

The Gleaner

Published bimonthly by

Sacramento Vegetarian Society



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

Breeding Grounds

This is an excerpt from *Bird Flu: A Virus of Our Own Hatching*, by Michael Greger, M.D. The entire book can be read free online at <http://birdflubook.com/a.php?id=21>. The book is also available for sale at the same site.

In response to the torrent of emerging and reemerging zoonotic diseases jumping from animals to people, the world's three leading authorities—the Food and Agriculture Organization of the United Nations, the World Health Organization, and the World Organization for Animal Health (OIE)—held a joint consultation in 2004 to determine the key underlying causes. **Four main risk factors for the emergence and spread of these new diseases were identified. Bulleted first: “Increasing demand for animal protein.”** This has led to what the Centers for Disease Control refer to as “the intensification of food-animal production,” the factor blamed in part for the increasing threat.

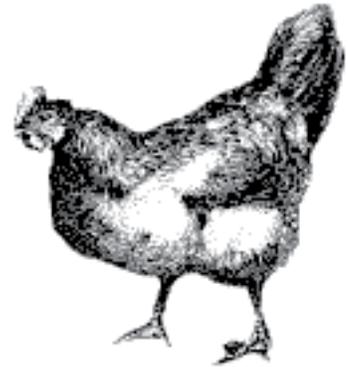
Animals were domesticated 10,000 years ago, but never like this. Chickens used to run around the barnyard on small farms. Now, “broiler” chickens—those raised for meat—are typically warehoused in long sheds confining an average of 20,000 to 25,000 birds. A single corporation, Tyson, churns out more than 20 million pounds of chicken meat a day. Worldwide, an estimated 70 to 80 percent of egg-laying chickens are intensively confined in battery cages, small barren wire enclosures stacked several tiers high and extending down long rows in windowless sheds. It is not uncommon for egg producers to keep hundreds of thousands—or

even a million—hens confined on a single farm. Half the world's pig population—now approaching 1 billion—is also crowded into industrial confinement operations. This represents the most profound alteration of the animal-human relationship in 10,000 years.

Driven by the population explosion, urbanization, and increasing incomes, the per-capita consumption of meat, eggs, and dairy products has skyrocketed in the developing world, leading to a veritable Livestock Revolution beginning in the 1970s, akin to the 1960s Green Revolution in cereal grain production.

World meat production has risen more than 500 percent over the past few decades. To meet the growing demand, livestock production will have to double by 2020.

To evaluate the global risks of infectious animal diseases, the Iowa-based, industry-funded Council for Agricultural Science and Technology created a task force that included public health experts from WHO, veterinary experts from OIE, agriculture experts from USDA, and industry experts from the likes of the National Pork Board. Its report was released in 2005 and traced the history of livestock production from family-based farms to industrial confinement. Traditional systems are being replaced by intensive systems at a rate of more than 4 percent a year, particularly in Asia, Africa, and South America. “A major impact of modern intensive production systems,” the report reads, “is that they allow the rapid selection and amplification of pathogens that arise



Hen. Illustration: FCIT (<http://etc.usf.edu/clipart>)

from a virulent ancestor (frequently by subtle mutation), thus there is increasing risk for disease entrance and/or dissemination.” Modern animal agriculture provides “significant efficiency in terms of economy of scale,” but the “cost of increased efficiency” is increased disease risk. “Stated simply,” the report concluded, “because of the Livestock Revolution, global risks of disease are increasing.”

In the United States, the average numbers of animals on chicken, pig, and cattle operations approximately doubled between 1978 and 1992. This increasing population density seems to be playing a key role in triggering emerging epidemics. In terms of disease control, according to the FAO, “[t]he critical issue is the keeping [of] more and more animals in smaller and smaller spaces. . . .” The unnaturally high concentration of animals confined indoors in a limited airspace producing enormous quantities of manure provides, from a microbiologist's perspective, “ideal conditions for infectious diseases.”

Michael Greger, M.D., is Director of Public Health and Animal Agriculture at the Humane Society of the United States.



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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 operates on a non-profit basis.

SVS Officers

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Secretary, Tiffany Hunter-Green

Treasurer, Don Knutson

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Newsletter Editor, Mary Rodgers

Dine-Out Coordinator, Gurinder Arora

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The Gleaner
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Submission Guidelines

Send submissions or inquiries to:

Editor: MRDGERS@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 or vegetarian recipes, editorial commentary, book reviews, and announcements of upcoming events. Submissions are accepted electronically as e-mail attachments. Contact the editor or check the website for formatting specifications.

