



Vegetarian News

“For Health and Humanity”

Spring Issue 2007

Preventing & Reversing Diabetes without Drugs

By Dixie Mahy

Diabetes is now affecting our population with epidemic proportions. More people die from diabetes every year than from Breast cancer and aids combined. It turns out The Great American Diet is the culprit. Type 2 Diabetes is particularly insidious because, in addition to affecting eyesight and the extremities requiring amputations, it is often an overlooked grim precursor to heart disease, kidney failure, stroke, nervous system damage, and other life-threatening complications.

Recently, I heard two vegan medical doctors who have been successful in reversing diabetes through vegan diets. Although they each have a slightly different version of a vegan diet, they have in common, the elimination of all animal flesh and animal products. Dr. Neal Barnard recommends a low fat vegan diet and Dr. Gabriel Cousens recommends a vegan raw food diet. Both have been amazingly successful with their patients curing or controlling diabetes without drugs. Even though many of us vegans feel smug that we are not prime potential victims, we, nevertheless, can always improve our diets and we can pass on the information to friends and family who have diabetes or are prime candidates.

SUMMARY OF EVENTS

- Mar 10 SF Potluck & Free Lecture
- Mar 17 Meat Out Lunch
- Mar 23 Dining Out Bok Choy
- Apr 1 KFC Leafleting
- Apr 13 Dining Out Bok Choy
- Apr 14 SF Potluck & Free Lecture
- Apr 21 Maharani Fund Raising Dinner

See the enclosed Veg Calendar for a description of events hosted by the Society, as well as other “veg” happenings in the Bay Area. The Calendar is posted on our web site, www.sfv.org and you can always call (415) 273-5481 for information.

Please reuse by posting publicly.

Since there is not room to report on both approaches in this newsletter, this article will emphasize Dr. Neal Barnard’s recently published book, *Dr. Neal Barnard’s Program for Reversing Diabetes: The Scientifically Proven System for Reversing Diabetes without Drugs* with recipes by Bryanna Clark Grogan (sample recipes reprinted in this newsletter), available at Borders or from SFVS at its meetings. This book could save you or someone you know from this devastating disease. It presents a very helpful discussion of diabetes in lay terms but has scientific studies and facts in the Appendix Resources for verification. Dr. Barnard is Founder & President of PCRM, www.pcrm.org.

Basic Symptoms of Diabetes

Sometimes Diabetes occurs without symptoms but for others, there may be some warning signals. Fatigue is one indicator. Sometimes Diabetes comes on suddenly. However, some people may notice they are losing water more rapidly or requiring more water to quench thirst. The problem is that sugar is not able to pass from the bloodstream into the cells of the body. Sugar (glucose – the simplest of sugar molecules) is needed to fuel the cells as our main source of energy. If glucose is not able to enter the body’s cells, they are deprived of fuel to move muscles and thus cause fatigue. Meanwhile, the glucose becomes more concentrated in the blood and eventually starts to pass through the kidneys and ends up in the urine. Some people may show a weight loss because of this problem. An overly large amount of glucose in the bloodstream can harm the arteries. Left unchecked, it can damage the heart and the delicate blood vessels of the eyes, kidneys, and extremities. Blood or urine tests can indicate the diagnosis.

Pre-Diabetes

A pre-diabetes condition means the insulin in the body is not doing its job adequately. Insulin is a hormone that moves sugar from the bloodstream into the cells of the body. Insulin is like a key, opening a door to the cell,

INSIDE THIS ISSUE > > >

- Preventing & Reversing Diabetes... page 1
- Combating Aids in Africa.....page 4
- Healthy Recipespage 6

San Francisco Vegetarian Society

For Health and Humanity

Newsletter Staff

Managing Editor: OPEN

Production Editor: Linda Fleming

Project Coordinators

Advertising Coordinator: Joseph Cadiz,

jcadiz2002@yahoo.com

Dining Out Coordinator: David Goggin,

dave65536@earthlink.net, 415-567-6773

Discount Coordinator: Carmen Lee,

carmen_cebs@yahoo.com

Events: Dixie Mahy, 415-885-2251

Listserv, Member Services: Tracy Ewing

tracyinfo@aol.com

Mail Coordinator: Janet Tom,

janet.tom@gmail.com

SF Outreach: 415-750-0614,

nloewen@ioaging.org

East Bay Outreach: Pam Webb 510-653-7966

Publicity: Christine Vitale,

cv@christinevitale.com

Volunteer Coordinator: Nancy Loewen

415-750-0614; nloewen@ioaging.org

Webmaster: Tony Martin

tony@veggiedude.com

SFVS Board

President: Dixie Mahy

Vice President: Nancy Loewen

Treasurer: Joseph Cadiz

Secretary: Janet Tom

Board Members: Joseph Connelly; Sharon Leong;

