



Vegetarian News

“For Health and Humanity”

Holiday Issue 2008

PRESIDENT’S CORNER

HAPPY HOLIDAYS

From Dixie Mahy

This holiday season seems grim with the economic downturn, high gas prices, and natural disasters throughout our state and nation. Nevertheless, we can be thankful for the blessings we do have as we celebrate Thanksgiving in November and enjoy the best we can the various ethnic events in December including Hanukkah, Winter Solstice, Christmas, and Kwanza. Although many of these events involve eating meat and animal products, we are fortunate to be living in the San Francisco Bay Area where we have several stores like Real Foods, Whole Foods, and Rainbow where vegetarian/vegan options are available, like Tofurkey from Turtle Mountain and Celebration Roast from Field Roast Grain Meat Co. Check our Newsletter for Holiday Recipes and check our Holiday Calendar, Veggie Hot Line 415-273-5481 or Web Site www.sfvs.org for dates and times of SFVS sponsored events.

Vegan Diet Helps Reduce Premature Aging and Disease Risk

From David Pressman

In a study released by The Lancet Oncology, Dean Ornish, M.D., and colleagues found that comprehensive lifestyle changes, including a low-fat vegan diet, increase the body’s ability to fight premature aging, cancer, heart disease, and other chronic diseases. Twenty-four men participating in a prostate cancer study switched to a plant-based diet and added daily exercise and relaxation techniques. Among other beneficial effects that were previously reported, the intervention led to increased levels of telomerase, an enzyme that protects and repairs DNA. Blood levels of telomerase increased by an average of 29 percent during the study.

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Ornish D, LinJ, Daubenmier J, et al. Increased telomerase activity and comprehensive lifestyle changes: a pilot study. *Lancet Oncol* [advance online publication]. September 16, 2008; 2008; DOI 10.1016/S1470-2045(08)70234-1
Reported on Breaking Medical News, PCRM www.pcrm.org.

Vegan Diet Improves Diet Quality – Prevention Cardiovascular Disease Risk & Symptoms of Type 2 Diabetes

From David Pressman

A low-fat vegan diet is associated with better diet quality, weight management, and blood glucose control compared to the American Diabetes Association (ADA) dietary recommendations for diabetes, according to a study by PCRM researchers published in the October 2008 *Journal of the American Dietetic Association*. Ninety-nine adults with type 2 diabetes were randomly assigned to follow either a low-fat vegan diet or the ADA dietary guidelines for 22 weeks. The vegan diet significantly improved the Alternate Healthy Eating Index score, which reflects better diet quality and has been associated with lower risk for cardiovascular disease. The vegan group consumed more

SUMMARY OF EVENTS

- Nov 8** TG Holiday Potluck at IOA, SF
- Nov 12, 19** Vegan Dinners at Red Vic, SF
- Nov 14-16** Green Festival at Concourse, SF
- Nov 16** Holiday Cooking Class, SF
- Nov 22** Dining Out at Loving Hut, SF
- Nov 27** TG Dining Out, Millennium, SF
- Nov 27** TG Potluck, UU Church, Berkeley
- Nov 29** Birthday Potluck, Alameda
- Nov 30** Animal People Holiday, Potluck, SF
- Dec 3, 10, 17** Vegan Dinners at Red Vic, SF
- Dec 13** Holiday Potluck at IOA, SF
- Dec 14** Easy Party Cooking Classes, SF
- Jan 11** Annual Meeting at IOA, SF

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.sfvs.org and you can always call (415) 273-5481 for information.

San Francisco Vegetarian Society

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 December 1st, 2008. 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.

carbohydrate, fiber, and several micronutrients. The vegan group also lost more weight and displayed better glucose control compared to the ADA group. Long-term adherence to a low-fat vegan diet may reduce the risk of major chronic diseases, particularly cardiovascular disease, in people with type 2 diabetes.

Turner-McGrievy GM, Barnard ND, Cohen J, Jenkins DJA, Gloede L, Green AA. Changes in nutrient intake and dietary quality among participants with type 2 diabetes following a low-fat vegan diet or a conventional diabetes diet for 22 weeks. *J Am Diet Assoc.* 2008; 108:1636-1645.

