



# Vegetarian News

*“For Health and Humanity”*

Summer Issue 2008

## Mediterranean Diet Wards Off Asthma

*From Dixie Mahy*

The results of an extensive Greek Study of Mediterranean diet shows the relationship between diet and asthma with the conclusion that the more red meat was consumed by pregnant mothers, the more their children were prone to having asthma. Following are excerpts.

Children of women who eat a Mediterranean diet, rich in fruits and vegetables while pregnant are far less likely to develop asthma or allergies later in life, Greek researchers reported. Leda Chatzi, a researcher at the University of Crete, and colleagues wrote. The findings add further evidence to the health benefits of a Mediterranean diet that emphasizes vegetables, fish and healthy fats such as olive and canola oil over red meat. (Fish is not necessary for optimum health but at least the elimination of red meat shows improvement in regards to allergies. DM)

The researchers based their findings on 468 pregnant women tracked 6 1/2 years after giving birth using questionnaires on diet. Parents provided details on respiratory and allergic symptoms of their children, who were also tested for persistent wheezing and allergies. Children of mothers who followed a high-quality Mediterranean diet were 80 percent less likely to have persistent wheezing, the most common symptom of childhood asthma, the study found. They were also 45 percent less likely to develop allergies, as well as other degenerative diseases.

At the same time, children of women who consumed more red meat seemed to be at higher risk of developing these problems while the children’s diet when young did not seem to matter, the researchers said. Reporting by Michael Kahn; editing by Maggie Fox and Sami Aboudi for London (Reuters) Jan 14, 2008.

## Breaking Medical News:

### Increased Egg Consumption Linked to Mortality

**Date:** April 9, 2008 5:27:59 PM PDT

*From David Pressman*

Physicians Committee for Responsible Medicine released their latest findings on egg consumption and mortality. In the Physicians’ Health Study I, which included 21,327 participants with an average 20 year follow-up, researchers found that those who consumed seven or more eggs per week had an almost 25 percent increased risk of death than those with the lowest egg consumption. For participants with diabetes, the risk of death was twofold compared to those who consumed the least amount of eggs. Cholesterol intake is positively correlated to an increased risk of coronary heart disease. One large egg contains approximately 215 mg of cholesterol. The American Heart Association advises eating less than 300 mg per day, and less than 200 mg for those with heart disease. There is no biological requirement for dietary cholesterol.

Djousse’ L, Gaziano JM. Egg consumption in relation to cardiovascular disease and mortality: the Physicians’ Health Study. *Am J Clin Nutr.* 2008; 87:964-969.

PCRM Breaking Medical News April 09, 2008

[www.pcrm.org/](http://www.pcrm.org/) or PCRM, 5100 Wisconsin Ave., N.W., Suite 400, Washington, DC 20016.

## SUMMARY OF EVENTS

- May 10** Potluck & Free Lecture
- May 14, 21, 28** Vegan Dinners & Workshops
- May 16** Dining Out Red Victorian & DVD
- May 25** Vegan Desert Cooking Class
- May 30-June 1** Galaxy Road Trip
- June 4, 11** Vegan Dinners & Spirituality Workshops
- June 15** Raw Demo
- June 22** Raw Demo
- June 18, 25** Vegan Dinners followed by Discussions
- June 20** Dining Out and Entertainment
- July 5 & 6** Fillmore Street Jazz Booth/Picnic
- July 18** Dining Out & Speaker
- August 15** Dining Out & Speaker

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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Thornton, Neil Yoskowitz.

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, 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.

**Carob vs Chocolate**

*From Dixie Mahy*

It is often difficult to decide what should be included in a healthy vegan diet when we hear pros & cons on various foods. I stopped eating chocolate around 30 years ago when I learned about some of its bad qualities. Since I like carob as well if not better than chocolate, I did not miss chocolate. However, I started eating it recently because of various proponents in the health field whom I admire extolling the virtues of chocolate, for example, David Wolf of Sunfood Nutrition, Raw Food Newsletter or Kiki Powers article on virtues of Chocolate in moderation (See SFVS Spring Issue 2008).