Submission deadlines for articles:

May–June 2010: Apr. 14, 2010

July–August 2009: June 12, 2010

September–October 2010: Aug. 20, 2010

November–December 2010: Oct. 14, 2010

SVS Monthly Potlucks

1914 Alhambra Blvd., Sacramento

in the Sacramento Natural Foods Co-op's Community Services Room

SUNDAY, MARCH 21 • 5:30 P.M.
Bronwyn Schweigerdt
Preventing Cancer

Although our bodies are continually bombarded by cancer-causing toxins, you can learn how to fight back by eating a cancer-preventing diet. This talk will cover the basic compounds responsible for causing cancer, and how to lower your exposure.

Bronwyn Schweigerdt has a Master's degree in nutrition from Tufts University. She will have copies of her new book *Free to EAT!* available for sale.

Check out her new video and book at: www.fiber-girl.com.

SUNDAY, APRIL 18 • 5:30 P.M.
"EATING"

This DVD by Michael Anderson shows us the healthiest foods to eat to prevent chronic disease, keep a healthy weight and the reasons why we humans need not eat animals and their products. "Eating" is used in hospitals and wellness clinics throughout the world to motivate people to change their diets and restore their health. "Rivet yourself to your chair and watch "Eating," a mind-blowing video experience that will forever change the way you think about food."

- Joel Fuhrman, M.D., author of "Eat To Live"

Potluck: Bring a vegan or vegetarian dish for six, your utensils, a list of ingredients, and mark whether your offering is vegan or vegetarian. We prefer that you bring a vegan dish, so all attendees can partake of all offerings. Free entrance with potluck dish; \$4 for those who arrive empty handed.

Our potlucks are become increasingly popular. If you have a folding chair, toss it in the car in case we run out of seating again.

Want to bring a vegan dish to the potluck but don't know what to fix?
Call the SVS Veggie Mentor, Linda Middlesworth, at (916) 798-5516.

From the President



LINDA MIDDLESWORTH

Now, as the sun starts peeping out, it is easier to have a happier outlook on life! But even during the dark, ominous, grey-sky months, life just feels better when we have like-minded people around us who want to know more about a healthy lifestyle, animal-advocacy and earth sustainability. I believe that our potluck and dine-out attendees are enjoying each other and learning a great

deal from our speakers and/or DVDs. This makes having our veggie society all worth the effort!

Dr. Ramona Ilea, Philosophy professor, Pacific University, Oregon, spoke in January and gave us an entertaining presentation on historical, ethical, and environmental impacts of vegetarianism. She showed us that eating of animal protein is synonymous with animal suffering and has devastating environmental consequences.

I know that many in our SVS are still in different stages of awareness about vegetarianism. It took me many years and I am still learning more all the time, so I do not expect everyone to just “get it!” As president, I like to steer everyone into understanding why it is important to strive to be completely vegetarian, a.k.a., vegan. I have had many friends tell me that they are still eating dairy and eggs and say they are “vegetarian” because they do not like animals to suffer.

I know, for a fact, that they are not *yet* aware of the atrocities of the dairy and egg farming—the most horrific, cruel farm-

ing practices of all. I was just like them for 10 years...so there is no judgment here. They are not yet aware that mother cows bellow for weeks after having their babies yanked out of them. Or that they must be impregnated over and over to keep the milk production flowing so that humans can drink the milk that belongs to their babies. The moms only live about 4 years of their natural 25-year life span before becoming our “hamburgers!” The boy babies born to the dairy cows are sent off to a small cage to become veal and must eat an unnatural, painful food selection, tied up so they cannot move.

Follow the money, and the suffering is there.

The egg industry is also atrocious, using forced molting procedures in cramped warehouses; the egg layers, with beaks sawed off, are starved for weeks and forced to endure spotlights all night long to induce egg births. The baby boy chicks are crushed alive in a metal crusher or suffocated in plastic bags because they do not grow large enough to be fryers.

Follow the money, and cruelty happens.

I know it is hard to know the truth, but we cannot fix it until we acknowledge it. Change is not made when people turn their backs to the hard truths. Facing this head on and being a part of our group is a giant step to helping the helpless and the voiceless. Thank you, veggie friends!

What a successful, wonderful experience it was to have **Colleen Patrick Goudreau**, Compassionate Cook, as our February speaker! She wowed everyone with her magnificent delivery, comic relief included. She is one of the most compassionate persons I know, but beyond that, she communicates from her heart with eloquence. If you unfortunately missed her at our last potluck, please look up her podcasts online at www.CompassionateCooks.com. I have her delicious new cookbook and cannot wait to delve into it! She does *not* disappoint!

Be well, show compassion for the animals, including the human animal.

Calendar

Send calendar entries for the May–June issue by Apr. 28, to MRODGERS@MACNEXUS.ORG.

Sun., March 21

SVS Monthly Potluck. 5:30–7:30 p.m. **Bronwyn Schweigerdt: Preventing Cancer.** See p. 2.

Sat., April 3 (note date change: first Saturday of the month!)

