

The Gleaner

Published bimonthly by
Sacramento Vegetarian Society



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

Special Election Issue!

MARY RODGERS, *Gleaner* Editor

Roll up your sleeves, SVS members, we have some important decisions to make! The SVS Charter (p. 7), our guiding document since SVS was founded in 1984, is about to face its fifth set of proposed amendments.

This simple, elegant document has guided us well and shown itself to be adaptable and resilient enough to weather a few changes over the years without losing its well-thought-out basic structure or the philosophy behind it (see p. 8).

At the April 25 SVS board meeting, president Linda Middlesworth submitted, and the board approved, two proposed amendments that will be presented to the SVS membership for a vote on July 18:

- Require that SVS potlucks be vegan only;
- Approve filing for nonprofit status.



(See Lisa's synopsis on this page.)

SVS members are urged to join in discussion at our June 20 meeting. Board members will provide information and handouts and answer questions.

Differing opinions have surfaced among SVS officers over these amendments, and the procedure to be undertaken to consider them. The Charter leaves the ultimate decision to the SVS membership, after a mandatory opportunity for discussion. Members, please read, discuss, question, pontificate—and vote! Look closely at the election-related items throughout this issue to prepare for the discussion.

If you have observations, opinions, or concerns, post them at our Yahoo! e-mail listserv at sacveggie@yahoogroups.com.

Proposed Bylaws Amendments

LISA DECARLO, *PR Coordinator*

On July 18, SVS members will be asked to vote on changes to the bylaws and on formally incorporating with the California Secretary of State and seeking official 501(c)(3) nonprofit status from the Internal Revenue Service and State Board of Equalization. Formal incorporation and nonprofit status will allow SVS to pay a lower rental fee for our current potluck venue and allow anyone who donates to SVS to deduct membership dues and donations from their taxes to the extent allowed by law.

The changes to the bylaws are two-fold:

1. to make potlucks complete vegetarian (i.e., plant-based, containing no meat, eggs, or dairy) to ensure that all participants can eat the food and to update SVS's mission to promote a complete vegetarian diet in keeping with the modern understanding that a lacto-ovo vegetarian diet is not sufficiently supportive of the organization's goals of promoting animal welfare, environmental protection, and personal health; and
2. to bring the bylaws up to standards necessary to incorporate and pursue 501(c)(3) status.

CONFIRM YOUR MEMBER STATUS!

To be sure that every SVS member in good standing has the opportunity to vote on the proposed charter amendment revisions, we'll publish names and member status from our current member list on our website (sacveggie.org) and at <http://www.meetup.com/sacveggie-org/>.

- If you are a paid member but our records don't reflect your correct status, please provide proof of dues payment so we can get you on that list.
- Please make sure your member status is correct *before* the July 18 vote. We want all SVS members to have the opportunity to participate.
- If you do *not* want your name and status to be listed, please let VP Jessica Marler know (jessica.marler@sbcglobal.net).

San Francisco First U.S. City to Declare "Veg Day" Mondays

On Tuesday, April 6, 2010, the San Francisco Board of Supervisors unanimously adopted a Resolution declaring Mondays as "Vegetarian Days" to urge all San Francisco restaurants, grocery stores, and schools to offer a variety of plant-based options to improve the health of San Francisco residents.

Dixie Mahy, San Francisco Vegetarian Society (sfvs.org) President (one of the pioneers of the vegetarian movement in the U.S.), and Hope Bohanec, Campaigns Director from In Defense of Animals (idausa.org), a San Rafael-based nonprofit, worked on the Resolution with Supervisor

Sophie Maxwell, a vegetarian of 35 years. They are now working on strategies to inform restaurants, grocery stores, and schools how to implement Veg Day.

The San Francisco Vegetarian Society will be offering recipes, menu suggestions, and even some special classes on vegan cooking.