When I read Paul Nison, *Raw Life Health E-Newsletter #7, March 2, 2008* with another viewpoint praising carob and condemning chocolate, I thought it worthwhile to present another opinion for our readers to consider and make their own decision on whether to include chocolate in their diet, to exclude it, or include it occasionally. Following are excerpts from Paul's Newsletter.

Many people today are becoming addicted to chocolate because they are led to believe that it is good for them. Chocolate is a drug and harmful to the body. Although in small amounts, the body will adapt and be able to ingest a drug without immediate effects, but damage can still occur. I feel a need to let everyone know about the harmful effects of this popular drug. At one point, I was very excited about the raw version of chocolate, I ate it and enjoyed it, but noticed my health suffered every time I ate it. Finally, I gave it up. I wasn't going to mention it to others because I wasn't sure if it was just me or if it was the chocolate. As I lectured across the country and began to notice the growing popularity of chocolate amongst raw food eaters and health advocates, I started to hear many people complain to me about the same harmful effects I experienced. People were also emailing me asking why they were having these issues. That's when I started to do some research and wrote two articles about the harmful effects of Cacao. (You can see the articles on my site [www.rawlife.com](http://www.rawlife.com) under 'articles')

Of course exposing the harmful side to this addicting food didn't make me a well-liked person amongst many of the people who have become so addicted to it. When a person is addicted to something, the last thing they want to hear is that it is not good for them.

**Habit vs Addiction**

A habit and an addiction are not the same thing. A habit is something you do on a regular basis, but you could stop if you found out it's not good for you. An addiction is something you are compelled to do on a regular basis, something you must do, even when you know it is not good for you. When it comes to eating harmful foods, we need to change those addictions to habits, and then break them.

One suggestion to help transition people off of chocolate is to use carob. But many people don't think carob tastes as good as chocolate. If you ate a carob pod right off of the tree, you might even like it more than eating a cacao bean right off the tree. However, mixing a bunch of sweet foods with the cacao bean creates an appetizing addiction. Mixing sweet goods with carob can taste just as good, without the side-effects. For anyone that doesn't think that carob tastes as good as chocolate, try this great recipe using carob that tastes wonderful.

## Carob Pudding

6 Medium Avocados  
1 1/2 cups raw Agave  
2 teaspoons vanilla extract  
2 cups raw carob powder  
1 cup cold filtered water

Blend in a food processor till smooth, top with strawberries and/or bananas, mint leaves and a sprinkle of cinnamon.

Today, carob can be purchased in most health food stores in a raw or cooked form. Eating a roasted version of carob is not as harmful as eating cacao, cooked or raw.

I am sure many people who promote and sell raw chocolate do not know or understand the harmful side effects, and if they did, they wouldn't sell it. From my experience, most people selling it are good-hearted people who only want the best for people, and they are deceived into thinking it's a super health-food.

It is not new information I am finding out about how harmful cacao is. Recently, I found a raw recipe book from the 1950's. The author talks about the negative effects of cacao. Here is the article from the book "Live Foods; Nature's Perfect System of Human Nutrition" by George & Doris Fathman Page 36 and 37.

Many people seem to have an incurable "sweet tooth." If you are one of those and you want to satisfy it, but without the harm that comes from using white sugar, which is the base of so much sweetening, then we recommend you substitute carob. It has a delicious chocolate taste and children as well as grown-ups love it.

Carob is made from grinding the pulp in the pods of the carob tree which grows in the Holy Land and in the Mediterranean regions. The pods are fed to animals. They are mentioned in the Bible, where "he would fain have filled his belly with the husks the swine did eat." It formed the food which John the Baptist ate in the wilderness, hence sometimes called "St. John's Bread."

Carob has a fair amount of vitamins and minerals, but its chief virtue is as a chocolate substitute. Chocolate and cocoa, while rich in calcium, also contain considerable amounts of caffeine, theobromine and oxalic acid, stimulants the body can do without. The oxalic acid not only renders the calcium unavailable to the body, but also robs the body of its stored calcium. Many doctors feel chocolate is responsible in large measure for the adolescent problem of acne and forbid it to their patients. Like sesame (or Tahini), Carob has a delicious flavor without the harmful qualities of chocolate. Carob can be purchased in health food or specialty food stores.