SVS Dineout. 6:30 p.m. Join us at **Evan's Kitchen**, 855 57th Street, Suite C, In the 57th St. Antique Row, Sacramento; 916-452-3896. RSVP at events@sacramentovegetariansociety.org or sacveggie.org, or at our Meetup site: <http://www.meetup.com/sacveggie-org/calendar/12331885/>.

Sun., April 11

Earth Day Sacramento. 12:00 noon–5 p.m. Southside Park, between 6th and 7th streets on X Street. Be sure to stop by the SVS table to say hello. All food vendors at Earth Day will be serving vegetarian food only. Sign up at <http://www.meetup.com/sacveggie-org/calendar/12748662/>.

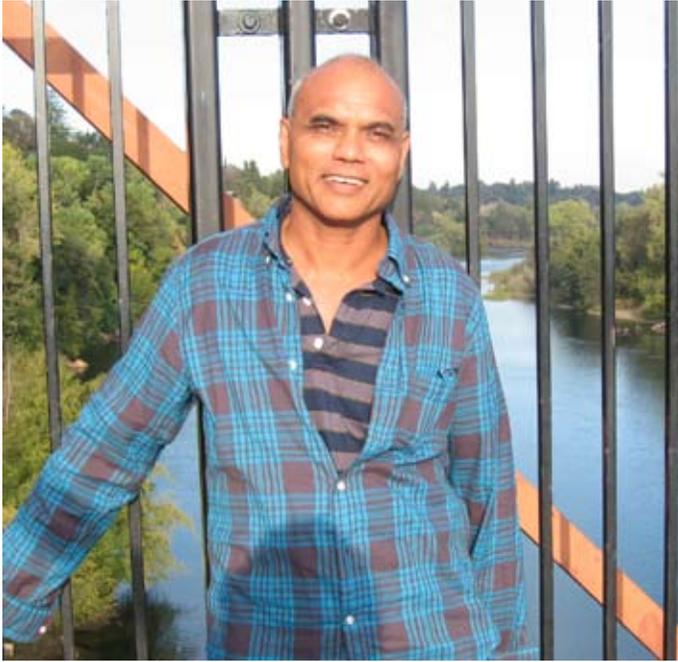
Sun., April 18

SVS Monthly Potluck. “Eating.” 5:30–7:30 p.m. See p. 2.

Thurs., April 22

Sierra College Earth Day. 11 a.m.–3 p.m. Sierra College, 5000 Rocklin Road, Rocklin, **Tabling.** We'll be handing out *Veggie Starter Kits*, and *Why Vegan* brochures to help educate. Learn more here: <http://www.meetup.com/sacveggie-org/calendar/12748585/>.

VEGGIE STAR: Gurinder Arora



Animals do feel like us. They also feel joy, love, fear and pain. But they cannot grasp the spoken word. It is our obligation to take their part and continue to resist the people who profit by them, who slaughter them and who torture them.

~Denis De Rougemont

I grew up in a traditional meat-eating family in India. Though many people think Indians are vegetarian, as a child, I had never heard of any vegetarians. Where I grew up in the Punjab region of India, most of the population is Sikh, and for the most part, Sikhs are meat-eaters.

I have always been interested in the mysteries of life, and as I grew older, I began to be attracted to Buddhism because it directly looks at the suffering of all living beings. Why do we suffer? Why is our life inherently unsatisfactory? What is the root cause of suffering of all living creatures? Buddhist cosmology does not believe in an external God or a higher power but rather, encourages us to look at our actions and the results of our actions. In other words, we create our own world based on our actions. Our present moment is the result of past actions. If we truly want to be happy, we need

to cultivate wholesome qualities like wisdom, non-violence, and compassion to reduce suffering in this world for all living beings. These beliefs prompted me to look at all aspects of my life, including my eating habits.

I have never been a big meat eater, and when I stopped eating meat altogether about 14 years ago, I felt a great relief to be living in accordance with my beliefs. The slaughter and killing of animals is an act of violence. Violence breeds violence. It is a vicious circle. We can't end violence in this world by continuing to torture and kill animals. By not eating meat, I feel that I am doing my small part to help end this cycle of violence.

Being vegetarian is a way of expressing my compassion for helpless, defenseless factory-farm animals. Just as I feel compassion for human beings upon whom cruelty is inflicted, I feel the same compassion for all living beings, and especially those

who are powerless to end their own suffering.

"You do not like to suffer yourself. How can you inflict suffering on others?"

~Ramana Maharishi

No animal likes to be killed. They want to live just like us. We don't need to eat animals to survive. Animals are part of the absolute, just like us, and if we harm them we are harming our larger self. I refuse to participate and perpetuate violence to animals by buying and consuming meat.

