

Sacramento Valley Vegetarian



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What is PAMTA? And why is SVS supporting it?

The Preservation of Antibiotics for Medical Treatment Act (H.R. 965) Louise Slaughter (D-NY)

SVS endorses PAMTA. On June 19, the Sacramento Vegetarian Society board of directors voted to endorse PAMTA, joining with hundreds of animal protection, health, environmental, consumer, ag/farming, religious, etc. organizations.

PAMTA in a nutshell: Rep. Slaughter has reintroduced H.R. 965, the Preservation of Antibiotics for Medical Treatment Act (PAMTA), which would *prohibit the nontherapeutic feeding of medically important antibiotics to livestock.*

Addressing the House of Representatives last year, Slaughter stressed the importance of this bill, urging that “unless we act now, we will unwittingly be permitting animals to serve as incubators for resistant bacteria.”

This noncontroversial legislation addresses curbing one factory farming practice and has wide-ranging support far beyond the vegetarian/animal welfare sector.

Urge others to endorse: Please urge other organizations you are affiliated with to sign on to endorse PAMTA through the Union of Concerned Scientists website at: [HTTP://WWW.UCSUSA.ORG/FOOD_AND_AGRICULTURE/SOLUTIONS/WISE_ANTIBIOTICS/PAMTA-ENDORSERS-112TH.HTML](http://www.ucsusa.org/food_and_agriculture/solutions/wise_antibiotics/pamta-endorsers-112th.html).

Additional information is available through: [HTTP://VEGAN.COM/BLOG/2011/06/13/WHY-VEGANS-SHOULD-PROMOTE-PAMTA/](http://vegan.com/blog/2011/06/13/why-vegans-should-promote-pamta/), or go to [HTTP://VEGAN.COM/BLOG/](http://vegan.com/blog/) and scroll to PAMTA article

Here are a few of the groups supporting PAMTA: • American Academy of Pediatrics; • American Nurses Association; • American Society for the Prevention of Cruelty to Animals; • Animal Welfare Institute; • Community Alliance with Family Farmers; • California Food and Justice Coalition; • EarthSave Intl.; • Farm Sanctuary; • Farms Without Harm; • Friends of the Earth; • Healthy Schools Network; • Humane Education Network; • Humane Farming Association; • Humane Society of the United States; • National Anti-Vivisection Society; • Organic Consumers Association; • Sierra Club • Union of Concerned Scientists

SVS Discount Program

SVS recently began issuing membership cards to paid members (\$20 individual, \$33 family); one member benefit is discounts at participating business—so far we have:

- **Appel Gallery:** 10% off
931 T St., Sacramento, CA; 442-6014
- **Azna Gluten Free Bakery:** 10% off, dine-in only
2647 Cameron Park Dr., Cameron Park, CA; 530-677-5810
- **Book Collector:** 10% off
1008 24th St., Sacramento, CA; 916-442-9295
- **Boon Boon Café:** 10% off—except lunch special
3022 Stockton Blvd., #1, Sacramento, CA; 916-456-4347
- **Café Capricho:** free appetizer with entrée
3269 Folsom Blvd., Sacramento, CA; 916-457-3916
- **Loving Hut–Sacramento:** 10% off, except lunch special
3500 Stockton Blvd.; 916-451-6842
- **Mylapore Restaurant:** 25% off any dine-in meal
1760 Prairie City Rd., Folsom, CA; 916-985-3500
- **Never Felt Better Vegan Shop:** 10% off
2315 ½ K St., Sacramento, CA; 916-889-1189
- **Time-Tested Books:** 10% off
1114 21st St., Sacramento, CA; 916-447-5696

We'll continue adding to the list! Know of a local business that you'd like to see on the list? Ask them, or let us know!

If you are a paid-up member and haven't received your membership card, let us know by e-mail or phone.



Sacramento Vegetarian Society

For the animals. For your health. For our planet.

E-mail: SACVEGGIE@GMAIL.COM

Mail: P.O. Box 163583, Sacramento, CA 95816-9583

Phone: 916-455-0563

Web: [HTTP://WWW.SACVEGGIE.ORG/](http://www.sacveggie.org/)

Meetup: [HTTP://WWW.MEETUP.COM/SACRAMENTO-VEGETARIAN-SOCIETY/](http://www.meetup.com/Sacramento-Vegetarian-Society/)

Facebook: [HTTP://WWW.FACEBOOK.COM/PAGES/SACRAMENTO-VEGETARIAN-SOCIETY/121795524519597](http://www.facebook.com/pages/Sacramento-Vegetarian-Society/121795524519597)

Listserv: [HTTP://GROUPS.YAHOO.COM/GROUP/SACVEGGIE/](http://groups.yahoo.com/group/sacveggie/)

Mission Statement:

The Sacramento Vegetarian Society (SVS) is an association which recognizes vegetarianism to mean abstinence from flesh, including fish and fowl.

The Society encourages vegetarians and non-vegetarians to participate.

