



Vegetarian News

“For Health and Humanity”

Holiday Issue 2009

President’s Corner

Happy Holidays 2009 & Happy New Year 2010

From Dixie Mahy, President

The holidays are supposed to be a time of joy but for vegetarians & vegans it can at times be extra stressful since most activities revolve around eating. If one’s family and friends are not vegetarians, problems can arise sometimes even unpleasant arguments ensue. I can remember my mother-in-law always commiserating that she didn’t know what to do for me even though I told her a salad, some vegetables, and nuts would be ok. Some relatives and friends enjoy the challenge and want to create something vegan to show off their culinary talents but others often make it uncomfortable. One way of solving the problem is to offer to bring your own special recipe if you happen to be a good cook. Or you can pick up some frozen items that are now available at most natural food stores. On the other hand, even as vegans or raw foodists, we can overindulge during the holidays. For some, it becomes a slippery slope backsliding into eating meat again. Luckily, we have here in the San Francisco bay area numerous activities sponsored or co-sponsored by SF Vegetarian Society to help you celebrate and yet keep on track. However, if you slip up, New Year’s is just around the corner with that ever-present opportunity to reform with New Year’s Resolutions. Again, SF Vegetarian Society offers numerous events to get you back on track. Check our enclosed calendar or our website: www.sfvs.org, our e-lists for updates, or our veggie hot line for reminders: 415-415-273-5481.

E. Coli Outbreak Traced to Company That Halted Testing of Ground Beef

From Mitch Cohen, SFVS Member

Excerpts from New York Times Article by Michael Moss

A deadly outbreak of E. coli has been traced to a large producer of ground beef that stopped testing its ingredients years ago under pressure from beef suppliers. A facility in Ashville, N.Y., owned by the company, AFA Foods, recalled more than 500,000 pounds of ground beef on Oct. 31 after it was linked to an outbreak that has killed two people and sickened an estimated 500 others.

The outbreak has fueled a growing concern among grocers that not enough is being done to protect their customers... The New York Times reported last month in an article about a surge in E. coli outbreaks in ground beef, which have now reached 18 since 2007, that the beef trimmings commonly used to make ground beef are more susceptible to contamination because the pathogen thrives in cattle feces that can get smeared on the surfaces of whole cuts of meat.

But while slaughterhouses seek to limit such contamination, and conduct their own testing for the pathogen, they have resisted independent testing by grinders for fear that it would cause expanded recalls... AFA Foods has defended its testing protocols, saying they meet the beef industry’s “best practices” guidelines.

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SUMMARY OF EVENTS > > >

Dec 12	Holiday Cooking Class, Berkeley
Dec 12	Holiday Potluck, SF
Dec 16	Vegan Dinner at Red Vic, SF
Dec 18 & Jan 15	Vegan Bollywood Nights, SF
Dec 25	Christmas Potluck, Alameda
Dec 27 & Jan 31	Kindness Kitchen, SF
Jan 6, 13, 20, 27	Vegan Dinners at Red Vic, SF
Jan 10	Annual Meeting, SF
Jan 12, 19, 26, Feb 2	Healthy Cooking Classes, SF
Jan 16, 23, 30, Feb 6	Vegetarian Cuisine of India, SF

See the enclosed Veg Calendar for a events in SF and the Bay Area. The Calendar is posted on our web site, www.sfvs.org, or 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 January 1st, 2010. 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.

The United States Department of Agriculture, which banned the deadly E. coli strain known as 0157:H7 in 1994, has encouraged — but does not require — meat companies to test their products for the pathogen. In the absence of such a rule, meat companies have adopted varied practices. But in recent weeks, a growing number of meat industry officials have said they endorse trim testing by grinders despite resistance by slaughterhouses and some trade groups...after the fast food chain's deadly outbreak of E. coli in 1992, (it) prompted the government (to) ban...0157:H7. Dr. Theno, who retired last year, said he worked with Costco and AFA Foods' predecessor company to devise new safety systems, and he confirmed previous statements by AFA Foods officials that they started testing trim at their grinding facilities, like Costco did, but then stopped when slaughterhouses balked at selling them trim.

