm while you cook the second pancake. Variation: You can make four small pancakes instead of two large ones. Serving suggestion: Serve with a spoonful of unsweetened vegan yogurt, vegan sour cream, or cashew cream, and a spicy chutney or relish.

OIL-FREE RANCH DRESSING (2 cups) (Miyoko Schinner, *The Homemade Vegan Pantry*)

Miyoko Schinner is the creator of Miyoko's Creamery cashew-based vegan cheese, available at Lori's Natural Foods. Ms. Schinner was inducted into the Vegetarian Hall of Fame at the 2016 Vegetarian Summerfest!

- ½ cup cashews
- ½ cup water
- ¼ cup freshly squeezed lemon juice
- 8 oz soft, medium, or med. firm tofu, crumbled
- 1 tbs Dijon mustard
- 2 tbs chopped onion
- 2 cloves garlic
- 1 tsp dried dill or 1 tbs fresh dill
- 1 tsp sea salt
- ½ tsp black pepper
- Lettuce for serving

Place the cashews, water, and lemon juice in a blender and purée until smooth. Add the remaining ingredients and process until creamy. Store the dressing in a jar in the fridge for up to 2 weeks.

BASIC KETCHUP

(M. Schinner, *The Homemade Vegan Pantry*)

- Two 6-oz cans tomato paste (1⅔ cups)
- ⅔ cup water
- ⅓ cup apple cider vinegar
- ¼ cup organic sugar
- 2 tsp sea salt

Put all of the ingredients into a medium bowl, and stir until the sugar is dissolved and all of the ingredients have been incorporated.

ZIPPY BARBECUE SAUCE (3½ cups)

(M. Schinner, *The Homemade Vegan Pantry*)

- Two 6-oz cans tomato paste
- ⅓ cup agave or maple syrup, or ½ cup coconut sugar
- ⅓ cup soy sauce
- ¼ cup apple cider vinegar
- 2 tbs molasses
- ½ to 1 tsp liquid smoke
- 6 cloves garlic, minced
- 2 chipotle peppers in adobo sauce (canned), minced (or much less)*
- 2 tbs chili powder (or less)*
- 1 tbs smoked paprika
- 2 tsp ground cumin
- 1 cup water

Combine all of the ingredients in a bowl and whisk together well, or mix in a blender or food processor. Store in a jar in the refrigerator.

**Ed. note:* Chipotle pepper is quite hot and spicy, so proceed with great caution. I love the flavor, but use a small fraction of one pepper.

Also use chili powder with caution and to taste. ❖

REPORT FROM VEGETARIAN SUMMERFEST 2016

With more than sixty presenters, and with dawn to midnight events, it was hard to choose these messages from Summerfest.

HEALTH:

Garth Davis, MD, author of *Proteinaholic*, spoke about our mental and physical addiction to protein. The food calculus of Western society is based on protein: protein shakes and powders are, unaccountably, sold for both body building and weight loss, and even vegans seem to worry about protein (Silk soy milk is marketed with a banner of “Protein”). All the amino acids (the building blocks of protein) on the planet are made by plants; and the largest and longest living animals—including many elite human athletes!—subsist entirely on plants. The Huang meta-analysis of prospective cohort studies, published in 2012 in the *Annals of Nutrition and Metabolism*, showed that vegetarians have 29% lower heart disease mortality and 18% less cancer incidence than meat eaters; in fact, the World Health Organization has identified meat as a carcinogen. Protein deficiency is impossible on a vegan diet if you are getting your calories from a variety of whole foods; protein is “so important it’s everywhere,” in broccoli (44%) and in a bowl of lentils, so no need to eat a piece of cow to get it.

Milton Mills, MD, spoke on how plant-fed gut bacteria improve our mental and physical well-being. The fiber in plant foods is “as complicated, varied and different as plants are” and we need a variety of fibers to “foster and sustain a diverse microflora in our gut.” These generate an “untold variety of physiologically important compounds” which release satiety signals, educate and prime our immune system, positively affect our mood, and affect the way genes are expressed in our cells (epigenetics). The delicate lining of the gut, covered by the thinnest of epithelial tissue to promote absorption, has about 200 times the surface area of our skin. The collection of gut bacteria or microbiome, sometimes referred to as a “second brain,” produces bioactive compounds that affect neurotransmitters and influence emotional state and dementia risk. In fact, we are nowhere near to understanding the “full cascade of processes.” It’s enough to know what we should be eating: for over 99% of man’s existence on the planet, we ate a “high residue diet of plant tissues” and still should do so. Paleolithic man, far from eating the meat-based diet promoted under that name, took in about 104 grams of fiber daily, only achievable on a virtually vegan diet. Until recently in human history, food equalled fiber, and it told us when to stop eating; on a fiber-

deficient Standard American Diet (SAD), we don’t get the signal and so keep on eating.

