



Vegetarian News

"For Health and Humanity"

Spring Issue 2009

President's Corner

by Dixie Mahy

If You Are Not Yet a Vegetarian, Why Not?

With all of the definitive studies that have been reported over the last several decades, it is confusing to me why more people have not become vegetarians or vegans by now. We have studies by our vegan doctors Bernard, Campbell, Goldhamer, Greger, McDougall that prove the health benefits of a plant based diet; we have the UN statement explaining that diet is the number one cause of global warming or climate change and a plant based diet would be the most positive step we can make for the benefit of the earth; we have numerous books and CDs on cruelty involved in raising and slaughtering livestock, we have internet resources for vast information, we have tons of cook books and cooking demos showing people how to prepare a plant based diet, SFVS has sponsored numerous activities every month for 41 years and has participated in hundreds of outreach events including our own World Veg Festival for the past 10 years, yet people continue eating meat! Why? In this newsletter issue, we will be featuring more studies justifying a plant based diet change, some recipes, and cooking demos in our events calendar. If you are still eating meat after reading and/or attending our lectures and demos, will you please let me know why?

Although I have been promoting a plant based diet through the SF Vegetarian Society 40 of its 41 years and although I have seen progress, I still wonder why more progress hasn't been made with all of the studies and the knowledge we now have. Let me know your thoughts by e-mail: dixiemahy@gmail.com or regular mail: 1450 Broadway #3,

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San Francisco CA 94109. If you want to remain anonymous, I promise I will not reveal who you are but I will appreciate your candor. If you are a vegetarian/vegan already, let me know your thoughts on why we haven't been able to convince the greater public to make this diet change that would be good for their health, good for the animals, and good for the world.

Red Meat Linked to Risk of Early Death

From David Pressman, SFVS Member & Patent Attorney
Excerpts from an article by Rob Stein, Washington Post

Eating red meat increases the chances of dying prematurely, according to a large federal study that offers powerful new evidence that a diet that regularly includes steaks, burgers and pork chops is hazardous to your health. The study of more than 500,000 middle-age and elderly Americans found that those who consumed the equivalent of about a small hamburger every day were more than 30 percent more likely to die during the 10 years they were followed, mostly from heart disease and cancer. Sausage, cold cuts and other processed meats also increased the risk. Previous research had found a link between red meat and an increased risk of heart disease and cancer, particularly colorectal cancer, but the new study is the first large examination of the relationship between eating meat and overall mortality.

SUMMARY OF EVENTS

May 9	Potluck & Free Lecture, SF
May 12, 26	Cooking Classes, Larkspur
May 13, 20, 27	Vegan Dinners, Red Vic, SF
May 23	Cooking Class, Oakland
May 24	Dining Out, Loving Hut, SF
May 31	KFC Leafleting & Lunch, SF
May 31	Potluck & Lecture, San Mateo
June 3, 10, 17, 24,	Vegan Dinners, SF
June 7	Picnic, Crissy Field, Presidio, SF
June 21	Dining Out, Enjoy Restaurant, SF
June 23	Cooking Class, Larkspur

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

Newsletter Staff

Production Editor: Linda Fleming

Project Coordinators

Advertising Coordinator: Joseph Cadiz,
jcadiz2002@yahoo.com

Dining Out Coordinator: David Goggin,
dg2222@msn.com, 415-567-6773

Discount Coordinator: Carmen Lee,
carmen_cebs@yahoo.com

Events: Dixie Mahy, 415-885-2251

Listserv, Member Services: Tracy Ewing
tracyinfo@aol.com

Mail Coordinator: Joseph Cadiz,
jcadiz2002@yahoo.com

SF Outreach: 415-750-0614,

nloewen@ioaging.org

Publicity: OPEN

Volunteer Coordinator: Nancy Loewen,
415-750-3614, nloewen@ioaging.org

Webmaster: Tony Martin

tony@veggiedude.com

SFVS Board

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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 June 1st, 2009. 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 bottom line is we found an association between red meat and processed meat and an increased risk of mortality,” said Rashmi Sinha of the National Cancer Institute, Monday in the Archives of Internal Medicine. In contrast, routine consumption of fish, chicken, turkey and other poultry decreased the risk of death by a small amount, the study found. Although pork often is promoted as “white meat,” it is believed to increase the risk for cancer because of its iron content, Sinha said. It is often grouped with red meat in nutritional studies.

