



Vegetarian News

“For Health and Humanity”

Holiday Issue 2010

President’s Corner

Happy Holidays

From Dixie Mahy, President

The holidays always present problems for Vegetarians & Vegans since everything revolves around food. However, if you are lucky enough to be living in the San Francisco Bay Area, you will have lots of options on how to celebrate and yet stay true to your diet requirements. There are recipes in this newsletter issue & a cooking demo upcoming to help you out if you are staying at home. On the other hand, for those of you who like going out, SFVS will be sponsoring or co-sponsoring holiday themed potlucks & dinners on or before Thanksgiving and Christmas in San Francisco & Bay Area as well as the weeks leading up to the main holidays. Check out the enclosed Calendar of events for details. Also, check our website: www.sfvs.org calendar or our veg hot line: 415-273-5481 for reminders and or updates and additions.

Food Is Key Ingredient in Health Care

From Dan Brook, PhD, WVF Speaker, & SFVS Member

Article by Erin Aliday, Chronicle Staff Writer

Forget aspirin, Band-Aids and whatever else is in the medicine cabinet - the three most important tools in health care are a chef’s knife, a cutting board and a salad spinner, says one Kaiser physician.

If people had the right tools in their kitchen, and the training and experience to use them, they’d be more likely to eat healthier and live healthier, Dr. Preston Maring said Saturday at a Kaiser-sponsored forum on food policy and the health care industry.

Good food and good health are so intrinsically connected that hospitals should really be taking the lead on bringing nutritious food into the community, food and health experts said. That could mean establishing farmers’ markets in hospital lobbies, offering more vegetarian options in cafeterias, or giving patients those tools that Maring mentioned so they can make better food for themselves. (San Francisco Kaiser on Geary Boulevard, between 5th & 6th Avenues, sponsors a Farmers Market weekly. DM)

“In health care there’s a growing movement toward primary prevention and promoting the very basics of good health. Well, we all eat. That’s pretty basic,” said Maring, who started one of the first hospital-based farmers’ markets in 2003, at the Kaiser Permanente Medical Center in Oakland.

A few hundred people, most of them from the health care industry, attended Saturday’s forum at the UCSF Mission Bay campus. Authors and national food superstars Michael Pollan and Mollie Katzen were featured speakers, and the latter performed a short demonstration on how to use a knife to cut fruits and vegetables.

The health care and food services industries are a natural pairing, Katzen said. In fact, she said, she’d like to see more nutrition classes offered to doctors - both in medical school and after - and she encourages health care workers to learn how to cook so they can set a good example. “To me, it’s such a logical conclusion for people to stay healthy through food,” Katzen said. “You’d think providing good food would be a logical goal for the health care industry to prevent people from getting sick.”

INSIDE THIS ISSUE > > >

President’s Message.....	p.1
Food Is Key Ingredient in Health Care.....	p.1
Plant Based Diets Recognized.....	p.2
“Superstar Vegetables.....	p.2
Foods Help Prevent Breast Cancer.....	p.2
Soy Best for Breast Cancer Survivors.....	p.3
Fixing USDA Dietary Guidelines.....	p.3
Pesticides Are Good for You.....	p.4
Just How Bad Is McDonald’s.....	p.4
Why McDonald’s Won’t Decompose.....	p.4
5 Most Dangerous Foods to Feed Your Child.....	p.5
Dangers of Childhood Obesity.....	p.5
Holiday Recipe.....	p.5
Summary WORLD VEG FESTIVAL 2010.....	p.6

SUMMARY OF EVENTS > > >

Nov 13	SFVS Potluck & Free Lecture, SF
Nov 14	TG & Holiday Cooking Demo, SF
Nov 17	Vegan Dinner, Opera Plaza, SF
Nov 18	“Bold Native” Screening, SF
Nov 19	Bollywood & Buffet, Maharani, SF
Nov 21	Pre-TG Holiday Potluck, Alameda
Nov 24	Pre-Raw TG Dinner, SF
Nov 25	Thanksgiving Events, Oakland & SF
Dec 1 & 8	Vegan Dinners, Opera Plaza, SF
Dec 10	“May I Be Frank” Screening, Oakland
Dec 11	Holiday Potluck, SF
Dec 19	Animal People Holiday Potluck, SF
Dec 25	Holiday Potluck, Alameda

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 December 1st, 2010.

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.