Like most ground beef producers, Fairbank Farms uses multiple suppliers of trimmings, and the limits of its finished product testing became apparent in 2007 when it found E. coli in its ground beef and could not determine which of the trim suppliers had been the source. Jack in the Box officials said they still purchase ground beef from AFA Foods, and praised the company's operations.

Even some institutional food preparers say they have not fully appreciated the risks in ground beef. In a second outbreak of E. coli in hamburger this fall, which officials traced to a Massachusetts meat company, 30 children were sickened by burgers served at a camp whose owner said he has taken hamburgers off the menu. "We were caught un-awares," said Arnold Gerson, the owner of Camp Bournedale in Plymouth, Mass. "When you go to a market and pull things off the shelf, you expect things will be safe and O.K. So we've got to be so very, very careful."

—The New York Times: November 13, 2009

Cutting Meat Out of Diet Improves Mood

From David Pressman, SFVS Member & Patent Attorney

Article from Breaking Medical News, PCRM

Omnivores who cut all meat out of their diets experience mood improvements, according to a poster session presented this week at the annual American Public Health Association conference. Researchers at Arizona State University divided 39 omnivorous participants into three dietary groups: control (made no changes to diet), fish (consumed three to four servings of fish per week and no other meat), and vegetarian (consumed no meat and no eggs). The vegetarian group experienced mood improvements in both tension and confusion categories, while the meat-eating participants and fish eaters showed no significant changes in mood.

Beezhold BL, Johnston CS, Daigle DR. Restriction of flesh foods in omnivores improves mood: a pilot randomized controlled trial. Poster presented at: American Public Health Association's 137th Annual Meeting and Exposition; November 9, 2009; Philadelphia, PA. For information about Breaking Medical News, visit www.pcrm.org/.

A Review of Lierre Keith's The Vegetarian Myth

By Shanta Nimbark Sacharoff, Manager of Other Avenues Natural Foods Co-Op, Author of Flavors of India, and a life vegetarian
After reading reviews of Lierre Keith's *The Vegetarian Myth*, I simply wanted to ignore it. Then, I received a free copy, and after reading it myself, I decided to write a review for our vegetarian readers who may

be asked by eager carnivores “ So, what do you think of *The Vegetarian Myth*”?

The title, “The Vegetarian Myth,” itself seems to pose an assault against a compassionate life-style which should need no defense. Most vegetarians in the United States are well educated, peace loving people who have made a personal decision not to eat meat. They deserve support for making such brave choice, not mockery for their supposed “ignorance” in believing a “myth”. Perhaps if Ms. Keith’s next book were to be “The Homosexuality Myth,” the violence inherent in such a title would be more clearly understood.

Only those who have not read such pioneering books as *Silent Spring*, *Diet for a Small Planet*, *Eaters Digest* and *Diet for A New America*, will be impressed by the topics Ms. Keith addresses in her book, such as the way that mono-crop agriculture has robbed the top soil which affect all the species on earth. She attacks grain-centered agriculture as the culprit of the modern civilization and urges conscious eaters to find a better solution to solve the world hunger. The issues of land erosion and how to better feed the planet has been explained by the famous vegetarian, Frances Moore Lappe’s in her well-researched *Diet for a Small Planet*, published 38 years ago. Ms. Lappe’s points remain valid today. Perhaps if Ms. Keith re-reads this classic, she may better understand why eating grain-fed or pasture-grazed animals is not an answer for a sustainable world.

Most of Ms. Keith’s book is about her efforts to undermine the “Moral Vegetarian,” the “Political Vegetarian,” and “Nutritional Vegetarian”. Unfortunately, some of her arguments, such as the one where she links vegetarianism with the Holocaust, are absurd. Other claims, such as the “human intestines are not made for cellulose,” have been countered more than once, or simply debunked, by sound and well-publicized research.