Mahy hopes that other cities will be encouraged to use the Resolution as a template to get their cities to adopt a similar resolution. *How about it, Sac?*

For a look at the full text of the Veg Day Resolution, go to <http://www.sfvs.org/pr/VegDayBoardResolution.pdf>.



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

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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

President, *Linda Middlesworth*

Vice President, *Jessica Marler*

Treasurer, *Don Knutson*

Public Relations Coordinator, *Lisa DeCarlo*

Newsletter Editor, *Mary Rodgers*

Dine-Out Coordinator, *Gurinder Arora*

Events Coordinator, *Linda Middlesworth*

Librarian, *Don McNerney*

Webmaster, *Marty Maskall*

The Gleaner
is published bimonthly by SVS.

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 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:

July–August 2009: June 12, 2010

September–October 2010: Aug. 20, 2010

November–December 2010: Oct. 14, 2010

January–February 2010: Dec. 14, 2010

SVS Monthly Potlucks

New location! 1415 Rushden Dr., Sacramento*

in Deterding Park, between Morse and Watt, 2 blocks north of Hurley Ave.

SUNDAY, MAY 16 • 5:30 P.M.

Erik Marcus

Compassionate, Healthful Eating

Erik Marcus is the publisher of *Vegan.com*, and author of the just-published *The Ultimate Vegan Guide*. He is also the author of *Meat Market: Animals, Ethics, and More*, and *Vegan: The New Ethics of Eating*. Check out his daily blogs at *Vegan.com*

SUNDAY, JUNE 20 • 5:30 P.M.

Bylaws Revision Discussion Mapping the Future of SVS

This issue of the *Gleaner* is full of information regarding two proposed amendments to the SVS bylaws:

- Approval of filing for 501(c)(3) nonprofit status for SVS
- Requiring that all SVS potluck dishes be vegan

Handouts will be available. Read carefully, ask questions, and come prepared to learn about and discuss the proposed amendments—and voice your preferences! We need your participation to prepare for a vote at the July potluck meeting.

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 your offering. Free entrance with potluck dish; \$4 for those who arrive empty-handed.

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.

***Directions:** Take either Fair Oaks Blvd. or I-50 to Watt Ave. North on Watt to Hurley Way. West (right) on Hurley to Rushden. North (right) on Rushden to the Community Center.

From the President



LINDA MIDDLESWORTH

We had our first potluck in our new place—Arden Manor Park and Rec Community Center, at 1415 Rushden Drive in Sacramento. It is going to suit us much better than the Sacramento Natural Foods Co-op

Learning Center. We can spread out to the patio on good weather days. We had a few logistical issues at the April potluck, but I think we will solve those easily at the May potluck by placing the food table in a better location and improving the system to get everyone through the food line. Thanks to all of you who brought the wonderful food!

At the May potluck, we will be asking you to take a look at our 5013 nonprofit papers, which board member Lisa DeCarlo, SVS PR coordinator and attorney, has so nicely put together. The synopsis and full document will be at the potluck. We will have a ballot box for paid members to vote on our new request for nonprofit status with the new charter at the July potluck. Having nonprofit status will allow our paid members to get a tax write-off on payments to SVS! And, most importantly, we can decrease our monthly rent. This is key to our survival!

A note about the new charter: We will be requesting that, going forward, SVS potlucks will be “complete vegetarian,” meaning members will bring only vegan—no meat, dairy or eggs—dishes to share. This is a change from the old charter. Why this change?

When the original charter was written, we really had no idea that eating dairy and or eggs was in any way a problem for animals and we also thought that humans would benefit from these foods. Now, undercover videos showing cruelty from egg and dairy farms are readily available online. Even so-called “humanely raised” dairy cows and egg-laying hens suffer abuse at the hands of animal agriculture, which still treats these sentient beings like commodities. The environmental impact of animal agriculture, including the enormous waste produced, also often makes the headlines. We simply can no longer deny the toll our eating dairy and eggs, let alone meat, has taken on not only the lives of these animals and the environment but also our health.

