

Our 28th year!

THE vegan



advocate

Volume XXVIII, Number 4



November 2017 - January 2018



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. ♦

**The 1st Annual Rochester VegFest:
A HUGE SUCCESS!**

The 1st Annual Rochester VegFest exceeded all expectations! It was held on a glorious sunny day in mid-September, in Martin Luther King, Jr. Park. There were almost 100 exhibitors, including food from local vegan restaurants, local vegan chefs, activities for kids, free yoga, delicious food samples, compassionate shopping, dynamic speakers and a free screening of the critically-acclaimed documentary "What the Health." For those of us who were there, it was truly an enchanted event.

Rochester VegFest inspired many people to reduce animal suffering and improve their health through veganism. We owe a debt of gratitude to the organizers; the many volunteers; the vendors and many non-profit organizations who had a presence there; and the hundreds of people who attended.

**Roc Vegan Guide:
VEGFEST CONTINUES
THROUGHOUT THE YEAR!**

Not only has planning begun for VegFest 2018, but the ethic, spirit and practices of VegFest can continue throughout the year.

One of the projects of VegFest is to engage local restaurants to have clearly identified vegan food options available to their patrons. To that end we have launched **Roc Vegan Guide**, which will list and promote restaurants with vegan options, and eventually other products such as clothing, and personal care and cleaning products.

The following is taken from the October 2017 issue of the Animal Rights Rochester newsletter, ARROC News, arroc.org.

"VegFest is introducing a new initiative to help local restaurants provide vegan menus, which we will promote.

Offering vegan options just makes good business sense due to changing preferences of a significant number of non-vegans, and it's on that basis that we would appeal to business owners.

For instance, 'Recent research suggests 36% of U.S. consumers either prefer milk alternatives or use meat alternatives, which is substantially more than those who claim

to be vegan.' [<https://www.foodnavigator-usa.com/Article/2015/03/17/Vegan-is-going-mainstream-trend-data-suggests>]

How can you help? Tell restaurants that you would like to see more vegan options, or see the options more clearly identified. Let us know which restaurants you have spoken to that you think we should reach out to. We will work with them to:

- find items on their menu that are already vegan or are easily veganizable
- help them with ideas about what vegan menu items could be added
- provide a Roc Vegan Guide logo they can use on their menus and elsewhere
- publicize their new vegan menu through RAVS, ARROC, Roc VegFest, Rochester Vegan Facebook Group, and Happy Cow
- include their restaurant in our flyer being printed in February 2018."

Thanks to all who are continuing the work of VegFest and making our community more vegan all year round through the Roc Vegan Guide. We hope eventually to expand the Guide to include many other experiences and exchanges, in addition to food, that embody compassion and reverence for all life. To support or check on the progress of this campaign, and to report interactions and "leads" with the business community, write to info@RocVegFest.org. More information will be coming soon to the VegFest website, RocVegFest.org, where you can sign up for email updates; you can also follow Rochester VegFest on Facebook. ♦

HAIKU
by Bruce Ross

sea gulls float
on the motionless Genesee—
empty winter dock

December morn:
the long pause between chirps
of the sparrow

dusk:
facing towards the frozen pond
empty bird house

IN THIS ISSUE

- VegFest and Roc Vegan Guide** p. 1
- Contact Info & Meeting Tips** p. 2
- Vegan Society Update** p. 3
- In the News** p. 4
- Vegan "Meat" Recipes** pp. 5 -6
- "I Am Not a Thing"** p. 7
- Calendar** p. 8

Rochester Area Vegan Society

Coordinators:

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

Board of Directors:

Shelley Adams	Leena Isac
Carol Hee Barnett	Ken McBride
Ted D. Barnett	Daryl Odhner
Beth Garver Beha	Ted Potter
Ellie Cherin	Barbara Savedoff
Kimber Gorall	Joy Vandling
Nancy Hallowell	

RAVS Staff:

Treasurer:	Ken McBride
Website:	Ted Barnett
	Ted Potter
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

Our soggy season morphed into endless summer, but as of early November, the cold has finally hit. We are braced for winter. Through it all, the Rochester Area Vegan Society will be busy spreading the word about the benefits of plant-based diet!

MEETINGS/PROGRAMS

Our August meeting was a gracious picnic at the canal side home of one of our members. In September, we welcomed **Maribeth Abrams** to speak on the ways in which the values which people already embrace point them towards vegan eating. And in October, RAVS's own **Ted D. Barnett, MD** spoke about the power of lifestyle change to bring about health benefits, as demonstrated in those taking CHIP (the Complete Health Improvement Program) with Rochester Lifestyle Medicine, roclifemed.com.