“This would be the Rolls-Royce of studies on this topic,” said Barry Popkin, a professor of global nutrition at the University of North Carolina, who wrote an editorial accompanying the study. “This is a slam-dunk to say that, ‘Yes, indeed, if people want to be healthy and live longer, consume less red and processed meat.’” (They would do even better with no meat from any source! DM)

There are many explanations for how red meat might be unhealthy: Cooking red meat generates cancer-causing compounds; red meat is also high in saturated fat, which as been associated with breast and colorectal cancer; and meat is also high in iron, which also is believed to promote cancer. People who eat meat are more likely to have high blood pressure and cholesterol, which increases the risk of heart disease. Processed meats contain substances known as nitrosamines, which have been linked to cancer. Regardless of the mechanism, the research provides new evidence that people should follow long-standing recommendations to minimize red meat consumption, several experts said. (Eliminate instead of minimize and they will get even better results according to Dr. Bernard, McDougall & Ornish studies. DM)...

For the study, researchers analyzed data collected from 545,653 volunteers, ages 50 to 71, participating in the National Institutes of Health-AARP Diet and Health Study. In 1995 the subjects filled out detailed questionnaires about their diets, including their meat consumption. Over the next 10 years, 47,976 men and 23,276 women died...

Women who ate the most red meat were 36 percent more likely to die for any reason, 20 percent more likely to die from cancer and 50 percent more likely to die from heart disease. Men who ate the most meat were 31 percent more likely to die for any reason, 22 percent more likely to die of cancer and 27 percent more likely to die of heart disease. The entire article appeared in San Francisco Chronicle March 24, 2009.

Vegetarians Live Longer

From Scott Munson, Member of SFVS Yahoo Group

Article written by Christine Lepisto, Berlin

The battle has long been waged, and will certainly continue in spite of this study. Are humans designed/evolved to eat everything and at risk of malnutrition as vegetarians? Or is vegetarianism the healthy and ethical choice? The most impressive data arises from a study of 1904 vegetarians over 21 years by the German Cancer Research Center (Deutsche Krebsforschungszentrum). The study's shocking results: vegetarian men reduced their risk of early death by 50%! Women vegetarians benefit from a 30% reduction in mortality.

Long-term Study of Vegetarians

The participants of the the German Cancer Research Center study included 60 vegans (no animal products consumed), 1165 vegetarians (eating eggs, milk but no meat) with the remainder described as “moder-

ate” vegetarians who occasionally ate fish or meat. The health of these study participants was compared with the average German population. Living longer seems not to be exclusively related to eating meat, though, as the results for moderate vegetarians was not statistically different from those for vegan or strict vegetarian diets.

To the argument that it is not vegetarianism but a general interest in a healthier lifestyle which leads to such notable results, scientists reply with evidence that the majority of vegetarians do not cite health reasons for their lifestyle, but make their choice based on ethical commitment, environmental concerns or simply personal taste.

Vegetarians and Malnutrition

Research by a team led by Professor Ibrahim Elmadfa at the University of Vienna found a much better than average intake of Vitamin C, Carotinoids, Folic acid, fiber and unsaturated fats. Where shortcomings may arise is for Vitamin B12, calcium and Vitamin D in a vegan diet. Astoundingly, however, study participants did not suffer from diseases, such as osteoporosis, typically related to inadequate intakes of these micro-nutrients.
<http://www.treehugger.com/files/2008/07/vegetarians-live-longer.php>

Low-fat Vegetarian Diet Slows Prostate Problems

From Dan Brook, SFVS Member & WVF Speaker
 New York (Reuters Health) - A diet low in saturated fat, high in vegetable protein and low in animal protein, including dairy products, is associated with a “substantial” increase in prostate-specific antigen (PSA) doubling time and an increase in quality of life, according to results of a pilot study.

PSA is used as a biological marker for prostate cancer; the higher this number gets, the greater is the man’s risk of prostate cancer or prostatitis (inflammation of the prostate). The PSA “doubling time” is the time it takes for PSA levels to increase by 100 percent.

The study subjects included 36 men with biopsy-confirmed prostate cancer who had received primary treatment for more than 6 months previously and who had increasing PSA levels.

Dr. James Carmody and colleagues at the University of Massachusetts Medical School in Worcester randomly assigned the subjects and their partners to attend 11 dietary and cooking classes and mindfulness practice to support the change in diet or to a control group. Assessments of dietary compliance, quality of life and PSA levels were made at the beginning of the study, after the 11-week intervention, and again 3 months after the intervention was assessed. The findings are published in the journal *Urology*.

