



# Vegetarian News

*“For Health and Humanity”*

**Summer Issue 2007**

## **Avoid Cancer – Eat More Fruit, Study Finds**

*From Dixie Mahy*

People who eat a diet high in fruit and low in meat reduce their risk of developing colon cancer, researchers reported... Their study supports other research showing that meat can raise the risk of getting cancer, especially colon cancer, and offers details about what other factors in the diet might be important.

The team at the University of North Carolina in Chapel Hill interviewed 724 people who had just had colonoscopies about their diet, smoking and other habits. Of these, 203 had learned they had adenomas, polyps that often turn into tumors and are removed during colonoscopy.

Gregory Austin and colleagues analyzed the answers and found there were three groups - people who ate a lot of fruit but little meat, people who ate a lot of vegetables and a moderate amount of meat, and people who simply ate a lot of meat. The people who recalled eating large or moderate amounts of meat were 70 percent more likely to have had a polyp than those who said they ate a lot of fruit but little meat.

Writing in the Journal of Nutrition, the researchers said they wanted to know if eating plenty of greens might counteract the bad effects of meat. Colon cancer is the second-leading cause of cancer deaths in the United States after lung cancer, with a projected 52,000 deaths in 2007.

“The high meat cluster (345 people) was the largest of the three clusters and represented a more typical American diet,” the researchers wrote. These people ate fewer whole grains than recommended, far fewer fruits and vegetables than they should and more fat and sugar than others.

Just 18 percent of the people who said they ate a lot of fruit but little meat had a polyp, compared to 30 percent of the moderate meat-eaters and 32 percent of people in the high meat-eating group.

Reported by Washington (Reuters) on Yahoo News Wednesday, March 21, 2007.

## **Spotlight on Resveratrol & Red Grapes**

*By Kiki Powers, M.S.*

Resveratrol is a polyphenol compound found in red grapes to which researchers attribute the health benefits of red wine. It has even been suggested that resveratrol is the secret behind the “French Paradox,” as scientists continue to identify the link between this powerful antioxidant and the healthy lifestyles enjoyed throughout European and Mediterranean cultures.

Resveratrol supports healthy aging due to its powerful ability to quench free radicals, but also offers benefits beyond its antioxidant functions to neurons in the brain, supporting mental sharpness throughout the golden years. According to the American Institute for Cancer Research,

### **SUMMARY OF EVENTS**

- May 12 Potluck & Free Lecture SF
- May 17 Astronomy/Dining Out Shangri-la, SF
- May 19 Dining Out Layonna's, SF
- May 20 Concert & Dining Out, Berkeley
- May 28 Memorial Day Potluck, Alameda
- June 9 Summer Picnic, Crissy Field, SF
- June 15 Dining Out Golden Era 2, SF
- July 4 4th of July Potluck, Alameda
- July 13 Dining Out, Layonna's, SF
- August 19 Free Lecture Paul Nison, SF
- August 27/28 Lunar Eclipse Overnite, So. Bay

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](http://www.sfv.org) and you can always call (415) 273-5481 for information.

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For Health and Humanity

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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 August 1st, 2007. 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.

grape juice is a rich source of resveratrol – a specific type of plant chemical called a polyphenol. Research suggests that polyphenols in general and resveratrol in particular possess potent antioxidant and anti-inflammatory properties.

Studies funded by the American Institute for Cancer Research indicate that resveratrol has been able to prevent damage known to trigger the cancer process in cell, tissue and animal models, including slowing the growth of cancer cells and inhibiting the formation of tumors in lymph, liver, stomach and breast cells. Resveratrol has also been shown to trigger the death of leukemia and colon cancer tumors. In one series of studies, resveratrol blocked the development of skin, breast and leukemia cancers at all three stages of the disease including initiation, promotion and progression.

One very recent study found that it can not only affect tumor cells directly but also exerts anti-tumor efficiency by helping key immune cells function more effectively (Xi Bao Yu Fen Zi Mian Yi Xue Za Zhi. 2005 Sep; 21 (5):575-9). Another study explains that resveratrol has a powerful ability to inhibit cancer cell proliferation, as well as offering other anti-cancer benefits such as increasing apoptosis and favorably altering cell cycle dynamics (J Nutr Biochem, 2005 Aug 1; [Epub ahead of print]). For more information on this health promoting compound, contact kiki@aboutnhs.com or 408-226-3223.