The August Oil Free Vegan Group (OFVG) meeting featured a presentation by **Ed Ehlers**, founder of the local Ornish support group which was a precursor of Heartbeats for Life and the current OFVG. The October OFVG featured a presentation and sampling of balsamic vinegars from F. Oliver's by **Olga Tabinsky**.

In November, **J. Morris Hicks** will talk about the power of eating choices to solve our planetary climate emergency. In December we'll have a holiday party. And in January **Harold Brown** will talk about the "humane myth." Details in calendar on page 8.

ROCHESTER VEGFEST! Thanks to organizers **Mary Barletta, Tina Kolberg** and **Bubbie Staron**; a special thank you to **Kimber Gorall** who served as RAVS liaison and treasurer for VegFest. Many others donated their time and skills to the event. A number of RAVS members helped with our booth at VegFest. Thanks for set-up: **David Daunce, Don DePerna, Ken McBride**, and **Darren Mrak**; for staffing the table: **Beth Garver Beha, Joan Entwistle, Nancy Hallowell, Carol Hope, Julia Inglis, Deb Klee, Daryl Odhner, Ren vanMeenen**, and **Carol Barnett**; and for breakdown: **Dave**

Cherelin, Jane Dorsey, Steve Melcher, and **Daryl Odhner**.

OTHER OUTREACH: Over recent months, RAVS engaged in these activities (staffers in parentheses):

- Health Fair at Ginna nuclear plant (**Carol Barnett**)
- Health Fair at Anthony L. Jordan Health Center (**Carol Barnett**)
- Health Fair at Latimer Funeral Home (**Carol Barnett**)
- Rochester City School District Start Strong Event (**Carol Barnett**)
- Harvest Festival at Lori's Natural Foods (**Kimber Gorall, Sandy Hicks, Deb Klee**)
- Talk to Interrogation Club in Canandaigua (**Carol Barnett**)
- Talk at Asha Sanctuary Fall Festival (**Ted D. Barnett, MD**)
- Health Fair, Town of Chili (**Carol Barnett**)
- Talks to U of R graduate students and local dentists (**Ted D. Barnett, MD**)
- Health Fair, Town of Penfield (**C. Barnett**)
- Vegan Nutrition to Yoga Teaching Trainees, Grounded by Yoga in Bloomfield (**Ted D. Barnett, MD**)

PLANT-BASED PROGRAMS:

The **Plant-Based Diet** course taught by **Ted D. Barnett, MD** was offered for the first time as a weekend workshop on October 7-8, making it the 14th time the course has been given. The course is available for professional credit for physicians and other providers. To receive updates on when the course is given again, email us at rochesterveg@gmail.com

Rochester Lifestyle Medicine's medically supervised CHIP (Complete Health Improvement Program) will be starting up a new 18-week series soon. For information and to register, visit roclifemed.com ♦

LOCAL VEGAN ACHIEVES NATIONAL PROMINENCE!! RAVS member **Doug Schmidt** was voted "Sexiest Vegan Man over 50" in the competition held by PETA (People for the Ethical Treatment of Animals). Doug is a teacher in the Victor Central School District, and he and his wife **Shari**

Schmidt are tireless vegan advocates. Doug's prize is a berth on the Holistic Holiday at Sea in February 2018.

VEGFEST RADIO STARS! Several of the organizers, vendors and speakers at VegFest 2017 went on iHeart Media stations to promote the event beforehand. Thanks to **Mary Barletta, Sarah Goodenough** of Kitchen Verde, **Andrea Parros** of The Red Fern, **Brittany Riggs** of Everyday Gourmet Café, **Mike Stura** of Skylands and **Ted D. Barnett, MD** for "appearing," and to **Robert Morgan** of iHeart for the donated air time and support.

"CONNECTIONS" CONNECTION

Ted D. Barnett, MD, RAVS Co-Coordinator, was a guest on the WXXI (AM 1370) talk show "Connections" twice recently, once for a discussion of cultured meat, once for a show on the effect of climate change on the nutrient value of plants. CONGRATULATIONS also to Dr. Barnett for being named a Fellow of the American College of Lifestyle Medicine, at the recent conference of that organization, Oct. 22-25 in Tucson, Arizona.

ROCHESTER HEART HERO The *Democrat & Chronicle* on 9/10/17 ran an article profiling local cardiologist and RAVS member **John (Chad) Teeters, MD**, who became vegan in spring 2016 and turned around his own health as well as changing his medical practice. Teeters says that medical treatment of heart disease can at best achieve a 27-31% reduction in risk, whereas with plant-based diet "data that goes back decades shows a 70 to 73 percent reduction in lifetime risk of heart attack and stroke, not to mention risk reduction in Alzheimer's, renal disease, arthritis and inflammatory bowel disease."