Reported on Breaking Medical News, PCRM www.pcrm.org.

The Cost of Steak

Factory farms produce cheap meat, until you consider the rivers of sewage, the contaminants, and the superbugs.

By Paul Roberts

If you are searching for signs that today's high food prices won't last, the latest report on the meat industry isn't promising. In May, a distinguished panel of scientists and meat industry officials concluded that the current "factory farm" method for mass-producing meat poses so many threats to public health — from contaminated water supplies to deadly epidemics of E. coli — that the whole system needs to go. The good news: Even meat companies agree that change is unavoidable. The bad news: Replacing factory farms with something "sustainable" likely means an end to 50 years of falling meat prices.

The report, from a Pew Charitable Trusts commission, takes a hard look at "confined animal feeding operations," or CAFOs, which produce most of the U.S. meat supply. These massive facilities house tens of thousands of cattle, hogs and chickens and generate not just huge amounts of meat but rivers of sewage, clouds of contaminated dust and nearly a fifth of all greenhouse gases.

The crowded, often unsanitary conditions promote disease, which has led to the overuse of antibiotics and to a class of superbugs that are resistant to those same antibiotics. Even the modern corn-based live-stock diet causes problems. It makes meat fatter and may have helped some strains of the E. coli bacteria evolve from benign microbe to one of the deadliest pathogens in the food supply. And, of course, to grow all the grain we now feed our livestock, we've converted much of the Midwest into a huge corn and soybean plantation.

The only solution, the report concludes, is to replace the giant factory farms with models such as "free-range" operations that give animals more space and use different methods of feeding, sewage disposal and medical treatment. And that's where things get tricky, because most of the practices the industry is being asked to abandon have been pivotal in making meat cheap. (The real solution is to eliminate meat and replace it with a more sustainable plant based diet. DM)

For example, grazing cattle on pasture grass would probably mean less disease and leaner meat, not to mention happier cows. But because the mega-farms confine livestock specifically to restrict animals from moving (and thus burning calories unnecessarily), and because corn is more calorie-dense than grass, CAFO-raised animals fatten faster and thus more cheaply.

Likewise, reducing antibiotics in meat production, though it may improve our health, will deprive the industry of the meat equivalent of Miracle Gro. (Which is more important, our health or meat industry health? DM)

Because small, steady doses of antibiotics kill the low-grade infections that normally plague livestock, dosed animals spend fewer calories fighting infection and thus have more calories available for building muscle and bone. When fed antibiotics, livestock can grow 25% faster on the same intake of feed — a critical point, given that feed is a meat company's biggest cost.

Of course, we've long known that our meat miracle wasn't quite a free lunch. Yet we were willing to overlook the negatives because CAFOs made meat so abundant and cheap. Since 1960, for example, U.S. poultry output has jumped sevenfold while the price per pound, adjusted for inflation, has fallen by two-thirds. Prices for beef and pork also have fallen precipitously. And as we exported CAFOs to other countries, the entire world began to benefit from falling meat prices and rising dietary standards.

But as the downsides of factory farming have grown too large to ignore, we've had to admit that our meat is cheap only because we don't count all the costs: Taxpayers spend \$4.1 billion cleaning up livestock sewage leaks and \$2.5 billion treating salmonella. All told, according to the Union of Concerned Scientists, CAFOs may be costing taxpayers \$38 billion a year — costs that aren't reflected in the retail price of meat. (Not to mention the high cost of medical care for the human population due to diseases related to a high meat centered diet. DM)

If cheap meat is an illusion, will meat produced under better conditions necessarily be more expensive? Probably, even figuring in the savings in environmental and public health costs. Today, ground beef from grass-fed cattle — which would meet the goals in the Pew report — sells for about a \$1 a pound more than hamburger from a CAFO cow, while grass-fed beefsteaks are \$7 more. Poultry and pork raised “sustainably” are also more expensive than their factory-farmed counterparts.