Ms. Keith tells us that her motive in writing this book was to offer a solution for a more sustainable world. It reads like she wrote it with the support of the Dairy or Meat Industry. Perhaps her real motive was to address her own unsuccessful attempt at sustaining a vegetarian life-style. Some vegetarians who return to meat eating do so because they were not able to remain healthy due to their lack of knowledge about how to prepare and combine nutritious foods. Others say that they miss the taste of meat. In this book, Ms. Keith involuntarily communicates her emotional need for meat, her comfort food which she was raised on. Although Ms. Keith’s arguments are weak and one-sided, some vegetarians may use her book as a passport to quiet their conscience as they resume their carnivore diet.

Ms. Keith’s book attacks vegetarianism, but does not present practical solutions. Instead she suggests that we go back to the old ways of hunting and gathering. Unfortu-

nately, this is not an answer for the modern society. As a city dweller, I take a child-like pleasure in picking berries from urban gardens, but I would hate to see more inexperienced hunters taking shots at wrong objects as Dick Cheney did few years ago. Reforming agribusiness may not be the answer, but neither is eating meat. Vegetarianism may not be the answer but at least it is part of the solution.

Veg Quotes from Talk at Red Victorian – Nov 11

By Patti Breitman, SFVS Life Member, Coordinator Marin Vegetarians, Author: How to Eat Like a Vegetarian, Even If You Never Want to Be One, Demo Presenter at WORLD VEG FESTIVAL 2008

Nutrition Made Simple: Vegan Food Groups: Color, Crunch, Variety Abundance - Patti

What Others Have Said

“It’s not simply that meat is a contributor to global warming; it’s that it is a huge contributor...But if we’re going to take global warming seriously, if we’re going to make crude oil more expensive and tank-size cars less practical, there’s no reason to ignore the impact of what we put on our plates.” - Ezra Klein, author of the recent article “The Meat of the Problem” in The Washington Post

“I don’t understand why asking people to eat a well-balanced vegetarian diet is considered drastic, while it is medically conservative to cut people open and put them on cholesterol-lowering drugs for the rest of their lives.” – Dean Ornish, M.D.

“Agricultural runoff is the single largest source of water pollution in the nation’s rivers and streams, according to the E.P.A. An estimated 19.5 million Americans fall ill each year from waterborne parasites, viruses or bacteria, including those stemming from human and animal waste, according to a study published last year in the scientific journal *Reviews of Environmental Contamination and Toxicology*.” – Charles Duhig in The New York Times, Sept. 17, 2009 “Health Ills Abound as Farm Runoff Fouls Wells.”

“I once asked a young interventional cardiologist why he didn’t refer his patients for a nutrition program that could arrest and reverse their disease, and he replied with a frank question: “Did you know that my billed charges last year were over five million dollars?” – Caldwell Esselstyn, Jr., MD, author of *Prevent and Reverse Heart Disease* www.HeartAttackProof.com

“There is no other chemical that is as carcinogenic as animal protein. The evidence is deep. The evidence is relevant because it occurs at common levels of intake. We’re talking about the kind of intakes people consume each day. And the evidence is broad. It does not exist for soy protein and wheat protein.” - T. Colin Campbell, PhD, author of *The China Study* www.TheChinaStudy.com

“Did you notice that 100 calories of broccoli is about 10 ounces of food, and 100 calories of ground sirloin is less than one ounce of food? With green vegetable you can get filled up, even stuffed, yet you will not be consuming excess calories. Animal products, on the other hand, are calorie-dense and relatively low in nutrients, especially the crucial anti-cancer nutrients.” – Joel Fuhrman, M.D. from his book *Eat to Live*

“The animals of the world exist for their own reasons. They were not made for humans any more than black people were made for white, or women created for men.” – Alice Walker

“Non-violence leads to the highest ethics, which is the goal of all evolution. Until we stop harming all other living beings, we are still savages.” - Thomas A. Edison