ANOTHER PLANT-BASED HERO Kitchen Verde's **Sarah Goodenough** made an appearance on "Good Day Rochester" on 10/17/17!

YET ANOTHER PLANT-BASED HERO RAVS member and Board member **Ted Potter** wrote a "Speaking Out" column (*Democrat & Chronicle*, 10/15/17) on the challenges faced by parents of children with disabilities, at the same time advocating greater community support for them and their families. Thank you, Ted! ♦

We welcome the following **New Members**: Sherry L. Allen, Ann Buck, Roxanne Cimo (Contributing Level), Elizabeth DeMarco, Margaret & Jeff Fellows, Wendy Fredericks, Sunny Gupta, Linda & Tom Harissis, Linda & Tony Mariconda, Maureen McDonald & Steve Mickle, Melody & Bernice Palmer, Madonna Shirley, Jennie Sun, Olga Tabinsky, Marilyn Thaler, Elizabeth Tyson (Patron Level), Lori VanDerlinde, and Kathy Warner. **Membership Renewals**: Lois & Greg Baum, Selma Berger, Walter Bowen (Contributing Level), Peggy Weston Byrd, Brittany Chambers (Contributing Level), Bonnie Crawford (2-year renewal), Katherine DaCosta & family (2-year renewal), Glenna Dove-Pellito, Gloria & Steven Foster, Susan Friedman & Bob Paine, Susan Gage, Molly Giles & Terry Boothman (Patron Level), Lorri Goergen, Jacki Hagelberg, FNP & Michael Hagelberg (Sustaining Level), Linda Heeler, Ingrid Hunte, Darcie Johnson, Tina Kolberg, Dvorah and Simeon Kolko, Cheryl Kovel, Susie & Bill Labine, Dagmar Langlois & Rick Mearns, Claire Li & Robert Franki, Patricia Loffredo, Carol & Bruce Manuel, Megan Meyer, Wanda Miller & Joseph Dulski, Linda Rowsick Mitchell, RD, JoBeth & Noel Nichols (2-year renewal), Donna & Harry Patrick, Helen Presberg & Saul Presberg, MD (2-year renewal, Contributing Level), Marilyn & Bill Privett, Mike Rudnick, Noreen Salerno (Patron Level), Yardena & Yonathan Shapir (2-year renewal), Nina Sikand, Kathy & Kevin Skerrett (Contributing Level), Bubbie & Debora Staron, and Ester Mass Tobochnik. This list is current through approximately 10/31/17.

Thank you for your support! Any questions, contact us at 585 234-8750 or rochesterveg@gmail.com. ♦

IN THE NEWS

NUMBER OF VEGANS In a 2016 poll conducted by Harris, the Vegetarian Resource Group found that there were 3.7 million vegans in the United States, a sevenfold increase over the number of vegans in 1995. Also: 37% of the population always or sometimes eats vegetarian meals when eating out; about five percent always eat vegetarian or vegan meals when eating out. http://www.vrg.org/nutshell/Polls/2016_adults_veg.htm

BEANS VS. BEEF An article in *Atlantic* magazine entitled “If Everyone Ate Beans Instead of Beef” stated that “With one dietary change, the U.S. could almost meet greenhouse-gas emission goals.” (8/2/17) A team of scientists led by Helen Harwatt found that if Americans substituted beans for beef (even while continuing to eat other animal products, and without any changes to our energy infrastructure or transportation system), the U.S. could come close to meeting the 2020 greenhouse-gas emission goals pledged by President Barack Obama in 2009. theatlantic.com The study was published in *Climate Change* 2017; 143:261-270, and was also discussed in the Autumn 2017 issue of Physicians Committee for Responsible Medicine (PCRM)’s *Good Medicine*.

DIET AND CLIMATE CHANGE: Our November 19 RAVS speaker is J. Morris (Jim) Hicks, co-author, with local physician Kerry Graff, MD, of *Healthy Eating, Healthy World: Unleashing the Power of Plant-Based Nutrition*. On his blog, Hicks writes of four main drivers of global depletion: overpopulation; overconsumption; dependence on fossil fuels; and “eating the wrong food.” Here is what Hicks has to say about food choices:

“We’re eating the wrong food. Back when we were only one billion strong, we could eat almost anything we wanted, and it didn’t seem to make much of a difference. But, at 7.2 billion and growing quickly, our food choices now determine how the entire planet is used. And the way we have chosen to eat in the developed world, on a per calorie basis, requires over ten times as much land, water and energy as do plant-based calories. Not only are there more people everyday, more people are eating more of the grossly inefficient foods—meat, dairy, eggs and fish.

