

Sacramento Valley *Vegetarian*

25th
Anniversary Issue!



Published bimonthly by the SACRAMENTO VEGETARIAN SOCIETY

Meals for Health **EARTHSAVE'S GROUNDBREAKING PILOT PROJECT COMING TO THE SACRAMENTO FOOD BANK IN APRIL**

Meals For Health is a groundbreaking 30-day wellness program to help families in underserved communities dramatically improve their health. Participants in this program and study sponsored by the EarthSave Foundation will receive a month-long course of nutritional education proven to help people lose weight, reverse heart disease and diabetes, get off medications, and get their health back.

Based on the Santa Rosa–based McDougall Health Center's renowned program (which normally costs \$4,100 per person), the Sacramento trial run is being offered at no cost to participants who qualify, thanks to donations from the Food Bank, EarthSave members, and others.

"We are entering into uncharted territory," says EarthSave International's Executive Director Julieanna Hever. "We will be providing the participants with everything they need to succeed. This is the first time (that we know of) that a group has attempted to use plant-based nutrition via education, support, and donations to reverse disease in such a way.

PILOT PROJECT, continued on p. 7

EarthSave and SVS Partnership: Then and Again

SANDRA KRISTAL, SVS Events Coordinator

On a soon-to-be-determined date in March, EarthSave will host a "pre-event" at the Sacramento Food Bank as part of the selection of participants in the groundbreaking *Meals for Health* intervention program that will help low-income participants transition to a low-fat, plant-based diet.

To show that easy-to-prepare vegan meals are delicious as well as satisfying, EarthSave has invited Sacramento Vegetarian Society (SVS) members to provide vegan potluck-style meals for this event.

Rip Esselstyn, author of the

Engine 2 Diet, will be the guest speaker. EarthSave will provide McDougall/Esselstyn recipes for us to follow.

EarthSave and SVS have a long history of hosting successful events. And, I was privileged to be a part of it.

In 1991, I founded EarthSave Sacramento (ESS), a chapter of EarthSave International, which was dedicated to teaching people that our food choices are profoundly related to health, environment, and conscience. The organization is based on John Robbin's book, *Diet*

PARTNERSHIP, continued on p. 6

MARCH DATE TBA

Rip Esselstyn

author of *Engine 2 Diet*
at a

Meals for Health
"Pre-event"

Special invitation to SVS members

See page 2 for details.

25th Anniversary Greeting **"Still truckin'"**

SVS was born around a Midtown coffee table in 1986. I think the first attendees were myself (the instigator I guess—if San Francisco could have a Veg. Society, why couldn't Sacramento?), Sharon deAngelis, who later jumped ship—it was her apartment—Tom and Linda Ghormley, and maybe Cartha Mahoney, who was working at Carl's Jr. but not eating there, and who refused to say "pot luck," because she didn't believe in "luck," but she nevertheless arranged for us to have our later meetings/potlucks in her apartment complex community room.

Right away, I felt that it was going to take off... and now, 25 years of bumpy rides later, it's still truckin'!

Good luck to SVS!

Rick Park, SVS Founder



Sacramento Vegetarian Society

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

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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 operates on a non-profit basis.

SVS Officers

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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 or check the website for formatting specifications.

Submission deadlines for articles:

March–April 2011: March 13, 2011

May–June 2011: April 18, 2011

July–August 2011: June 13, 2011

SUNDAY, MARCH 13 • 5:30 P.M.
5:30: doors open; 6:00: potluck; 7:00: film and discussion

POTLUCK AND FILM

(as always, feel free to attend either or both)

Robert Lee Grant

Nourishing the Kids of Katrina: The Edible Schoolyard

Sol Collective, 2574 21st St., Sacramento
(one block south of Broadway)

Grant will introduce his award-winning 31-minute documentary and lead a discussion on the status of the healthy foods movement and what's being done—and what needs to be done—locally.

Potluck: Bring • a vegan dish for six or more,
• your dish, cup, utensils,
• a list of ingredients

Free entrance with potluck dish; \$4 without. No charge to attend for the film/speaker only.

Confused about “vegan”? Don't know what to fix?
We can help: sacveggie@gmail.com.

MARCH DATE TBA

Rip Esselstyn

Meals for Health “Pre-event”

An EarthSave Foundation event

Sacramento Food Bank, 3333 3rd Ave.