Hospitals around the country already are taking small steps toward improving the food they provide to patients. In the Bay Area, several medical centers offer weekly farmers' markets for patients and workers, and increasingly cafeterias are changing menus to include more local, sustainable products.

The thinking is that the health care industry should be setting a good example for everyone else. And hospitals in particular usually have enough spending power that they can demand higher quality products - locally grown fruits and vegetables, for example, or grass-fed beef and antibiotic-free chicken. (Although a step in the right direction, beef & chicken are still hazardous to your health. DM)

San Francisco Chronicle, SF GATE, Sunday, October 17, 2010

Plant-Based Diets Recognized

From Meredith McCarty, Nutrition Educator, Cookbook Author, & WVF Demo Presenter

The Dietary Guidelines for Americans Advisory Committee is trumpeting the value of vegetarian and vegan diets as the best way to prevent obesity, diabetes, and high cholesterol. Healthier diets focused on whole grains, vegetables, fruits and legumes are integrated into the new draft. If approved by the Department of Agriculture and Department of Health and Human Services, the guidelines will mark the biggest improvement ever.

Source: Neal Barnard, MD, PCRM Report, August 2010

“Superstar” Vegetables

From Meredith McCarty

Vegetables are loaded with vital nutrients: potassium, beta-carotene, magnesium, calcium, iron, folate (a B vitamin) and vitamins C, E and K, as well as antioxidants and fiber to reduce both cholesterol and an appetite for higher-calorie foods. **Despite all ill-conceived efforts years ago to package vegetables' nutrients in a supplement, there is no good way to consume them short of eating the foods that contain them.**

Carotenoids in dark green leafy vegetables like kale reduce the risks of macular degeneration and cataracts, common causes of vision loss as people age.

Cruciferous vegetables **protect against cancer**: broccoli, cauliflower, cabbage, kale, collard greens and Brussels sprouts. Allium vegetables, onions and garlic, do too.

Here's a “superstars” list ranking vegetables according to nutrient content from the Center for Science in the Public Interest: Kale, spinach, collard greens, turnip greens, Swiss chard, mustard greens, sweet potato, broccoli, carrots, romaine lettuce, red bell pepper, curly endive, Brussels sprouts, butternut squash, green pepper, peas and bok choy.

Source: “Even Benefits Don't Tempt Us to Vegetables,” by Jane Brody, Personal Health section, *The New York Times*, Oct. 5, 2010

Foods Help Prevent Breast Cancer

From Meredith McCarty

According to a new study in the *American Journal of Clinical Nutrition*, **postmenopausal women who consumed plenty of vegetables,**

fruits and traditional soy products had a 30% lower risk of developing breast cancer, compared with those who consumed relatively little of these foods. The research was based on 34,000 women in the Singapore Chinese Health Study. The longer the women had consumed these healthful foods, the less chance they had of developing breast cancer.

Source: “The News You Need,” The Cancer Project, *Good Medicine* magazine, Summer 2010, Physicians Committee for Responsible Medicine

Soy Best for Breast Cancer Survivors

From Dr. Joel Fuhrman, MD, & Speaker at WVF
info@drfuhrman.com

Soy and breast cancer recurrence

Some individuals suspected and even promoted the idea that soy was potentially dangerous with regard to breast cancer risk, because of the phyto-estrogenic compounds it contains. However, in Asian countries where soy is a staple food, rates of breast cancer were much lower than those in the U.S.. This paradox launched much debate and hundreds of studies on the relationship between soy and breast cancer.

A review of the most recent clinical studies on this subject support a protective effect of soy. In spite of these clear documented results, the myth that soy contributes to breast cancer has persisted. Plus, many scientists and physicians continue to doubt the safety of soy for current or previous breast cancer patients, because of soy’s phytoestrogen content.

A new study of breast cancer survivors has shown that these doubts are unwarranted too. Premenopausal breast cancer survivors who consumed more soy had a 23% reduced risk of recurrence. A similar trend was seen in postmenopausal survivors, however it fell short of statistical significance. The most pronounced risk reduction - 60% - was seen in postmenopausal women who were treated with tamoxifen, a drug that blocks the effects of estrogen (Guha).

Which soy products are most beneficial? Cruciferous vegetables are the most powerful anti-cancer foods. In addition, Dr. Fuhrman also recommends consuming a variety of beans, including soybeans, as components of an anti-cancer diet. Soybeans may be consumed as edamame (whole soybeans), or in minimally processed forms such as unsweetened soy milk, tofu, and tempeh.

