



Vegetarian News

“For Health and Humanity”

Winter Issue 2009

Veg Diet & Cancer Survival **From Dan Brook, SFVS Member & Speaker at WWF**

New York (Reuters Health) Women with early-stage breast cancer may live longer if they maintain a diet rich in fruits, vegetables, whole grains and low-fat dairy, a new study suggests. (They would do better with no dairy according to the research of Dr. John McDougall in Santa Rosa and Dr. Neal Barnard of PCRM. DM)

This so-called “prudent” diet was not linked to a lower risk of death from breast cancer specifically. However, researchers found, breast cancer patients who ate this way were less likely to die from other causes over the eight-year-study period. “Consumption of a diet high in fruits, vegetables, whole grains, and poultry, and low in red meat and refined foods may positively influence a woman’s overall health and prevent other cancers and chronic diseases,” Dr. Marilyn L. Kwan, a researcher at Kaiser Permanente in Oakland, California, told Reuters Health. (They would do even better with no chicken and red meats according to the research of Dr. John McDougall and Dr. Neal Barnard. DM)

The findings, published in the Journal of Clinical Oncology, are based on 1,901 women diagnosed with early-stage breast cancer. Between 2000 and 2002, the women completed detailed questionnaires on their diet, exercise habits, weight and other health factors. They were then

followed for up to eight years. During that time, 226 women died, with 128 deaths attributed to breast cancer.

Kwan’s team found that women who’d reported a prudent dietary pattern at the outset had a lower overall death rate than those who’d reported a more “Western”-style diet—one high in red and processed meats, snack foods, high-fat dairy and refined grains like white bread.

Women with the highest intakes of healthier foods were about half as likely to die during the study period as women with the lowest intakes, even with other important factors taken into account—like the initial size of the breast tumor, the treatment type and patients’ smoking habits. Conversely, women with the most Western eating habits had a 53 percent higher risk of death overall than those with the lowest intakes of those foods.

“Women living with breast cancer still want to know how they can improve their overall chances of surviving,” she noted, “and as our study shows, eating a more healthful diet is beneficial for overall survival.”

Article by Amy Norton, Mon Jan 5, 2009

SOURCE: Journal of Clinical Oncology, online December 29, 2008

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SUMMARY OF EVENTS

Feb 13	Valentine Eve Potluck, Alameda
Feb 14	Valentine Day Dining Out, SF
Feb 15	Dr. Michael Greger Lecture, SF
Feb 18,25	Vegan Dinners at Red Vic, SF
Feb 21	Dining out Golden Buddha, SF
Feb 22	KFC Leafleting & Lunch, SF
Mar 4,11,18,25	Vegan Dinners at Red Vic, SF
Mar 6	Birthday Potluck, Alameda
Mar 14	Meat Out Lunch, SF
Mar 29	KFC Leafleting & Lunch, SF

See the enclosed Veg Calendar for a description of events hosted by the Society, as well as other “veg” happenings in the Bay Area. The Calendar is posted on our web site, www.sfvs.org and you can always call (415) 273-5481 for information.

San Francisco Vegetarian Society
For Health and Humanity

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Vegetarian News is published by the San Francisco Vegetarian Society (SFVS), a nonprofit, non-sectarian group dedicated to educating the public about the benefits of a vegetarian diet, for health and humanity. SFVS was founded in October 1968 and is one of the oldest vegetarian organizations in North America.

Members are encouraged to submit articles, announcements, reviews, recipes, etc. to the editor. Deadline for submissions for next newsletter is March 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 Protein Pyramid

From Carmen Lee, SFVS Member & Discount Coordinator

Per capita meat consumption more than doubled over the past half-century as the global economy expanded. It is expected to double again by 2050. Which raises the question, what does all that meat eat before it becomes meat? Increasingly the answer is very small fish harvested from the ocean and ground into meal and pressed into oil.

According to a new report by scientists from the University of British Columbia and financed by the Pew Institute for Ocean Science, 37 percent by weight of all the fish taken from the ocean is forage fish: small fish like sardines and menhaden. Nearly half of that is fed to farmed fish; most of the rest is fed to pigs and poultry.

The problem is that forage fish are the feedstock of marine mammals and birds and larger species of fish. In other words, farmed fish, pigs and poultry — and the humans who eat them — are competing for food directly with aquatic species that depend on those forage fish for their existence. It's as if humans were swimming in schools in the ocean out-eating every other species.