Simply to feed ourselves for the next forty years, we will need to produce more food than the entire agricultural output of the past 10,000 years combined. — Stephen Emmott, *Ten Billion*

The Solution. All we need to do is change what we eat as quickly as possible. We must work urgently on the “demand”

side of the equation; informing people everywhere about the many reasons they should replace most of their meat, dairy, egg and fish calories (with plant-based alternatives) as quickly as they can. As consumers begin making healthier food choices, markets will quickly respond, people will begin getting healthier, the cost of healthcare will plummet, water will become more plentiful, trees can be planted on the freed-up land and our fragile ecosystem will begin to heal.

Eventually, we must also deal with overpopulation, over-consumption and our dependence on fossil fuels—but those tasks will take many decades, if not centuries. *Taking URGENT action NOW with our food choices can buy us the time we need to address them all.* <https://hpjmh.com>

SECRET FACEBOOK GROUP FOLLOWS VEGAN DIET TO WEIGHT LOSS On Thursday October 26, “Good Morning America” (ABC, Ch. 13) ran a segment about a “secret Facebook group” called the Missing Chins Run Club, a “virtual brotherhood” founded by Josh LaJaunie. One man who weighed 500 lb started walking 20 minutes a day; later he completed an Ironman competition. More than 80 men have lost more than 4,000 pounds total. Though the actual food plan being followed was downplayed by the hosts of the show, it’s clear they are eating vegan. Mr. LaJaunie displayed a big pot of red lentil stew. One man spoke of “eating plant-based and getting healthy, too”; another said: “a plant-based lifestyle didn’t just change my life, it gave me a completely new one.” Several of the men said it was not what they’d lost that was important, but what they’d gained! <http://abcnews.go.com/GMA/video/facebook-fitness-group-helped-members-lose-collective-4000-50724675>

AMERICAN VEGAN The ABC show “American Housewife” has featured a plot line about one of the character’s adopting a vegan diet. While the review are mixed as to whether the subject was handled sensitively or fairly (your editor does not watch the show), it may be a plus that there’s yet another instance of vegan diet and lifestyle in the mainstream.

McVEGAN McDonald’s restaurants in Finland offer a vegan meal. We learned about this from Seth Meyers on “Late Night.” (Meyers, whom we otherwise like, gets a thumbs down for giving this meal a sad face.)



Want to go vegan?

We can help!

rochesterveg.org

MEATLESS MEALS HELP CANCER SURVIVORS People with stage III colon cancer have better outcomes when they avoid meat, eat more vegetables and maintain a healthy body weight, according to a study of almost 1,000 cancer survivors over a period of seven years. Those who ate a diet high in fruits, vegetables and whole grains and low in red and processed meats stayed disease-free longer, and had longer overall survival rates. *Good Medicine*, Autumn 2017.

PLANT BASED=HEALTHY GUT=LESS CHRONIC DISEASE An article published in *Practical Diabetology* by PCRM’s Associate Director of Diabetes Nutrition Education, Meghan Jardine, RD shows that a diet high in whole plant foods can reduce inflammation and prevent obesity and diabetes, through the mechanism of enhancing the growth of healthy bacteria; on the other hand; diets high in fat and animal products can lead to the overgrowth of bacteria that cause inflammation and increase the risk of diabetes and certain types of cancer. *Good Medicine*, Autumn 2017.

CAMPBELL’S CHOOSES UP SIDES On 10/30/17, Campbell Soup became a member of the Plant Based Foods Association (PBFA), joining the ranks of such companies as Daiya and Tofurky. Acquiring Campbell’s is a coup for PBMA; the group has more than 80 members but Campbell’s is by far the largest. Over the summer, Campbell’s left the food industry’s largest trade group, the Grocery Manufacturer’s Association (GMA). Although both PBFA and GMA exist to increase sales, Campbell’s has in common many policy objectives of PBFA, such as opposing the Dairy Pride Act, which tries to keep non-dairy products from using the words milk, yogurt, and cheese. bloomberg.com; thanks to Kimber Gorall for this tip. ♦

FRUIT-NUT CAKE

(from October 2017 RAVS meeting; adapted from *The New Farm Vegetarian Cookbook*)

2 cups flour (1 each of whole wheat and regular unbleached; can use GF)
 ½ cup sugar
 1½ tsp baking soda
 1 tsp cinnamon
 2½ cups applesauce or fruit purée
 2 tbsp almond or other nut butter, whisked with 2 tbsp water
 ½ tsp vanilla (optional)
 1 tsp vinegar

Mix dry (first 4) ingredients and wet ingredients separately, then combine. Spoon into oiled and floured 9” x 13” pan and bake about 25 minutes till done.