Some of that price difference will narrow in the future as meat producers refine a post-CAFO production model; even now, a small hog farm, if efficiently managed, can boast lower per-pig costs than the average mega-farm 10 times its size. The Pew commission argues that if taxpayers are willing to support small and medium producers with incentives such as accelerated tax depreciation and tax credits, the cost to consumers might be further reduced. (Why not just phase out the meat production and convert to a cheaper plant based diet? DM)

But don't expect to end CAFOs and keep super-cheap meat. Sustainably fed animals take longer to reach slaughter weight, thus reducing a farmer's annual output. Like-

wise, shifting from confined operations to a “free-range” model will require more land, at a time when farm acres are already in short supply. All of which means we won't be able to produce nearly as much meat as we used to, and a smaller meat supply means higher prices. Paying more isn't what consumers want to hear just now. But when it comes to food, we're beginning to learn that cheaper may not always be better.

Paul Roberts' newest book, *The End of Food*, was published in June.

<http://www.latimes.com/news/opinion/la-oe-roberts23-2008aug23,0,1032529.story>

HOLIDAY RECIPES

Following are recipes from the vegetarian cookbook *Totally Vegetarian* by Toni Fiore, host of the Public Television Show “DELICIOUS TV'S TOTALLY VEGETARIAN” Those interested in getting her book published by Da Capo Life Long, a Member of the Perseus Books Group, contact Lindsey Triebel for purchase information: 617-252-5284 or lindsey.triebel@perseusbooks.com. Following are recipes that would be good for the holidays (some of her recipes call for milk or soy milk and butter or soy butter. (We recommend soy instead of dairy. DM)

Red Pepper-Tofu Dip p. 67

Makes about 2 cups

One 14-ounce package firm tofu, drained and dried on paper towels

1/3 cup extra virgin olive oil

1/4 cup lemon juice

1 tablespoon cider vinegar

1 teaspoon fine sea salt

One 8-ounce jar roasted red peppers packed in water, or 2 medium red peppers, roasted (see below), skinned and seeded

Chopped parsley

Combine the tofu, olive oil, lemon juice, vinegar, and salt in a food processor. Process until smooth and creamy. Transfer to a serving bowl. Process the peppers in the food processor until fairly smooth but still retaining some chunky texture. Stir the peppers into the tofu mixture. Garnish with the parsley before serving.

Roasting Peppers

Virtually any pepper can be roasted but red, orange, and yellow peppers are the sweetest and most digestible. Green peppers are picked before they are fully ripe and tend to be tough and somewhat bitter. Peppers can be roasted over an open flame, a grill, under the broiler, or in the oven. To begin (under the broiler), move your top oven rack to its highest position, then preheat the broiler. Place 4 to 6 peppers on a foil-lined baking sheet. When the broiler is hot, slide in the sheet. Broil the peppers on one side until they are nicely browned and beginning to blacken. Turning the peppers, continue broiling each side until each entire

pepper is darkened and starts to collapse. This should take 15 to 20 minutes. When the peppers are evenly charred, remove the sheet from the oven and immediately pull up the sides of the foil over the peppers and crimp closed, creating a sealed package. Let the peppers rest for an hour or until they are cool enough to handle. The peppers will be soft and slippery. Slide off the loosened skins and pull away the stems, ribs, and seeds.

Some chefs like to clean roasted peppers under running water, but in Italy it is believed by many, me included, that some of the sweet roasted flavor also goes down the drain. Slice the peppers into strips or dice, toss with a little olive oil, and store in a covered jar or container for up to 10 days. One average-size pepper, roasted, peeled, and seeded, will yield about 2/3 cup.

Polenta con Fungi Porcini p. 230

Serves 4 to 6

Polenta

- 1 tablespoon fine sea salt
- 2 1/2 cups quick-cooking Italian polenta
- 4 tablespoons (1/2 stick) unsalted (soy) butter or 1/4 cup extra virgin olive oil
- 1/2 cup grated Fontina (or vegan cheese) optional

Mushroom Topping

- 2 cups (about 4 ounces) dried porcini mushrooms
- 2 tablespoons extra virgin olive oil
- 3 garlic cloves, chopped
- 1 large onion, thinly sliced
- 3 cups mixed sliced cremini, button, and shitake mushrooms (stems removed)
- 2 plum tomatoes, peeled; or 1 cup canned tomatoes, chopped
- 1/2 cup chopped mixed parsley, basil, thyme, and tarragon
- 1/4 cup dry white wine
- Salt and freshly ground black pepper to taste