Our March speaker, Bronwyn Schweigerdt, educated in nutrition at Tufts University, spoke about preventing cancer. We learned that we initiate cancer by planting “cancer” seeds, then promote it by adding carcinogenic chemicals until they clump together and progress into tumors. We learned that the foods that proliferate cancer are meat, dairy and eggs. “Dairy is the most significant carcinogenic discovery of our time,” according to The China Study author Dr. T. Colin Campbell. The hopeful part of this? We can reverse and prevent most cancers with a whole-foods, plant-based diet!

We also watched the DVD called *Eating* from Mike Anderson. He gives the best overall glimpse into the whole nutrition picture. From his work, we saw doctors and athletes who healed themselves from heart disease, obesity, and cancer by going plant-based.

To be an organization dedicated toward

PRESIDENT, continued on p. 5

Calendar

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

Sun., May 16

SVS Monthly Potluck. 5:30–7:30 p.m. Erik Marcus: *Compassionate, healthy eating*. See p. 2.

Sat., June 5

SVS Dineout. 6:30 p.m. Join us at **Mylapore Vegetarian Restaurant**, 176 Prairie City Rd., Folsom; 916-983-3500. South Indian vegetarian cuisine—many vegan options are available. RSVP at events@sacramentovegetariansociety.org or sacveggie.org, or at our Meetup site: <http://www.meetup.com/sacveggie-org/>.

Sat., June 12

Private Tour, Animal Place. 12:00 noon. 17314 McCourtney Rd., Grass Valley. Open to current SVS members only. Exec. Dir. Kim Sturla is offering a pre-Grand Opening private tour of the new 600-acre facility for rescued farm animals. Hiking, potluck picnic, tour, and optional work party. Sign up at our Meetup site (<http://www.meetup.com/sacveggie-org/>). Click on Meetups > Calendar > June 12.

Sun., June 20

SVS Monthly Potluck. 5:30–7:30 p.m. *Bylaws Revision Discussion*. See p. 2.

Sat., July 3

SVS Dineout. 6:30 p.m. Join us at **Sugar Plum Vegan Café**, 2315 K St., Sacramento. Sacramento’s newest vegan restaurant. RSVP at events@sacramentovegetariansociety.org or sacveggie.org, or at our Meetup site: <http://www.meetup.com/sacveggie-org/>.

Making a Killing: The Political Economy of Animal Rights by Bob Torres AK Press 2007

Reviewed by Lisa DeCarlo

Perhaps you know Mr. Torres and his lovely partner Jenna from their fabulously popular podcast *VeganFreak*. If not you're missing out. You can catch it at veganfreakradio.com, but I must warn you that sometimes the language trends a little on the blue side, though their humor and insight are well worth listening to the occasional four-letter word. But enough about the podcast—let's talk about the book.

Making a Killing is Torres' second book on animal rights. His first, *VeganFreak: Being Vegan in a Non-Vegan World*, was co-written with his partner and presents a primer of sorts for vegans. This second book is more academic. For those of you who may be faint of heart, rest assured that this book does not go into gory detail about the abuses inflicted on animals. There are only two instances where the cruelties of animal abuse are discussed in any detail, and these are provided as illustrative examples to help explain why Torres believes the capitalist system of commodifying animals must inherently lead to their abuse.

Torres argues that the root of animal abuse lies with the commodification of animals—when animals are seen as a means to make money, abuse cannot be prevented, regardless of how much protectionist legislation we can pass.

The author is an avowed anarchist with communist sympathies and would seem to be arguing that only capitalism results in the inherent abuse of animals. No real discussion of other economic systems is discussed, however, and based on the rampant animal abuse that occurs throughout the world, I highly doubt that an argument can be made that another economic system treats animals better.

Communist Russia was no stranger to animal abuse with its dancing bears as one example of many available that cruelty is not specific to America's capitalistic structure. His subsequent argument that, in fact, the true root of animal abuse lies with our seeing them as an "other," apart and different from us, is the stronger of his arguments.