Read my article on [www.rawlife.com](http://www.rawlife.com) and see what Jeremy Saffron says, the first person to promote and introduce raw

cacao to the raw food world years ago. Today Jeremy is so against it and wants to warn others. Hippocrates Health Institute had a big article in their magazine about how bad it is.

Please don't worry, but please do something. The body is amazing and can handle much abuse. If you enjoy chocolate cooked or raw, you won't get sick every time you consume it. There are much worse things you can consume. I am not suggesting that everyone needs to give it up and never consume it again. You can eat chocolate on occasion and be fine. I am not writing this article to make you think it is an all or none deal. I just want you to be aware that it is not the "super-food" that it's promoted to be and to be careful with it. Like coffee, the first time someone drinks it, they may not even like the taste. But there is a drug in it that makes us want more and more. A non-educated person about health would think this is the body saying we need it because the body is craving it. Well, there are many street drugs that people crave, it doesn't mean their body needs it. If you consume chocolate, you can enjoy it sometimes and be fine, but if you have gotten in the habit where you feel you need it everyday, being convinced emotionally, physically and mentally that it is the best food for your life and you can't go a day without it, try to give it up for a week, and see if you experience withdrawal symptoms. That will reveal that there is an issue. These are the people this article is written for.

Bottom line is to educate yourself about any food you put in your body. Don't believe someone because they call it a super food. As for chocolate, if you enjoy it, I suggest try making a few recipes with carob. If for some reason you do not like the taste as much, then go and enjoy your chocolate, but only once in a while. Not everyday. It is a natural food that grows in nature and is not going to kill someone if they enjoy a small amount once a week or so. But PLEASE don't be misled to believe it is the best food ever. Because it is not, a better title would be the most addicting food ever.

## **LABEL WARNINGS: for Vegetarians and Vegans**

From Neil Yoskowitz

### **From the People for Animal Rights:**

"Mono- and Diglycerides can be animal, vegetable or synthetically derived. They are used to combine foods, which ordinarily wouldn't combine well, such as oil and water."

### **Below is from many other sources:**

"There are certain food components for which origin has not been specified by the processor. If the common sources for the component included non-animal as well as animal sources, the item has been included (i.e. mono- and diglycerides, lecithin)." above came from the Vegetarian Resource Group and they are quoting Denny's.

In many baked products: Mono and diglycerides are fats...Most of the fat that you eat is in the form of triglycerides. These fats occur in both animal and plant foods. Triglycerides have a chemical structure shaped like an E. The "tri" of triglycerides means that there are three vertical lines off the horizontal line.

Monoglycerides have only one vertical line, and diglycerides have only two. Otherwise all three glycerides are fats and affect your body in the same way. They all have 9 calories per gram and are broken down in the same way to form the same building blocks that are absorbed from your intestines into your bloodstream.

While triglycerides comprise most of the fat that you eat, monoglycerides and diglycerides together make up less than 1%. They are added to foods to make bakery products taste smooth and to prevent the oil from separating out in foods such as peanut butter.

Monoglycerides and diglycerides...the commercial source may be either animal (cow- or hog-derived) or vegetable, and they may be synthetically made as well. They are often found in bakery products, beverages, ice cream, chewing gum, shortening, whipped toppings, margarine, and confections. "Archer Daniels Midland Co., a large manufacturer of monoglycerides, reports that they use soybean oil."

Glycerol has three hydroxyl functional groups which can be esterified with one, two or three fatty acids to form monoglycerides, diglycerides and triglycerides. Vegetable oils and animal fats contain mostly triglycerides, but are broken down by natural enzymes (lipases) into mono- and diglycerides and free fatty acids.

Soaps often contain glycerides as well. Glycerol is a product that can soften dehydrated skin by absorbing moisture from the air (may be from plant or animal).

Beware: Commercial mashed potatoes have gelatin (from animal) and mono- and diglycerides from unknown sources. Some pastas have eggs in them.