Alcohol and breast cancer recurrence

In contrast to the mainstream assumption that alcohol is heart healthy, even moderate amounts of alcohol are associated with increased risk for breast cancer (Lew).

The current study of breast cancer survivors showed that women who consumed 3-4 alcoholic drinks per week were

34% more likely to experience a recurrence than the women who had less than 1 drink per week. This study was presented last week at the San Antonio Breast Cancer Symposium.

Alcohol has no beneficial effect on the cardiovascular system, it only inhibits the blood’s clotting mechanisms. Since breast cancer is the second leading cause of death in women (second to cardiovascular disease), Dr. Fuhrman recommends minimizing alcohol consumption in order to reduce this risk.

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Fixing USDA Dietary Guidelines

From Dan Brook, PhD

Article by Tom Laskawy

Reporter Jane Black has a good overview of the upcoming revision of USDA dietary guidelines in today’s *Washington Post* (10/4/10). As she observes, Big Ag and Big Food typically resist any attempts by the government to give specific advice on which foods and how much of them you should eat. “In some ways, I think the very existence of the guidelines has become deeply problematic: they have more or less become the government arm of the industrial-food marketing machine. The USDA’s primary role as promoter of American agricultural products seems to trump its responsibility to regulate those products from their food-safety or public and environmental health standpoints, just as it does its responsibility to provide dietary guidelines that might discourage the eating of some of those economic drivers. The government’s Institute of Medicine recently came out with its own set of dietary guidelines for school

lunches that are mostly an attempt to get school meals into compliance with existing USDA guidelines. And what's stopping the USDA from incorporating the institute's recommendations? It's not just industry lobbying—it's the additional cost of a menu that features more vegetables, fresh food, and less meat.

The insufficiency of federal dietary guidelines is not the primary reason that Americans don't eat enough vegetables—in fact, don't eat particularly well at all—while kids get an astonishing 40 percent of their calories from solid fat and added sugar. American food consumption patterns are mostly about price signals and environmental cues. These point inevitably and totally toward the purchase of energy-dense, nutrient-poor, heavily processed food at the expense of fresh, healthy, mostly plant-based foods. If we really care about changing that, we need to look at ways to make the prices on supermarket shelves reflect our stated values as a society, and constrain food companies from surrounding us with marketing messages telling us—usually in total opposition to government guidelines—exactly what they really want us to eat.

Grist Publication, 2010-10-04.

Dan Brook's added comment, "A very interesting exercise is to compare, side to side, the USDA food pyramid with the federal agricultural subsidies. This way you can look at the government's stated food priorities and then see if they're putting their money where their mouth is. The answer is, not surprisingly, no."

Pesticides are good for you?

Letter to Scott Munson from Paul Towers

During these tight fiscal times, the California Department of Food & Agriculture (CDFA) recently awarded \$180,000 of public dollars meant for promoting California fruits and vegetables to the Alliance for Food and Farming—an agribusiness PR firm—for a pro-pesticide communications campaign.

Specifically, the grant is meant to correct "the misconception that some fresh produce items contain excessive amounts of pesticide residues." This is completely outrageous that our government would pay a slick public relations firm to convince us that pesticides are good for our health. At the same time, several worthy grants from organic and local food and farming organizations were denied.

Call the CDFA Grants Department now: (916) 657-3231 or email: grants@cdfa.ca.gov and tell them to: "Rescind the \$180,000 grant awarded to the industry group, Alliance for Food. We don't need a PR firm to convince us that pesticides are good for our health. The CDFA should instead invest that money in organic agriculture."

From Paul Towers

Pesticide Watch | 1107 9th St | Suite 601 | Sacramento | CA | 95814

Just How Bad Is McDonald's Food?

By John Robbins, Speaker at WVF and author of New Good Life: Living Better Than Ever in an Age of Less

Article in Huffington Post October 8, 2010

Morgan Spurlock sought to find out in his 2004 documentary *Super Size Me*. In his film, I was interviewed and spoke about the role McDonald's food is playing in our epidemic of obesity and diabetes.

"For 30 days, Spurlock ate only McDonald's food. All of us involved in the film, including Spurlock's doctors, were shocked at the amount that his health deteriorated in such a short time. Before the 30 days started, we each predicted what changes we expected to see in his weight, cholesterol levels, liver enzymes and other biomarkers, but every one of us substantially underestimated how severely his health would be jeopardized. It turned out that in the 30 days, the then 32-year-old man gained 25 pounds, his cholesterol levels rose dangerously as did fatty accumulations in his liver, and he experienced mood swings, depression, heart palpitations and sexual dysfunction.