TOFU SPAGHETTI BALLS (“NEAT BALLS”)

(*Vegetarian Cooking for a Better World*)

- One 14-16 oz tub firm or extra-firm tofu (not silken)
- ¼ cup walnuts, chopped fine in food processor
- 1 onion, minced
- ½ cup oatmeal
- ½ tsp dried basil
- ½ tsp dried dill weed
- ½ tsp dried thyme
- ½ tsp garlic powder
- ½ tsp salt
- 1 tbsp soy sauce or Bragg’s Liquid Aminos
- 1 tbsp cornstarch
- ½ cup whole wheat or other flour

Lightly oil a baking sheet. Drain the tofu and in a large bowl, mash it with a fork or pastry blender. Add all the remaining ingredients and mix together well. Form the mixture into uniformly-sized balls and place them on baking sheet.

Bake at 350 degrees for 10 - 12 minutes on one side, then turn them and bake another 10 to 12 minutes. They will be slightly browned when done.

This recipe can make 35-40 small balls, but you can make a smaller number of larger balls if you like; baking time may be a little longer with the larger size.

You will love the way your kitchen smells when you are baking these “Neat Balls.” They are great served with spaghetti and tomato sauce; or sliced with mustard and vegan mayonnaise for a “Neat Ball” sandwich. If you cooked them earlier in the day, they can be warmed in the microwave.

PECAN HERB BALLS

(Adapted from Lindsay Wagner and Ariane Spade, *The High Road to Health*)

This recipe is a good holiday offering. If you use matzoh meal, it can be served at a Passover seder; and the recipe can be gluten free if you use rice flour or another gluten free flour instead of wheat. Don’t be discouraged by the long list of ingredients. If you are patient with the separate stages, the technique is very easy. The recipe can also be formed as a loaf and baked 350 degrees for ¼ hours, but the crunchy texture of the balls is nice.

- ½ onion, chopped
- 6 mushrooms, chopped
- 3-4 cloves garlic, chopped
- 1 tsp olive oil
- ½ cup chopped pecans
- ½ cup chopped almonds

- 14 to 16 oz firm regular tofu (1 tub)
- ¼ cup sesame or chia seeds
- 2 tbsp cornstarch
- 4 tbsp nutritional yeast
- ½ tsp salt
- ¼ tsp pepper
- ½ tsp basil
- ¼ tsp oregano
- ¼ tsp savory
- ¾ tsp garlic powder
- 4 tbsp tahini or sesame butter
- 2 tbsp whole grain flour or matzoh meal

Sauté the onion, mushrooms, and garlic in the oil in a medium saucepan. In a food processor, blend the nuts to the texture of cornmeal and dump them into a large mixing bowl. When the sautéed vegetables cool somewhat, put them in the food processor (no need to wash after blending the nuts) and blend but do not purée; leave some small chunks. Add the vegetables to the mixing bowl. Add the block of tofu and mash it with a fork or a pastry blender. Add all remaining ingredients to the mixing bowl and blend thoroughly with a strong spoon. Lightly oil a cookie sheet; form uniform walnut-sized balls and place them on the cookie sheet. Bake at 350 degrees for about 30 minutes, turning the balls once so they will brown evenly.

WHITE BEAN AND RED LENTIL BURGERS (*Thug Kitchen Cookbook*, minus the bad language) (Makes 8)

- 1/3 cup uncooked red lentils
- 2/3 cup water
- 3 cups of cooked white beans such as cannellini (white kidney beans)
- ½ red onion, chopped
- 3 cloves garlic, minced
- 1 jalapeño, minced (optional)
- ½ cup breadcrumbs
- 1½ tsp smoked paprika
- 1½ tsp Spike or other veggie seasoning
- 1 tsp ground cumin
- 1 tbsp olive oil
- ½ tsp salt
- Grated zest of 1 lime
- Olive oil to coat the baking sheet
- Burger fixings: (Buns, tomatoes, lettuce, onions, vegan cheese slices)

Combine the lentils and water in a saucepan and bring to a boil. Reduce the heat and let it simmer for about 10 minutes (or until lentils are soft and mushy and the water is almost gone). Drain any extra water; let the lentils cool.

In a large bowl, mash the lentils with the rest of the ingredients (minus the cooking oil and burger fixings, of course). You may have to add more breadcrumbs if the mixture is too wet to clump and hold its

shape. Shape the clumped mixture into patties. Oil the baking sheet, and place the patties onto it. Chill it in the fridge for a minimum of 30 minutes, or up to 4 hours.

About 10 minutes before you’re ready to cook them, turn the oven on to 400°F, and lightly coat the patties with oil (if you don’t have a cooking spray, you can use a brush to lightly coat them). Bake for about 30 minutes (but flip them about 15 minutes in). When they’re golden brown on both sides, you’re ready to place them on the buns and dress it up with all the fixings you want.