1. To Make the Polenta: In a heavy saucepan, bring 6 cups water and the salt to a rolling boil. Slowly sprinkle the polenta into the water, whisking constantly. Reduce the heat and continue to whisk and cook until the polenta thickens and pulls away from the sides of pan, about 5 minutes or less. Remove from the heat and add the butter (or olive oil) and Fontina, if using.
2. Spray a 9 X 13-inch roasting pan with water and then pour in the hot polenta. Using a wooden spoon, work quickly to spread the polenta evenly to every corner. If the polenta mixture sticks to the spoon, spritz the polenta with a little bit of water. Let the polenta stand until set, 45 to 60 minutes. Wrap the pan tightly with plastic and refrigerate until you're ready to use.
3. To Make the Topping: Rinse the dried mushrooms under running water to clean them of any debris. Cover with about 1 1/2 cups hot water and soak for 20 minutes.
4. Heat the olive oil in a wide sauté pan over medium heat.

Add the garlic and onion and sauté until just beginning to soften. Turn up the heat a little and add the fresh mushroom mixture. Sauté until the mushrooms begin to soften, 5 to 7 minutes.

5. With your hands, pull the reconstituted dried mushrooms from their broth and squeeze to remove any excess water and reserve the liquid. Add the porcini whole to the sauté pan. Stir to combine with everything else. Strain the mushroom broth through a paper towel-lined sieve. Add about 1 cup of the reserved soaking liquid to the mushroom mixture and bring to a simmer. Cook the sauce until thickened, about 10 minutes. Add the tomatoes and half the herbs. Simmer 10 to 15 minutes, until the sauce is thick and rich. Add the wine and remaining herbs. If the mixture seems too dry, add a bit more of the reserved soaking liquid, up to 1/4 cup. Season with salt and freshly ground black pepper.

6. To Assemble the Dish: Preheat the oven to 475 degrees F. Grease a baking sheet with olive oil. Slice the cooled polenta into 1/2-inch-wide planks and place on the baking sheet. Drizzle with additional olive oil and bake for about 10 minutes, until the tops of the polenta pieces are brown and bubbly. Slide a spatula under each of the polenta pieces and place on serving dishes. Spoon mushroom topping over each and serve hot.

Rosemary-Roasted Winter Vegetables P. 212

- 1 good-size head cauliflower, pulled apart or cut into small florets
- 1 medium butternut squash, peeled and cut into 2-inch pieces
- 6 to 10 garlic cloves, unpeeled
- 1 shallot, coarsely chopped
- 1/4 cup extra virgin olive oil
- Kosher salt and freshly ground black pepper, to taste
- 3 to 4 whole sprigs rosemary
- 1/4 cup pine nuts, toasted (See below)
- 1/4 cup freshly grated Parmesan (or Vegan Parmesan) optional

1. Preheat the oven to 425 degrees F. Combine the cauliflower, squash, garlic, and shallot in a roomy work bowl. Drizzle the olive oil over the vegetables, season with 1 teaspoon salt and a few grinds of pepper, and toss to coat. Pile the vegetables into a roasting pan or terra cotta baking dish. The vegetables shouldn't be in a single layer—they'll stay moist and steam each other when piled into the dish. Arrange the rosemary sprigs all around. Sprinkle with the pine nuts.
2. Roast the vegetables for 20 minutes. If they become a bit dry, drizzle with additional oil and add a few tablespoons of water—not a lot, just enough to bump up the moisture. After 20 minutes or so, the vegetables will be browning on top, so turn them with a spoon and continue roasting another 15 minutes, or until the squash is fork tender and caramelized on the bottom of the dish. Remove the baking dish from the oven. Adjust the seasonings and sprinkle with Parmesan if using. Cover the baking dish lightly with foil to

allow vegetables to sweat and rest. After 5 minutes, the rosemary should be soft and fragrant. Any leaves remaining on the twigs can easily be pulled off and mixed with the juices.