“We must fight against the spirit of unconscious cruelty with which we treat the animals. Animals suffer as much as we do. True humanity does not allow us to impose such sufferings on them. It is our duty to make the whole world recognize it. Until we extend our circle of compassion to all living things, humanity will not find peace.” - Albert Schweitzer, *The Philosophy of Civilization*

“To a man whose mind is free there is something even more intolerable in the sufferings of animals than in the sufferings of man. For with the latter it is at least admitted that suffering is evil and that the man who causes it is a criminal. But thousands of animals are uselessly butchered every day without a shadow of remorse. If any man were to refer to it, he would be thought ridiculous. And that is the unpardonable crime.” - Romain Rolland, Nobel Prize 1915

Recommended Books Part 2 from Red Victorian Talk

From Patti Breitman

How to Eat Like a Vegetarian, Even If You Never Want To Be One – by Patti Breitman

Other Recommended Books:

Why We Love Dogs, Eat Pigs and Wear Cows by Melanie Joy, Ph.D.

The Face on Your Plate by Jeffrey Moussaieff Masson

Eating Animals by Jonathan Safran Foer

The China Study by T. Colin Campbell

The Food Revolution by John Robbins

Thanking the Monkey by Karen Dawn

That's Why We Don't Eat Animals by Ruby Roth

Prevent and Reverse Heart Disease by Caldwell B. Esselstyn

The Vegan Table by Colleen Patrick Gourdeau

The Ultimate UnCheese Cookbook by Jo Stepaniak

Recommended Web Sites:

LoveAllBeings.org (see especially the blog: Not mistaking

social service for social change, Oct. 25); VeganIdeal.org; VegSource.com; FoodIsPower.org; CompassionateCooks.com; VeganOutreach.org; VeganHealth.org; PCRM.org; SFVS.org

New Novel Promotes Vegetarianism

From Dixie Mahy, SFVS President

Jacquelyn Appell Wheeler is the author of a recently published novel *Rising Shadow*, the first novel in a series for young adults. The protagonist, a college student named Ashlyn Woods, becomes a vegetarian after spending the day with a very cool guy she just met at a party where he explains why he was a vegetarian.

Throughout the rest of *Rising Shadow* and in the subsequent books, being a vegetarian becomes a normal part of Ashlyn's life, and it shows Kai and Ashlyn navigating meals with family and all the typical situations one encounters as a vegetarian. Jacquelyn states: “My goal was to weave this topic into the story as naturally as possible and to provide role models for those of my readers who are considering a vegetarian lifestyle. I became a vegetarian when I was in college 19 years ago, and I hope to inspire others to follow the same route.”

Jacquelyn has worked as a professional writer since 1991. She has received numerous awards for her technical writing, but creative writing has always been her passion. After writing poetry, children's stories, and screenplays, Jacquelyn embarked on *The Soterians* series, a series of five fantasy novels for young adults. As an advocate for volunteerism and service, Jacquelyn donates 20% of her royalties to the charities listed on her website: www.soterians.com. In her spare time, Jacquelyn practices martial arts, trains for triathlons, skis, plays music, and volunteers. She lives in Berkeley with her husband and their daughter.

Talk Show Host Wrongfully Arrested at Fur Protest

From Bob Linden, host on Go Vegan Radio, GREEN 960 AM, 9 a.m. Saturdays

Whatever happened to FREE SPEECH?

Radio talk show host Bob Linden, “GO VEGAN WITH BOB LINDEN” - K-TALK AM-1150 Los Angeles,

GREEN 960-AM San Francisco,

www.GoVeganRadio.com, and formerly AIR AMERICA

and NOVA M networks, was arrested by Beverly Hills cops on Friday in front of a Wilshire Boulevard animal-skin market as Mr. Linden turned on his bullhorn power switch and announced “fur is murder”. Beverly Hills cops immediately charged at Linden, yanked the megaphone from his hands, and then yanked his hands behind his back, handcuffing him, and charging him with using amplified sound without a permit, pursuant to a Beverly Hills municipal code which Linden calls “blatantly unconstitutional”.