BLACK BEAN BURGERS (Sandy Baker) (Makes 8)

- 1 tbsp olive oil
- 1 small onion, chopped
- 1 medium red bell pepper, stemmed, seeded, and chopped
- 4 large cloves garlic, minced
- ½ cup mushrooms, chopped
- ½ tsp ground cumin
- ¼ tsp turmeric
- 2 tbsp ketchup
- 1/3 cup pecans
- 1½ cups cooked or canned black beans, drained (save liquid for chili)
- 1 cup cooked brown basmati rice
- 2 cups fresh bread crumbs—preferably from 9-grain/whole wheat bread
- 1 tsp sea salt
- ½ tsp ground black pepper
- Hot pepper sauce such as Tabasco

Heat 1 tablespoon oil in a medium skillet over medium heat. Add onion, red pepper, and garlic. Cook, stirring frequently, for 4 minutes; then add mushrooms. Sauté all until soft and onions are translucent, about 8 minutes. Add cumin, turmeric and ketchup. Cook for 1 minute.

In the bowl of a food processor, chop pecans. Add onion mixture, beans and rice. Process until combined, being careful not to pulverize the mixture. Transfer to a large bowl. Add bread crumbs and mix well. Season with salt, pepper and hot pepper sauce. Optional: let chill in refrigerator, making burgers easier to handle.

Heat olive oil over medium high heat in a large nonstick skillet. Make patties or drop ¼ cup balls of bean mixture into skillet then flatten into 3-inch patties. Cook until golden brown 3 to 5 minutes per side. Repeat process with remaining oil and bean mixture. [Ed. note: You could also bake on a lightly oiled or nonstick cookie sheet at 350 degrees, 10-12 minutes each side.]

Cooked black bean burgers freeze well.

THE ULTIMATE VEGGIE BURGER (Melissa Knific, *Family Circle* 7/17)

1 cup cooked brown rice
1 cup cooked lentils
1 cup cooked pinto beans
1 cup finely diced cooked beets
½ cup rolled oats
1 tbsp soy sauce or Bragg's Aminos
1 tbsp molasses
½ tsp onion powder
¼ tsp each salt and black pepper

Mix all ingredients in a large bowl. Remove 2/3 of the mix and blend it in a food processor. Return blended portion to the bowl, and stir it in with the rest. Place burger mixture in refrigerator and let it chill for at least an hour.

Shortly before you wish to cook the burgers, preheat oven to 350 degrees. Remove burger mix from fridge and form four 4-inch patties. Place on non-stick or lightly-oiled sheet, or parchment paper. Bake for about 12 minutes, then flip burgers and bake another 10 to 12 minutes. Serve as you would any burger, with all the trimmings.

FREEBURGERS

(Robin Robertson, *Quick-Fix Vegan*)
(soy and gluten free) (Makes 4)

½ cups dark red kidney beans, either home-cooked or contents of 1 15-oz can, mashed
¼ cup chopped scallions/green onions
½ cup finely ground walnuts
2 tbsp brown rice flour
2 tbsp chickpea (besan) flour, plus more for coating burgers
1 tbsp tapioca flour or cornstarch
2 to 3 tbsp vegetable broth or water
½ tsp garlic powder
½ tsp onion powder
½ tsp paprika
¼ tsp salt
1/8 tsp black pepper
4 burger rolls, toasted if desired
Condiments of choice

Preheat oven to 400 degrees. In a food processor, combine the beans, scallions, walnuts, and flours. Add the broth, garlic powder, onion powder, paprika, salt and pepper, and process until well blended.

Dust your hands with a little chickpea flour (the mixture will be sticky). Divide the mixture into four equal pieces and shape into thin patties. Arrange on a lightly oiled or nonstick baking sheet. Bake the patties until golden brown,

turning once, 8 to 10 minutes per side. Serve hot on burger rolls, topped with your favorite condiments.

EASY BEAN BURGERS (Jeff Novick)

2 cans kidney beans
1 cup rolled oats
1 cup cooked brown rice
¼ cup tomato sauce (oil-free)
½ tsp each garlic and onion powder
½ tsp Mrs. Dash seasoning (optional)

Rinse and drain beans, and pour into a large bowl. Mash with fork or potato masher. Add remaining ingredients and mix well (knead with clean hands if you wish). Shape into patties. Let sit for 20 minutes so the burgers will "set up" and get firm. Bake on non-stick sheet (350 degrees 10-12 minutes each side) or pan-sear on non-stick pan 10 minutes each side or until browned.