Roasting Vegetables p. 212

The difference between baking and roasting is the temperature. Roasting is accomplished at a higher heat, usually 400 degrees F or more, in an open casserole or pan that cooks vegetables from the outside in. Almost any vegetable can be roasted. By searing and caramelizing, their succulent rendered juices become more concentrated, creating tremendous depth of flavor. Flavor, nutrients, and fiber lie in the skin so, with the exception of winter squash, I usually scrub my vegetables well and roast them with skins intact. Don't hesitate to add garlic or your favorite fresh herbs to a roasted vegetable mélange.

Toasting Nuts p. 86

Toasting or roasting releases the rich depth of flavor in nuts that's sometimes lost during storage. To toast nuts, heat a small dry skillet over medium heat. Add the nuts and begin tossing by shaking the pan. Nuts have a high oil content and can burn easily, so it's essential to keep the pan moving. As soon as the nuts become a nice golden color, remove them from the pan. I toast only what I need. Nuts may also be roasted in the oven on a foil-lined baking sheet at 350 degree F, until aromatic and golden in color. Again, keep an eye on them since they roast and burn quickly.

Lemony Garlic-Smashed Potatoes p. 221

Serves 4

3 pounds Red Bliss potatoes, peeled if you like
 1 small head garlic, cloves separated and peeled
 Kosher salt and freshly ground black pepper, to taste
 1/2 cup extra virgin olive oil
 Juice of 3 to 4 lemons
 1 tablespoon chopped parsley

1. If the potatoes are small, leave them whole, if they're large, cut them into golf ball-size pieces. Boil the potatoes in salted water for 10 to 15 minutes, until tender but not mushy; drain well.
2. Crush the garlic in a mortar along with a sprinkle of salt. Put the crushed garlic in the bottom of a large bowl. Drop the cooked potatoes into the bowl and, with a fork, smash into a rustic texture, turning the smashed potatoes to blend well with the garlic. When you achieve the consistency you're looking for, alternately add the olive oil and lemon juice, mixing well and tasting after each addition. Both lemon and garlic impart a great deal of flavor, so hold back or use it all, according to your taste. Keep in mind that the garlic flavor will intensify as it rests. Top with the parsley and serve warm.

The following recipes are from *The Joy of Vegan Baking* by Colleen Patrick-Goudreau, author and founder of Compassionate Cooks. In addition to the book and CD, she gives cooking classes in Oakland, writes a column for Veg

News, and participates as a speaker and exhibitor at World Veg Festival. Check her web site: www.compassionatecooks.com or 510-531-COOK.

Pumpkin Cheesecake p. 92

Yield: 8 to 10 servings

Ingredients

2/3 cup (150g) firmly packed light brown sugar
 1/2 teaspoon ground ginger
 1/8 teaspoon ground cloves
 1/4 teaspoon ground nutmeg
 1/4 teaspoon salt
 4 1/2 teaspoons Ener-G Egg Replacer (equivalent of 3 eggs)
 6 tablespoons (90 ml) water
 16 ounces (460 g) nondairy cream cheese, at room temperature
 1 teaspoon vanilla extract
 1 cup pumpkin puree (canned or homemade)
 1 Graham Cracker Crust (page 212)

Preheat the oven to 350 degrees F (180 degree C or gas mark 4).

In a bowl, stir together the brown sugar, cinnamon, ginger, cloves, nutmeg, and salt. In the small bowl of your food processor, whip the egg replacer powder and water for 1 minute. Set aside.

In the large bowl of your food processor, beat the cream cheese until smooth, about 2 minutes. (You can do this with a hand-held electric mixer as well.) Gradually add the sugar mixture and beat until creamy and smooth, 1 to 2 minutes. Add the egg replacer mixture, beating for another minute. Scrape down the sides of the bowl, as needed, and add the vanilla and pumpkin puree.

Pour the filling into the prepared crust. Bake the cheesecake for 30 minutes, then reduce the oven temperature to 325 degrees F (170 degrees C, or gas mark 3) and bake the cheesecake for another 10 to 20 minutes, or until the edges of the cheesecake are puffed but the center is still wet and jiggles when you gently shake the pan. Pour into pre-baked Graham Cracker Crust.