Following are sample ingredients from a commercial product with sources in parentheses):

"Whole wheat flour, water, wheat gluten, high fructose corn syrup, contains 2% of less of: soybean oil, salt, molasses, yeast, mono and diglycerides (ANIMAL FAT), ethoxylated mono and diglycerides (ANIMAL FAT PRODUCED USING PETROLEUM), dough conditioners (sodium stearoyl lactylate (MILK PRODUCT), calcium iodate, calcium dioxide), datem (ANIMAL FAT PRODUCT), calcium sulfate, vinegar, yeast nutrient (ammonium sulfate), extracts of malted barley and corn, dicalcium phosphate, diammonium phosphate, calcium propionate (to retain freshness)."

### From the Vegetarian Resource Group:

It is so hard to keep up with all the hidden animal ingredients in food and medicine products. Common ingredients which are animal-derived include:

**Polysorbate 80** – look for in products like Tylenol PM caplets

**Sodium tallowate** - provides bulk in products like Irish Spring soap

**Collagen and elastin** – in lotions and cosmetics

**Bonito** – dried fish, often listed in Thai, Chinese, Japanese or Mediterranean food.

**Cochineal** – a red food coloring (AKA red #40) extracted from the eggs of a beetle. Note: It is unclear of all red#40 food coloring comes from cochineal beetles. Certainly any does that is labelled cochineal or "carmine." It is likely that other artificial sources are used for red dye #40.

**Enzymes** can be animal or vegetable derived.

**Stearic Acid** is usually animal derived unless otherwise labeled

**Glycerin** can be animal, vegetable or synthetic. It is commonly animal-derived or a blend of animal and vegetable. Even kosher glycerin can be animal-derived.

**Natural Flavors** – the definition of natural flavor allows flavoring constituents derived from a spice, fruit, vegetable, edible yeast, herb, plant material, **meat, seafood, poultry, egg, dairy products** or fermentation products whose significant function in food is flavoring. So natural flavors can be practically anything. You can call the manufacturer to ask what the natural flavor is, but most protect this information as proprietary, so it's better to ask whether it is animal-derived or not.

The VRG *Guide to Food Ingredients* is very helpful in deciphering ingredient labels. Many of the above information were provided by research gathered for the guide. The Guide lists the uses, sources, and definitions of 200 common food ingredients. The guide also states whether the ingredient is vegan, typically vegan, vegetarian, typically vegetarian, typically non-vegetarian, or non-vegetarian. The guide is available for \$6. You can read more about the guide at [www.vrg.org/press/97juningred.htm](http://www.vrg.org/press/97juningred.htm). You can order online or you can order by mailing a check to VRG, P.O. 1463, Baltimore, MD 21203, or by calling (410) 366-8343 M-F 9-5 (EST) to order with a Visa or MasterCard.

P.S. Other ingredients to avoid as vegetarians or vegans (DM):

**Gelatin** is made from ligaments, bones, skin, etc. from animals and form the basis of jellies, jello, marshmallows, and supplement capsules unless marked otherwise.

**Perfume** often contains **ambergris** from the sperm whale or **musk** from male musk deer or civet, muskrat, otter, or mink. Most essential oils are free from these agents.

Wine companies use egg whites or fish collagen to clarify their wine. Organic wine does not necessarily exclude those items.

**Organic labels** do not necessarily mean vegetarian/vegan; the label is used for meat or animal products when no hormones or other artificial stimulants are used in farming.

When in doubt, contact the companies and ask if their product contains animal or animal products. It is good to get it in writing in order to avoid misunderstandings. It is also good to let them know there are consumers out here who care about those concerns. (DM)

## Galapagos: Sustainable Travel Tips

By Carmen Lee

Last year UNESCO put the Galapagos Islands on its World Heritage in Danger List so they suddenly landed on my bucket list or places to see before I die. Thirty years ago, the Galapagos Islands were the first site to be placed on the UNESCO World Heritage List because of their startling biodiversity. Located 600 miles off Ecuador's mainland, it's a 90-minute flight from Guayaquil to the island of Baltra, which was a former U.S. air force base during WWII to defend the Panama Canal.