In the current oppressive environment where we are losing our rights every day, especially so for animal rights activists, it is more important than ever to assert the rights that we do

have. The right to free speech is so important for those who speak for the voiceless - the poor innocent ones raised or trapped to become the fur for sale in Beverly Hills. We need to reach people, to appeal to their humanity. We know that if shoppers know the cruelty of fur, how animals are confined, how they are stomped, gassed, drowned, anally and genitally electrocuted, how maybe 40 lives are killed for one fur coat - of course people won't want to buy it - and maybe that's why the Beverly Hills cops only let him get three words out before arresting him.

Do you think everyone who violates the Beverly Hills code is roughly handcuffed - or is that treatment reserved only for animal rights activists", Linden asked.

Prior to the arrest, Beverly Hills cops refused to divulge the municipal code under which Linden was being warned he would be arrested if he used the bullhorn. Subsequently, an officer read Beverly Hills Municipal Code 4-3-501 to Linden, to which Linden replied to the officer that none of what he read applied to his activities and that such a code usually has an explicit or implicit provision that such a restrictive code would not apply to those engaged in constitutionally protected activity. Beverly Hills police arrested Linden anyway, with a court date scheduled for early February.

You can help Bob Linden with his court costs, his defense, and his subsequent lawsuit against the City of Beverly Hills for its repeated egregious violations of our constitutional rights as American citizens. Donations for legal fees are not tax-deductible, and should be made payable to BOB LINDEN, and sent to PO Box 475414, San Francisco, CA 94147.

If you'd like to make a tax-deductible donation to support Bob's work producing his weekly radio and online program GO VEGAN WITH BOB LINDEN, celebrating 9 years on-air in January, please donate online at www.GoVeganRadio.com, or make checks payable to GO VEGAN RADIO and mail to PO Box 475414, San Francisco, CA 94147. GO VEGAN RADIO is a project of 501C3 International Humanities Center. He has to purchase airtime on behalf of animals, improved human health, and environmental sustainability. Please help him. Thank You!

That's Why We Don't Eat Animals

By Ruby Roth

This is a children's book about Vegans, Vegetarians, and all Living Things just in time for Christmas gifts but good for any other occasion. There will be a book signing at Café Gratitude, 1730 Shattuck Avenue at Virginia, Berkeley on Saturday, December 12 from 1 to 3 p.m. with vegan ice cream. If you cannot make you may get more information on Ruby's website: www.DontEatAnimals.com.

RECIPE CORNER

The following Recipes were presented at WORLD VEG FESTIVAL Saturday, October 3, 2009 by Jesse Miner a Natural Chef trained at Bauman College in Oakland, interned at Millennium Restaurant in San Francisco, serves as a columnist for VegNews magazine, and presently works as a private chef. Contact information: website: 650-274-8089 or www.chefjesseminer.com

Tantalizing Tempeh Grilled Tempeh Skewers

Makes 10 skewers

Ingredients

10 bamboo skewers, soaked for 30 minutes
16 oz. tempeh, cubed
1 yellow onion, 3/4" diced
2 red bell peppers, 3/4" diced
2 peaches, 3/4" diced
1 1/2 cup Spicy Peanut Sauce

Steps

1. Steam tempeh for 20 minutes covered in a steamer basket over boiling water. Steaming removes tempeh's bitter taste and partially cooks it, shortening time needed on the grill.
2. Heat up grill to medium-high heat.
3. On each bamboo skewer, alternate ingredients, leaving 1-2 inches free on both ends. Baste each completed skewer with a layer of peanut sauce on all sides.
4. Place skewers on grill for 7-8 minutes, until grill marks have formed. Turn over and grill other side for 7-8 minutes. Leave grill open throughout cooking to avoid higher heat that can quickly burn your skewers.
5. Spoon extra peanut sauce over cooked skewers

Spicy Peanut Sauce

Makes 1 1/2 cups

Ingredients

1/2 cup natural creamy peanut butter
2 tablespoons maple syrup
2 tablespoons soy sauce
2 tablespoons rice vinegar
2 teaspoons ginger, minced
1 clove garlic, minced
1/2 cup water
1 teaspoon Sriracha chili sauce, or to taste

Steps

1. In a medium sized bowl, mix peanut butter through garlic together.
2. Slowly whisk in water until a sauce consistency has been reached (think bbq sauce thickness).
3. Add chili sauce to desired spiciness.