SVS members invited to provide potluck dishes!

Keep this one on your radar screen.
Check our Meetup site for updates.

Sign up with **SVS** (SACVEGGIE@GMAIL.COM) or on Meetup ([HTTP://WWW.MEETUP.COM/SACRAMENTO-VEGETARIAN-SOCIETY/](http://www.meetup.com/SACRAMENTO-VEGETARIAN-SOCIETY/)), and at **EarthSave** (JULIEANNA@EARTHSAVE.ORG).

Join Rip Esselstyn, author of the acclaimed *Engine 2 Diet*, at this introduction to the *Meals for Health* program.

EarthSave invites SVS members to provide potluck dishes following McDougall/Esselstyn recipes (to be provided by EarthSave) to provide *Meals for Health* applicants home-made, delicious, plant-strong food. EarthSave will reimburse you for the cost of the food.

From the President



GLENN DESTATTE (and goddaughter Anna)

While 2011 marks the **Silver Anniversary of the Sacramento Vegetarian Society**, February marks the end of my second month in office. February ended with our eighth Meetup of the year at Karma Café in Folsom ([HTTP://WWW.FACEBOOK.COM/KARMA.CAFE.LOUNGE](http://www.facebook.com/KARMA.CAFE.LOUNGE)) on the 26th.

Board of Directors: Our board members are looking forward to filling existing board slots, developing new board positions, and setting up

committees. I look forward to working with SVS members as we expand membership participation.

Outreach: Our outreach efforts have resulted in some great contacts, and some exciting possibilities are in the works; we'll have news in the coming weeks and months, so stay tuned at Meetup, Facebook, and our Listserv.

March Film and Potluck: So far, we've had four dine-outs, and our second potluck of the year is set for Sunday, March 13. Filmmaker and Oak Park resident Robert Lee Grant will present his film *Nourishing the Kids of Katrina: The Edible Schoolyard*.

Grant, a retired UC Berkeley economics professor, was living in New Orleans when Hurricane Katrina hit. His documentary focuses on bringing school gardens to the city, White House efforts to fight obesity, and, most importantly, the schoolchildren of NOLA.

Dr. Lee is an ardent advocate for the healthy foods movement. See a short clip at [HTTP://WWW.YOUTUBE.COM/WATCH?V=_uEAjDNxCG](http://www.youtube.com/watch?v=_uEAjDNxCG).



Tabling at the Sacramento Natural Foods Co-op for the Sacramento Vegetarian Society and against a new McDonalds.

New Territory: On February 20, SVS tried something new—our first-ever birding outing— at the Cosumnes River Preserve, followed by dine-out at Loving Hut Café in Elk Grove. A dozen people were at each venue— just the right size. After a week of worry about the weather, Sunday dawned bright and glorious, and great sightings were followed by tasty food.

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Editor's Note

MARY RODGERS

I've accepted the SVS Board's invitation to come out of "retirement" and return as Editor of this publication. It's good to be back! I look forward to working with the new Board and getting us back on schedule.

New Name: Speaking of "this publication," you'll notice that *The Gleaner* has a new name: *Sacramento Valley Vegetarian*. Our new name reflects our Central Valley location—one of the world's most productive agricultural regions—where access to fresh produce throughout the year is a boon to all—not just vegetarians. This is even more true as organic produce become increasingly available.

The new name also acknowledges our growing ranks, which include members, old and new, from beyond

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Calendar

Send calendar entries for the March–April issue by March 15, to MRODGERS@MACNEXUS.ORG.

Sat., March 26

SVS Dineout. 6:30 p.m. *Mylapore Vegetarian Restaurant*, 176 Prairie City Rd., Folsom; 916- 983-3500. South Indian vegetarian/vegan cuisine. RSVP at: SACVEGGIE@GMAIL.COM or at our Meetup site: [HTTP://WWW.MEETUP.COM/SACRAMENTO-VEGETARIAN-SOCIETY/](http://www.meetup.com/SACRAMENTO-VEGETARIAN-SOCIETY/).

Sun., March 27

Koffee Klatch. 12:00 noon. 2574 21st St., Sacramento. Informal get-together for socializing and charting SVS's future. RSVP at SACVEGGIE@GMAIL.COM or on our Meetup site: [HTTP://WWW.MEETUP.COM/SACRAMENTO-VEGETARIAN-SOCIETY/](http://www.meetup.com/SACRAMENTO-VEGETARIAN-SOCIETY/). Coffee, tea, vegan pastries provided. Enjoy the temporary art installation.