UNESCO has observed, "Due to their remote location and harsh conditions, these islands have escaped intense human colonization and their original biological makeup remains relatively intact. However, increasing human population on the islands, and the increasing movement of goods from the continent and between islands have led to a rapid rate of introduction of alien species. . . Invasive species are the greatest direct threat to the unique ecosystems of the Galápagos. People began introducing goats, pigs and cattle to the islands when they were first settled in the early 19th century. These, along with other domestic animals such as cats and dogs, have established wild populations and prey on, or compete aggressively with local species, driving some of them to extinction." In addition, increased immigration and tourism have put pressure on scarce resources.

### Could Darwin afford 5 weeks in Galapagos today?

To minimize impact on this fragile ecosystem, be prepared to relinquish your dollars and some independence. Visitors are required to pay a \$10 transit control fee (which provides you an identification card with your entry and exit dates) before flying to Galapagos & a \$100 Galapagos National Park Service (GNPS) fee upon arrival at Baltra airport. Finally, be sure to set aside \$40.80 to pay as departure tax for international flights out of Ecuador. These payments are required in cash only.

The weakening U.S. dollar has made travel overseas more expensive. Since 2000, Ecuador's official currency has been the U.S. dollar so at least credit card users won't have to pay fees for converting purchases. Cost of eating in the Galapagos is higher because food is flown in from the mainland. The following are some ways to minimize your carbon footprint while traveling on a shoestring budget.

### Cruise ship v. yacht?

GNPS controls itineraries to distribute tourism. The only way to get to GNPS visitor sites is by joining a passenger ship licensed to bring travelers to the islands. Upon landing, visitors in groups no larger than 16 must be accompanied by an accredited naturalist and stick to marked trails to avoid interfering with animals going about their lives – courting, mating and nesting — in their natural habitat.

Visitors can get around by selecting a land-based tour versus cruise; the former is cheaper and provides some dining flexibility. Staying on land meant being based on Santa Cruz Island's Puerto Ayora, where you're free to visit Charles Darwin Research Station (CDRS) which has breeding centers for giant land tortoises and iguanas. Yet each day involved a 45-minute bus ride from Puerto Ayora to the dock in Itabaca Channel to board a yacht for sailing to the neighbor islands, and then the return trip.

### Eating locally

No food is allowed on GNPS visitor sites. Our yacht had its own open kitchen with a cook preparing lunch onboard consisting of seafood with rice, potatoes or green beans/carrots. Though not sustainable and likely contaminated with toxins, seafood is part of the local island diet.

Traditional Ecuadorian food consists of meat (pork, chicken, seafood) and starches (rice, potatoes). My favorite prepared local foods were *locro* (soup made of potatoes and cheese served with avocado) and *empanadas de verde* (pasties stuffed with plantains). Fruits were plentiful, but green vegetables were harder to find – perhaps due to flooding in mainland coastal plains that displaced about 300,000 persons at the time of my visit in March 2008.

### Do not touch & feed animals

When Darwin arrived at the Galapagos in 1835, he was taken aback by the tameness of the animals – mostly endemic or found nowhere else in the world – due to the absence of predators. Visitors can experience close encounters with sea lions, marine iguanas, frigate birds, boobies, penguins, etc. and not have them flee. However, Puerto Ayora's Pelican Bay has an open fish market where you can see larger, predatory pelicans feeding on caught fish.

The hunting of tortoises, fish, whales, seals and other animals have brought populations near extinction. For example, whalers captured and killed Galapagos tortoises to extract their fat. Tortoises could be kept on board ship as a means of providing fresh protein as they can survive for several months without any food and water. Giant tortoises are vegetarian and can take up to 3 weeks to digest a meal. They can live for more than 150 years. Now middle-aged at about 70 years, *Solitario Jorge* (Lonesome George), at

the CDRS is believed to be the last surviving Pinta tortoise. Illegal fishing of shark and sea cucumbers continue due to weak law enforcement.

GNPS has a list of rules for visitors to preserve the natural habitat (<http://www.galapagospark.org/png/interna.php?SECCIONPAS=Preingreso>). How I wish GNPS would add a rule not to eat animals!