WORLD VEG FESTIVAL 2009

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

By Dixie Mahy, President of SFVS & Coordinator for WVF

The 10th annual WORLD VEG FESTIVAL October 3 & 4, 2009 was another great success with around 5,500 attendees over the two-day weekend. We continue to present the most exciting festival in the Bay Area and perhaps California. The purpose of the event is to celebrate and to educate. We celebrated with 19 entertainers and we educated with 22 speakers & 1 yoga teacher, 12 demo presenters, 8 food booths, 23 exhibitors, 17 non-profits, and 2 speakers' tables! Our celebration included a children's corner and a festive dinner Saturday evening.

Organizing Committee

This fabulous event could not have occurred without the Organizing Committee preparing, publicizing, and presenting the event. Many volunteer hours were given by our dedicated committee which included: Officers: Dixie Mahy, SFVS President & WVF Coordinator; JC, SFVS Treasurer & WVF Exhibitor & Printed Program Coordinator; Nancy Loewen, SFVS Vice President & Volunteer Coordinator. Board Members who were on the committee: Sharon Leong, Robert Martin, Kristen Miles, Joyce Thornton, and Vasu Marti. Other volunteer committee members: Helen Leroy-Adler, Tom Flynn, Janet Tom, and Winnie.

Sponsors

Much appreciation to our major sponsors who provided financial and/or promotional support: Varnashram, Inc.; Dr. Elliot Katz, Director of In Defense of Animals; VegNews Magazine; Rainbow Grocery, Common Ground, Living Light Culinary Institute, and Om Foundation.

Promos, Live Broadcasting, & Videos of WVF Speakers & Presenters

Because of a generous grant from Varnashram, Inc., SFVS was able to get live spot time on GREEN AM 960 during the event and 3 weeks of ongoing promos on the air prior to the event including major sponsor of the Green Forum at Yoshi's September 30. Bob Linden, our Emcee for WVF, also featured interviews with WVF speakers on his radio program, which airs Saturday mornings at 9 a.m. for one hour. All of his shows are archived and podcast online: www.GoVeganRadio.com. Videos taken at the WORLD VEG FESTIVAL are now online at www.sfvs.org. Click on the tomato and then click on videos archived. Many thanks to our Webmaster for setting up and maintaining our website.

Outstanding Speakers

Our wonderful speakers made it difficult to decide which one to chose. If you missed the event or would like to hear someone you couldn't hear because of simultaneous scheduling, you can go on our website as mentioned above where they are archived. Our roster included on Saturday: Dr. Michael Greger, Colleen Patrick-Goudreau, Dr. Milton Mills with Roberta Schiff, Kathy Freston with Joseph Connelly, Dr. William Harris, Nikhil Arora with Alex Velez, Hope Bohanec, Linda Riebel, Carolyn "Healthy Voyager"

Scott, Vaidya Priyanka, John Robbins, Dr. Elliot Katz, Rory Freedman with Joseph Connelly, Howard Lyman, Cherie Soria, Art Konrad, Happy Oasis, Azalea Blalok, Victor Tsou, Dan Brook, and Dee Benefield Yoga.

Fabulous Demo Presenters

Our Demo Presenters helped attendees learn how to make a variety of vegan foods cooked or raw with yummy samples and recipes. Our Chefs and Teachers included: Cherie Soria, Jesse Miner, Lisa Jervis, Jill Veggie Queen, Robin Silberman, Elizabeth Bechtold with Lisa Books-Williams, Patricia Allen-Koot, Shanta Sacharoff, Chat Mingkwan, Meredith McCarty, Abeba Wright, and Antonio Magana.