Tony Martin; Joyce Thornton; Gabe Quash;

Kristen Miles; Neil Yoskowitz; Jeanne

Besanceney; Patricia Godinez; Vasu Murti.

Vegetarian News is published by the San Francisco Vegetarian Society (SFVS), a nonprofit, non-sectarian group dedicated to educating the public about the benefits of a vegetarian diet, for health and humanity. SFVS was founded in October 1968 and is one of the oldest vegetarian organizations in North America.

Members are encouraged to submit articles, announcements, reviews, recipes, etc. to the editor. Deadline for submissions for next newsletter is April 1st. Please contact Dixie Mahy at 415-885-2251 or dixiemahy@gmail.com.

ADVERTISE WITH US and reach more veg'ns! Is there a restaurant or store we should know about? Have them contact us.

Ads start at just \$35 per issue. Discounts available for multiple issue commitment. Please contact Advertising Coordinator Joseph Cadiz, jcadiz2002@yahoo.com.

allowing nutrients inside. When insulin arrives at the cell wall, it causes the wall to open and the glucose is then able to enter the cell to continue its chemical process to create energy.

Type 1 Diabetes

Type 1 occurs in childhood. Something has damaged the pancreas's ability to produce insulin. It is thought that the damage to the insulin-producing cells is caused by the biological equivalent of "friendly fire," the body's immune system. White blood cells are supposed to fight harmful intrusions of bacteria and viruses. They are supposed to protect the body. Instead, they attack the cells of the pancreas and destroy its ability to produce insulin. We now know that some foods, particularly foods infants are fed within the first months of life, are leading suspects. Where it was once thought that only insulin injections would be helpful in Type 1, it has now been demonstrated through studies that diet changes can be used to lessen the amount of insulin injections. The best plan is to prevent Diabetes 1.

Type I Diabetes Prevention

Research from a team of Canadian and Finnish researchers reported in the *New England Journal of Medicine* in 1992 that they found from the blood sample from 142 children with Type 1 Diabetes, that each of the children had antibodies that were primed to attack cow's milk proteins. These had apparently arisen in response to cow proteins in their infant formula, but the antibodies were also capable of attacking the body's insulin-producing cells. It turned out that a portion of the cow's milk protein was bio-chemically an exact match for a portion of human insulin-producing cells. The antibodies that arose to destroy the cow's milk protein ended up attacking the children's insulin-producing cells. The pancreatic cells were destroyed by "Friendly Fire." Dr. Barnard and Dr. Benjamin Spock caused an up roar in 1992 when they gave a press conference exposing the potential risks of early exposure to cow's milk. Mothers who drink milk while breastfeeding can also affect their breast milk. Dr. Spock and Barnard have been vindicated in their warnings of the danger of cow's milk replacing mother's milk, especially in the first few months after birth with subsequent Diabetes 1 implications.

Type 2 Diabetes

This was once called adult-onset diabetes, usually a non-insulin-dependent diabetes. About 9 out of 10 people have Type 2. Most people with this form are able to produce insulin. The problem is that the cells resist it. The cell walls do not open up. The body then produces more insulin, trying to overcome the resistance. If the insulin cannot overcome the resistance of the cell walls, glucose builds up in the blood. Diabetes drugs attempt to improve this problem. Some force the cells to become more responsive to insulin. Others cause the pancreas

BRYCO REALTY

121 Spear Street, Suite B-9

Rincon Center, SF, CA 94105

Email: soldbysteven@yahoo.com

Low commission

Buyer Rebate

Steven C. Zeluck

Real Estate Sales Consultant

Member, SFVS

Telephone: 415-312-2634

www.soldbysteven.com

Professional service and longstanding commitment

to release more insulin into the bloodstream or block the liver from sending extra glucose into the blood. In addition to limiting the amount of sugar in the diet, doctors also recommend limiting complex carbohydrate (starch) in the diet because starch is actually made from many glucose molecules joined together in a chain. It is with digestion that starch breaks down to release natural sugars into the blood. In the past, it was recommended that people on medications go on a diet that keeps the amount of glucose or starch fairly constant from meal to meal and from day to day in order to keep the glucose in the blood level and the medication the same. Dr. Barnard's research has shown that a low fat vegan diet can change insulin sensitivity directly.