The intervention group consumed significantly less saturated fat, more vegetable protein and less animal protein,

including dairy products, than did the controls. They also reported more indicators of increased quality of life compared with the controls.

“Although no significant change was found in the rate of PSA increase between the two groups, the mean PSA doubling time for the intervention group was substantially longer at the 3-month follow-up visit than that of the controls,” Dr. Carmody and colleagues report. “Future clinical trials should examine the effect of a similar diet on clinical disease markers of disease progression with a larger sample of men followed for a substantially longer period.”

SOURCE: *Urology*, December 2008.

<http://www.reuters.com/article/healthNews/idUSTRE50T01020090130>, Jan. 29, 2009

Soy May Protect Against Breast Cancer

From Robert Martin, SFVS Board Member
 New York, Reuters Health March 24, 2009

Women who regularly ate soy as children may have a lower risk of developing breast cancer, a study of Asian-American women suggests. Researchers found that among nearly 1,600 Asian Americans with or without breast cancer, higher soy intake throughout life was associated with a lower risk of the disease. But the strongest protective effect was seen with childhood soy intake. Women who’d eaten soy regularly as children — roughly once a week or more — were about 60 percent less likely to develop breast cancer than women with lower soy intakes in childhood. Regular soy consumption in adulthood, meanwhile, was linked to a 25-percent reduction in breast cancer risk.

The findings, reported in the journal *Cancer Epidemiology, Biomarkers and Prevention*, echo those from earlier studies suggesting that soy helps protect against breast cancer. But they further suggest that childhood soy consumption may be especially important. Still, it’s too soon to make diet recommendations based on the findings, according to the researchers.

“This is the first study to evaluate childhood soy intake and subsequent breast cancer risk, and this one result is not enough for a public health recommendation,” senior researcher Dr. Regina G. Ziegler, of the U.S. National Cancer Institute, said in statement issued by the journal. “The findings need to be replicated through additional research.”

It’s not clear why diets high in soy have been linked to a lower breast cancer risk. In this study, Ziegler’s team tried to account for the effects of overall lifestyle by asking the women questions on how “Western” or “Eastern” their lives had been growing up and in adulthood. Even with those factors considered, childhood soy intake was still linked to lower breast cancer risk, while the connection between adulthood intake and breast cancer risk weakened somewhat. Some researchers suspect that estrogen-like soy compounds called isoflavones may offer some breast cancer protection. It’s been suggested that soy

isoflavones block the action of estrogen, promote the destruction of abnormal cells and reduce inflammation in the body.

Exposure to soy isoflavones early in life may be especially important in breast cancer risk, Ziegler and her colleagues speculate. Animal research, they note, has shown that soy may promote earlier maturation of breast tissue and greater resistance of the tissue to cancer-promoting substances.

SOURCE: Cancer Epidemiology, Biomarkers and Prevention, April 2009.

Diet and the Prevention of Cardiovascular Disease

From Neil Yoskowitz, SFVS Board Member

Plant-Based Foods for Health

Consumption of plant-based foods plays an important role in preventing cardiovascular disease. That's the conclusion of an award-winning thesis by Dr. J. M. Geleijnse, epidemiologist with the Division of Human Nutrition of Wageningen University in the Netherlands. Geleijnse's "A Vegetarian Diet and Cardiovascular Health" received the award from The Alpro Foundation.

The thesis drew from a number of epidemiological studies that link health benefits to plant-based foods. Fruits and vegetables are rich in vitamins, minerals, polyphenols, unsaturated fatty acids, and fiber. Numerous studies have shown that these dietary elements have a beneficial effect on a number of cardiovascular risk factors, including serum cholesterol, blood pressure and body weight. Vegetarians have a diminished risk of cardiovascular disease compared to non-vegetarians. They also have a better blood lipid profile, lower blood pressure, less obesity, and a lower risk of type-2 diabetes.

http://groups.google.com/group/AR-News/browse_thread/b.3da8e7063167372/1830271c2377065d?lnk=raot&pli+1

Federal 'Guidelines' Too Fatty

From David Pressman, SFVS Member & Patent Attorney
Article written by T. Colin Campbell & Caldwell B. Esselstyn Jr.

From page A - 15 of the *San Francisco Chronicle*
Tuesday, March 17, 2009 © 2009 Hearst Communications Inc.