The case is worse than that. When it comes to farmed fish, there is a net protein loss: it takes three pounds of fish feed to produce one pound of farmed salmon. This protein pyramid — small fish fed to farmed fish, pigs and poultry that are then fed to humans — is unsustainable. It threatens the foundation of oceanic life.

The report's authors suggest that it would be better if humans ate these small fish, as many cultures once did, instead of using them as feed. That is one way of addressing the problem of net protein loss. The real answers are support for sustainable agriculture in the developing world and encouraging healthy, less meat-based eating habits as a true sign of affluence everywhere. (A better answer is support no meat-based eating habits anywhere in the world and humans and the other species would be better off. DM)

New York Times Editorial, November 10, 2008.

Bottled Water Controversy

From Dixie Mahy, President SFVS

Culture Change Article "Flow: Who Owns the World's Water?"

By Jessica Mosby

After seeing the new documentary, "Flow," my 2009 New Year's resolution is to stop buying bottled water. Over \$100 billion is spent annually on bottled water, but it would cost only \$30 billion to provide clean drinking water to the entire world. Unlike tap water, bottled water is not regulated for cleanliness. And don't even get me started on the mountains of plastic bottles created by the bottled water industry. For 84 terrifying and informative minutes, filmmaker Irena Salina makes a very persuasive case for stopping the commoditization of water and ensuring that everyone has access to clean drinking water. Salina interviews an array of researchers and activists who all describe the frightening international situation: dirty water kills more people than wars, the world is quickly running out of clean water, and water has become a valuable commodity for multinational corporations to exploit for profit. "Flow" is currently available on DVD.

The film is grounded in the question: Who owns the world's water? Without water life cannot exist. But 1.1 billion people worldwide do not have access to clean drinking water, and over 5 million people die annually from water-related illnesses. While "Flow" is a wake-up call that documents all that is wrong with the world's attitude toward water, the film also profiles a number of technologies that could dramatically improve international access to clean drinking water at a nominal cost.

Those who exclusively drink bottled water may think they're safe. But according to the National Resource Defense Council Director of Advocacy, Erik Olson, water-borne chemicals can enter the body through the skin when showering. Bathing in bottled water doesn't guarantee safety either; organic chemicals, bacteria, and even arsenic were found in one-third of popular bottled-water brands.

To read the complete movie review and see the trailer on Culture Change, please go to http://culturechange.org/cms/index.php?option=com_content&task=view&id=280&Itemid=1

Vegan Diet Potent Against Disease

*By Robin Tierney
Special to Examiner*

No portion limits, no calorie-counting, no more diabetes medications? Yes, it may be possible to eat your way out of disease. Mounting evidence suggests that healthy plant-based diets can fight debilitating diseases.

Take diabetes: Traditional treatment limits sugars and starchy foods that release sugars during digestion. But too much protein and fats can raise cholesterol levels, and the more fat in the diet, the harder for insulin to get glucose into cells. Dietary culprits are refined carbs, saturated fat and excess protein, said Caroline Trapp, a diabetes nurse practitioner in Southfield, Mich. At a recent international conference in D.C., Trapp presented research conducted by the Physicians Committee for Responsible Medicine, George Washington University and University of Toronto.

The study looked at the effects of switching to a low-fat, low-glycemic vegan diet-vegan meaning no animal flesh or products-on people with type 2 diabetes. That's the most common kind of diabetes in which cells are resistant to insulin in the bloodstream. The vegan diet group could eat unlimited portions of vegetables, grains, fruits and legumes. A control group followed a diet based on American Diabetes Association guidelines. Neither group changed exercise habits. *The results after 22 weeks? 43 percent of the ADA group reduced their diabetes medication. *The vegan

group lost an average 13 pounds, compared with 9 pounds in the ADA group. *The vegan group had greater decreases in cholesterol, a cardiovascular disease risk factor. *The vegan group members rated the new eating plan "highly acceptable" and "easy to follow." Appeal included affordability and no portion limits, measuring or calorie-counting.