Gestational Diabetes

This is similar to Type 2 but it occurs during pregnancy. It typically disappears after childbirth. It is an indicator that Type 2 diabetes might occur later. Fortunately, a low fat vegan diet can be helpful in preventing this development.

Genetic Influence

Although diabetes runs in families and there may be a predisposition for getting diabetes, it is not inevitable. Often times, it is environment, particularly the foods the child is exposed to early in life, viral infections, or perhaps other influences that will make the determination. Nevertheless, changes in diet and lifestyle can cut the odds that diabetes will occur, or when it occurs, it can be altered. A low fat vegan diet can make the difference.

ADA Diet, Drugs, & Money

Diabetes medications can be lifesaving, they can reduce blood sugar, and they can cut the risk of complications. The mistake is to rely only on pharmaceuticals and gloss over diet and exercise. Regular magazines as well as Diabetes Journals are filled with expensive advertisements for various drugs. The high cost of the medication is due in large part to promotions, advertisements, and medical workshops with expensive display booths in their strategy to corner the medical education market. There is also money in glucose testing equipment, meters, test strips, etc.

The usual diet recommended by the American Diabetes Association is a plan, along with medication, prescribing starch servings and their exchanges from a list. The guidelines do improve most people's eating habits. People choosing this path can contact them at 1-800-342-2383. However, research studies have concluded that diabetes diets are challenging and most people do not follow them. Even though the guidelines are understandable and logical, many people find it hard to make it work in their every day lives. On the other hand, Dr. Barnard's recommended low fat vegan diet is completely different and his success rates are phenomenal. He does recommend working with a

dietician in making the transition.

Reversing Type 2 Diabetes

The good news is that it is possible to reverse diabetes – to decrease blood sugar, minimize medication and sometimes eliminate medication (with careful monitoring) through some simple diet changes. Although the ADA diet emphasizes sugar and starch reduction, people in countries where diabetes was uncommon were not following anything like a “diabetes diet.” People from countries like Japan, China, Thailand and other Asian countries, even Africa, eat starch foods every day, which includes rice, other grains, starchy noodles, vegetables, and beans. In fact, researchers found that people in those countries ate more carbohydrates than North Americans or Europeans, yet diabetes, weight problems, heart disease and several forms of cancer were relatively rare. However, when Asians or Africans move to the U.S., diabetes, heart disease, and obesity become much more common. If a starch-based diet is not the culprit, what is? An American or Western diet emphasizes hamburgers, fried chicken, cheese, and other high fat foods. The diet is high in protein and fat and low in carbohydrate foods like rice and noodles. Unfortunately, the American or Western diet is also influencing the Asian and African countries with Burger King, KFC, and greasy meat centered meals replacing the traditional fare with the result that diabetes is exploding in Japan and other nations in proportion to the dietary changes. The inescapable fact is that the problem is not carbohydrates (that is sugar and starch). The problem is in how the body processes them. After many studies, starting in 1979 at the University of Kentucky, diet studies emphasizing vegetables, fruits, whole grains, and beans (nearly vegetarian) with very little fat, one half the men were able to stop taking insulin entirely. The others were able to cut down the insulin doses dramatically. More dramatic results occur with a low fat vegan diet.

High Fat Diet

The *New England Journal of Medicine*, February 12, 2004 issue, Yale University researchers reported an amazing discovery. They administered large doses of insulin to young adults whose parents or grandparents had Type 2 Diabetes. Although the subjects did not show diabetes, they had become insulin resistant. The insulin built up in their bloodstream. It was not getting into the cells. The researchers discovered that inside their muscle cells were tiny amounts of fat, fat that interfered with insulin's ability to get through the cell walls. Cells normally store a tiny amount of fat, which provides some energy for physical activity. The amount is normally small, and is used when extra energy is needed. However, in some people, fat builds up and reaches the point where it gums up the cell walls. It interferes with the cell's ability to respond to insulin. Although diabetes had not yet shown up in the young adults, it was very likely in their future unless

something changed right away. Dr. Barnard goes into detail on how the cells store fat and how the body stores fat around the waist, an indicator of the onset of diabetes.