SVS will not discriminate on the basis of race, color, creed, sex, age, or sexual preference.

SVS Officers

President, Glenn Destatte

Vice President, Wim van Warmerdam

Treasurer, Don Knutson

Secretary, Open

Newsletter Editor, Mary Rodgers

Membership Coordinator, Mary Rodgers (Interim)

Nutrition Advisor, Goli Sahba, M.D.

Webmaster, Marty Maskall

SVS is a member organization of:

Environmental Council of Sacramento

Vegetarian Union of North America/Intl. Veg. Union

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Submission Guidelines

Send submissions or inquiries to:

Editor: MRODGERS@MACNEXUS.ORG

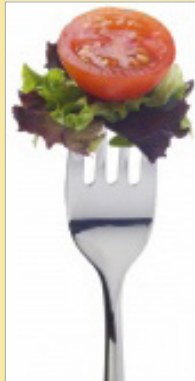
Submissions of articles relating to the various aspects of vegetarianism, including nutrition, animal rights, environmental impacts of food production, and political issues are welcome, as are vegan recipes, editorial commentary, book reviews, and announcements of upcoming events.

Submissions are accepted electronically as e-mail attachments. Contact the editor for formatting specifications and submission deadlines.

Sat., Aug. 13 • 11 A.M.–6 P.M.

VegFest 2011 #2

Artisan Building, 1901 Del Paso Blvd., Sac.



A celebration of raw, vegan, and vegetarian cuisines, hosted by the Del Paso Boulevard Partnership.

- Exhibits,
- tastings,
- information,
- vendors,
- recipes,
- speakers,
- children's area,
- and more

Admission: \$2 general (12 and over);

\$1 with non-perishable food item donation (benefitting local food banks)

Volunteers: Please sign up for a 1- or 2-hour shift at the Sacramento Vegetarian Society table. Experience not necessary, just a willingness to help out.

RSVP: SACVEGGIE@GMAIL.COM OR [HTTP://WWW.MEETUP.COM/SACRAMENTO-VEGETARIAN-SOCIETY/](http://www.meetup.com/Sacramento-Vegetarian-Society/)

Every 2nd Sunday, 10–11:30 A.M.

Brief announcements at 10:30



Aug. 14 • Sept. 11

Koffee Klatch

Grange Hall, 3830 U St., Sacramento

Getting connected and promoting community in a friendly, informal atmosphere. Whether you are an SVS member or representing another organization, or yourself, please join us. Everyone is invited.

- Stop by for a few minutes, or linger for a while;
- Mingle with old friends and new supporters; and
- Find out what's up with SVS and kindred local orgs (bring flyers, petitions, opinions)

Bring questions, comments, criticisms, and kaffeine cravings.

You bring: vegan pastries (from Sugar Plum, Old Soul, home)

We supply: koffee (de-kaf included) and a selection of teas.

Optional, but encouraged: pick or buy fresh produce for Food Not Bombs—a group that has been feeding vegan food to the homeless at César Chávez Plaza every Sunday for over 20 years.

SVS vegan potlucks and presentations:

Every 4th Sunday, 5:30 P.M.

Grange Hall, 3830 U St., Sacramento (at Stockton Blvd.)

Potluck. Bring:

- a vegan (no animal products) dish to feed at least six;
- your plate, bowl, cup, utensils, serving spoon;
- a list of ingredients.

Baffled by “vegan”? Don’t know what to fix? We can help.

Drop us a line SACVEGGIE@GMAIL.COM.

Everyone is welcome. Bring your friends, family, neighbors, co-workers, etc.!

Just a block off the T Street bike path; lots of free, off-street parking.

July 24: The New Grange in Town

That’s us! The Sacramento Vegetarian Society is Grange #850—the first vegetarian advocacy grange in the country. What does this historic collaboration mean for you, for vegetarianism in California, for SVS, for the Grange?

SVS President **Glenn Destatte** will tell how this surprising alliance came about and introduce the head of the California State Grange, **Bob McFarland**, who will explain the growing Grange Renaissance in California. Bring your questions and comments.

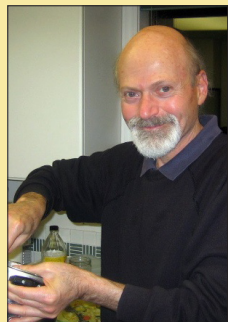
It’s an exciting time to be a vegetarian and a granger!

RSVP:

SACVEGGIE@GMAIL.COM OR

[HTTP://WWW.MEETUP.COM/SACRAMENTO-VEGETARIAN-SOCIETY/](http://www.meetup.com/SACRAMENTO-VEGETARIAN-SOCIETY/)

Aug. 28: Vegan Home Cooking David A. Gabbe



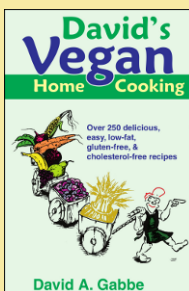
We’re pleased to welcome David, acclaimed Portland, OR, chef, cooking instructor, and author of several books, including *From David’s Pure Vegetarian Kitchen*, *The Going Vegetarian Cookbook*, and *Why Do Vegetarians Eat Like That?* David teaches plant-based cooking and nutrition in Oregon and Washington.