Because we see them as "other," we feel no compunction in using them solely for economic gain. Animals are altered to maximize the products we derive from them, without regard to their social or bodily needs. One of the myriad examples of this is the plight of egg-laying hens. They are provided scant room in battery cages, the bodies that nature gave them (and humans altered as much as they could through breeding) are mutilated through debeaking, they undergo forced molting to eke one more egg-laying cycle out of them before they are slaughtered at 110 weeks, and all male chicks are killed or left to die upon hatching.

Hens touted as free-range or cage-free fare no better. They are still debeaked and undergo forced molting before being slaughtered at the same age as the others, and male chicks are quickly dispatched.

According to Torres, the problem is systemic and grounded in the fundamental fact that humans are exerting dominance over animals—the last true use of slaves still acceptable in this society. No matter how many welfare standards we put in place, at the end of the day animals are still seen as walking dollar signs, and there is every incentive to subvert their nature and their bodies for our own gain—be it taste, fashion,

entertainment, science, or anything else we can gain some perceived benefit from. Ultimately, we as consumers can ignore the horrors inflicted because as a commodity, animal products can be purchased—they do not need to be made by those who consume them.

Human interests trump animal interests, even when the former are trivial. Fundamentally, however, Torres argues that in keeping with our capitalist system we are really choosing property rights over the interest of what is deemed to be a piece of property. Every time we purchase or consume an animal product, we have a hand in the exploitation. Violence and exploitation are bound up in the quest for profits, and the capitalist system will thus fight to maintain this order. Capitalism isn't the genesis of the problem—it simply reflects the human view of the world in hierarchical terms.

Once we started seeing ourselves in categories, gender, race, age, et cetera, and assigning better or worse values to those categories, we set the stage for doing so with other species and with establishing an economic structure that took advantage of this view. To really fight for animal rights, Torres argues, groups must reject all forms of domination. Up to this point, his points are well taken. →

From the *President*, from page 3

honoring and improving the lives of animals, the planet and our own health, I feel it is imperative to not just talk the talk but walk the walk and have our potlucks feature only cruelty-free plant-based foods. And in doing so, everyone at the potlucks, including our many vegan members, will be able to eat everything.

Some of you are new to vegetarianism or perhaps are "flirting" (to borrow a term from Alicia Silverstone's pro-plant-based-diet best-seller *The Kind Diet*) with going vegan. We welcome you and everyone to our potlucks interested in meeting others living the veg lifestyle. But no matter what you eat at home, I trust that you will be amenable to eating plant-based one night a

month. If you are indeed new to a plant-based way of eating and aren't sure what to bring to the potlucks at first, you can bring cut-up fruit or veggies, buy a prepared dish that's vegan or go online to find a number of excellent websites with wonderful vegan/plant-based recipes. Or you can simply bring \$4 instead of a dish. And while you are at the potlucks, be sure to talk to others and discover how making plant-based dishes isn't as hard as it might seem. The potlucks are meant to be inspirational!

Thank you for supporting the SVS as it evolves into a bigger, better organization that stays true to its mission of honoring and improving the health and well-being of animals, the planet and our own.

VEGGIE STAR: Tiffany Hunter Green



My name is Tiffany Hunter Green. I became vegan on December 29, 2009. I would like to share a little bit of my journey with you.

I have always been a very active, healthy person. At about age 13, I began to notice swelling in my ankles. The doctors ran several tests and could not diagnose me. After several years of just living with it, I was finally diagnosed with lymphedema in 1990. At that time, the doctors told me there was no cure, and I just had to live with it for the rest of my life. I was 18.

That began my quest for good health. I began to eliminate salt from my diet, I eliminated pork, reduced the amount of meat I ate,

and increased the amount of fruits and vegetable I consumed.