ROASTED MARINATED TOFU

1 lb firm or extra-firm tofu (not silken)
1 or 2 tbsp soy sauce or Bragg's Aminos
1 or 2 tbsp rice vinegar or cider vinegar
½ tsp garlic powder
½ tsp ground ginger (optional)
1 tsp toasted sesame oil

Dice the tofu or cut it into strips. Lay the tofu on a lightly-oiled cookie sheet. In a separate small bowl, mix together the sauce ingredients, and pour them over the tofu. Preheat oven to 350 degrees. Bake the tofu 10-12 min. on each side, turning once.

SOUTHERN FRIED TOFU (adapted from Jo Stepaniak)

1 lb firm or extra-firm regular tofu
¾ cup whole wheat or other flour
2 tbsp nutritional yeast
½ to 1 tsp garlic or onion powder
½ tsp salt
½ tsp paprika
¼ to ½ tsp turmeric
Dried basil, oregano, thyme (optional)

Start with 1 pound firm or extra-firm regular tofu (the kind in tubs, not in aseptic packages). Remove from package and pat dry on a clean towel or paper towel. Slice it in thirds horizontally to make 3 slabs, then slice it into about 10 strips for each of the 3 layers (choose the shape and thickness you like; sometimes people make triangles, etc.).

Preheat oven to 350 degrees. In a bowl, combine the whole wheat or other flour with the salt, herbs and spices. Pour about half the flour mixture on a plate and roll each tofu strip in the flour mixture and place on a no-oil (e.g. parchment paper) or lightly oiled baking surface. Add the rest of the flour mix to the plate when you need it. You should have some extra flour mix; put it in a labeled jar and store in refrigerator or freezer for use some other time.

Bake the breaded tofu strips for 12 minutes on one side; then flip with a spatula and bake another 12 minutes.

Good served with any condiment you like with un-fish or un-chicken strips, such as ketchup, or a mixture of vegan mayonnaise (such as Vegenaise, Just Mayo or Earth Balance Mindful Mayo) with a little rice vinegar and mustard.

TEMPEH "SAVE THE CHICKENS" SALAD (Leena Isac)

2 tbsp soy sauce or Bragg's Aminos
2 tbsp mirin* or 1 tbsp each sherry and maple syrup
½ cup water
8 oz soy tempeh (use soy tempeh rather than 5-grain tempeh as texture works better)
½ cup finely chopped celery
½ cup shredded carrots
¼ cup finely chopped red bell pepper
½ cup thawed frozen peas
¼ cup thinly sliced green onion or minced red onion
½ c vegan mayonnaise such as Vegenaise, Just Mayo, or Mindful Mayo
1 T umeboshi vinegar* or rice vinegar
1 to 2 tsp nutritional yeast (optional)
½ c toasted pumpkin seeds (dry roast in 250 degree oven about 10 minutes)

Mix together the soy sauce, mirin or sherry mixture, and water in skillet. Add the tempeh, cover and simmer for 10 minutes or until liquid is absorbed.

Cool the tempeh and grate it into a bowl. Add the vegetables to the tempeh. In a small bowl, mix together the mayonnaise, vinegar, and nutritional yeast, if using. Mix this into the tempeh-vegetable mixture. Stir in the toasted pumpkin seeds. Serve on lettuce or crackers or in sandwiches.

*Mirin and umeboshi vinegar are Asian/macrobiotic ingredients that can be found in an international section or health food store. The substitutes work just as well. ♦

I AM NOT A THING

by pam mcnew

At one time in human history there were those who believed the natural world was the bridge that connected earth and spirit, with animals acting as spiritual intermediaries.

Now, however, most people are separated from the natural world. Cities and suburbs house both their bodies and their minds. People have in these times often come to believe (or accept) that animals are our slaves for consumption and entertainment.

Calling animals “a thing” only magnifies this delusion and separation from the honor and place all living (and non-living) things deserve. We are all special and all gifts from the making of this earth, however you may think this came about.

It is wrong to define animals according to their use rather than their capacity to suffer.

Animals are not things any more than we are things. They are beings. This will make a difference in your heart when you truly come to say it, believe it and act upon it.

We need to think differently than we do, and to do so soon or risk destroying things that can't be replaced and whose loss will ultimately affect us directly, in ways we may or may not understand yet.

If we can but embrace the perfection of each part of creation, we will have saved and made more healthy the whole of it.

The only things that are IT are the things we eliminate from (instead of illuminate in) our hearts and minds.

We have the magnificence to be bigger and better at this moment than we are the moment before.

Reprinted with permission from the People for Animal Rights newsletter, Spr/Summer 2017
peopleforanimalrightsofny.org;
people4animalrightscny@gmail.com

This article was printed alongside images of animals with various legends: I am not bacon ... an experiment ... an ornament ... a trophy ... a steak ... a coat ... a sport ... medicine ... entertainment ... clothing ... nuggets ... a gladiator.