Optimal Diet

Dr. Barnard recommends a vegan diet because it includes no animal or animal products at all and thus eliminates dietary cholesterol and minimizes high fat foods. He also recommends that even fats from vegetables should be kept low along with low consumption of refined sugar and refined carbohydrates and should be replaced with healthy complex carbohydrates. Eliminating animal foods automatically eliminates cholesterol and bad saturated fats. A vegan diet has other benefits: It helps the heart and kidneys (research has shown that animal protein increases the risk of kidney deterioration). There are helpful Chapters on how to monitor progress, manage hunger, lose weight, choose supplements, and implement this healthy diet with helpful menu suggestions and recipes. This is a very timely book.

Combating AIDS & Malnutrition in Africa

By Carmen Lee

While searching the internet for overseas volunteer opportunities, I found Global Service Corps (GSC), a San Francisco-based NGO that has been sending volunteers to assist developing countries in agriculture, environment, health and education since 1993.

GSC's Sustainable Agriculture Program was launched in Kenya, but political developments in 2002 led to its relocation to neighboring and more stable northern Tanzania. Its focus has been on teaching organic small-scale farming techniques to help local farmers increase their yields, providing a source of immune-enhancing produce to slow the progress of HIV and alleviate its symptoms as well as providing a source of income. As explained in its website (<http://www.globalservicecorps.org>), "GSC promotes Bio-Intensive Agriculture (BIA), a specialized form of organic agriculture involving the use of double-dug beds, locally available crops, organic compost materials, crop diversification, intensive planting, and water harvesting. BIA is a much more viable option for small-scale farmers than is large-scale farming, which requires expensive chemicals, fertilizers and machinery."

Preparing for my adventure

Before committing myself to GSC's Tanzania program, I researched further and learned the following:

* Tanzania is the 6th poorest country in the world with a GDP per capita estimated at US\$700 (2005), and its GNI per capita estimated at US\$340 (2005)

* Tanzania's economy depends heavily on agriculture, which accounts for almost half of GDP, provides 85% of exports and employs 80% of the work force

* Women in Tanzania produce around 60-70% of all foods consumed by rural households and generate about 33% or more of household income

* 1 in 12 Tanzanian adults is HIV-positive, and most agricultural workers are in the 15-45 years of age group who are most affected by the AIDS epidemic

* Production of food and cash crops is bound to suffer as the labor force gets sick and dies from AIDS — farm families afflicted by the AIDS virus have stopped planting traditional food crops such as beans, which are high in protein and nutrients, replacing them with less nutritious root crops that are easier to produce

* July through October is Tanzania's dry season

* *Nane Nane* (means 8-8 in Swahili), or August 8, is Farmers Day – a public holiday that is celebrated with a weeklong agricultural show

After GSC accepted my application to join its Sustainable Agriculture Program in Tanzania, July-August 2006, I received from GSC Participant Handbook containing information on pre-departure planning and required readings. My preparation included reading *How to Grow More Vegetables*, by John Jeavons, who has devoted the past 35 years to developing BIA techniques that are being applied in over 130 countries. Jeavons also offers public tours of his Ecology Action Research Mini-Farm in Willits, California (<http://www.growbiointensive.org/>). Jeavons has put himself on a diet consisting only of food growing in his garden, which provides him enough nutrients except vitamin B12.

Karibu (Welcome) to Tanzania!

Following almost 2 days of flying from SFO, with stopovers in Twin Cities and Amsterdam, I arrived in Kilimanjaro International Airport, where GSC staff picked me up for an hour-long drive to Arusha. There, I joined 9 volunteers for a weeklong orientation with Swahili language lessons before we transferred to our respective homestay families for a true cross-cultural experience.