Acts of compassion soften our hearts, and not supporting the industry of killing is a compassionate act for me. Compassion is a mind that is motivated by cherishing other living beings and wishes to release them from their suffering. I am cultivating a compassionate mind through my choice not to eat meat and cause suffering to animals.

Gurinder is SVS's Dine-Out Coordinator.

Review of Simple Vegan Cooking Class with Wim van Warmerdam

Peggy Stinnett

What a delightful experience this cooking class was! It was held at Sacramento Vegetarian Society President Linda Middlesworth's house on Saturday, January 9. There were just a few of us, so we got very personal instruction.

We prepared and cooked some simple, very healthy foods, which was exactly what I needed, being new to vegan eating. I liked that it was hands on...we each helped prepare the food with Wim's instruc-

tion. Then we sat down to a sumptuous meal...with about five different entrees.

I needed some new ideas and got many, but much more in the way of handy little tips. We learned knife skills with cauliflower and onion and garnet yams...how to know if food is cooking correctly...some steaming techniques... how to prepare black eyed peas and other beans for cooking...how to prepare squash, to name just a few.

We learned which vegetables were more nutritious cooked. We were provided with a lengthy

handout that covered what we learned, and much more, that will be very useful as a reference.

Wim was masterful and very articulate in teaching us. He was a chef at Mum's Restaurant and has now moved on to other career choices, but still loves cooking and helping others learn how to cook vegan meals.

I would recommend this wonderful class to anyone. I'm hoping they will offer more classes and plan to come if they do! What a fantastic resource!

Thank you, Wim and Linda.

Smarter than a dog

CAMILLA KENDALL, Organizer, Sacramento Animal Rights Meetup Group (<http://www.meetup.com/Sacramento-Animal-Rights-Meetup-Group/>)

As Easter is nearing, I think we should all take some time to honor these intelligent, sentient, and very playful beings by realizing some important facts.

- All species of pig are smarter than dogs, and capable of abstract representation.
- They can hold an icon in their mind, and remember it at a later date.
- Pigs can play video games with joy sticks!
- Pigs can move the cursor on a video screen with their snouts and are able to distinguish between the scribbles they already knew, and the scribbles they were seeing for the first time.
- Mother pigs sing to their piglets while they are nursing!
- Pigs dream.
- Pigs outsmart each other. One will often follow another pig to food before grabbing it away from him, and the pig who was tricked will change behaviors to reduce how many times it is tricked.
- Pigs have a good sense of direction, and can find their way home from long distances. And this is why they are even more intelligent than Linda and me!!

So, remember, this Easter, we should not only have a vegan holiday meal, but we should get out there and inform others about how wonderful pigs really are!



Lassen, who lives at Farm Sanctuary in Orland, has two adoptive mothers, Camilla Kendall, and Linda Middlesworth, SVS President.



Sacramento Vegetarian Society

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Notice! The SVS Dineout schedule has changed. We will now enjoy vegetarian meals together on the *first Saturday* of the month.

Recipe

Creamy Beet Soup

FROM *The Cancer Survivor's Guide: Foods that Help You Fight Back!*
—A NEW BOOK FROM THE CANCER PROJECT

This soup is delicious hot or cold. Beets are high in folate, which repairs cells and can decrease risk of some illnesses.

Directions

Makes about three 1-cup servings

- 1 15-ounce can diced beets, undrained
- 1 cup fortified soy or rice milk
- 2 tablespoons apple juice concentrate
- 1 teaspoon balsamic vinegar
- ½ teaspoon dried dill weed

- Place** diced beets and their liquid into a blender.
- Add** nondairy milk, apple juice concentrate, vinegar, and dill weed.
- Blend** on high speed until completely smooth, 2 to 3 minutes.
- Transfer** to a medium saucepan, and **heat** gently until steamy.



Nutrition Information

- Per 1-cup serving:
- Calories:** 93
- Fat:** 1.5 g
- Saturated Fat:** 0.2 g
- Calories from Fat:** 14.6%
- Cholesterol:** 0 mg
- Protein:** 3.8 g
- Carbohydrates:** 17.2 g
- Sugar:** 11.5 g
- Fiber:** 2.5 g
- Sodium:** 229 mg
- Calcium:** 120 mg
- Iron:** 2.7 mg
- Vitamin C:** 4.4 mg
- Beta-Carotene:** 23 mcg
- Vitamin E:** 1.2 mg



Illustration: FCIT (<http://etc.usf.edu/clipart>)

Recipe from *Healthy Eating for Life to Prevent and Treat Cancer* by Vesanto Melina, M.S., R.D.; recipe by Jennifer Raymond, M.S., R.D.

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Sacramento Vegetarian Society Membership Application

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

Name(s) _____ Date _____

Street _____

City _____ State _____ Zip _____

Phone _____ Fax _____ E-mail _____

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