**High IQs and Vegetarians**

*From Carmen Lee*

British researchers have found that children's IQ predicts their likelihood of becoming vegetarians as young adults – lowering their risk for cardiovascular disease in the process. The finding could explain the link between smarts and better health, the investigators say. "Brighter people tend to have healthier dietary habits," concluded lead author Catharine Gale, a senior research fellow at the MRC Epidemiology Resource Centre of the University of Southampton and Southampton General Hospital.

Recent studies suggest that vegetarianism may be associated with lower cholesterol, reduced risk of obesity and heart disease. This might explain why children with high IQs tend to have a lower risk of heart disease in later life. The report is published in the Dec. 15 online edition of the British Medical Journal. "We know from other studies that brighter children tend to behave in a healthier fashion as adults – they're less likely to smoke, less likely to be overweight, less likely to have high blood pressure and more likely to take strenuous exercise," Gale said. "This study provides further evidence that people with a higher IQ tend to have a healthier lifestyle."

In the study, Gale's team collected data on nearly 8,200 men and women aged 30, whose IQ had been tested when they were 10 years of age.

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“Children who scored higher on IQ tests at age 10 were more likely than those who got lower scores to report that they were vegetarian at the age of 30.” Gale said.

The researchers found that 4.5 percent of participants were vegetarians. Of these, 2.5 percent were vegan and 33.6 percent said they were vegetarian but also ate fish or chicken, the researchers add. (This creates confusion since vegetarians do not eat fish or chicken. There is also no mention of the quantity of fish or chicken included in their diet. Ed)

Vegetarians were more likely to be female, of higher social class and better educated, but IQ was still a significant predictor of being vegetarian after adjustment for these factors, Gate said. “Vegetarian diets are associated with lower cardiovascular disease risk in a number of studies so these findings suggest that such a diet may help to explain why children or adolescents with a higher IQ have a lower risk of coronary heart disease as adults,” Gale said.

One expert said the findings aren’t the whole answer, however. “This study left many unanswered questions such as: Did the vegetarian children grow up in a household with a vegetarian parent? Were meatless meals regularly served in the household? Were the children eating a primarily vegetarian diet at the age of 10?” said Lona Sandon, an assistant professor of clinical nutrition at the University of Texas Southwestern Medical Center at Dallas. “In addition, we don’t know the beliefs or attitudes of the parents of the children, nor do we know if there was a particular event that led these children to becoming vegetarian in their teens or adulthood.” Sandon said.

As the study showed, more women than men chose a vegetarian diet, Sandon noted. “Other research shows that women in general will focus more on their health than men. So, if they believe that a vegetarian diet will have health benefits, they are more likely to follow it,” she said. Given these factors, “we cannot draw any solid conclusions from this research.” Sandon added.

Another expert agreed that a vegetarian diet is healthy. “The evidence linking vegetarianism to good health outcomes is very strong,” said Dr. David L. Katz, the director of the Prevention Research Center and an associate professor of public health at the Yale University School of Medicine.

“Studies, for example, of vegetarian Seventh-Day Adventists in California suggest that they have lower rates of almost all major chronic diseases, and greater longevity, than their omnivorous counterparts,” Katz said. “Evidence is also strong and consistent that greater intelligence, higher education, and loftier social status – which tend to cluster with one another – also correlate with good health.” Reported from Healthyday Reporter by Steven Reinberg, December 15, 2006.

## Vegan Diet and Calcium

By David Pressman

An article in Dr. McDougall’s Feb 2007 newsletter showed that a vegan diet provides enough calcium (Ca); thus vegans don’t have to worry about getting enough Ca and don’t have to take Ca supplements.

Dr. McD’s excellent analysis first points out that even some non-vegans justify their consumption of ice cream and cheese on the basis of a supposed need to get enough Ca and the dairy industry uses the misleading slogan “milk for strong bones” to sell more milk. However, the problem of a Ca deficiency is a non-issue. He notes that large vegan animals, such as cows, horses, elephants, and hippos, build their massive bones from plant foods alone, and humans can do likewise.

While Ca is an absolutely essential nutrient, and is the most abundant mineral in the body, he notes that a proper Ca balance is maintained by three integrated systems: the gastrointestinal (GI) tract, the bones themselves, and the kidneys. If one’s diet is low in Ca, the GI tract will absorb more CA from food, but if one takes in too much Ca, e.g. by consuming a lot of milk and cheese, the GI tract will block Ca absorption and the kidneys will secrete the excess. Without the latter control, the excess CA would be deposited in the heart, kidneys, muscles, and skin and we would become sick and could die.