Double-digging at Tengeru College

Sustainable Agriculture participants were placed in Tengeru, a farming village located about 12km east of Arusha and overlooking Mt. Meru, a dormant volcanic cone and Tanzania's second highest mountain. The area surrounding Mt. Meru has rich volcanic soil – its *shambas* (farms) producing half of the country's wheat and substantial amounts of coffee, flowers, seed-beans and pyrethrum for export, along with bananas, maize, millet and vegetables for domestic use. Recently, studies found that *artemisia annua* (commonly known as wormwood or ragwort), from which *artemisia* is extracted to make a drug used to treat malaria, grows well in the area – fitting as Tanzania's #1 killer is malaria. Tengeru is also known for its markets.

Promoting sustainable agriculture

The faculty at Tengeru College of Agriculture provided our training in BIA (called *kilimo hai* in Swahili) — composting, double-digging, companion planting, natural pests and disease control – and topics such as plant nutrition, nursery, challenges to agriculture in Africa, irrigation and water sustainability. Our Tengeru instructors modified Jeavons' instructions for watering after each compost layer due to drought in Tanzania. After attending classroom lectures and practicing at the College demonstration plot, we began working directly with farmers groups – sometimes learning hands-on for the first time in creating a sack garden to plant collard greens and beets, and in preparing organic pesticide solutions from castor oil plant, neem, marigold, sodom apple and thorn. Some highlights of what we accomplished:

* Farmers grow produce primarily to feed their families, but after adopting *kilimo hai*, they have increased their yields so they can sell surplus to the market. With this income, they are able to pay for their children's education and purchase farm animals. Farmers also preserve surplus fruits and vegetables by drying them out in the sun.

* Farmers sold butternut squash to a safari company, but they didn't know how to cook produce grown for the tourist market. One long-term GSC volunteer, a former chef at Roxanne's in Larkspur, demonstrated how to cook butternut squash soup made from fresh, local, seasonal, organic and whole ingredients: butternut squash, carrots, onions, thyme, vegetable oil and water – chop, stir over heat, puree and *chakula cha mchana* (lunchtime)!

* Farmers often shared the fruits – as well as vegetables and herbs — of their labor with me. It was pure joy to put on the Iron Chef's hat and create dinner with the surprise ingredients brought home from local farmers. Since I was promoting sustainable agriculture, I made a real effort to use only local ingredients; except for the soy sauce made in China, I made fried rice with organic carrots, peas, leeks – a really big hit with my 6-member homestay family who had never tasted Chinese cooking!

* GSC exhibited its *kilimo hai* demonstration plot at *Nane Nane* show. Agricultural Minister Mungai opened the show on August 1 and Zanzibar President Karume spoke on August 8. I was delighted to visit Tanzania Animals

Protection Organization's information table with copies of PETA's Vegetarian Starter Kit!

* Maasai adopted more vegetables in their diet. Traditional Maasai tribal life centers around their cattle, which provides many of their needs – milk, blood and meat for their diet; hides and skins for clothing; dung for building material. Because they must continually search for grazing fields and water, alternating the movement of their cattle between established wet and dry seasons, Maasai have been pastoral nomads. However, Maasai have lost their traditional lands to commercial farmers and wildlife conservation. As Maasai have settled, they began growing maize and beans. We worked with one group of Maasai farmers to address their problems with soil erosion (composting) and animals trampling on their beds (erecting fences for protection).

In 1967, Tanzania's 1st President Nyerere set out his policy of *ujamaa* (familyhood) – an agricultural collective run along traditional African lines, with an emphasis on self-reliance. It stressed the importance of hard work and longer working hours as the key to Tanzania's future economic success, rather than dependence on foreign aid, loans and industrialization. However, Nyerere's decision to forcibly resettle people was resented and *ujamaa* turned into an economic failure. GSC's program also promotes self-sufficiency, but *kilimo hai* is offered to only those who are interested – both farmers and volunteers – which contribute to its success.



Testing notes in the Field (and Modeling PCRM T-shirt)

Upon returning to San Francisco after living in Tanzania on less than US\$1 a day, Carmen experienced sticker shock and volunteered to become SFVS Discount Coordinator. Vegetarian-friendly businesses interested in offering discounts to SFVS members should contact Carmen_CEBS@yahoo.com.

PRESIDENT'S CORNER

A message from our president will appear in our next issue.

FOOD & DRINK

Following are some recipes by Bryana Clark Grogan from *Dr. Neal Barnard's Program for Reversing Diabetes without Drugs*. Printed with permission from Rodale Books, 733 Third Avenue, New York, NY 10017.