"It is well-established that a low-fat vegan diet will improve blood sugar levels," Trapp said. Weight loss is easier because the foods are nutrient-dense but not calorie-dense. Weight loss reduces insulin resistance. "Also, foods from animals contain iron in a heme form, which is believed to contribute to insulin resistance," Trapp added. Plants deliver non-heme iron. In addition, "low glycemic-index carbohydrates, such as beans, pasta, sweet potatoes, brown rice, and most vegetables and whole fruits, tend to reduce wide fluctuations in blood glucose levels and keep triglyceride levels low." Patients must still monitor blood sugars and blood pressure and discuss when to reduce, or stop, medications with health care providers. An estimated 85 percent of diabetes patients in 2003 used drugs to control symptoms. "A significant diet change can reduce or sometimes even eliminate medication needs," Trapp said. Trapp sees the dietary approach as a huge game-change. "After years of aggressively prescribing medications that sounded so promising, and seeing beloved patients who put their trust in me go on to develop (diabetes) complications, it is a thrill to have a low-cost, harmful-side-effect-free option."

The Vegan Diet

Super-food groups:

- ***Grains:** whole-grain bread and pasta, brown rice, high-fiber cereals, unprocessed oatmeal, bulgur wheat, millet, barley, couscous, quinoa.
- ***Legumes:** beans, lentils, split peas, nonfat soy products.
- ***Vegetables:** all, but instead of white potatoes, choose tomatoes, carrots, spinach, kale, broccoli, cauliflower, sweet potatoes, squash, green beans, bok choy.
- ***Fruits:** all except avocados, olives, pineapple and watermelon. Enjoy berries, oranges, grapefruit, apples, grapes, bananas, kiwi, pears, peaches and others.

Vegan diets contain no animal-derived products, meaning no meat, poultry, fish, seafood, honey, dairy or eggs. Nutritionists recommend that those on vegan diets take a B12 supplement daily because this essential vitamin is found primarily in animal-derived foods. Most multivitamins include adequate B12.

Animal products contain saturated fat, which is linked to heart disease, insulin resistance and some forms of cancer.

Here's a comparison of fat content in protein sources: extra-lean beef 29 percent, skinless chicken breast 23 percent, sea trout 32 percent, beans 4 percent.

Cooking tip: Substitute seasoned vinegars for oils and butter.

Resources for healthful eating: foodforlifetv.org or nutritionmd.org or pcrm.org/diabetes.

***Non-Vegetarians in Greater Risk for Health Problems**

From Scott Munson

As posted on SFVeg-subscribe@yahoo.com

* Non-vegetarians run a greater risk from chronic diseases

Posted by: "AnimalConcerns.org"

animalconcerns@gmail.com

Wed Jun 4, 2008 8:37 am (PDT)

Lucknow: Non-vegetarian families run a greater risk of suffering from chronic diseases than their vegetarian counterparts, suggests a survey conducted by Lucknow University (LU) students. "The survey covered 1,000 upper-middle class families of Lucknow in which it was observed that the non-vegetarians are more prone to diabetes, cancer, asthma, arthritis and other chronic diseases," said LU's Institute for Public Health and Affairs (IPHA) director Manoj Dixit on Tuesday. full story <http://sify.com/news/fullstory.php?id=14687345>

Sustainable Chocolate in Belize

Another perspective on the controversial chocolate for readers of Vegetarian News Spring 2008 (Chocolate: Healthy in Moderation?) & Summer 2008 (Carob v. Chocolate)!

By Carmen Lee, SFVS Member & Discount Coordinator

As a chocoholic and supporter of anything sustainable, I joined Sustainable Harvest International (SHI)'s inaugural Smaller World Chocolate Tour in Belize. This program offered 7 days of activities to learn the history, culture and ecology of chocolate – and to participate in SHI's mission to help Central American farmers overcome poverty while protecting our environment, with projects such as planting a forest of cacao/coconut seedlings and building wood-conserving stoves that can be used to roast cacao beans.

Chocolate history

According to Michael Coe, co-author of *The True History of Chocolate*, the roots of chocolate go back to the great Olmec civilization, which preceded the Maya. Evidence suggests that the Maya were drinking chocolate in 500 B.C. and people were cultivating the cacao tree long

before the Maya civilization, which flourished in southern Mexico, the Yucatán, and the highlands of Belize between 500 B.C. and A.D. 1500.

The Maya had chocolate at every meal. It was the beverage of the common people and the food of rulers and gods. The scientific name for the cacao tree is *Theobroma cacao*—"food of the gods." Hieroglyphs that depict chocolate being poured for rulers and gods are present on Maya murals and ceramics.