Michael Klaper, MD on plant-based diet generally and osteoporosis prevention: The commonly used osteoporosis drugs work by sabotaging and poisoning one half of the bone breakdown-buildup equation, resulting in bone that doesn’t clear out weak and damaged material and can be brittle even if it appears dense. The key to osteoporosis prevention is adequate calcium (~600 mg a day is enough, the World Health Organization’s number); avoidance of calcium robbers (animal foods, salt, soda drinks, undue stress, nicotine, taking steroids and stomach acid blockers—the latter prevent absorption of nutrients); adequate sunshine or supplemental vitamin D; and plentiful sources of the micronutrients needed to foster bone formation, many of them found in the same plant foods (dark leafy greens!) that contain calcium. But at the top of the list should be “Use it or lose it!”, i.e., challenge your muscles and bones and you will maintain and even build healthy bone. Consider walking with a weighted vest, available online; but don’t buy one with weights sewn in, as you might want to vary and increase how much weight you carry.

Dr. Klaper was eloquent about a plant-based diet: “Our food is alive. Every meal plays our DNA like a piano; nutrients flow through our tissues like a river, and our food choices affect the quality of that river.” For example, fat in food is far superior to extracted oils: from whole food, “micro-droplets bound tightly to fiber are released into the bloodstream gently over hours.” Cholesterol numbers don’t matter as much in a person following a vegan diet and, if measures of inflammation (such as C-reactive protein or CRP) are low, Klaper will not be concerned. He almost never prescribes statins, which he calls “crude” and “destructive” and a “poison enzyme that throws a wrench in the works of the primordial process” by which we regulate cholesterol, a substance manufactured by our own body and needed for a multitude of body processes. Klaper says the vast majority of patients are “sick from what they’ve been eating” and the specialists (cardiologists, endocrinologists, rheumatologists, etc.) are “all looking at the same disease process.” Klaper takes heart at the growing number of plant-based conferences for health-care professionals and plant-based medical programs (including Rochester Lifestyle Medicine!) and says: “The lights are going on all over.”

Brenda Davis, RD on “Macronutrient Myths and Realities” and “Optimizing Food Choices”: Myth#1 Carbs are unhealthy. Davis says carbs are unhealthy only if they are refined or highly processed. Unrefined carbs are packaged with a wealth of micronutrients

that protect human health: fiber, vitamins, minerals, and phytochemicals; 70 to 90% of these are lost when carbs are processed. Fruits are simple carbs which are nevertheless healthful: the sugar in fruits is buffered by fiber which slows its absorption; in fact, it is hard to get enough potassium, vitamin A and vitamin C without eating some fruit. Davis recommends getting your grains in as close to intact form as possible (e.g. oat groats are somewhat better than oatmeal). True Paleo diets took in 70 to 150 grams of fiber a day; Davis, like Milton Mills, says that to achieve that, Paleo humans had to eat a virtually vegan diet. Promoters of Paleo diet warn against phytates in grains and leptins in beans; but according to Davis, traditional food preparation techniques (cooking, sprouting) mostly neutralize those substances, and small amounts are healthful: e.g., phytates enhance killer cells, repair DNA, and protect against heart disease, diabetes, bone loss, and dementia.

Davis encourages us to eat a rainbow of vegetables and fruits every day, and pick the deeper colors wherever possible: she recommends 3 green, 2 orange or yellow, 2 red or pink, 1 purple, and 1 beige fruit or veggie daily. Cruciferous vegetables (broccoli, etc.) contain powerful cancer-fighting agents which help repair DNA and fight inflammation; it’s good to chop them up (as well as allium plants, onion and garlic) 20 minutes before cooking them, to activate the phytochemicals. Eat a daily giant salad with 5 servings of veggies or fruit, and 5 different colors. Consumption of legumes (beans, peas, lentils and peanuts) is the most important dietary predictor of longevity. Similarly, seeds and nuts are highly correlated with longevity: a daily serving reduces heart disease risk by 30-50% and diabetes risk by 30%. The fat in nuts and seeds is healthful and necessary for the structures and functions of the body.