Red Lentil & Sweet Potato Soup, p. 209

2 small onions, chopped
 1/2 teaspoon ground cumin
 1/2 teaspoon ground ginger
 4 cups low-sodium vegetarian broth
 2 cups cubed peeled sweet potatoes
 2/3 cup red or pink lentils, rinsed
 1 teaspoon lemon juice
 1/4 teaspoon salt
 White pepper to taste
 Paprika

Steam-fry the onions in a large, heavy nonstick skillet over medium heat until soft, adding very small amounts of water as needed to prevent sticking and burning. (Or place in a microwaveable dish, cover, and microwave on high for 5 minutes.) Stir in the cumin and ginger and blend well.

Place the broth, sweet potatoes, and lentils in a medium soup pot. Add the onions and simmer, uncovered, for about 30 minutes or until the lentils are tender. Add the lemon juice, salt, and white pepper. Process using a hand-held blender in the pan or in batches in a blender or food processor, until creamy. (Remove the middle part of the blender or food processor lid so hot air can escape. Cover the hole loosely with a folded clean cloth while blending.) Serve hot and with paprika sprinkled on top of each bowl.

Makes 4 servings
 Per serving: 185 calories, 10 g protein, 36 g carbohydrates, 4 g sugar, 1 g total fat, 3% calories from fat, 0 mg cholesterol, 6 g fiber, 158 mg sodium

Roasted Green Beans & Cauliflower, p. 237

2 medium fennel bulbs, tops cut off, halved, trimmed and sliced
 1 medium cauliflower, trimmed, broken into florets, and sliced
 2 large red bell peppers, cored, seeded, and thickly sliced
 6 cups fresh green beans, trimmed, or frozen whole young green beans
 1/2 cup fat-free Italian dressing
 2 tablespoons lemon juice
 2 teaspoons dried dill weed or 2 tablespoons chopped fresh dill
 1 teaspoon dried garlic granules
 1/4 cup chopped fennel leaves
 Salt to taste
 Freshly ground black pepper to taste

Preheat the oven to 350 degrees F. Combine the fennel bulbs, cauliflower, bell peppers, beans, dressing, lemon juice, dill, garlic granules, fennel leaves, salt, and black pepper in a single layer in a large shallow nonstick baking pan (use two pans if necessary to keep the vegetables in 1 shallow layer).

Place the pan or pans on the bottom oven rack. Bake for about 40 minutes, stirring occasionally with a spatula, until the vegetables are tender and beginning to brown slightly. Serve hot.

Makes 8 servings
 Per serving: 85 calories, 4 g protein, 19 g carbohydrates, 6 g sugar, 0.5 g total fat, 3% calories from fat, 0 mg cholesterol, 7 g fiber, 254 mg sodium

Berry Mousse, p. 241

1 package (12.3 ounces) reduced-fat extra-firm silken tofu, crumbled
 2 3/4 cups thawed frozen unsweetened berries of choice
 3 tablespoons sugar or 2 tablespoons agave nectar
 1 tablespoon berry liqueur (optional)

Blend the tofu, berries, sugar or agave nectar, and liqueur, if desired, in a blender or food processor until smooth. Spoon into 4 pudding dishes and refrigerate until chilled.

Makes 4 Servings
 Per serving: 123 calories, 7 g protein, 24 g carbohydrates, 17 g sugar, 1 g total fat, 5% calories from fat, 0 cholesterol, 3 g fiber, 89 mg sodium

IN THE NEWS

Help Save GO VEGAN RADIO

Bob Linden has been hosting Go Vegan Radio in southern California on KTYM AM 1460 from 1:30 to 2:30 p.m. for 6 years every Sunday and in San Francisco Bay Area on "The Quake" AM 960 from 9:00 to 10:00 p.m. for one year every Sunday (online anytime, archived and podcasting at www.GoVeganRadio.com). It is very expensive to stay on the air and he may have to give up in San Francisco. It would be a great shame if this Voice for the Animals and for a more Humane Healthy Life will be silenced. It is through paid ads and donations that he is able to stay on the air. Please send your ads or donations to GoVegan Radio, P.O. Box 40246, San Diego, CA 92164 or through his web site.