Dr. McD then states that the body doesn’t need to take in that much Ca anyway and virtually any natural diet will supply enough Ca. (While a very outré infant diet or lifestyle, such as one with no mother’s milk or sunshine, could cause nutritional rickets – a weakening of the bones leading to fractures – this condition will not occur with a first-year diet of mother’s milk, plus at least some sunshine.)

The dairy industry’s statement that extra dietary Ca builds strong bones and reduces the risk of osteoporosis is not supported by any scientific evidence. In fact, as one study pointed out, “Populations that consume the most cows’ milk and other dairy products have among the highest rates of osteoporosis and hip fracture in later life.” Also, another study pointed out that the protein content of milk may have a negative effect on Ca balance due to excess protein intake. Dr. McD concludes that since “billions of people around the world grow normal adult skeletons without consuming cow’s milk or Ca supplements, this should be enough to reassure everyone of the adequacy of a plant-food-based diet.”

To see the full article go to [www.DrMcDougall.com](http://www.DrMcDougall.com), click “Newsletter archive>>” and then February under 2007.

## FOOD AND DRINK

Following are some recipes featured at the MEAT OUT Celebration presented by SFVS & UUFETA on March 17, 2007. Everyone was asking for the recipes especially the chili and cookies. Here they are.

### Vegan Chili Recipe

*From Amy Kelly, Chief Chef for MEAT OUT Event*

2 27 oz cans of kidney beans  
or  
1 27 oz can of kidney beans  
1 14.5 oz can of white beans  
1 14.5 oz can of black beans  
2 14.5 oz cans stewed tomatoes  
(or sliced tomatoes)  
1 large yellow onion  
1 box brown or white mushrooms  
Olive oil

Optional: e.g. green peppers, zucchini, garlic.  
Cut onion and mushrooms into largish strips (not chopped). Want about same volume of mushrooms and onions.  
Cut any other vegetables desired into similar largish strips, smaller volumes than above.

In a large frying pan:  
Saute in olive oil until onions clear and mushrooms (and other vegetables) barely cooked).  
Open cans of tomatoes and beans and add to pan, including liquid.  
Season lightly with oregano, pepper and chili powder. (Okay not to add any seasoning.)  
Reduce heat and simmer until well blended stirring occasionally. Can be 15 minutes, but the longer the better!  
Serve as is, or over rice or couscous.  
Garnish with cilantro or parsley.

### Chocolate Chip Cookies

*From Colleen A. Patrick-Goudreau*  
Featured Speaker, Video "Compassionate Cooks,"  
and Author The Joy of Vegan Baking

4 1/2 teaspoons Ener-G Egg Replacer (equivalent of 3 eggs)  
6 tablespoons water  
1 cup non-hydrogenated, non-dairy butter, softened  
3/4 cup granulated sugar  
3/4 cup packed brown sugar, light or dark  
2 teaspoons vanilla extract  
3 1/4 cups unbleached all-purpose flour  
1 teaspoon baking soda  
1 teaspoon salt  
1/2 cups non-dairy semisweet chocolate chips  
1 cup chopped nuts (optional)  
Preheat oven to 375 degrees F. Line a cookie sheet with

parchment paper or use a nonstick cookie/baking sheet.

In a food processor or blender, whip the egg replacer and water together, until it's thick and creamy. Blending it in a food processor or blender results in a better consistency than what you could get if you did it by hand.

In a large bowl, cream the butter, granulated sugar, brown sugar, and vanilla.

Add the egg replacer mixture to this wet mixture, and thoroughly combine.

In a separate bowl, combine the flour, baking soda, and salt. Gradually beat in flour mixture until it begins to form a dough. When it is almost thoroughly combined, stir in the chips and/or nuts.

Bake on cookie sheets for 8 to 10 minutes or until golden brown.

Let stand for 2 minutes; remove to wire racks to cool completely.

Tip: To create uniform-size cookies, spoon the dough for each cookie into a small measuring cup, then pop it out onto the cookie sheet.

Yield: 1 dozen cookies.