Over the years, I saw my body responding more and more positively to my dietary changes. My lymphedema was under control and I was generally feeling much better.

After learning about the life of a cow, turkey, and fish before it reached my plate, I decided last December to eliminate all meat and animal products from my diet. My reasons were (in this order): my health, the environment, the animals.

Since becoming vegan, my energy level has doubled, my hair has grown thicker, and I feel better physically and emotionally. I am excited about this new awakening in my life.

Book Review: *MAKING A KILLING*, from p. 4

Unfortunately Torres lost me in the middle third of the book, which is devoted to a tirade against all the current animal rights/animal welfare groups, which he argues have it wrong, are solely in it for the money (he clearly has no idea how little non-profit employees make), and don't really care about the animals. Why? Because they support small measures to improve animal welfare instead of demanding the end to all human domination of animals.

If we can't have absolute freedom, Torres seems to argue, then we don't want anything. This is easy enough to argue when you're not one of the millions (billions?) of egg-laying hens wasting away inside a battery cage, or worse, impaled by wire commonly sticking out of one. It's all fine and good to sit in an ivory tower and dream about how ideal the world could be if only you were king. No need to let the reality of the day-to-day suffering of the billions of animals currently being abused intrude as you dream about a perfect world in your nice, centrally heated office.

I'm all for the ultimate abolition of animal abuse but realize that this reality is worlds away, and until we get there animals will continue to suffer. I cannot ignore this very real suffering, nor do I think doing so gets us to the promised land any quicker.

Torres argues for the opposite of a big-tent movement where everyone with common concerns is welcome. Instead, he takes the my-way-or-the-highway approach: if you don't agree with my narrow view of how the movement should argue for change, then we don't want you.

Slavery didn't end overnight, so what chance do we have of ending animal slavery outright? I would say very little. In the meantime, we expend our energy arguing about whose approach is the right one, and giving the anti-animal lobby more ammunition against us, instead of focusing on making the changes we each feel need to be made.

The final third of the book tries to provide some guidance on how best we can pursue

change for the animals. Torres makes some good arguments against the tendency today for people to want to "purchase one's activism." Throw a little money at some animal rights/welfare groups and feel satisfied that you did your part to further the cause. Instead, he argues, we need to get creative about our activism—but he doesn't offer any specifics of how or what measures he believes are most effective.

He's ultimately more concerned about the principles of his cause, namely ending all animal use immediately, than he is about the practicality of this approach. And that's okay. This book is not intended as a how-to for the new activist. It is an interesting exploration of how animal abuse is entrenched in our economic system and why.

Other books are available to instruct the would-be activist in the steps we can take to change this. *Going vegan* is a great start, and there are plenty of other actions for those interested in ending some of the problems outlined in this book.

Why I'm (Probably) Voting "No"

MARY RODGERS, *Gleaner* Editor

Anyone who has spent enough time at recent SVS events has likely heard the pronouncement that SVS is the only vegetarian society remaining in the country that still has vegetarian potlucks, while the rest of the groups, such as San Francisco, all have moved on to vegan-only potlucks.

That's not quite the case. Many vegetarian groups do have vegan potlucks, many have vegetarian potlucks, and many, like Sacramento *and San Francisco*, have vegetarian potlucks where vegan dishes are preferred.

San Francisco: Here is what Dixie Mahy, San Francisco Vegetarian Society (sfvs.org) President, who has been vegan for 32 of her 52 years as a vegetarian, has to say about why San Francisco chose their vegetarian potluck/vegan preferred setup:

"The discussion of whether we should change our name to Vegan Society or make our potlucks be vegan only comes up periodically.

"Although we encourage vegan food for our potlucks because more people can partake of the food, we allow vegetarian dishes and prominently mark them as not vegan, and the ingredients are always listed. Some militant vegans get upset because they want everything strictly vegan.