It ends with a quote from the poet Mary Oliver:

Truly, we live with mysteries
too marvelous to be understood.

Let me keep my distance, always,
from those who think they have the
answers.

Let me keep company always with
those who say
“Look!” and laugh in astonishment
and bow their heads. ♦

WITH SADNESS WE REPORT that **Dr. Robert Klein** passed away on October 31, 2017. Our condolences to his wife Connie and his entire family. Dr. Klein was the leader of the Heartbeats for Life group for many years, and he was a strong supporter of plant-based diet, which he felt had benefitted his own health. Dr. Klein was a great friend of the Rochester Area Vegan Society. We will miss him, and we will remember him.

The human spirit is not dead. ... It has come to believe that compassion, in which all ethics must take root, can only attain its full breadth and depth if it embraces all living creatures and does not limit itself to mankind.

-Albert Schweitzer, from his Nobel Prize address, delivered in 1952. Schweitzer was given the Nobel Peace Prize for his philosophy of Reverence for Life.

Metro Justice's Annual Alternative Fair!

Homemade Veggie Food,
Free Child Care

Friday, December 1st, 5 pm to 9 pm
Saturday, December 2nd, 10 am to 4 pm

First Unitarian Church
220 Winton Road South
\$5 Suggested Donation (ages 12 and up)

RAVS will have a table!

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:

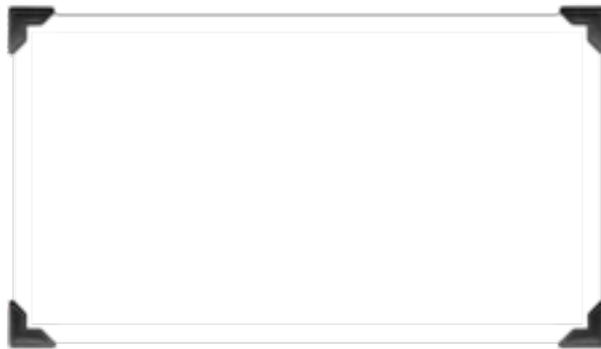
- **November 13, 2017** (Monday) 6:30-8:30 PM Vegan Cooking Class, “**Fast and Delicious Dinners**” taught by **Sandy Baker**. Office of Rochester Lifestyle Medicine; go to roclifemed.com, click on “Events” to register.
- **November 19, 2017** (3rd Sunday)* **Healthy Eating, Healthy World: Unleashing the Power of Plant-Based Nutrition** with **J. Morris Hicks**. Mr. Hicks’s book of the same title will be available for purchase and signing.
- **November 27, 2017** (Monday) 6:30-8:30 PM Vegan Cooking Class, “**Quick, Yummy Breakfasts**” taught by **Sandy Baker**. Office of Rochester Lifestyle Medicine; go to roclifemed.com, click on “Events” to register.
- **December 1, 2017** (Friday) 5-9 PM and **December 2, 2017** (Saturday) 10 AM-4 PM **Metro Justice Alternative Fair** at First Unitarian Church, 220 Winton Road South. Longer hours on Saturday this year!! RAVS will have a table. See notice on p. 7.
- **December 17, 2017** (3rd Sunday) 5:30 PM **Winter Solstice Gathering and Celebration** at **1600 East Avenue** in the ground floor Media Room. Ample parking in lot behind building; enter back door closest to lot and follow signs! We are the guests of resident Ellie Cherin. Bring a vegan dish, preferably finger foods, a serving utensil, and a place setting for yourself. Also bring instruments, music and voices for optional merry-making!
- **January 21, 2018** (3rd Sunday)* **The Humane Myth** with **Harold Brown** of FarmKind, farmkind.org. Harold Brown is featured in Tribe of Heart’s beautiful film “Peaceable Kingdom: The Journey Home.”
- **February 18, 2018** (3rd Sunday)* Lecture by **Antonia Demas, Ph.D.**, creator of the curriculum “Food is Elementary.” Details in February 2018 newsletter.
- **February 26, 2018** (4th Monday) **Meeting of Oil Free Vegan Group** at Buckland Lodge. 6PM Dinner 7PM Program.
- **April 15, 2018** (3rd Sunday) Save the date! **RAVS Fund Raiser Dinner**. Details in February 2018 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 Rd., on the south side of Westfall between E. Henrietta Rd. (15A) to the west, and S. Clinton Rd. to the east. Look for the “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.

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



14602
ROCHESTER, NY
Box 20185
ROCHESTER AREA VEGAN SOCIETY