## SUMMER SOUPS

The following recipes are reprinted with permission from the recently published cookbook, *Vegetarian Soups for All Seasons – Bountiful Vegan Soups and Stews for Every Time of Year*, by Nava Atlas, Amberwood Press, P.O. Box 2943, Poughkeepsie, NY 12603. These refreshing cold soups make lavish use of garden vegetables, lush fruits, and fresh herbs.

### Tomato-Mango Coconut Cooler, p. 123

No-Cook Soup

Summer veggies with a Thai twist. 6 servings.

4 medium ripe tomatoes, finely diced  
1 ripe mango, finely diced  
1/2 medium cucumber, peeled, seeded, and finely diced  
1/2 medium red bell pepper, finely diced  
2 scallions, thinly sliced  
1/4 cup chopped cilantro, or more to taste  
Two 13.5-ounce cans light coconut milk  
1 teaspoon good-quality curry powder  
1/4 cup jarred Thai peanut satay sauce, whisked together with 1/4 cup hot water  
2- 3 tablespoons lime juice, to taste  
Salt to taste  
Chopped peanuts for garnish, optional  
Combine all ingredients except the last 2 in a serving container.  
Cover and refrigerate for an hour or two, until chilled.  
Per Serving: Calories: 168 Total fat: 11g Protein: 3 g  
Fiber: 2 g  
Carbohydrate: 19 g Cholesterol: 0 mg Sodium: 46 mg

## President's Corner

By Dixie Mahy

There is a serious problem of diabetes in the Chinese American community, 2-3 times higher than those of European Americans and 5-7 times greater than Chinese in China according to an article in the North Beach Aquarium, April 2007, Number 5 issue by Christine Kwan, Ph.D. The factors may be: changes in diet and exercise, the stress of acculturation, limited access to health care, or something else not yet known. According to Dr. Kwan, "Compared to what is known about illness management in other ethnic groups, knowledge about how Chinese American Patients and their families manage the illness is woefully lacking. These knowledge gaps warrant attention from all segments of the community... Without proper treatment and management, diabetes can lead to serious health problems and complications such as heart disease and stroke, kidney failure, loss of vision, and nerve damage that can lead to loss of a foot or a leg."

This Chinese/Diabetes health problem truly distresses me especially because we have such a large Chinese American population here in the San Francisco Bay Area and because the greatest 20 year study of a healthy diet "The China Study" by T. Colin Campbell concluded that those eating primarily a plant-based diet in mainland China had less heart disease, stroke, kidney failure, obesity, and other degenerative diseases than those in the U.S. Obviously, coming to this country with subsequent diet and lifestyle changes has not been good for the health of the Chinese.

I am particularly distressed because I just recently wrote an extensive article on the causes and cure for Diabetes 2 in the recent SFVS Vegetarian Newsletter Spring Issue using a low fat vegan diet based on the research of Dr. Neal Barnard and his recently published book, Dr. Neal Barnard's Program for Reversing Diabetes: The Scientifically Proven System for Reversing Diabetes without Drugs. It seems obvious that the Chinese immigrants have changed their plant-based diet for an American high meat and fat diet. Except for the Vegetarian Chinese restaurants, the menus in Chinatown and elsewhere feature meat and fried foods galore plus white rice!

Unfortunately, the official response in managing this health problem is to give grants to study the problem even though it has already been studied by Dr. Campbell and Dr. Barnard! A four-year grant has been given from the National Institute of Health to UCSF and USF to examine the roles of culture and family in diabetes management among Chinese Americans. In this comparative study, experiences of foreign-born and US-born Chinese Americans will be examined and contrasted. Community organizations including Cameron House, Chinese Community Health Resource Center, and CPMC Center for Diabetes Services, North East Medical Services will be involved.

They, in other words, will be re-inventing the wheel! It will be interesting if they come up with the same conclusions as Drs. Campbell and Barnard or whether they go for the traditional drugs and low carb diet as the solution.

Attention Chinese Vegan Members! I would like to meet with you, especially if you speak Cantonese, and work on a plan to get Dr. Barnard's book and information translated for the Chinese community. I would also like to get Dr. Campbells book and information to the researchers. Contact me: dixiemahy@gmail.com or 415-885-2251 and let's see what we can do to prevent and control diabetes 2 with a low fat vegan diet (plus exercise) for the Chinese community. Let's not wait four years for another study while many go without help. Let us try to make a difference.