As scientific researchers who have spent our careers establishing the link between diet and disease, we find President Obama's directive on "restoring scientific integrity to government decision-making" very welcome news. We hope this will lead to health care policy that is informed by America's most ignored scientific fact on health: That a whole-foods plant-based diet can prevent and in many cases reverse heart disease, diabetes, cancer and other chronic diseases. Today's health care debate has very little to do with what makes us sick. It is centered almost entirely on who gets covered and who pays. Extending coverage to more people is a good thing. But Americans who already are covered are suffering rising rates of chronic disease. Lack of coverage is not causing their disease, and expanding coverage won't cure these diseases

in others. We have to do more than increase coverage.

The No. 1 cause and cure of America's health care crisis is right under your nose - it's what you put in your mouth. Unfortunately, the scientific findings on diet and disease are marginalized by the political power of huge, mutually reinforcing commercial interests - meat, dairy, sugar, drugs and surgery.

These industries are desperate to sell a solution that obscures their part in the problem. If they can convince people that the cause of our health crisis has nothing to do with eating unhealthy food, and everything to do with increasing access to drugs and surgery, Americans will spend trillions more on health care without improving their health. That's what happens when you leave science out of public policy.

If President Obama wants Americans to get the full benefit of scientific research on health, then he should add three measures to his health reforms.

One: Change the way government develops its dietary guidelines. Right now, the U.S. government's most widely publicized dietary recommendations are deadly. The Food and Nutrition Board's 2002 report says that to reduce degenerative diseases like heart disease and cancer, we can consume up to 35 percent of our calories as fat, up to 35 percent of our calories as protein and up to 25 percent of calories as added sugars.

Here is a daily diet that meets those nutrition guidelines: Breakfast: 1 cup Fruit Loops; 1 cup skim milk; 1 package M&M milk chocolate candies; fiber and vitamin supplements. Lunch: Grilled cheddar cheeseburger. Dinner: 3 slices pepperoni pizza, with a 16-ounce soda and 1 serving Archway sugar cookies.

This helps explain why 12-year-old schoolchildren develop thickening of their carotid arteries to the brain, and 80 percent of 20-year-old soldiers, dying in combat, are found to have coronary artery heart disease.

How could the government distribute this information and call it science? Members of the committee had financial ties to industries that benefit from higher protein and sugar allowances, and the panel was partly funded by corporate money.

The Obama administration should establish a rule: No scientist with financial ties to the food and drug industries should chair - or choose the members of - panels that set dietary guidelines.

Two: President Obama should establish a new institute at the National Institutes of Health dedicated exclusively to exploring the link between diet, health and disease. Today, there are 27 institutes and centers at the National Institutes of Health, but none devoted to nutrition, despite the great public interest in the subject. For the sake of the people who pay the bills, it's time for NIH to dedicate an institute to studying the effect of nutrition on health.

Three: Congress should require that medical schools - as a condition of receiving federal grants - offer residency programs on dietary approaches to preventing and treating disease. Americans don't understand the disease-fighting

power of a good diet because their doctors don't. Medical schools teach a drug-centered curriculum. They do not learn about the many population-based studies that show the connection between diet and disease. They do not review the biochemical studies on disease formation that support the population-based studies. And they do not study the results found in treating disease with diet in clinical settings. Drugs and surgery can offer miraculous benefits in certain cases. But it's unconscionable for doctors not to know about - or tell their patients about - the preventive and healing power of food.

These three proposals won't cost much, and they will pay back our investment a million-fold by making people healthier and reducing health care costs. Moreover, they reflect a commitment - expressed by the White House last week - to finally let the public enjoy the health benefits of scientific research.

T. Colin Campbell, Ph.D., is professor emeritus of nutritional biochemistry at Cornell University. He is co-author of "The China Study." Caldwell B. Esselstyn Jr., M.D., former president of the American Association of Endocrine Surgeons, is a preventive medicine consultant at the Cleveland Clinic. He is the author of "Prevent and Reverse Heart Disease." <http://sfgate.com/cgi-bin/article.cgi?f=/c/a/2009/03/17/ED3K16FAI8.DTL>

Health Care for Criminals

From Robert Martin, SFVS Board Member

In response to letter@schronicle.com, Alameda writer (Mar. 29, 2009) Jill Staten asks why law abiders have to pay for the health care of the incarcerated. Good point. But as a vegan whose diet will help me avoid heart disease, cancer, obesity, diabetes, etc., I ask a similar question. Why should I have to subsidize those who continue to eat animal flesh and dairy when irrefutable evidence links these products to preventable illnesses with an annual cost approaching \$2 trillion!