Stephan Esser, MD on “The Science of Emotion and Eating” The statistics are dismal: Americans get less than 8% of their total calories from fruits and vegetables, 45 million people are on a diet, we spend \$33 billion yearly on weight loss, and still 1/3 of us have high blood pressure, 1/6 have high cholesterol, 1/9 of us have diabetes and 95% of diabetics are type 2 (i.e. preventable by diet). Esser says we are meant to eat: “not deprivation but celebration.” We sabotage our exquisitely designed biochemistry by taking in “hyperpalatable foods,” the products of modern food processing, which override our satiety system: not really food but “orally administered highly addictive substances of abuse.” We can reclaim our health if we recognize and eliminate these non-foods and fill our plates with “colors, flavors, and celebration”: not dieting, but real eating.

SUMMERFEST 2016 REPORT (cont'd)**ENVIRONMENT**

Richard Oppenlander, DDS, author of *Comfortably Unaware*: Dr. Oppenlander reminded us that the biosphere is at several negative tipping points; 900 million people on the planet suffer from hunger, and it would take 4 earths to support all 7 billion people on the planet in the US lifestyle. Food choice leaves the largest footprint of all, and is the easiest and quickest thing to change without pain (unlike population control and transition to fossil fuels, both difficult and expensive to implement). Oppenlander says it's not just a factory farm issue, it's a "raising animals to eat" issue. Grass-fed animals, far from being sustainable, use more land per animal, generate more methane (a greenhouse gas), and have a higher feed conversion ratio. To say "Eat less meat" is hardly enough: it's "inconsistent with the magnitude and urgency of the situation" and, when you recognize that something is wrong, hurtful and unnecessary, you can't just say "Do it less." We need to use the \$500 billion global subsidy for animal agriculture to help people transition to a plant-based diet. And we should have hope: in the midst of planetary bad news, "We can all be heroes with every bite."

ANIMAL COMPASSION AND ETHICS

Ellie Laks, founder of the Gentle Barn, a sanctuary in which rescued animals are paired with inner city youths, themselves

victims of abuse: Ms. Laks spoke of the origins of the Gentle Barn in a petting zoo where the patrons were too absorbed in their own good time to see how exhausted and neglected the animals were. Laks persisted until the proprietor of the zoo finally gave her all the animals. Laks recalled that she herself wasn't vegan until someone pointed out the inherent cruelty and asked her if she was vegan: instead of being defensive, Laks immediately said: "Now I am." Laks reminded us to have a message and manner that is gentle and kind: as Martin Luther King said, "Darkness cannot drive out darkness: only light can do that."

James LaVeck of Tribe of Heart, maker of films including "The Witness" and "Peaceable Kingdom," spoke on the need to practice what he calls "holistic nonviolence." Our present reality is that there are credible threats to species and to the ecosystem; people lack food, water and political rights; and animals are tortured to make goods that harm us. And yet, at the same time, there is more knowledge and technology available to each of us than ever before to satisfy all our needs and to create peace ("even kings and queens of old didn't have our potential to have impact for good or ill"). What contribution, then, should we make? LaVeck told a story from Albert Schweitzer's autobiography: that once, as a child, he was aiming a slingshot at a tree full of birds, and felt pressure from his friends to kill one, when he heard the church bells ring and was

saved from the act. His conscience "rang like a bell." LaVeck says that ethics proceeds from truly paying attention to others, both human and non-human, and striving to treat them, not so much as we would wish to be treated, but as they would wish to be treated. The realm of interests is not a pyramid but a circle and "those who can't be in the circle [not yet—e.g. farmed animals] are in the circle in *our* minds and vision."

Brenda Davis, RD spoke eloquently not just about nutrition but about our responsibility to others. She said "Becoming vegan is an ethical and ecological imperative"; 70 billion land animals and countless sea animals are killed yearly, and they need to be recognized as individuals, not "resources." She said, "in the face of cruelty and madness, indifference is not an option; tenacity, perseverance, determination, sanity and compassion will prevail." Davis's own goal is to "help people succeed brilliantly at being vegan"!