David’s newest cookbook, *David’s Vegan Home*

Cooking, is jam-packed with 250+ quick, easy, plant-based recipes that are tasty *and* healthful. Recipes contain no gluten, cholesterol, saturated animal fat, white sugar, or white flour.

Vegan Home Cooking includes sections on:

- Daily Healthy Eating Guide
- Sample Menus and Transitioning Tips
- Stocking and Equipping the Vegan Kitchen
- Protein, Calcium, and Iron Review



Macrobiotic Cooking

“A Macrobiotic Way of Cooking” classes offered by Eileen’s Kitchen in Sacramento

Second Fri. and Sat. through November
Instruction 10–1, Lunch 1–2

• Sept. 9–10 • Oct. 14–15 • Nov. 11–12

Holiday potluck Dec. 11.

Basic cooking techniques and skill building (e.g., seasonal menus; stocking the pantry; variety; preparing condiments; pickle making; and whole person nourishment).

\$45 per class (sign up for monthly series or individual classes); Limited to six students.

For reservations/information, e-mail Eileen Murray at EILEENSKITCHEN@ATT.NET or call (916) 457-9466.



Coronary Health Improvement Project

If you have a friend or neighbor who is concerned about:

- Cancer • Obesity • Diabetes
- Hypertension • Heart Disease
- Osteoporosis • Arthritis • Stroke

Bring them to one of the **Free Information Sessions** in Sacramento:

Grange Hall, 3830 U Street

- Sunday, Sept. 18, 3–4 p.m.
- Tuesday, Sept. 20, 6–7 p.m.
- Thursday, Sept. 22, 6–7 p.m.
- Monday, Sept. 26, 6–7 p.m.

Southgate Seventh-Day Adventist Church, 2299 Meadowview Road

- Tuesday, Sept. 27, 6–7 p.m.
- Thursday, Sept. 29, 6–7 p.m.

CHIP is an affordable, 4-week lifestyle education program emphasizing plant-based nutrition.

Sponsor: Southgate Seventh-Day Church
Rose Briley, Southgate CHIP Director
Call for questions: 916-256-5422

You don’t need to be an Adventist to participate in this faith-based program.

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Sacramento, CA 95816-9583
sacveggie@gmail.com
<http://www.sacveggie.org/>

EWG's Meat eaters guide to climate change and health just out

The Environmental Working Group released *Meat Eaters Guide to Climate Change and Health* on July 18. To no one's surprise, vegan foods generate by far the lowest levels of greenhouse gases; the highest three are lamb, beef, and dairy. One item, lentils, were credited with having "negligible" greenhouse gas contributions. Here are a few factoids:

Over a year:

- Eating one less burger a week is like taking your car off the road for 320 miles or line-drying your clothes half the time.
- If a four-person family skips meat and cheese one day a week, it's like taking your car off the road for 5 weeks—or reducing everyone's daily showers by 3 minutes.
- If a four-person family skips steak once a week, it's like taking your car off the road for nearly 3 months.
- If everyone in the U.S. ate no meat or cheese just one day a week, it would be like not driving 91 billion miles—or taking 7.6 million cars off the road.

The full report is available at: [HTTP://BREAKINGNEWS.EWG.ORG/MEATEATERSGUIDE/A-MEAT-EATERS-GUIDE-TO-CLIMATE-CHANGE-HEALTH-WHAT-YOU-EAT-MATTERS/](http://BREAKINGNEWS.EWG.ORG/MEATEATERSGUIDE/A-MEAT-EATERS-GUIDE-TO-CLIMATE-CHANGE-HEALTH-WHAT-YOU-EAT-MATTERS/).

Introduction to Vegan Cooking with vegan chef Wim van der Merdam

Tues., July 26, 7 p.m., \$20

This hands-on class covers the basics: cooking grains and legumes and steaming vegetables to maintain maximum flavor and nutrition.

Reserve: MEETUP.COM/SACRAMENTO-VEGETARIAN-SOCIETY/EVENTS/25562391/

Sugar Shock!

A free lecture by Glayol (Goli) Sahba, M.D.

How to conquer sugar addiction and to prevent chronic diseases such as diabetes, cancer, heart disease, and premature aging.

Wed., July 27, 12 noon–1 p.m.

Sutter Buhler Bldg., 2800 L St. #2, Sacramento

Sacramento Vegetarian Society Membership Application

Detach (or copy) and mail this form with a check made out to Sacramento Vegetarian Society. | Send to: SVS, P.O. Box 163583, Sacramento, CA 95816.

Name(s) _____ Date _____

Street/Mailing Address _____

City _____ State _____ Zip _____

Phone _____ Fax _____ E-mail _____

Individual member: \$20/year Family membership: \$33/year