Animal Consumption & Greenhouse Gasses

From Dixie Mahy, SFVS President

Following are various articles on the connection between our diet and climate change.

New York Times, a front-page feature article described the world-wide connection between animal consumption and greenhouse gas emissions. Animal consumption is one of the biggest contributors to global CO2 emissions and environmentalists are taking serious note.

The United Nations Food and Agriculture Organization reports that "livestock generates 18 percent of greenhouse gas emissions" and emphasizes that the problem is expected to grow. These emissions are "clearly over 50 percent in big agricultural and meat-producing countries." The United States, the article continues, "produces extraordinarily high levels of emissions in other areas, like transportation and landfills." It tells us that producing a pound of beef creates 11 times as much greenhouse gas emission as a pound of chicken and 100 times more than a pound of carrots." Dr. Rajendra Pachauri, head of the Nobel Prize-

winning U.N. Intergovernmental Panel on Climate Change says, "I'm not sure that the system we have for livestock can be sustainable." The best approach to solving this problem, he states, is for people to "reduce meat consumption." (Better yet eliminate meat consumption. DM) Article, entitled "As More Eat Meat, a Bid to Cut Emissions:"

[http://www.nytimes.com/2008/12/04/science/earth/04meat.html?](http://www.nytimes.com/2008/12/04/science/earth/04meat.html?R=1&scp=28sq=meat%20consumption&st=cse)

[R=1&scp=28sq=meat%20consumption&st=cse](http://www.nytimes.com/2008/12/04/science/earth/04meat.html?R=1&scp=28sq=meat%20consumption&st=cse)

Vegetarian Diets Can Reduce Costs of Responding to Global Warming

From Dan Brook, SFVS Member & WVF Speaker

Article in The New Scientist Feb. 10, 2009 by Jim Giles Cutting back on beefburgers and bacon could wipe \$20 trillion off the cost of fighting climate change. That's the dramatic conclusion of a study that totaled up the economic costs of modern meat-heavy diets. The researchers involved say that reducing our intake of beef and pork would lead to the creation of a huge new carbon sink, as vegetarians would thrive on unused farmland. The model takes into account farmland that is used to grow extra food to make up for the lost meat, but that requires less area, so some will be abandoned. Millions of tons of methane, a potent greenhouse gas, would also be saved every year due to reduced emissions from farms. These impacts would lessen the need for expensive carbon-saving technologies, such as "clean coal" power plants, and so save huge sums, say Elke Stehfest of the Netherlands Environmental Assessment Agency and colleagues.

Climate-change experts have warned of the high carbon cost of meat for several years. Beef is particularly damaging. Methane, a potent greenhouse gas, is released from flatulent cows and by manure as it decays. Furthermore, to produce a kilogram of beef (2.2 pounds), farmers also have to feed a cow 15 kg of grain and 30 kg of forage. Grain requires fertilizer, which is energy intensive to produce. Stehfest has now weighed the economic impact of beef and other meats against the cost of stabilizing carbon dioxide levels at 450 parts per million – a level that some scientists say is needed to help prevent dangerous droughts and sea level rises.

If eating habits do not change, Stehfest estimates that emissions would have to be cut by two-thirds by 2050, which is likely to cost around \$40 trillion. If, however the global population shifted to a low-meat diet – defined as 70 grams of beef and 325 grams of chicken and eggs per week – around 15 million square kilometers of farmland would be freed up. Vegetation growing on this land would mop up carbon dioxide. It could alternatively be used to grow bioenergy crops, which would displace fossil fuels. (Even more farmland would be freed up and more vegetation would be available if beef, chicken, eggs, and other livestock were eliminated completely. DM)

Greenhouse gas emissions would also fall by 10% due to

the drop in livestock numbers, she calculates. Together, these impacts would halve the costs of dealing with climate change by 2050. To help consumers, the environmental cost of meat, in terms of carbon emissions per portion, could also be included in the purchase price, says Stehfest. The costs sound about right, says Raymond Desjardins of Agriculture and Agri-Food Canada. However, it may be unfair to compare future farms to current ones, he adds. (The costs to consumers would be even less if meat production were eliminated altogether. DM)

Journal Reference: CLIMATIC CHANGE (doi:10.1007/S10584-008-9534-6)

<http://www.newscientist.com/article/dn16573-lowmeat-diet-could-slash-cost-of-climate-change-action.html>

One Million Vow to Become Vegetarians

From Dan Brook, SFVS Member & WVF Speaker

More than one million people in Taiwan have pledged to help cut carbon emissions by being a vegetarian. Taiwan's population is about 23 million, and the one million vegetarians would reduce at least 1.5 million tons of carbon emissions in Taiwan in one year.