The cacao tree grows only in tropical regions and surrounded by other plants that provide shade. Latin American beans come from the Criollo tree, which is regarded as the most fragrant but fragile with a very small yield. In 1517, Aztec Emperor Moctezuma introduced his favorite drink, *xocolatl*, to Spanish explorer Cortez, who returned to Spain and then introduced chocolate as a medicinal remedy to the rest of Europe.

Europeans then started cacao plantations in tropical colonies to meet the increasing demand. According to *The Chocolate Connoisseur's* Chloe Doutre-Roussel, the human greed for profits in the early 20th century pushed many producing countries to destroy the Criollo trees and replace them with the stronger and more productive Forasteros. Today, Cote D'Ivoire and Ghana provide 70% of the world production – all Forastero, which is the most robust, high-yielding but least aromatic; to improve the flavor, increasing amounts of sugar and vanilla flavoring are added. Chocolate (not the candy variety, which contains very little cocoa) is still promoted as a health food for its antioxidants and brain stimulants

Fair trade chocolate

Co-op America's Corporate Responsibility program has noted that dramatic fluctuations in the global price of cocoa and exploitative middle merchants have kept many cocoa farmers in poverty. When these farmers are in economic crisis, they're often forced to maximize production by using toxic pesticides or employing child labor. Therefore, the best way to effect change in the industry is to buy Fair Trade Certified cocoa, which is grown sustainably, adheres to health and safety standards and generates a premium that farmers re-invest in their communities.

According to TransFair USA, the Toledo Cacao Growers Association (TCGA) became the first cocoa cooperative to become Fair Trade Certified by the Fair Trade Labeling Organization (FLO) in 1997: "TCGA was born out of a 1986 USAID development project, which provided hybrid cacao plants to the southern Belizean Ke'kchi and Mopan Mayan cocoa growers and fostered sales to Hershey

Foods. . . The partnership was successful until cocoa market prices plummeted and harvesting cocoa became entirely unprofitable for the farmers. Today, TCGA stands on its own as a non-profit business association in the most impoverished and underdeveloped jungle communities of Belize. Luckily for chocolate connoisseurs, the 750 cacao farmers have returned to cultivating their native Criollo plant, the highest quality cocoa beans that are native to Central America. TCGA's 100% organic, shade-grown and composting practices demonstrate their strong commitment to sustainable agriculture and complement their commitment to quality."

From cacao to chocolate

In Toledo District's San Felipe village, we met Organic Chocolate Master Juan Cho (a field trainer with SHI Belize) and his family for a tour of their organic farm, hands-on demonstration of traditional Mayan chocolate-making and tasting, and lunch of *caldo* (spicy chicken stew but prepared vegetarian with cabbage, carrots, onions, tomato and celery), corn tortillas and *xocotatl* (hot cocoa with sugar, nutmeg and allspice).

It takes about 5 years for a cacao seedling to grow into a tree that is mature enough to produce pods, which grow straight out of the trunk. When the pods are ripe, they are cut from the tree with a machete. Chocolate is made from the seeds (beans) that are swaddled in mucilage within the pods. The seeds and the pulp are scooped out of the pod and allowed to ferment (about 5 days). The seeds are then dried, roasted, shelled and winnowed into cocoa nibs before being ground to produce a thick chocolate paste mixed with vanilla and sugar. Juan's mother Cyrila sells their chocolate products (cocoa nibs, cocoa powder, chocolate bars) on their own label, Cho's Chocolate. In addition, the Chos sell their cacao beans to TCGA, which sells to chocolatier Green & Black's Organic, producer of Maya Gold chocolate bars.

While I prefer local family homestays for a more authentic cultural experience (I imagined chocolate at every meal!), I didn't mind staying at neighboring Cotton Tree Lodge in a jungle with howler monkeys to wake me up each morning. SHI has a partnership with veg-friendly Cotton Tree Lodge, which has a wood-conserving stove/oven for its restaurant and an organic farm that provides half of the food served to guests. Cotton Tree produces its own chocolate bars onsite powered by solar panels and offers tours on chocolate-making and medicinal plants.

To learn more about SHI, see www.sustainableharvest.org. Charity Navigator named SHI on its list of the *10 Best Managed Environmental Nonprofits*, and the only one led by a woman. SHI Founder/President Flo Reed and Out-

reach Director Sarah Kennedy are both vegetarians. See reviews of Belize's veg-friendly places at <http://www.vegining.com/GetRestList.cfm?rgk=CA-BEL>.