Thurs–Mon, July 5–9

Vegetarian Summerfest. Johnstown, PA. Over 50 informative, inspiring speakers. Sponsor: North American Vegetarian Society. Register at: [HTTP://WWW.VEGETARIANSUMMERFEST.ORG/](http://www.vegetariansummerfest.org/).

Thurs–Mon, July 21–25

Farm Animal Rights National Conference. Los Angeles. 90 speakers from 60 groups. Sponsor: Farm Animal Reform Movement. Register at: [HTTP://WWW.ARCONFERENCE.ORG/](http://www.arconference.org/).

In on the ground floor with *Meals For Health* volunteers: *An interview with SVS members Don Forrester and Emily Webber*

Well-rounded

THEN: When his children were growing up, Don Forrester was heavily involved in coaching and earned a “C” (national) coaching license through the U.S. Soccer Federation.

To secure the license, he had to pass three clinics in California and attend a week-long camp in Texas.



NOW: When asked how he is enjoying retirement, Don had this to say: “I wouldn’t say I’m retired, except in the sense I no longer regularly see patients for a living. I do get involved clinically in significant innovative projects—such as *Meals for Health*.”

“Corporations, including the Medical Industry and the Government, are failing our population by providing incomplete and/or misleading information. I enjoy getting accurate information out to people, whether they are health care professionals or lay groups. I enjoy it more if I am effective at getting people to actually change.”

SACRAMENTO VALLEY VEGETARIAN editor Mary Rodgers asked SVS members Don Forrester and Emily Webber about their roles in EarthSave’s upcoming *MEALS FOR HEALTH* pilot project at the Sacramento Food Bank. Many SVS members know Don and Emily, at least by reputation, being that they are two of our more high-profile members.

Don, a retired Sacramento physician who has been the featured speaker on various aspects of plant-based nutrition at several SVS monthly meetings, will provide medical examinations and evaluations for *MEALS FOR HEALTH*.

Emily, a cooking instructor (most recently teaching *FOOD FOR LIFE* classes for the prevention and treatment of cancer for *THE CANCER PROJECT*), will be one of several local *MEALS FOR HEALTH* food coaches, each working with a small group of participants throughout the month-long program.

We appreciate that Don and Emily took the time to share their enthusiasm for this groundbreaking program. Here are their responses:

SVV: How do the objectives of *Meals for Health* align with your training and values?

DF: It is an opportunity to investigate and support change in a challenging population. It also gives me the opportunity to work with two innovative organizations and very talented individuals . . . Earth Save, Sacramento Food Bank, and John McDougall, among others.

EW: I am so excited to be a part of the *Meals for Health* program! I, like most vegans, dream of a world where someday everyone eats a healthy plant-based diet and lives a compassionate lifestyle. Upper- and middle-class people in America have access to this information and to wholesome fresh foods, yet often choose not to seek it out. Underprivileged people often have neither money for nor access to fresh, healthy foods. They also often do not have the education to know how and where to seek out information on health and wellness.

The objectives of the *Meals for Health* program are to bring both education and fresh, healthy plant foods to underprivileged people so that they can learn why they should eat a healthy diet and how to do it.

I’ve been teaching plant-based (vegan) cooking classes for 7 years now. I’m thrilled to be able to bring this information to this group of people.

SVV: What will be your major activities?

DF: I’m responsible for doing the examinations and follow-up visits on participants. I will be involved in coordinating this aspect of the project, plus handling data.

EW: The program is still in development, but I have been communicating with Julieanna Hever, Executive Director of EarthSave, and Jeff Nelson, EarthSave Managing Director, and it is my understanding that I will be doing cooking demos at the Sacramento Food Bank for the participants. Each of the food coaches (there are five of us, I believe) will be assigned a small group and will help guide them

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MEALS FOR HEALTH INTERVIEW, from p. 4

through their month-long journey as they learn how to eat a low-fat, whole-foods, plant-based diet.

I'm also helping to put together the menu plan for the 4-week program.

SVV: What do you hope to accomplish?