The Union of NoMeatNoHeat made the announcement during its anti-global warming drive. Many prominent politicians, such as the legislative speaker, the environment minister, and Taipei and Kaohsiung Mayors all pledged to become vegetarians.

The Union said 20 percent of the world's carbon emissions are created by the livestock industry, which is higher than the 15 to 18 percent produced by all the world's transportation vehicles. The Union said if a person eats only vegetables for a whole year, roughly 1.5 tons of carbon emissions can be cut.

<http://english.rti.org.tw/Content/GetSingleNews.aspx?ContentID+59093>

Letter to CA Senate Committee

By Mitch Cohen, SFVS Member

Honorable Senators:

Please read this letter which appeared on page A-14 of the San Francisco Chronicle Monday, Feb. 16, 2009 and use your power to act on this for the behalf of California.

The inefficiency of livestock

California faces severe drought, water rationing, depleted fish populations and wildfires. Dairy farmers struggle to stay afloat. And Agriculture Secretary Tom Vilsack wants to fund up to \$200 million a year to subsidize the exports of American dairy products overseas.

Grain-fed- cattle raising wastes our limited water, grain, energy and topsoil. Far too many pounds of grain and gallons of water yield just one pound of beef or gallon of milk.

California should not be paying higher water bills for either overseas or out-of-state dairy/beef sales. Grain-fed cattle operations require too much water. Limit California's cattle operations to purely grass-fed operations. Reducing the herd sizes will reduce supply and increase prices for the remaining, more-sustainable farmers. Give career-transition assistance to farmers who'll cultivate sustainable, cholesterol-free crops: protein-rich grains, calcium-rich vegetables (e.g. collards, bok choy, kale, broccoli). Use our desperate water situation as a catalyst to let a revised, sustainable farm policy flow as a mighty river.

Mitch urges everyone to write a similar letter to his or her senators.

MEAT OUT BLOW OUT-

By Dixie Mahy, SFVS President

The 4th Annual Meat Out Lunch Celebration on March 14th was a great success co-sponsored with UUFETA at the Unitarian Church. Around 150 people were in attendance at this all day event. Patti Breitman, author *How to Eat Like a Vegetarian Even if You Never Want to Be One*, started the festivities with her quick & easy vegan demo. A vegan lunch followed the demo coordinated by Patricia Allen Koot, NE, featuring her homemade vegan parmesan to go with her special vegan lasagna. After lunch, Kim Sturla presented slides and told stories about Animal Place in Vacaville where rescued farm animals are allowed to live out their lives in a peaceful sanctuary.

John Robbins, author of *Diet for a New America* and *Healthy at 100* delivered the Key Note Address with an inspiring message "Your Diet Can Help Save Your Life and Our World."



John Robbins speaks at Meat Out Celebration

Educational tables included informative literature from: SFVS, UUFETA, FARM, PCRM, Farm Animal Sanctuary, Farm Fresh to You Organic Farmers, and In Defense of Animals. Photos from the event may be viewed on SFVS website: www.sfv.org.

A fun raffle ended the afternoon on an exciting note with gift certificates from: Millennium Vegan Restaurant \$100, Rainbow Grocery Coop \$100, Compassionate Cooks Cooking Class \$50, Real Foods \$25, Maharani Restaurant \$20, 2 from Fresh Choice, 3 from Maharani Restaurant \$10 each, Anna's Gourmet Certificate, plus cook books and animal rights books.

A great thank you to our event donors: VegFund, Rainbow Grocery Cooperative, Safeway Store (Webster & Clay), Wildwood Veggie Burgers. and Mudslinger's Vegan Ice Cream and our Organizing Committee: Dixie Mahy, SFVS President, & Dolores Priem, UUFETA Chairman, and Committee Members: Charlie Freas, Georgiana Scott, and Jack Ronan



Dixie with Patti Breitman at the Meat Out Demo

RECIPES

by Patti Breitman

Following are recipes presented at the MEAT OUT Demo. For more easy recipes and useful information, get her book

How to Eat like a Vegetarian Even If You Never Want to Be One, published by Lantern Books, 128 Second Place, Brooklyn, NY 11231. Patti may be reached at eatplants@earthlink.net.