## MEAT OUT – A Great Success!



Fifty five people enjoyed the terrific Meat Out Celebration at the Unitarian Universalist Center in San Francisco on March 17th sponsored by The San Francisco Vegetarian Society and UUFETA. Colleen Patrick-Goudreau's Compassionate Cooks video and her lively talk "Debunking the Top Ten Myths about Vegetarianism" helped everyone feel good about being or becoming a vegetarian/vegan. A Vegan Lunch allowed everyone the opportunity to have a good MEAT OUT experience. Amy Kelly's chili and Colleen's chocolate chip cookies were a great hit (see the recipes printed elsewhere in this newsletter). Other donations included: Celebration Roasts from Field Roast Co.; Salad & Hors d'oeuvres from Rainbow Co-op; Burger Buns and Condiments from Safeway; Veggie Burgers from Wild Wood; Soy Ice Cream from Turtle Mountain; Salad Dressing & Spices from Georgiana Scott; Hors d'oeuvres, Rice Milk, & Stevia from Dixie Mahy; Brownies from Nancy Loewen; Quinoi Cereal Samples from AltiPlano Gold; and Free Tote Bags with a vegan message from The Vegetarian Era. A welcoming greeting from the Rev. Greg Stewart who included his personal testimony for changing



to a vegan diet upon the recommendation of his doctor and his realization of the diet change also benefiting the animals and the planet. The video, *Healthy, Wealthy, and Wise*, concluded the exhilarating day. Many thanks to the hard work of the organizers: Dixie Mahy and Nancy Loewen from SFVS and Georgiana Scott and Dolores Priam from UUFETA and the many volunteers from both organizations.

### Golden Carrots to our Wonderful Volunteers

*From Dixie Mahy*

We didn't have room in our last newsletter to acknowledge all of our wonderful volunteers that helped make SFVS and its activities a great success in the year 2006. First of all, a special thanks to our non-paid Volunteer Officers: President Dixie Mahy, Vice President Nancy Loewen, Secretary Janet Tom, and Treasurer Joseph Cadiz; Board Members: Joseph Connelly, Sharon Leong, Tony Martin, Joyce Thornton, Gabe Quash, Kristen Miles, Neil Yoskowitz, Jeanne Besanceney, Patricia Godinez, and Vasu Murti; Newsletter Editors Kristen Miles and Linda Fleming; Web Master Tony Martin and Web Calendar Coordinator Neil Yoskowitz; List Serve and Membership Coordinator Tracy Ewing; SFVS Yahoo Coordinator Neil Yoskowitz; Discount Coordinator Carmen Lee; Events Coordinator Dixie Mahy; and Mail Coordinator Janet Tom.

Many thanks to our wonderful volunteers who helped out at various events, meetings, or newsletter mailings in 2006: Elizabeth Bechtold, Jeanne Besanceney, Sidney Dent, Claudia Delman, Angie & Howard Dykoff, Joseph Cadiz, Tom Flynn, Fred Gary, Patricia Godinez, Kim Grant, Ron Halfhill, Sam Halsey Sonia Hernandez, Bob Huffmaster, Bonnie Knight, Kate, Lamont, Carmen Lee, Sharon Leong, Fred Lopez, Dixie & Stan Mahy, Nadine May, Lucy Mesa, Lucy Morales, Kristen Miles, Nadine, Mary Pecci, Dolores Priem, Mary Anne Reno, Marie Sims Rice, Janice Rothstein, Joel Rutledge, Georgiana Scott, Seema, Carlisle Shoemaker, Joyce Thornton, Janet Tom, Julia Trepanier, Debora Wong, and Neil Yoskowitz.