DF: We hope to change the eating, shopping, and cooking habits of Food Bank clients. We will investigate their beliefs and assess baseline and final laboratory values.

EW: I want to help educate participants about how a plant-based diet can transform their health and in turn, their lives. I hope that they will then share this information with their families and friends and pay it forward.

I truly hope that, eventually, all food banks will use this program as a model. If this type of program were introduced at every food bank throughout the United States, we could begin to reduce our nation's rates of obesity and chronic diseases which, from both a personal and financial standpoint, are crippling.

The underprivileged, just like the rest of the population, suffer with heart disease, diabetes, cancer, stroke and more—most caused by a diet of animal products and processed food. If we were to educate them and provide them with healthy food, not only would we relieve their suffering, but we would relieve some of their financial burden as well.

SVV: How much have you worked with underserved communities? Does this differ from your usual clientele? Are there different approaches that will be necessary?

DF: Only as a medical student in training. I did a rotation in a pediatric clinic in the impoverished area of Nassau, Bahamas, and a rotation in Indian Health out of Sante Fe, New Mexico.

EW: This will be my first experience. I'm sure it will be different. In some ways it will be more challenging. However, *Meals for Health* participants will be receiving the best education money can buy—and all for free! Dr. McDougall and his team (and all of us) are doing all of this on a voluntary basis.

The participants are getting quite a gift—the McDougall program and more—a whole month of coaching and food.

They will certainly have struggles, but anyone of any socioeconomic group struggles with food addictions, difficulties with family situations and food, not having enough time to cook because of work, family, etc. We'll be there to help them through it. We'll figure it out.

SVV: What are some of the barriers *Meals for Health* clients will be facing? How will you help them overcome those barriers?

DF: Identifying the barriers will be part of the outcome of the study.

EW: I'm hoping the participants will be open to a plant-based diet. Family and friends can be a barrier—sometimes family and friends can be unsupportive of healthy, new eating habits, though often they can be wonderful and supportive!

Transportation may be an issue, so planning ahead will be vital. If there isn't any healthy food nearby their workplace and they don't have a car, they'll have to pack their lunch—a good idea for anyone—always less expensive and healthier.

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Vegan Trek

In the late 90s, my mother and I developed and owned a sci-fi convention production company called *Make It So! Productions, Inc.* During that time, we produced three fantastic sci-fi conventions: a "V" convention in Los Angeles, a Klingon Kon in Jacksonville, Florida, and a Women of *Star Trek Voyager* Convention in Cleveland, Ohio. We hired lots of celebrities to appear.

It was a great experience and really helped build my confidence in public speaking, as I was on stage introducing stars like Kate Mulgrew, who played Capt. Janeway on *Voyager*, to over 1,500 wonderful fans. That experience also helped me believe I was capable of doing anything, as I was involved in many aspects of the business.

—Emily Webber



Emily and Michael Dorn (a.k.a. Klingon Lt. Commander Worf of *Star Trek* fame) at her Klingon Kon in April 2001, a year or two before Emily went vegan (and lost 45 lbs). Michael, who went vegan a few years ago, says he hasn't missed meat at all. "It was easy to make the transition because I feel so much better," says the 58-year-old actor who lost 30 lbs on a vegan diet.

Emily Webber's six principles for optimal health

1. Eat a varied and balanced, low-fat, whole foods, purely plant-based diet free of artificial flavors, preservatives, colorings and chemicals.
2. Exercise daily.
3. Get enough sleep—at least 7 hours (minimum) for most people.
4. Reduce stress.
5. Socialize.
6. Discover your purpose in life and pursue it with passion!

FROM: [HTTP://WWW.EMILYWEBBER.COM/FAQ/WELLNESS-PHILOSOPHY/](http://www.emilywebber.com/faq/wellness-philosophy/)



Emily with her son William

For Emily's *Deliciously Green!* website and its recipes, a schedule of her upcoming classes, etc., go to [HTTP://WWW.EMILYWEBBER.COM/](http://www.emilywebber.com/).

Her blog is at: [HTTP://WWW.SKINNY MOMHEALTHYCHILD.COM/](http://www.skinny MOMHEALTHYCHILD.COM/).

MEALS FOR HEALTH INTERVIEW, from p. 5

I'm anticipating that barriers for *Meals for Health* participants will be not unlike the barriers facing anyone else adopting a plant-based diet for the first time.