Broccoli Burritos

Makes 6 burritos

2 to 3 stalks of broccoli (about 2 cups chopped)

1 15-ounce can garbanzo beans

1/2 cup roasted red peppers

2 tablespoons tahini

3 tablespoons lemon juice

6 flour tortillas

6 tablespoons salsa (or more to taste)

*Cut or break the broccoli into florets.

*Peel the stalks and cut them into 1/2 inch thick rounds. Steam over boiling water until just barely tender, about 5 minutes.

*Drain the garbanzo beans and place them in a food processor with the peppers, tahini, and lemon juice. Process until completely smooth.

*Spread about 1/4 cup of the garbanzo mixture on a tortilla and place it in a large heated skillet. Heat it until the tortilla is warm and soft, about 2 minutes.

*Arrange a line of cooked broccoli down the center of the tortilla, then sprinkle with salsa.

*Fold the bottom of the tortilla toward the center, then starting on one side, roll the tortilla around the filling.

Repeat with remaining tortillas.

From *The Peaceful Palate* by Jennifer Raymond. Used with permission.

Red Pepper/Cashew Spread

You can make a low fat version by substituting chickpeas for the cashews.

1 cup raw cashew pieces

1 large red pepper, roasted (You can buy these in a jar or roast your own.)

1/2 cup water as needed and/or the liquid from the jar of roasted peppers

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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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.

*Combine nuts and pepper in a food processor and add about two or three tablespoons of liquid as needed to process smoothly.

*Scrape down sides of bowl, and continue to add liquid until creamy consistency is reached.

Support Academic Freedom at Cornell

Dr. T. Colin Campbell's course, NS 200, formerly known as vegetarian nutrition, was pulled from the course catalog without explanation by a faculty member with financial ties to the dairy industry. Dr. Campbell has tried to resolve this internally for the last year. Help overturn this decision by signing his online petition at <http://www.ipetitions.com/petition/academicfreedom/>.

Certificate Program in Plant-Based Nutrition through eCornell

Plant-Based Nutrition represents a forward-looking view of nutrition that Dr. T. Colin Campbell developed during his more than 40 years experience. It is an expansion of NS 200 which he taught for 7 years before it was unceremoniously canceled last year. Contact the T. Colin Campbell Foundation to learn more about this course series and to register, go to info@tcolincampbell.org.

Lifestyle Medicine Certification Program, developed by T. Colin Campbell, Ph.D. and Pamela A. Popper, Ph.D., N.D. offered through The Wellness Forum to teach the scientific foundation for using diet and lifestyle as preventive and curative tools; to teach specific protocols for treating common degenerative conditions; show physicians and other health care professionals how to develop a profitable practice using lifestyle medicine; to train staff to conduct educational programming that supports the practice by teaching necessary skills for diet and lifestyle improvement. Faculty: Ph.D. & N.D. Popper, Ph.D. Campbell,

M.D. Esselstyn, Ph.D. Lessler, Ph.D. Moss, Doug Owens, M.D. McDougall, Mark Edds, M.C. Barnard, Mary Jo Ruggieri, M.D. Scholtz, D.C. Goldhamer, Barbara Loe Fisher. This course is offered through conference calls, which are live and interactive. The class begins Wednesday, June 3 at 8:00 p.m. Eastern and runs for 14 consecutive Wednesday nights for 2 to 3 hours. For more information and to register, call 614-841-7700 or e-mail pampopper@msn.com.

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. Donors are: Amy Faust, Dixie Mahy, Joseph Cadiz, Tamara Thompson, The Vasudevans, Tracy Ewing, and Valang Sashayiri. Thank you also to Somasekar Srinwasan for a car donation. Community Thrift Store Location: 623 Valencia Street, San Francisco, 415-273-5481. For car donation information, 415-273-5481.

CLASSIFIED

Stray cat rescuer of 18 years seeks donations of food for ferals, money for vet bills, and/or info on starting non-profit. Presently looking for good home for black adolescent kitty. 510-387-2125 or DC, Linda Rae Savage drsavage1@yahoo.com.

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.

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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