Graham Cracker Crust p. 212

Yield: One 9-inch (23-cm) pie crust

Ingredients

1 1/2 cups (150g) fine graham cracker crumbs
 5 tablespoons (70 g) non-hydrogenated, nondairy butter, melted, warm or cool
 1/4 cup (50 g) granulated sugar
 1/4 teaspoon cinnamon (optional)

Preheat the oven to 350 degrees F (180 degrees C, or gas mark 4). Lightly oil a 9-inch (23-cm) pie pan or springform pan.

Mix together the graham cracker crumbs, melted non-dairy

melted butter, sugar, and cinnamon (if using) with a fork or pulse in a food processor until all the ingredients are moistened. Spread the mixture evenly in the pan. Using your finger-tips, firmly press the mixture over the bottom of the pan. Bake until the crust is lightly browned and firm to the touch, 10 to 15 minutes.

Cheesecake Secrets p. 90

* A springform pan (with removable side and bottom) is the most commonly used pan for making cheesecakes.

* Don't overbeat the batter. Over-beating incorporates additional air and tends to cause cracking on the surface of the cheesecake.

* Don't overbake. Cheesecake baking times are not always exact, due to variations in ovens. It is done when the sides of the cake pull away from the pan and the middle is still a little wobbly.

* Upon removal from the oven, loosen the cake from the edge of the pan by running the tip of a knife or narrow spatula between the top edge of the cake and the side of the pan. This allows the cake to pull away freely from the pan as it cools.

* Cool the cheesecake on a wire rack away from drafts.

* Baked cheesecake freezes well for up to a month. Cool completely, remove from the baking pan, and wrap securely in heavy-duty foil or plastic wrap. Do not freeze cheesecake with toppings. Thaw overnight in the refrigerator.

WORLD VEG FESTIVAL 2008

**Sponsored by The San Francisco Vegetarian Society
And In Defense of Animals**

By Dixie Mahy

In spite of a rainy Saturday morning, the Blue Grass Festival in the Golden Gate Park, a Love Festival at Civic Center, a Street Fair in the Castro, and an Artspan Reception south of Market, we had around 5,000 attendees over the 2-day 9th Annual weekend celebration October 4 & 5, 2008.



Joyce Thornton, Board Member, and Michael Sribner, Volunteer, at Registration Table

The purpose of the event is to celebrate and educate. We certainly succeeded in doing both. Where else in the San Francisco Bay Area would you be able to enjoy meeting and greeting so many vegetarians, vegans, raw fooders, and just plain folks enjoying delicious vegan food and having a good time? In a 2-day extravaganza, we managed to present 33 speakers & demo presenters, 14 entertainers, 9 sponsors, 7 food booths, 31 exhibitors, 27 non-profit organizations, speakers' tables, and a children's corner. Our catered dinners on Saturday evening topped off the celebration with a "Happy Birthday" sing-along to SF Vegetarian Society on its 40th anniversary.

Organizing Committee

This event could not have happened without the Organizing Committee preparing, publicizing, and presenting the event. Many volunteer hours were given by our dedicated committee: Dixie Mahy, SFVS President & WVF Coordinator; JC, SFVS Treasurer & WVF Exhibitor & Printed Program Coordinator, Nancy Loewen, SFVS Vice President & Volunteer Coordinator, and committee members: Audra Dixon, Sharon Leong, Helen Leroy-Adler, Robert Martin, Kristen Miles, Joyce Thornton, Janet Tom, Sharon Troy, and Neil Yoskowitz.

Sponsors

Much appreciation to our major sponsors who provided financial and/or promotional support: Varnashram, Inc.; Vegetarian Foundation; Dr. Elliot Katz, Director of In Defense of Animals; Veg News Magazine; Pulmuone Wildwood, Inc.; Living Light Culinary Academy; New Living Expo; Rainbow Cooperative Grocery; and Common Ground.