SVV: In your experience, how long does it take for someone to transition to a vegan diet?

DF: It varies a lot. I have had patients make the change in one day and other patients who have never made the change.

EW: It depends on the person. For some, it can take a while. For some people, it takes a while for this information to sink in. For others, it happens, immediately—as soon as they hear the truth about health, animal cruelty, environmental devastation, or all three.

I recently had a couple in their 70s make the switch to a healthy low-fat, whole-foods, vegan diet immediately—as soon as they took just one of my classes. So, anyone of any age can do this—either by just testing the waters a bit or jumping right in. The key is to understand the facts about why meat and dairy are not healthful.

SVV: Is that the goal of *Meals for Health*?

DF: One of them.

EW: A vegan diet is not enough. A person could be vegan and not be healthy. Our objective is to teach people how to eat a low-fat, whole-foods, plant-based diet. This type of diet is based on nutrient-dense vegetables, fruits, whole grains, and legumes and is free of processed foods, white flour, and oil. We avoid vegan junk food—fake meat, fake cheese, cookies, crackers, etc. Ideally, we're hoping to educate people about how to prepare real, whole, plant food for health and wellness.

MEALS FOR HEALTH INTERVIEW, continued on p. 7

PARTNERSHIP, from p. 1

for a *New America*. I bought the video (remember those?), posted a flyer, and hosted a showing. Twelve people showed up. They were all members of SVS. We immediately forged a partnership.

In those days, our biggest challenge was to overcome the stigma of vegetarian hippies. The general public did not take us seriously. So, we hit them on two fronts. SVS mainly hosted potluck dinners in members' homes where the environment was relaxed and personal, only occasionally sponsoring speakers or films. Contrarily, ESS hosted speaker events and video showings in a more structured setting. Both groups grew, and the

general public took notice. In the mid-1990s, SVS and ESS united to present a public debate about veganism. Three well-known speakers took the stage, and over 200 people attended. The food was provided by the Sacramento Natural Foods Co-op. This was the largest vegan event that Sacramento had seen. And, neither group could have done it alone.

Now, SVS is once again working with EarthSave. It is just one event, but I hope it revives the old partnership. And, I hope to be part of it again.

Sandra is an Accounting Specialist at Paratransit as well as a member of SVS and EarthSave.

MEALS FOR HEALTH INTERVIEW, from p. 6

SVV: What level of veganism would be considered a “success” for *Meals for Health* clients? In other words, what is a realistic expectation of how extensively participants’ will be able to change their diets and maintain those changes? How far are they likely to go?

DF: I have no expectations. We will find out. Hopefully we will have a number of participants and their family members go fully plant based, but I assume we will have some just begin the journey in that direction. I would define that as success as well since we are talking about changing behaviors and acquiring new skills.

EW: I would say the closer to 100% participants can get, the better. Eating a little bit of animal products can be a slippery slope. If you really want to look and feel great, you have to give it 100%. Once you allow yourself to cheat here and there, it’s easy to “cheat” more and more until you’re pretty much eating the S.A.D. (standard American diet) all the time.

There’s no way to know what to expect of participants until we’ve met them. We’ll see where they are physically and psychologically.

SVV: The idea of cooking is novel to many people. Do you have suggestions on how to help people not only learn to cook, but also make the leap to a plant-based diet at the same time? (Now that I think about it, that might be easier than learning to undo a lifetime of ingrained cooking habits!)

DF: The project will provide food coaches and resources such as cooking classes. I will be advocating for assessing the needs of the individuals and meeting those needs. Since we anticipate a high percentage of women, they may already have cooking skills that just need to be refined.

EW: We’re going to choose recipes that are quick, easy, and simple and are familiar—no weird “health-food” type recipes with unusual or hard-to-find ingredients We’ll make food like burritos, spaghetti, lasagna—stuff like that. I’ll be doing cooking demos to show people how easy it is to make these recipes. My hope is that they will see that if they do cook, they can take some of their favorite dishes and do some easy swap-outs (lentils instead of ground beef)—that kind of thing. Once they try some recipes and feel the results in their bodies, I believe they’ll want to make the extra effort to cook healthy food at home.

SVV: Do you see a role for groups like SVS to support *Meals for Health* graduates?