"Some have said Spurlock was an idiot for eating that way, and it's true that he did himself some major damage in those 30 days. But I've always felt the suffering he took upon himself by eating all his meals for that month at McDonald's was admirable, because it served to warn millions of the all too real health dangers of eating too much fast food."

Why McDonald's Hamburgers Won't Decompose

From Robert Martin, SFVS Board Member

Article by Mike Adams, Editor of *Natural News*

(NaturalNews) It's always entertaining when the mainstream media "discovers" something they think is new even though the natural health community has been talking about for years. The New York Times, for example, recently ran a story entitled *When Drugs Cause Problems They Are Supposed to Prevent* (<http://www.nytimes.com/2010/10/17/h...>). We've been covering the same topic for years, reporting on how chemotherapy causes cancer, osteoporosis drugs cause bone fractures and antidepressant drugs cause suicidal behavior.

The latest "new" discovery by the mainstream media is that McDonald's Happy Meal hamburgers and fries won't decompose, even if you leave them out for six months. This story has been picked up by CNN, the Washington Post and many other MSM outlets which appear startled that junk food from fast food chains won't decompose.

The funny thing about this is that the natural health industry already covered this topic years ago. Remember Len Foley's **Bionic Burger** video? It was posted in **2007** and eventually racked up a whopping 2 million views on YouTube (<http://www.youtube.com/watch?v=mYyD...>). And this video shows a guy who bought his McDonald's hamburgers in **1989** — burgers that still haven't decom-

posed in over two decades! Now, he has an entire museum of non-decomposed burgers in his basement.

Did the mainstream media pick up on this story? Nope. Not a word. The story was completely ignored. It was only in 2010 when an artist posted a story about a non-decomposing McDonald's hamburger from six months ago that the news networks ran with the story.

Check out the video link on the prior page and you'll see an entire museum of Big Macs and hamburgers spanning the years — none of which have decomposed.

This is especially interesting because the more recent "Happy Meal Project" which only tracks a burger for six months has drawn quite a lot of criticism from a few critics who say the burgers will decompose if you give them enough time. They obviously don't know about the mummified burger museum going all the way back to 1989. This stuff never seems to decompose! http://www.NaturalNews.com/030074_Happy_Meal_decompose.html

www.NaturalNews.com/030074_Happy_Meal_decompose.html

Five Most Dangerous Foods to Feed Your Child

From Dr. Joel Fuhrman

1. **Butter and Cheese** – full of saturated fat and fat delivered chemical pollutants
2. **Potato Chips and French Fries** – rich in trans fat, salt, and carcinogenic acrylamides
3. **Doughnuts and other trans fat – containing sweets** – rich in trans fat, sugar, and other artificial substances
4. **Sausages, hot dogs, and other luncheon meats** – containing N-nitrosocompounds that are potent carcinogens
5. **Pickled, smoked, or barbecued meats** – places you at risk of both stomach cancer and high blood pressure

Dangers of Childhood Obesity

From Dixie Mahy, SFVS President

As reported on KSFO Radio, Oct. 25, 2010: A recent Canadian Study of obese children noted a stiffness of the Aorta, an important artery that carries oxygen to all other arteries. The classic hardening of the arteries, a problem that is now starting in early childhood, ultimately is a hidden cause of stroke for later in life. Unfortunately, children today are developing these problems earlier because of their obese problems. On Oct. 22, 2010 the same station reported that the Center of Disease Control is predicting that one third of the U.S. adult population will have diabetes in forty years. This alarming statistic would be considered an epidemic if it were a contagious disease. The CDC blames obesity as the greatest risk factor. I say the greatest risk factor is DIET, poor food choices that cause obesity. The sadness is that Diabetes 2 is preventable and controllable through a low fat vegan diet as can be proved by Dr. John McDougall and Dr. Neal Barnard. Please contact SFVS or PCRm for more life-saving data and references. The life you save, may be your own.