Live Broadcasting and Videos

For the first time, this year we presented an exciting Live Broadcast from the event on Saturday, October 4th from 11 a.m. to 12 noon on GREEN AM 960 featuring our emcee extraordinaire Bob Linden of Go Vegan Radio with interview spots throughout the day. These are now available on www.GoVeganRadio.com under LIVE BROADCAST of GO VEGAN WITH BOB LINDEN from Golden Gate Park NOW ARCHIVED: OCT 4 SHOW.

His regular programs in San Francisco Bay Area are GREEN AM 960 Saturdays at 5 p.m. VIDEOS & PHOTOS of World Veg Festival may be viewed on our web site: www.sfvs.org and click on World Veg Day to the left of the screen (or tomato), where a new window appears and click on "Festivities" or surf internet to:

http://www.sfvs.org/wvd/festival08/Site_2/SFVS_WorldVegFest.html

Outanding Speakers

Our wonderful speakers presented a dilemma - which speaker or which topic to attend.

Our roster included: John Robbins, Author Diet for a New America; Dr. Alan Goldhamer (DC); Howard Lyman, Mad Cowboy; Dr. Steve Blake (ScD); Dr. Milton Mills (MD); Dr. Will Tuttle (PhD); Dr. Elliot Katz (DVM) & President IDA; Dr. Leslie van Romer (DC); Erica Meier, Director Compassion Over Killing; Vaidya Priyanka, Ayurvedic Healer; Colleen Patrick-Goudreau, Compassionate Cooks;

Mike Anderson, Author "Rave Diet" DVD; Marti Kheel, Author Nature Ethics: An Ecofeminist Perspective; Dr. Dan Brook (PhD); Art Konrad, Gum Disease Researcher; Azaalea Blalock, Healthy thru Nature Ecoville; Robert Cheeke, Vegan Body Builder; Erin Williams, Communications Director, HSUS & Co-Author Why Animals Matter; Sarah Kramer, Author La Dolce Vegan; Nathan Runkle, Director Mercy for Animals; and Dee Benefield, Hatha Yoga.

Fabulous Demo Presenters

Our Demo Presenters helped attendees learn how to make a variety of vegan foods with samples and recipes. Our Chefs and teachers included: Cherie Soria, Co-Director Living Light Culinary Arts Center & Raw Food Festival (also presented an additional lecture) with Dan Ladermann, Co-Director with Cherie & Author; Patricia Allen-Koot, Nutritionist Wellness Central; Jesse Miner, Certified Natural Chef; Antonio Magana, Chef of Flacos Mexican Catering; Patti Breitman, Author How to Eat Like a Vegetarian with Kitchen Shortcuts; Shanta Nimbark Sachaaroff Author Flavors of India; Meredith McCarty, Founder Healing Cuisine & Author Macrobiotic Cookbooks (also presented an additional lecture); and Robin Silberman, Raw Teacher & Author A Living Foods Passover.

Fantastic Entertainers

Our world entertainers provided a wide variety of ethnic music and dance including: Turning Point Jazz with Rob Schaaf on Sax & Jim Jacobs on Guitar on Saturday and a Trio on Sunday, Eric Park, Folk Singer & Gallery Stage Technical Director; Cheryl Hill, Rock Pop Singer; Pat Ryan's Celtic Trio; Wayne Huey, Panda Acrobat, a perennial favorite; Akhilesh Sista, Indian Classical; Carolena Nericcio & company, FatChanceBelly Dancers; and Dr. Will Tuttle, pianist.

Food Booths & Exhibitors

Food Booths included: Café Gratitude, Enjoy Vegetarian Restaurant, Flacos Mexican Catering, Lydia's Organics, Maggie Mudd, Sajen-Jamu, and Sugar Beet Sweets. Other Exhibitors included Artisana, Black Duck Imports, Bliss

Unlimited, Body Tools, Book Publishing Company, Calolea Olive Oil, Common Ground, Dr. Bronner's Magic Soaps, Eat in the Raw, Farm Fresh to You, Kaia Foods, Living Intentions, Living Light Culinary Academy (Cherie Soria), Nature's Gate Cosmetics, Ocean Harvest Sea Vegetable, Other Avenues, Pulmuone Wildwood, Ragazzi Footwear, Rainbow Cooperative Grocery, Sequel Naturals (Robert Cheeke), Snooty Jewelry, Sympatico Clothing, Synergy Clothing, Teeccino Caffe, Tracy Hansen Designs, Trader Joe's, Trust Hemp Coop, V-Dog Food, Vegan Bodybuilding & Fitness (Robert Cheeke), Veg News Magazine, and Zen Soy.