"Our Board prefers to welcome newcomers and vegetarians rather than exclude them or shame them. Usually, newcomers eventually start making vegan dishes, especially when they notice that their dishes are usually not eaten.

"The main reason why we continue to call ourselves Vegetarian Society rather than Vegan Society is to be more attractive to the mainstream population, which would be more apt to come to us as vegetarian than as vegan. Our lectures and cooking demos are all plant based.

"My feeling about the vegetarian/vegan controversy is this: If you want to be an exclusive 'club' of vegans feeling superior about your diet, you will have a nice 'club,' but if you want to promote a vegan diet to the most people you can, you welcome everyone to your group without shaming them and making them uncomfortable. It boils down to the purpose of your group. Our purpose is to reach the most people possible.

"It is really difficult to remain focused when you have negative elements within the organization. We always say that a vegetarian diet is a peace diet, but some of our members just aren't that peaceful in their relations with each other."

Portland: Other groups, like the Northwest Vegetarian Society (nwveg.org), in Portland, Oregon, hold vegan-only events. Here is a description from

their website (provided by SVS President Linda Middlesworth):

"Welcome to Northwest VEG! We are a non-profit organization dedicated to bringing awareness to the power of a veg lifestyle and helping support people in their transition toward making healthier, more sustainable, and compassionate food choices.

"Our plant-based potlucks and events explore delicious vegan foods, and meeting other vegetarians and vegans. If our potlucks happen to be your *only* vegan meal of the month, you'll be sure to go home well fed!"

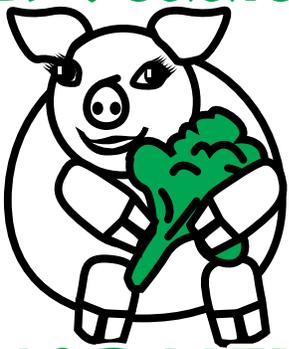
Editorial: Although I've been vegan for 21 years, and vegetarian since 1973, I don't feel a need to require that SVS members follow suit. I remember the steep learning curve that came with finding new ways to prepare food and eat. I like Dixie's welcoming message of inclusiveness. I feel that approach will indeed end up reaching far more people than a no-compromises attitude. For an opposing view, be sure to read Linda's President's column on p. 3.

I, for one, would have become vegan a lot sooner if in-your-face vegans (for the record, no one who is currently an SVS member) at SVS meetings hadn't been so confrontational, self righteous, and judgmental. Sometimes it's baby steps that take us where we need to go.

Discussions: I'm grateful for the opportunity to hear what *everyone* has to say before casting my vote, and I'm proud to be a member of a group that provides for and values member input and decision making.

SVS Tees! Got yours?

Eat Veggies



NOT ME!

Sacramento Vegetarian Society

Designed by SVS President Linda Middlesworth

How Many Vegans?

- Various polls report vegans to be between 0.2 and 1.4 percent of the U.S. population;
- According to the Vegetarian Resource Group (vrg.org), 1.4 percent of U.S. men and 1.3 percent of U.S. women are vegan;
- about 4–5 percent of Americans self identify as vegetarians.

Here's the SVS Charter, as amended through 2005. Please take a close look before participating in charter-amendment discussion at the June 20 SVS meeting. Copies of the charter with proposed revisions will be passed out at the meeting. Please see page 1 for a brief explanation of the proposed revisions.

SVS Charter

Preamble. 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.

I. Principles

SVS is associated for the following purposes:

- To sponsor vegetarian potlucks and discussion meetings;
- To educate the membership and general public about vegetarianism; and
- To promote vegetarianism.

II. Officers

Elected officers of SVS will be as follows: President, Vice-President, Secretary, and Treasurer.

Appointed positions of Membership Coordinator, Health and Nutrition Adviser, Newsletter Coordinator, Librarian, and other positions as needed would be filled by SVS members appointed by the elected officers.

All positions, elected and appointed, shall serve as board members. The officers will act in accordance with the principles of the organization and assist in implementing decisions of the membership.