Fantastic Entertainers

Our world entertainers provided a wide variety of ethnic music and dance including: Turning Point Jazz with Rob Schaaf on Sax, Indian Classical with Akhilesh Sista, Red Panda Acrobat Wayne Huey, Ski Chari on Flute, Raging Grannies, FatChanceBelly Dancers, and Moalak Atkins, African Martial Arts.

Food Booths & Exhibitors

Food Booths included Alive Restaurant, Donna's Tamales, Enjoy Restaurant, Flacos, Lydia's Organics, Maggie Mudd Ice Cream, No Worries Catering, and SFVS Sampling Table. Other exhibitors included: Artisana, Azaleas GreenSoul Booth, Body Tools, Book Publishing Company, Cancer Project/Salad Master, Correct Sit, Eat in the Raw, Frey Organic Winery, Health Force Nutritionals, Herbivore Clothing, Lazy Dog Designs, Luna and Larry Coconut Bliss, New World Library, Pulmuone Wildwood Organics, Sequel Naturals, Sugar Beet Sweets, Sun Flour Baking, Synergy Organic Clothing, Teecino Café, The Inspired Cookie, The Vegan Collection, Trader Joe's, and V-Dog Food.

Non-Profit Organizations

Our non-profit exhibitors provided educational information covering health, humane, environmental, and spiritual issues and included: Action for Animals, Art Konrad, Aum-Ayurveda, Christian Vegetarian Association, Compassionate Cooks, East Bay Animal Advocates, Farm Sanctuary, Organic Athlete, Other Avenues, PCRM, SF Living Foods, Sivananda Yoga Vedanta Center, Supreme MasterChing Hai, The Vegetarian Resource Group, Vasu Murti, Vegan Outreach, Wellness Central.

Saturday Gala Dinner

Our Dinner Celebration on Saturday eve provided a choice between two organic vegan gourmet menus: the Raw Dinner was prepared by Cherie Soria of Living Light Culinary Institute and the Cooked Dinner was prepared by Seth Pasternack of Convergence Catering with a Celebration Roast from Field Roast Co. and Vegan Coconut Ice Cream from Bliss Unlimited, LLC. and Vegan Soy Decadence.

Publicity

Our committee members worked hard on getting the word out. Dixie Mahy, flyers, paid ads & Press Releases; JC worked on posters & post cards and assisted with paid ads; and Carmen Lee notified and updated e-lists.

Graphics

Many thanks to ad designer Sarah Premo and Miguel A. Blasquez for post card & poster design and printed program graphics, and Allegra Printing for Posters.

Volunteers

Last but not least, thanks to the many 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.



PHOTO: JC, Dixie Mahy, and Assemblywoman Ma's Representative

PROCLAMATIONS Galore!

Thanks to the efforts of JC and Carmen Lee, we received three proclamations this year. In addition to our Proclamation we usually receive from our Mayor Gavin Newsom, we received a Proclamation from Supervisor Eric Mar and the San Francisco Board of Supervisors and a Proclamation from Assemblywoman Fiona Ma and the California State Assembly. Our WORLD VEG FESTIVAL has achieved local and state recognition validating our plant-based GREEN DIET. Congratulations to SFVS!

SFVS Welcomes Dr. Michael Klaper (M.D.) back to California

From Dixie Mahy, SFVS President

Dr. Michael Klaper is now on the staff of True North Health Center with Dr. Alan Goldhamer (DC), 1551 Pacific Avenue, Santa Rosa CA 95404 707-586-5555. SFVS is pleased to announce he has accepted being on SFVS Advisory Board. We often have vegan questions that need a vegan doctor's perspective. SFVS is fortunate to have on its Advisory Board: doctors John McDougal (M.D.), Neil Barnard (M.D.), and Alan Goldhamer (D.C.).

Michael Klaper, M.D. graduated from the University of Illinois College of Medicine in Chicago in 1972. He Served his medical internship at Vancouver General Hospital in British Columbia, Canada and took under took additional training in surgery, anesthesiology, orthopedics and obstetrics at the University of California Hospitals in San Francisco.