Recipes

Holiday Recipe

By Miyoko Schinner, author *Now & Zen Epicure* and demo presenter at *WORLD VEG FESTIVAL*

Following is one of the recipes Miyoko will be doing for the Thanksgiving Demo to be presented November 14, 3 to 5 p.m. Check SFVS newsletter or website calendar or Voice Mail for details. Other items on the menu to be presented include: Sauteed Breast of Yuba Turkey with Gravy, Creamy Spinach & Mushrooms, Maple Orange Yams, and Pumpkin Bread Pudding with Brandy Not-Nog Crème Anglaise

Zephyr Squash Stuffed with Kale and Almond Risotto

8 Zephyr squash, about 6 - 8 inches long

2 Tbs. olive oil

3/4 cup arborio rice

1 onion, diced

2 cloves garlic, minced

3 cups vegetable or vegetarian chicken stock

1/4 cup white wine (optional)

6 cups chopped kale

1 tsp. rubbed sage

salt and pepper to taste

3/4 cup almond meal

1/2 cup sliced almonds

In a 350 degree oven, prebake the zephyr squash for about 15 minutes until you can get a knife into it. Place the squash on a cutting board, rotating to find a side that will allow the squash to sit and not roll over. Slice off the top of the bulbous part of the squash at a diagonal and scoop out the seeds. It will look like a large spoon (even more so after you have eaten them).

While the squash are baking, you can prepare the risotto. In a heavy-bottom saucepan, heat the oil and add the diced onions and minced garlic. Over medium-low heat, saute the onions and garlic until tender, adding a little salt to flavor. Add the dry arborio rice, and continue to saute for about 3 or 4 minutes. Add a half-cup of the stock and stir until mostly absorbed. Keep adding a half-cup of stock at a time, stirring almost constantly; this will prevent the rice from sticking and yield risotto suspended in a creamy sauce. After you have added about 2 cups of stock, add the wine, sage and kale. Continue by adding the final cup of stock in two increments, until the rice is somewhat tender but still has a hard core. Add the almond meal, stir well, and remove from heat.

Spoon this mixture into the hollowed-out squash. Sprinkle almond slices over the risotto and return to the oven to bake for about a half-hour.

More Vegan Recipes

From Dan Brook

For more recipes, check out: <http://planetgreen.discovery.com/food-health/10-vegan-recipes-for-the-fall.html>

WORLD VEG FESTIVAL 2010

Sponsored by **The San Francisco Vegetarian Society**
P.O. Box 2510, San Francisco, CA 94126-2510, 415-273-5481, www.sfvs.org

By Dixie Mahy, President of SFVS & Coordinator for WVF

The 11th annual **WORLD VEG FESTIVAL October 2 & 3, 2010** presented in the San Francisco County Fair Building, in Golden Gate Park, San Francisco was another great success with around 6,500 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 entertainment and we educated with 24 speakers & 1 yoga teacher, 12 demo presenters (raw & cooked), 8 food booths, 32 exhibitors, 17 non-profits, and 3 speakers' tables! Our celebration included a Children's Corner; Vegan Speed Dating moderated by Kristen Miles; a fun Vegan Fashion Show presented by Karine Brighten Events; a Teen Forum moderated by Nora Kramer; Music, Dancing, & Acrobatics in the Gallery; and a gala dinner Saturday evening with Raw or Cooked vegan choices.

Organizing Committee & Volunteers

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, **Janet Tom** SFVS Secretary, and Board Members who were on the committee: **Sharon Leong**, **Joyce Thornton**, **Tom Flynn**, and **Vasu Murti**. Other volunteer committee members included: **Helen Leroy-Adler**, Sample Coordinator; **Father River Sims**, e-mail Publicity Coordinator; **Deborah Fox**, Volunteer Coordinator, and **Carmen Lee**. We could not have done the event without the 75 wonderful, cheerful, patient volunteers staffing the 2 day event and the Friday set up day.

Sponsors

Much appreciation to our major sponsors who provided financial and/or promotional support: Varnashram, Inc.; VegNews Magazine; In Defense of Animals; Friends of Animals, Common Ground, and Om Foundation.

Many thanks for the Promos and Interviews on **Go Vegan Radio**, **GREEN AM 960** with Host **Bob Linden** **Sundays at 3 p.m.** and **Emcee for WVF**. All of Bob's 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 movie reel for videos archived. Many thanks to our Board Member & Webmaster Tony Martin for setting up and maintaining our website and video taping our speakers with Jeff Teeters providing and overseeing the cameras in all three rooms and posting on our website. A special thanks to Howard Dykoff for coordinating our two projectors for our speakers in the Auditorium and the Garden Club Room.