## FOOD & DRINK

**Kristin Doyle, RN, Nutrition Consultant, and Certified Natural Chef** presented four excellent Cancer Prevention Cooking Classes for SFVS and The Cancer Project. [www.CancerProject.org](http://www.CancerProject.org)  
Following are a few of the many delicious healthy recipes that were presented.

**Lentil Artichoke Stew** makes 6 servings  
This aromatic, fiber-packed, and tasty Middle Eastern dish is great served alone or over brown rice or pasta. Using fire-roasted tomatoes is not necessary, but gives the stew a delicious smoky flavor.

1/4 cup vegetable broth  
1 onion, chopped  
2 large garlic cloves, pressed  
2 teaspoons ground cumin  
1 teaspoon ground coriander  
1 cup dry (uncooked) red lentils (3cups cooked)  
1 bay leaf  
2 cups water  
Juice of one lemon  
2 24-ounce cans chopped tomatoes (preferably fire-roasted), undrained, or 6 cups freshly chopped tomatoes plus 1 cup tomato juice  
1 1/2 cups quartered artichoke hearts (1 9-ounce frozen package or 1 15-ounce can)  
1/4 teaspoon crushed red pepper (optional)  
1/4 teaspoon salt, or to taste  
1 head of broccoli, chopped into florets, or one package of chopped frozen spinach

Heat broth in a large saucepan. Add onion and sauté on medium heat for about 5 minutes, until golden. Add garlic, cumin, and coriander and cook for 2 minutes, stirring frequently.  
Add dried lentils, bay leaf, and water to pan and bring to a boil. Lower heat and add lemon juice, tomatoes and their liquid, artichokes and crushed red pepper (if using). Simmer for about 20 minutes, until the lentils are tender. Remove and discard the bay leaf. Add salt and broccoli or spinach and simmer another 5 minutes.

## Quinoa Salad

**Serves 4**

1 cup quinoa  
2 cups water  
1/2 tsp salt (unrefined sea salt or Himalayan salt)  
1 cup of raw vegetables of choice (grated beets, carrot, tomatoes, cilantro, celery, onions, jicama, red cabbage, radish, green peas, etc.)  
Ume vinegar or Rice Vinegar  
Lemon

Simmer the quinoa in the water and salt for 15 minutes – there should be no water left in pan. Let cool a bit then add the vegetables. Toss and season with a drizzle of vinegar of choice and freshly squeezed lemon juice. Add hot sauce if desired.

## SOCIETY NEWS

### Meat Out Celebration

SFVS and UUFETA co-sponsored a very successful event on March 22<sup>nd</sup> for Meat Out. It started with SFVS produced DVD Dining with Miyoko with Miyoko present to create her special vegan Tofu Bourignon for all to taste. A delicious meatless lunch was prepared by Patricia Koot from Wellness Central, Nancy Loewen from SFVS, and volunteers from SFVS and UUFETA. Food donations from Rainbow Coop, Field Roast Company, Safeway, Vegan Sweeties Bakery, and Maggie Mudd were most welcome. Miyoko sold and autographed copies of her best seller cookbook *Now & Zen Epicure* and generously donated the proceeds to SFVS. The featured speakers of the day included Silvia Kellum, Registered Dietician and Dr. Elliot Katz, President of IDA. A lively raffle was presented with wonderful donations including \$100 dinner at the Millennium Vegan Restaurant. The event was videotaped for and presented on [www.SupremeMastertelevision.com/](http://www.SupremeMastertelevision.com/) Many thanks to Dixie Mahy and Nancy Lowen from SFVS and Dolores Priem and UUFETA committee for organizing this wonderful event, and to all the volunteers that day.



Meat Out Volunteers: Neil Yoskowitz, James Arena, Dixie Mahy, Mark Garza, Sharon Leong



Meat Out Presenters: Silvia Kellum, RD, and Dixie Mahy, President, SFVS

**In Memorium GORDON GRANNIS** Dec 25, 1922 – March 17, 2008

A long time loyal member, Gordon E. Grannis led a very active life in the U.S. Navy WWII, Director of Marketing Communications for Crown Zellerbach, Director of the American Lung Assn of SF, active in the Bay Science Fair, the SF BBB, and many other civic organizations. He received the American Advertising Federation’s Advertising Silver Medal Award. He leaves his beloved wife, Margerie Hennemuth Grannis who continues to reside in Daly City. She loves to volunteer for SFVS but has difficulty getting into the city for its many activities. He wished no formal public memorial but donations may be made to the SF Vegetarian Society, 1450 Broadway, SF, CA 94109 in his memory.