As Dr. Klaper's medical career progressed, he began to realize that many of the diseases his patients brought to his office - clogged arteries (atherosclerosis) high blood pressure (hypertension), obesity, adult onset diabetes, and even some forms of arthritis, asthma, and other significant illnesses - were made worse, or actually caused, by the high-fat, high sugar, overly processed Standard American Diet (S.A.D.). Dr. Klaper believes strongly that proper nutrition and a balanced lifestyle are essential for health, and in many cases make the difference between healing an illness or merely treating the symptoms. His diet and lifestyle have been vegan since 1981.

To further the education of physicians and other health professionals about the importance of nutrition in clinical practice, Dr. Klaper serves as the Director of the non-profit Institute of Nutrition Education and Research. He also is a member of the Nutrition Task Force of the American Medical Student Association. Dr. Klaper has served as

SFVS MEMBERSHIP FORM

Status: New member Renewing member
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 Student dues of \$10 Senior dues of \$10
 Disabled dues of \$10 Life dues of \$500

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

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.

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!**

JOIN US FOR HOLIDAY FESTIVITIES

advisor to the National Aeronautics and Space Administration (N.A.S.A.) project on nutrition for long-term space colonists on the moon and on Mars.

A gifted teacher, clinician, and the author of successful books and videos on cholesterol-free nutrition. Dr. Klaper has contributed to the making of two PBS television productions, "Food for Thought," and the award winning, "Diet for a New America." For 11 years, Dr. Klaper also hosted the popular medical information radio program "Sounds of Healing," on KAOI 1110 AM in Maui, Hawaii.

Dr. Klaper will join Drs. Goldhamer, Sultana, Isabeau, Linzner and Lisle in the most diversified and experienced group of doctors offering conservative diagnostic and treatment services available.

They are able to accept new patients for medicine, chiropractic, naturopathy and psychology. The medical doctors are preferred providers for Medicare and Blue Cross PPO. If you would like to be able to have access to their medical doctors, please make your initial appointment ASAP. In order to offer highly individualized quality medical care, they will be limited to the number of new patients they can accept.

Kailia Vegan Footwear Joins SFVS Discount Program

From Carmen Lee, SFVS Discount Coordinator
USA/Italy-based Kailia Footwear's long-awaited online store is now open for business. To promote its new store, they are offering a 20% discount to SFVS. They will be displaying Fall Collection in person at SFVS Holiday Potluck December 12 starting at 6:30 p.m. at IOA, 3600

Geary Boulevard. For those unable to attend, they can go online to order: www.KailiaFootwear.com or e-mail: info@Kailiafootwear.com or call 415-823-7262.

Kailia Footwear specializes in Italian designed, 100% animal/cruelty-free and eco-stylish shoes for women. Its products are hand-made in small European family-owned artisan workshops, where workers are paid fair wages and all processes are strictly controlled. Kailia employs rigorously Italian components: sumptuous velvets, organic linen/cotton linings, supple faux leathers and biodegradable microfiber suede. The shoes are the epitome of eco-luxury, perfect for the stylish vegan gal.

Kailia Footwear is spearheaded by Nancy Dong, a veteran shoe designer with more than 20 years experience. Her designs have graced well known names such as BCBG-Max Azria and Ermenegildo Zegna. Levi Strauss & Co. as well as Charmone Shoes, and Shoes withSouls.

The Do-Ni ballerina (a philanthropic division of Kailia Footwear) will be on sale (25% off) portions of proceeds will be donated to non-profits listed on the non-profit page at: www.do-ni.com. Kailia Footwear makes it easier for vegans to "walk the talk."

Community Thrift Store and Car Donations

Many thanks to those who have donated articles to the Community Thrift Store which gives a percentage of sales to SFVS. Our number is 95. Donors are: Elizabeth Dounhouser, Dixie Mahy, and Shanta Sacharoff. The store is located at 623 Valencia Street, San Francisco, 415-273-5481. Furniture pick ups can be arranged. For car donations, call 415-273-5481.

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