Amazon & Cockfight Magazines

Amazon.com Inc. (AMZN) will not stop selling two magazines about cockfighting, despite a lawsuit by the Humane Society of the United States accusing the company of illegally promoting animal fighting as reported in the San Francisco Examiner February 12, 2007. Everyone who feels this is an outrage should contact Amazon directly. They are responding with a form letter justifying

Berkeley: #3 at 1730 Shattuck Avenue. Telephone for all restaurants: 415-824-4652.

WORLD VEGETARIAN DAYS – September 29 & 30, 2007

Anyone interested in serving on the organizing committee, contact Dixie Mahy at 415-885-2251 or dixiemahy@gmail.com We will soon start our monthly meetings. Although it is a lot of work, it is an exciting and satisfying experience.

Vegetarian Interview

An interview with Dixie Mahy, President of the San Francisco Vegetarian Society, appeared in *The Vegetarian Era*, in January 2007 under the title of “The Positive Evolution of Vegetarianism in America.” The magazine is available at the Golden Era 1 at 572 O’Farrell, San Francisco or e-mail to dixiemahy@gmail.com for a link up.

TAKING CARE OF BUSINESS

Annual Meeting

After a delicious vegan meal from Bok Choy, members met on January 14, 2007 to hear reports on last years’ numerous activities and a preview of upcoming events for 2007. A Board Meeting preceded the Annual Meeting. Members can contact Vice President Nancy Loewen, acting Secretary for Janet Tom, for the full minutes, 415-750-0614 or nloewen@ioaging.org.

New & Renewing Members to 12-31-2006

Thanks to our new members for joining and to our long time members for renewing.

The Buddha & Helen Horton, Pamela & Roy Webb, Joseph Cadiz, Mike Rogale, Marti Kheel, Claudia Delman & Deric Licko, Lawrence & Ann Wheat, Lyman Yip, Gerald Salmon, Lisa Herzstein, Marie L. Emerson, Maria Brooks, Vera F. Cook, Fred Fong, William P. White, Harold Green, Ann & Sydney Lambertson, Ronald Halfhill, Oliver Graves, Caroline Swenson, Carrol White, Joan/Jeff Stanford, Clark Natwick, Cynthia Collison, Rebecca Kozak, James B. Meyers, Phyllis Spandorf, Barbara S. Baker, Bruce Little, Sharon Hall, Valerie Ostrom & Ricardo Clarke, Zach Adelson, James E. Konlande, Leya Stieber, Umesh Dudaney, Nancy Martin, Digital Etchings, Joan Gibson, Donna’s Tamales, David Zebker, Sandra Ward, William B. Grant, Marianne Monaco, Russell Morris, Betsy Johnson, Sumana Meissner, Tor Neilands, Dianne Seaborg, Gregory Markham, Anna Kazanijan, Nadine May, Bob Seefeld, Harry Garrison, Jeff Walsh, Fred Schwinn, Ron Grantz, Elizabeth Farrington, Laraine Koffman, Clynn Lustgarte, Eunice Lew, Rob Raich, Neil Yoskowitz, V. Gelles, Kim Bushing, Al Anaya, Bernice Crawford, Linda Bellavia, Isabel Auerbach, Chetana Deorah, Caroline Cholette, Michael Colbruno & Alex Paul, Scott Richards, Chuck & Monica Oakes, Toni Whiteman, Mark Middleton, Doug Brown, Helen Leroy, Sondra Yellen, George Kao, Ying Feng, Sohelia Dianati, Maya Vasudevan, Lisa B. Williams, Jim Blechinger, Gabriella Schultz, Elizabeth Lim, Yleanna Garcia, Deb James, Lucia Lachmayr, Scott Young, Brian Wolff, Candace Gutleben, Jack Alan, Sarah & Jeff Medinas, Jessica Lkins & David Mendenhall, Akiko Bogdonoff, Kevin Yu, Lanie Eichler, Sharon Murch, Sanjeev Verma, D. B. Rowden. Golden Carrots to Joseph Connelly and Colleen Holland as our newest Life Members. Many thanks to them for their loyalty and generosity.

Join Us for Meat Out Lunch March 17th & Maharani Dinner April 21!

San Francisco Vegetarian Society
for Health and Humanity
P.O. Box 2510
San Francisco, CA 94126

NOTE: If your membership is about to expire (see date on label), then we urge you to renew now!