Other offices filled on an as-needed basis approved by the general membership include, but are not limited to, Special Events Coordinator, Animal Rights Liaison, Publicity Coordinator, and Rideshare Coordinator.

Officers will be elected by a mail ballot, except when there is only one candidate for the position, in which case that person shall be declared elected by acclamation.

III. Bylaws

A. Fee Structure

SVS shall have two membership categories and fees:

"Individual Member" requires a \$20 annual fee, prorated to \$1.75 per month when not paid by December 31.

"Family Member" requires a \$33 annual fee, prorated to \$2.75 per month when not paid by December 31, and allows for group membership of all residents at a single address.

Additionally, a \$4 fee shall be collected at SVS potluck dinners from those attendees who have not brought food or drink.

B. Decision Making. All decisions of the membership will be made by simple majority vote. Voting is open to all current SVS members.

C. Amendment of the Charter. The Charter may be amended by the following procedure: Any proposed amendment shall be introduced and discussed at a general membership meeting. A synopsis of the proposed amendment shall then be printed in the subsequent newsletter, and a final decision shall be made at the next general membership meeting.

D. In addition to voting privileges, SVS members may receive other benefits as expressed in the current SVS brochure.

Ratified at the general membership meeting, May 18, 1997.

Amended at the general membership meeting, March 15, 1998.

Amended at the general membership meeting, January 21, 2001.

Amended at the general membership meeting, January 16, 2005.



Sacramento Vegetarian Society

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In the beginning...SVS Charter History

SVS founder Rick Park, one of the authors our organization's original Charter, talked to the *Gleaner* editor just before press time about the intent behind the document's language: "The basic idea was to defend the organization and the movement in general from those who would bulldoze it, beginning with the not-so-paranoid idea that the cattlemen might decide to bring 50 or 100 members to one of our meetings and just disband us, or pass a resolution that we should eat meat three times per day.

"The language around 'discussion' is pretty general. The intent likewise. SVS was to provide a forum for members to talk about issues, but not for any set length of time.

Mixed Messages

Vegan or Vegetarian? There has been concern that potluck guests have been confronted with the message that they should not have brought *vegetarian* potluck offerings to our *vegan* potlucks. Our official potluck announcements have advertised vegetarian potlucks for 24 years, however, so if this happens to you, please let anyone who tells you differently know that they are mistaken. SVS food tables continue to maintain "vegan" and "non-vegan" sections.

If the membership votes to mandate vegan-only potlucks, that will be another story. Until that time, our long-standing traditions stand.

An Apology: To anyone who has felt mistreated when they were approached in this manner, please accept the sincere regrets of many of us on behalf of SVS. And thank you for the time and effort you put into preparing a potluck offering for the group to enjoy. We greatly appreciate it!

"The language and intent of the charter is very specific, however, about the amendments. If there was no printing of the proposed amendment in the SVS newsletter before the meeting in which it was to receive a final vote, then the vote must be postponed till the proposal is printed. This is obviously for the membership to have time to consider the merits of the proposal, rather than waking up to find that the charter has already been amended."

Rick went on to explain why SVS did not originally register as a nonprofit organization: "The main objection I had [to nonprofit status] was that it limits political activism, which was precisely my reason for founding SVS. We could not for example endorse a vegetarian political candidate, lobby against pro-cattle, pro-monoculture, pro-oil-based farming and ag-support bills."

As for present-day considerations, Rick leaves us with this thought: "These proposed amendments strike to the very heart and purpose of SVS, and should have a thorough airing and discussion, according to the rules."

Rick is semi-retired and living in Arcata, California. Catch up with him at www.ericpark.net. Yes, Rick Park is the very same Eric Park many of you will remember; he has returned to using a childhood moniker.

Join us at the June 20 discussion meeting to consider two proposed bylaws amendments, and be sure to



Sacramento Vegetarian Society Membership Application

Detach(or copy) 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