Coconut Crème Cake with Berry Topping – 'Dixie's Cake'

This special cake was created for Dixie Mahy's 75th Birthday Party. She loved it and asked us to share it! Recipe Author – Dina Knight www.greenivore.net



Lizzy Bechtold, Dixie, Photo: Howard

Crust

1 1/2 cup raw almonds (soaked & dehydrated)
 1/2 cup hazelnuts (soaked & dehydrated)
 24 medjool dates (pitted)
 1/4 cup shredded dried coconut
 1/4 tsp Himalayan sea salt

Place all ingredients into a food processor and process until the mixture becomes sticky enough to hold together when pressed between fingers without crumbling. Spread a small amount of coconut oil all over the bottom of your spring form pans. Press in the crust mixture into the bottom of the spring form pan and on the sides as desired. Apply crust evenly. This cake can be divided into two 8" spring form pans as a single layer cake or into one large 8" spring form pan for a double layered cake.

*Tip: I always recommend soaking and dehydrating your nuts to help make them more digestible and remove the enzyme inhibitors present in the skins of the nuts. This recipe will also work with unsoaked nuts but it's always preferred to soak any nuts with brown skins. Nuts can be soaked overnight in a bowl of water, rinsed, drained and then dehydrated for 24 hours or until completely dry. Once dry, you can store them in a glass Mason jar in your freezer for 6 months and they'll be ready to use in recipes.

Crème Filling

1 cup macadamia nuts
*1/2 cup young coconut meat
*1/4 cup coconut water
1/4 cup pine nuts
2 tsp vanilla
1/4 cup lemon juice
1/4 tsp salt
1/2 cup agave nectar
*1/3 cup Irish moss gel
1/3 cup coconut oil
(*You can substitute Artisana Coconut Butter for fresh young coconut meat if not available. Use 4 TB of the coconut butter & 1/4 cup filtered water if substituting)

*Irish Moss Gel Instructions:

To make Irish moss gel – Take 1 cup dried Irish moss and soak for at least 1 hour, the Irish moss will expand after soaking. Measure out 1 cup of soaked Irish moss and add to blender with 1/2 cup of water. Blend in high powered blender till smooth. Irish moss can be found at Café Gratitude or online at many raw food websites. Leftover gel can be frozen in ice-cube trays and used at a later date in dessert recipes: any unsoaked Irish moss can be stored in the freezer in a sealed bag or glass jar. If you do not have Irish moss available you can leave it out of the recipe. It will still taste good but the crème will be somewhat denser and have a slightly different consistency, you should increase the amount of coconut oil in the recipe to 1/2 cup if not using Irish moss and it may need to be refrigerated or possibly frozen for a few hours longer to get a solid consistency.

Fruit Topping

Fresh organic berries of your choice (blueberries, raspberries, strawberries, etc.)
*Optional Fresh organic Banana sliced
Handful of dried coconut for topping

Decorate the top of the crème filling with your favorite berry fruits. I like to circle the cake with blueberries and then place the other fruits in striped diagonal lines alternating different between berries and banana slices as desired. Be creative and have fun decorating! Add optional fruit sauce drizzle over the fruit (see below). Cake is best served after being in the fridge for at least 3-6 hours or until it holds its shape and has hardened enough to remove easily from the spring form pan. Finish the cake off by sprinkling shredded dried coconut evenly over the top of the cake for a decadently beautiful & tasty dessert.

*Optional Fruit Sauce Drizzle

1/2 cup raspberries or strawberries
2-3 TB agave nectar (can sub other sweeteners)
1 TB Irish moss gel
1 tsp vanilla
1 TB coconut Crème
Pinch of Himalayan sea salt

Blend all ingredients except the dried coconut together in a high-powered blender until smooth and then place in a pastry bag or plastic bag with a small hole cut in it and drizzle the fruit sauce over the fruit layers prior to adding the dried shredded coconut.

Chef Dina Knight is a gourmet vegan & raw foods chef and instructor. She will be giving a detox workshop in the Bay Area March 9-13 and a lecture at Café Gratitude on Monday Night Live, March 16. Contact her at: chefdina@elivinghealth.com or 512-563-8184 for details.