Although we enjoy meeting with each other, SFVS is not just a social club. Our Out Reach into the community to educate and reach non-vegetarians is of primary importance and volunteers are essential to make this a success. Many thanks to Coordinator Nancy Loewen and Assistant Coordinator Christine Vitale for organizing or overseeing our numerous events and to our volunteers for staffing these events: Marilyn & Ron Bean, Judith Brooks, Julie & Zev Brooks, Doug Brown, JC, Pete Cohon, Danny, Jennifer Dant, Sidney Dent, Liz Farrington, Dave Goggin, Ollie Graves, Elena Gutteridge, Sam Halsey, Jill, Keith Jones, Anna Kegulski, Tod Klarin, Bonnie Knight, Dixie & Stan Mahy, Robert Martin, Kristen & Kurt Miles, Senia Miocevic, Ariel Thomas Nessel, Ron Nickers, Anthony Paule, Mary Pecci, Roberta Pressman, Tim Radak, Terry Roller, D B Rowden, Gabe Quash, Mary Saso, Ron Scheinberg, Carlisle Shoemaker, Janelle Snyder, Manny Sunshine, Shell, Harvey Tai & Polly, Marq Taylor, Joyce Teat, Janet Tom, Jeff Walsh, Norma Jean Wallace, Pam & Roy Webb, Ann Wheat, Carol White, Cara Wick, Ken Wong, Neil Yoskowitz, and Maria Ziameh. Our Organizing Committee of 11 for the World Vegetarian Weekend 2006 and the over 80 volunteers the weekend of September 30th and October 1st were recognized in our Vegetarian Newsletter, Holiday Issue 2006. You can all be proud of yourselves and each other for making a difference in the world.

### Nourish the Children & Sophia's Dream

*By Kiki Powers, M.S.*

I would like to thank Carmen Lee for her article addressing malnutrition in Africa in the last newsletter and for her dedicated personal efforts. She is an inspiration. This issue, especially relative to children, has long been a concern for me; however, through my affiliation with the Nourish the Children Initiative,™ I have been able to make a measurable difference, having supplied 1,530 vegan meals this past year through my ongoing monthly donations.

The beauty of Nourish the Children is that this wonderfully successful humanitarian program combines the skills and resources of a for-profit company with the reach and heart of the non-profit charity Feed the Children to feed tens of thousands of malnourished children every month. In the last 5 years, this alliance has provided over 80 million nutrient-dense meals to children in some of the most desperate situations in the world. VitaMeal is totally kosher and vegetarian and is a complete protein with rice and lentils.

We have recently partnered with Sophia Cucciara, a 6-year-old girl from Saratoga CA, whose concern drove her to set a goal of feeding 1000 children in Malawi. To feed 1000 starving children, she must raise \$20,000 in ongoing monthly donations by August 2007. Contact Kiki at [kiki@aboutnhs.com](mailto:kiki@aboutnhs.com) or 408-226-3223 to enroll in Sophia's Dream today.

Whether you act as an individual or an organization, there is a giving plan for you. Although one-time donations are appreciated and all donations are tax deductible, a modest \$39 per month commitment will provide 60 meals per month, 720 meals per year, 7,200 meals in ten years. Proof of delivery is provided by Nourish the Children, [www.nourishthechildren.com](http://www.nourishthechildren.com), while a 100% tax-deductible receipt is provided by Feed the Children. Please help eradicate childhood starvation.

### Astronomy Trip & Medallion

By Dave Goggin

August will be a big month for SFVS. That's because we are planning to do a unique and wonderful mini-road-trip. On the night of August 27th and 28th, a beautiful total eclipse of the moon will grace the heavens, and California has the best view out of the whole continental USA. In an eclipse of the moon, the moon glides through the large shadow cast by the earth.

In the afternoon of August 27th, a bunch of SFVS people and other assorted friends and hangers-on will carpool southward in a quest to escape both the vile light pollution of the Bay Area and the onslaught of astronomer-unfriendly low clouds and fog. We'll stop in San Jose for dinner at one of that fair city's fine vegan eateries, picking up some to-go goodies for breakfast the next morning. Back on the road again, we'll continue south to Hollister, where we'll check into a motel and nap for the evening.

By 10:45 p.m. we'll wake up, rested and happy. Driving southeast, we'll head out into the night, radiant with clear moonlight. Once we reach a good spot (anyone have friends in rural San Benito County?) we'll get out our folding chairs, set up any telescopes that we might bring along and get ready for the show. Bring along your musical instruments, short stories to read or tell and other entertainment as we enjoy what appears to be a normal full

moon night in the country.

By 1:30 a.m. the full moon starts to slip into the Earth's shadow, turning progressively from its usual pale white to dark red, orange, or brown. Meanwhile, because we'll be watching from a place far from city lights, as the moon fades, all the stars in the sky will gradually come into view like diamonds spotlighted on thick black velvet – amazing sight! Even parts of the enormous milky way galaxies will glow with marvelous detail. While folk back in S.F. eye the eclipsed moon with a few token stars visible through the haze and sickly glare of streetlights, we will be able to nearly reach out and touch the cosmos, surrounded by the sounds of wild nature.