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: **Dr. Steve Blake**, **Colleen Patrick-Goudreau**, **Dr. Joel Fuhrman**, **Rory Freedman with Joseph Connelly**, **Parker Lewis**, **Dr. Adiel Tel-Oren**, **Bob Linden**, **Linda Riebel**, **Vaidya Priyanka**, **Dr. Carl Myers**, **John Robbins**, **Dr. Michael Greger**, **Dr. Milton Mills with Roberta Schiff**, **Dr. Anteneh Roba**, **Dr. Michael Klaper**, **Azalea Blalok**, **Hope Bohanec**, **Dan Brook**, **Nora Kramer**, **Art Konrad**, **Lauren Ornelas**, and **Rhio**.

Yoga on the lawn featured Dee Benefield.



Dr. Michael Klaper and John Robbins at WVF
Photo by Carmen Lee

Wonderful 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 on Saturday: **Robin Silberman**, **Lisa Books-Williams**, **Miyoko Schinner**, **Martine Lussier**; and on Sunday: **Vaidya Priyanka**, **Patricia Allen-Koot**, **Barry Horton**, **Jennifer Cornbleet**, **Shanta Sacharoff**, **Meredith McCarty**, **Kristin Doyle** & **Cara Saunders**.

San Francisco Vegetarian Society
for Health and Humanity
P.O. Box 2510
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**NOTE: If your membership is about to expire (see date on label),
then we urge you to renew now!**

JOIN US FOR VEGAN HOLIDAY EVENTS!

Non-Profit Organizations that provided educational information covering health, humane, environmental, and spiritual issues included: Animal Place, Art Konrad, Aum-Ayurveda, Christian Vegetarian Association, Compassionate Cooks, Food Empowerment Project, Go Vegan Radio, Healthful Living, International Fund for Africa, Other Avenues, SF Living Foods, Supreme Master Ching 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 menus: the Raw Dinner was prepared by Lisa Books-Williams of Thrive Holistic Catering and the Cooked Dinner was prepared by Seth Pasternack of Convergence Catering with a Celebration Roast from Field Roast Co.

Publicity: Our committee members worked hard on getting the word out. Dixie Mahy did flyers, paid ads & Press Releases; JC worked on posters & post cards and assisted with paid ads; and Father River Sims and Jennifer Horton notified and updated e-lists.

Graphics: Many thanks to ad designer Miguel A. Blasquez for post card & poster design and printed program graphics; Allegra Printing for Posters; and Star Printing for printed programs.

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: S. Shessa, Dean Gustafson, Kimberly Peterson, Gregory Gold, Bastian, Patricia Gray, Makulla Godwin, Denise M., Kathy Kelly, Peter Vielehr,

George Gibbs, Thoi Pham, Carmen Lee, Sonia Siegel, Pia Esposito, Douglas Lym, Janet Tom, Eric Fox, Tikka Nagi, Bobby Singh, Sujatha Sankaran, Meena Goel, Larry Diamond, Theo Summer, Sarah Dicker, Dana Cayle, Howard Dyckoff, Charlotte Levin, Jeremy Levin, Pam Webb, Roy Webb, Mitzi Craney, Mary Moreni, Carla Din, Doug Mosher, Sharon Leong, Joyce Thornton, Joan Kwansa, Julie Brook, Danny Brook, Zev Brook, Paula Ruiz. Marcy Greenhut, Robin Anderson, Laura Verduzco, Elizabeth Dawson, Bill Gridley, Diane Wallis, Kati Nagy, Ed Lomasney, Dina Solomon, Dave Goggin, Valerie and Ricardo, Lois Kwan, Jasmine Patel, Venu Reddy, Robert Martin, Katelyn Pepper, Nona Cocher, Leslie Rocque, Marisa Aquino, Ron Halfhill, Pallavi Veera, Azure Kraxenburger, Ruby Tsang, Lela Rose, Tom Flynn, Jeff Teeters, Tony Martin, JC, Sharon Leong, Ricky, Art Konrad, Jeanne Besanceney and Bob Huffmaster. If any names are accidentally omitted, our apologies and please let us know for a subsequent acknowledgment. DM

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. Recent donors: Denise Flynn, Dixie Mahy, Jon Berman, Larry Corbine, and Shessa. Thrift Store donations: 623 Valencia Street, San Francisco. Call 415-273-5481 for furniture & large donation pick ups. For car donation information, call 415-552-8883.

New World Veg

Barnet and Tara Love started a new website with a new concept. They want to connect all the "vegheads" in the US with raw, vegetarian, and vegan businesses. Check them out at: www.newworldveg.com or call them at 503-343-9747.

Vegetarian News is printed on recycled paper.