Kindness Kitchen

Every Sunday from 11 a.m. to 3 p.m.
From Joy Kapur Owner/Exec Chef
www.maharanirestaurant.com and Author:
www.ThisIsNoSecret.com.

Being started in the concept of Karma Kitchen, in association with Charityfocus.org, HOH and Maharani Restaurant, 1117 Polk Street (& Post), San Francisco (415-775-1988). Vegetarian/Vegan Menu changes every Sunday. Week-days: 10% off mixed menu for SFVS members. Sample Sunday Menu: Lentil (Dal) Soup, Mixed Veggies, Tofu Saag, Aloo Masala, Basmati Rice Naan (Special Bread), Raita, Dessert of the day.

This is no secret: What goes around comes around. Kindness Kitchen is a concept whose time has come. Kindness Kitchen is run on the philosophy of Good Karma: ‘As you sow, so shall you reap.’ Kindness Kitchen is run by kind and compassionate volunteers. The vegetarian and vegan dishes are served with love, kindness and offered as unconditional gift. The joy and happiness you spread comes back to you many folds. We leave it to esteemed guests to pay it forward in the best way they can, in kindness and in the spirit of give and take, in whatever way they wish. Our Patrons won’t need to fight who pays for the checks at the end of a great meal. They won’t receive one with any amount on it. Instead they will receive a large-size envelope with a note: “In the spirit of kindness and generosity, someone who dined before you made a gift of your meal. We wish and hope you will continue the cycle of give and take in your own way.”

VegGuide: A Worldwide Guide to Veg Eating!

From Brock Meyer

To promote vegetarianism and make veg dining more convenient, we at Compassionate Action for Animals encourage you to visit our world-wide database of veg-friendly restaurants, <http://www.VegGuide.Org/>. This site was created to help address the common complaint that being vegetarian is too much work.

you for sending the most generous contribution you can for this extraordinary man of peace whose many contributions have saved countless lives and moved countless more toward peace.

SFVS has sent a contribution to John Robbins and wishes him well. He has given his time freely to the SF Vegetarian Society with his numerous appearances going all the way back to the 80's when he published his first book *Diet for a New America*.

GoVegan Bob Honored

Bob Linden is the recipient of the "Shining World Hero Award" from Supreme Master Ching Hai Supreme Master TV for his eight years of vegan broadcasting time on mainstream radio stations as GO VEGAN RADIO. He may be heard in the SF Bay area Saturdays at 5 p.m. on KKGN/GREEN-960 Online & Radio www.GoVeganRadio.com. Listen to live broadcast of 2008 World Veg Day presented by SFVS in the Golden Gate Park, archived as Oct 4 program. Check his website for other cities that carry his program.

T. Colin Campbell Foundation

Letter to Dixie Mahy, President SFVS

From T. Colin Campbell, Author, The China Study

We are delighted to have launched our new T. Colin Campbell Foundation website, <http://www.tcolincampbell.org>, whose mission is to further education in nutrition that emphasizes the exceptional health benefits of consuming plant-based foods. We are writing to you and others because of your demonstrated interest in the message of *The China Study*, now established as a national best seller...I have given more than 250 lectures since its publication 4 years ago and have received an exceptionally large number of positive compliments...One

of the chief questions asked of me is "What Next?" the website that we have produced during the past year...is our response to this question.

Among other endeavors, the two most prominent projects at present are (1) a curriculum of accredited on-line courses on plant-based nutrition hosted by eCornell, Inc., an online educational company wholly-owned by Cornell University, and (2) a social networking site for individuals (both patients and survivors) diagnosed with significant diseases who desire to share their experiences in using a plant-based diet. The course contains lectures adapted from a highly successful course previously offered for undergraduate credit in Cornell's Department of Nutritional Sciences...We have created a small pdf booklet outlining our accomplishments, plans, and current needs for your review. Please click on 2008 Progress Report on website.

Educating the public on the value of a plant-based diet is an immediate and direct way to mitigate some of the major problems that now beset our country and the world community, problems such as control of health care costs, several major environmental crises, and unnecessary violence. However, in order for us to make this progress we will require additional funding. We will do our best to cover some of our basic costs but we will need additional support. Your support is crucial in this effort. On the website, click on line Donation to help. Thank you for your support.

<p>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.</p>

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**NOTE: If your membership is about to expire (see date on label),
then we urge you to renew now!**

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