Ann Wheat with Howard Lyman at Speaker Table

Non-Profit Organizations

Our non-profit exhibitors provided educational information covering health, humane, environmental, and spiritual issues and included: Action for Animals, Animal Place, Aum Ayurveda (Vaidya Priyanka), Christian Vegetarian Association, Circle of Compassion (Will Tuttle), Compassionate

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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 Email (PDF file) Postal Mail

SFVS membership qualifies you for half-price membership in NAVS, North American Vegetarian Society. NAVS, PO Box 72, Dolgeville NY 13329; and for 25% discounted membership to VegDining (\$10.95).

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You can contact me for help with: Monthly Meetings
 Newsletter Special Events Other:

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.

Cooks (Colleen Patrick-Goudreau), Compassion Over Killing (Erica Meier), Healthy thru Nature EcoVille (Azalea Blalock), Humane Society of the United States (Erin Williams), Farm Sanctuary, Food Empowerment Project, Friends of Animals, In Defense of Animals (Dr. Elliot Katz), Mad Cowboy (Howard Lyman), Mercy for Animals (Nathan Runkle), Natural Health Wizards (Dr. Steve Blake), Nourishing Nutrition, Organic Athletes, Save a Bunny, Sivananda Yoga Center, SF Living Food Enthusiasts, SF Vegetarian Society Information Table, Supreme Master Ching Hai, Vasu Murti, Vegetarian Resource Group, Vegan Outreach, Yes on Proposition 2.

Saturday Gala Dinner

Our Dinner Celebration on Saturday eve provided a choice between two organic vegan gourmet menus: Mediterranean Mezza Meal in the Raw catered by Cherie Soria of Living Light Culinary Institute and an Autumn Baked Polenta Meal by Seth Pasternack of Convergence Catering with added Celebration Roast from Field Roast Co. and Vegan Coconut Ice Cream from Bliss Unlimited, LLC.

Organic Athletes

Bradley Saul and his Organic Athletes organized and participated in a Walk/Run thru the Park on Saturday and a Bicycle Ride thru the Park on Sunday.

Bicycle Coalition

The San Francisco Bicycle Coalition provided valet parking for those who rode their bikes to the park. They encourage more bike riders for next year. It's healthier and greener and it's easier than finding parking.

Graphics

Thanks to Sarah Premo for post card & poster design and Miguel A. Blasquez for program graphics, Walter Zhang for poster & card printing, and Carmen Lee for photos.

Storage

Thanks also to those who stored the samples, books, food, signs, etc. at their homes or places of business: Dixie Mahy Joseph Cadiz, Tracy Ewing, Daily Health Deli, and Rainbow Coop.

Volunteers

Last but not least, thanks to the 125 volunteers who set up, cleaned up, ushered, and did other numerous tasks making the event run smoothly. Recognition of names will be presented at the Annual Meeting and following issue.

Mayor's Proclamation

Thanks to Mayor Gavin Newsom for sending a Proclamation recognizing the work of the San Francisco Vegetarian Society for 40 years, and proclaiming our plant based diet as a truly green diet good for reducing the serious problems involved in livestock production and good for promoting good health.

Special Offer

Christmas in Crete from *Georgos Portokalakis*

Special discount for SFVS members who would like a vegan Christmas on the isle of Crete or would like some island recipes: www.portoclubgr/vegetarian-recipes-holidays.html or e-mail: info@portoclub.gr. For other discount offers: <http://www.sfvs.org/discounts.php>.

Please disregard the "Request to Join" or "Renew" if you already have. 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 for direct corrections or call our hot line: 415-273-5481.

Join Us for Vegetarian Thanksgiving and Holiday Events!

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!**

Vegetarian News is printed on recycled paper.