Allison Rivers Samson spoke on "Self Care" (something each of us needs): she spoke of getting good sleep, movement (as a dancer, she prefers that word to "exercise"), and good food (pleasure in vegan food promotes joy on the planet). She also says that each of us should cultivate an inner voice of self-encouragement and kindness. Sometimes self-criticism stems from a desire to "get there first" or to improve oneself, but it's mostly destructive: "hurting yourself is the deepest cut." ❖

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:

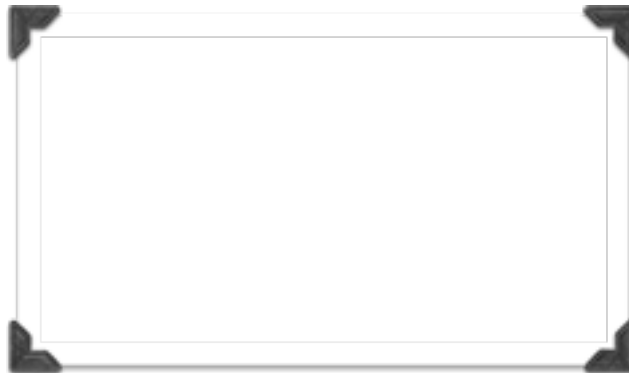
- **August 19, 2016** (Friday) 7:00 PM **The World Peace Diet** with **Will Tuttle, PhD** at Canandaigua Unitarian Universalist Church, 3024 Cooley Rd. Canandaigua (just north of Rtes. 5 & 20) (Not a RAVS Event)
- **August 20, 2016** (Saturday) 2:00 - 3:30 PM **Piano Passion Concert** with **Will Tuttle** at Rochester Academy of Medicine (**RAOM**), 1441 East Ave., Rochester, NY 14610. Free refreshments after the concert. Tickets at rochesterveg.org or call 234-8750
- **August 21, 2016** (3rd Sunday)* August RAVS Meeting and Special Shared Event. Location United Church of Christ, Henrietta, 1400 Lehigh Station Rd. 5:30 PM Vegan Potluck; 7:00 PM Lecture **Healing Our World: A Deeper Look at Food** with **Will Tuttle**, author of *The World Peace Diet*. All are welcome. Event is free; please register at rochesterveg.org or 234-8750 to help with planning. All donations will benefit Will Tuttle's World Peace Diet mission. See box p. 3.
- **August 22, 2016** (4th Monday) **Meeting of Oil Free Vegan Group** (Esselstyn Rules) at Buckland Lodge (not our usual lodge), 1341 Westfall Road. 6:00 PM Vegan Potluck Dinner; 7:00 PM Program. See rules p. 3.
- **September 18, 2016** (3rd Sunday)* Lecture by **George Eisman, RD** on **The ABC's of Nutrition Not Taught in Schools . . . including Medical Schools** Brighton Town Park Lodge; details and directions below.
- **September 19, 2016** (Monday) Nutrition as Medicine Lecture at RAOM w/cardiologist **John Teeters, MD**. Info at roclifemed.com or call 234-8750.
- **September 28, 2016 through Nov. 16, 2016** (six Wednesdays—see Note), 6:15-8:30 PM **A Plant-Based Diet: Eating for Happiness and Health** with **Ted D. Barnett, MD** at Rochester General Hospital. Available for continuing education credit for physicians and other health professionals. Vegan recipes and food samples by Carol Barnett. Visit roclifemed.com for more info and to register. Note: total of 6 Wednesdays but some are skipped; see website for exact schedule.
- **October 16, 2016** (3rd Sunday)* Lecture by Michael Klaper, MD on Plant-Based Healing: Hopeful News from the Frontiers of Medicine Brighton Town Park Lodge; details and directions below.
- **October 17, 2016** (Monday) Nutrition as Medicine Lecture at RAOM by **Michael Klaper, MD**. Info at roclifemed.com or call 234-8750.
- **October 24, 2016** (4th Monday) **Meeting of Oil Free Vegan Group** (Esselstyn Rules) at Buckland Lodge (not our usual lodge), 1341 Westfall Road. 6:00 PM Vegan Potluck Dinner; 7:00 PM Program. See rules p. 3.
- **November 14, 2016** (Monday) Nutrition as Medicine Lecture, RAOM: **“2016: The End of Heart Attacks”** by **Joel Kahn, MD**. Go to roclifemed.com
- **November 20, 2016** (3rd Sunday)* RAVS Meeting; Program TBA in November newsletter

*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 Road, 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



ROCHESTER AREA VEGAN SOCIETY
Box 20185
ROCHESTER, NY
14602