**Memorial Donations** have been received from: Thomas & Luise Bates, James & Kristine Curtain, De Goff Family, Ellen J. Fiske, Margerie Grannis, Margaret Kudrna, Sydney & Ann Lambertson, Dixie & Stanley Mahy, Carl B Noelke, Marie Tsacle, Audrey M. Tytus, Thank you to Gordon for remembering the San Francisco Vegetarian Society in this way. He was always the perfect gentleman and a gentle soul.

**VEGETARIAN SUMMERFEST- JUNE 18-22, 2008**

34<sup>th</sup> Annual Conference at University of Pittsburgh - Johnstown

Featuring Dozens of Knowledgeable Speakers – Doctors, Dieticians, Chefs, Authors, Social Activists & other educators. Contact NAVS (North American Vegetarian Society), P.O. Box 72, Dolgeville NY 13329, 518-568-7970, or vegfest@telenet.net

**PRESIDENT’S CORNER**

By *Dixie Mahy*

Rising food prices, proposed water rationing, and the falling dollar is now a reality affecting us here in America. Although not as serious as food riots in Egypt, Indonesia, Haiti, and Africa, we are starting to feel the effect right here in the San Francisco Bay Area. Costco is limiting the amount of rice that can be purchased per person. A drought in Australia, hoarding, the huge demand in Asia, and future speculation are all contributing to the rice problem. Mexicans are protesting the high cost of corn, a major staple in their diet. Unfortunately, the use of corn, sugar cane, and other food products as a substitute for oil, although well intentioned, has helped to drive those prices up. The high cost of gas has affected the transportation of food contributing to the rise in prices. Locally, East Bay MUD is considering rationing water because of the below normal rainfall the past two years with the two main reservoirs serving East Bay falling below normal water level.

Steven R. Weisman, New York Times, reported on April 14, 2008 that the world’s economic ministers meeting in Washington declared that shortages and skyrocketing prices for food posed a potentially greater threat to economic and political stability than the turmoil in capital markets. Robert Zoellick, president of the World Bank, stated, “We have to put our money where our mouth is now, so that we can put food into hungry mouths.” Almost half of the \$500 million that the World Food Program recently requested

**SFVS MEMBERSHIP FORM**

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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).

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.

would not meet its deadline by May 1. The World Food Program is seeking the extra \$500 million, on top of nearly \$3 billion already committed, because of shortfalls in food distribution resulting from higher prices. Some countries are limiting food exports. Because of the food shortages, the food crisis posed questions about the survivability of democracy and political regimes. Dominique Strauss-Kahy, the managing director of the International Monetary Fund, said, "As we know in the past, sometimes those questions lead to war... We now need to devote 100% of our time to these questions."

The sadness to all of these world problems in addressing world hunger, not one mention was made regarding the high cost of animal husbandry. The cost of water, transportation, subsidies, pollution, diseases, and the feeding of animals food that could be eaten directly by people were never even considered as part of the solution! Consider this, it requires 16 times more energy to produce a meat entree compared to a vegan entree and causes 24 times more waste. **Although a plant based diet cannot solve all of the world's problems, it certainly would go a long way to alleviate the food & water crisis we are experiencing now and will continue to experience far into the future.**

#### 9<sup>th</sup> Annual WORLD VEG FESTIVAL San Francisco County Fair Building Golden Gate Park, San Francisco

Great speakers include John Robbins, Dr. Alan Goldhamar, Dr. Milton Mills, Dr. Leslie Van Romer, Dr. Steve Blake, Dr. Will Tuttle, Colleen Patrick-Goudreau, Meredith McCarty, Dr. Eliot Katz, Cherie Soria & Dan Ladermann, and much more. Organic Athletes will join us again. Lots of food & entertainment!



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## CELEBRATE SF VEGETARIAN SOCIETY'S 40TH Anniversary!!

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!**

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