In the darkness of the eclipse, we'll be able to observe nebulas, galaxies, star clusters, satellites, and of course the planets Jupiter, Mars, and Uranus (maybe even with unaided eye?), and perhaps Venus. Finally, as the moon eases out of the Earth's shadow and the eastern sky lightens to herald the new day, we'll pack up and head north to Hollister, where we'll munch breakfast and slip back into our motel rooms for a nap, finally checking out and returning north to San Francisco around midday August 28. Further details, including logistics and fees, will be forthcoming. Watch your e-mail for announcements.

To celebrate this adventurous socio-cosmographical expedition, Dave Goggin, SFVS Dining Out Coordinator, is exploring the possibility of creating a limited edition medallic sculpture. The medals would be made available first to SFVS people and all proceeds net of production costs will be donated to SFVS. The medal is intended to promote and celebrate friendship, science, progress, and freedom. So far, its design has been imagined as follows: - Obverse (heads side): 4 friends observing the moon and stars, accompanied by a small dog. The full eclipsed moon and bright stars glitter high above in the dome of the sky. Inscription 'SFVS Lunar Eclipse Trip August 2007' ornamented with lettuce leaves. (appropriate not only from

### SFVS MEMBERSHIP FORM

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*Special donation:* \_\_\_\_\_ Here's a special tax-deductible contribution to help with SFVS expenses.

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Make check payable to San Francisco Vegetarian Society and mail to: SFVS, P.O. Box 2510, San Francisco, CA 94126.  
 Addresses are not provided to any other organizations.  
 Financial statement available upon request.

a vegetarian standpoint but also because San Benito County is a major lettuce growing region! -Reverse (tails side): The phases of Venus illuminated by radiant light. Inscription (possibly in Latin) "Venus – queen of the planets – morning star autumn 2007." Guests at the SFVS May and June Dining Out events will have a chance to participate in concept photo shoots for the medal. If the project is found to be feasible, the final design will be unveiled at an upcoming Dining Out, with the medals to be produced and made available sometime thereafter.

### **Community Thrift Store**

Clean out your closets and garage and donate your good items and clean clothes to benefit SFVS #95, 623 Valencia, San Francisco, 415-861-4910.

### **Leafleting at Kentucky Fried Chicken**

Once a month at 4150 Geary Boulevard, San Francisco at noon followed by lunch & letter writing at Golden Era #2, 832 Clement Street. Call 415-665-1583 or [veggiejews@cyberonic.com](mailto:veggiejews@cyberonic.com) for summer dates.

### **Vegetarian Summerfest July 25-29, 2007**

Sponsored by North American Vegetarian Society in Jamestown, PA518-568-7970 or [www.vegetariansummerfest.org](http://www.vegetariansummerfest.org).

### **World Vegetarian Days September 29 & 30, 2007**

#### **Golden Gate Park, San Francisco**

Featuring Outstanding Speakers, International Vegan Food to Sample or Buy, Healthy Cooking Demos, Eco Fashion Show & Ecoville, Children's Corner, Live World Entertainment. Check us out [www.sfvs.org](http://www.sfvs.org) or call 415-273-5481.

## **CLASSIFIEDS**

### **Seeking Wellness Program Representatives**

Kiki Powers, M.S., President & CEO of Natural Health Solutions is a Health writer, speaker, and consultant with the Pharmanex BioScan Program. The Pharmanex BioPhotonic Scanner is a leading-edge technology that can quickly and non-invasively determine the level of antioxidants in the body, providing an important new health biomarker.

We are inviting partners to join us in promoting this leading-edge technology and scientifically-validated wellness solutions, full/part time. This global project is exciting, and the financial rewards are outstanding. Visit [www.BioscanGlobal.com](http://www.BioscanGlobal.com) to learn more. To participate, contact Kiki Powers: 408-226-3223 or [kiki@aboutnhs.com](mailto:kiki@aboutnhs.com).

Please disregard the "Request to Join" or "Renew" if you already have. Checks are sometimes posted after the mailing labels have been made. Duplicates may also be the result of different lists your name appears on. We appreciate your patience in deleting any duplicates. Contact: [tracyinfo@aol.com](mailto:tracyinfo@aol.com) for direct corrections or call our hot line: 415-273-5481.

**Our next issue will be out in September.**

**Vegetarian News is printed on recycled paper.**

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## **Join us for Memorial Day & 4th of July Potlucks!**

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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!**