DF: We can use all the support we can get, mainly through advertising. But I think you should focus on the needs of your own members and ask yourself how you can use this project to support your members to eat better for themselves, their community, and the environment.

EW: It makes sense to me for SVS to be supportive of *Meals for Health* graduates. I don’t know if this group will want to come to Vegetarian Society potlucks or things like that, but we’ll see. I definitely get the sense that the *Meals for Health* program is going to be very community based and community oriented, so I would imagine that Julieanna and Jeff would want to make use of our local veg. community both in the short term and the long term.

Long-time SVS member Mary Rodgers is a Sacramento technical editor and graphic designer who has also signed up as a MEALS FOR HEALTH volunteer.

Dr. Forrester’s plant-based nutrition philosophy



Don Forrester

Following an intelligent, whole, plant-based diet gives patients their best opportunity to lead a longer life with higher quality of life. It will minimize disease, lower medical costs, improve the health of communities, improve the environment, and contribute to helping feed the world’s population.

PILOT PROJECT, from p. 1

Our goal is to formulate a template to be used worldwide and to show that anyone can succeed at improving their health by making appropriate choices.”

A study based on *Meals For Health* results will be conducted by UC Berkeley researchers, and a documentary of the program’s progress will be filmed. Heavyweights of the plant-based nutrition world—John Robbins, Rip Esselstyn, Dr. John McDougall, Jeff Novick, Julieanna Hever, and more—will be making appearances in Sacramento during the duration of the *Meals For Health* run here. SVS will keep you posted.

PILOT PROJECT, continued on p. 12

VegFest 2011 a rousing success!

SANDRA KRISTAL, SVS Events Coordinator

Sometimes it's good to be wrong. And, so it was for VegFest 2011 at the Artisan Building at 1901 Del Paso Boulevard in West Sacramento. First, I was wrong about Del Paso Boulevard. I expected a dirty street with cracked sidewalks and gated storefronts. Au contraire—Del Paso Blvd. is in the process of renovation and has already obtained bragging rights for those of us who like to say “I was there first.” The restaurants, antique shops, and brick crosswalks are all clean and inviting. And, imagine my surprise to find Green Boehme, a vegan, raw-food restaurant with a variety of healthy temptations. The Chicago baseball fan in me was happy to find the Dawg House, a cute little food stop with vegan hot dogs prepared in their own never-touched-meat containers. If you haven't been to Del Paso Blvd. lately, check it out, and prepare to be surprised. Prepare to be well-fed, too.

I was equally wrong about VegFest. Like most participants, I expected to see a few hundred mildly interested visitors. Instead, I was happily surprised to see well over a thousand people crowding around tables and waiting in long lines for samples of vegan food. The samples seemed a meager reward for waiting 10 minutes or more. But, people waited because they were more than mildly interested—they were *very* interested. In fact, they were so interested that they gobbled up information with the same voracity as they gobbled up the diverse selection of vegan fare.

I can't count the number of times I said “excuse me” as I interrupted conversations and angled my way toward the SVS table, which was my only no-surprise-here spot. Just as I thought, the table was expertly decorated and sported professional flyers, brochures, and sign-up lists. People stopped to ask questions about veganism, pick up literature, and sign Glenn's Oak Park Neighborhood Association petition to prevent McDonald's from building a 24-hour, double drive-through at Stockton Boulevard and 2nd Avenue in Oak Park. There was a lot to say and read.

We talked about every aspect of veganism—health, environment, and elimination of animal cruelty. We pointed people to a wealth of literature and scientific support for a plant-based diet. Also, we discussed the benefits of the monthly SVS vegan potluck dinners. To everyone's relief, we promised to respect one and all, regardless of where they are on the path to a vegan lifestyle. In fact, we talked so much that I finally had nothing left to say.

Hey, everyone was wrong. I really can stop talking. Hmmmm, I can't wait for the next VegFest. No doubt, there will be more happy surprises. Just don't expect me to stop talking, again.

Sandra is an Accounting Specialist at Paratransit.

GLENN DESTATTE, SVS President

Four SVSers tabled at VegFest 2011, held in the Artisan Building on January 29. The event, which ran from 12 to 4 p.m., was ably managed by Dave Plag, Larry Groves, and their crew at Del Paso Boulevard Partnership, as well as the folks at the Artisan.

The “official” estimate of 1,100 people in attendance was nearly quadruple the 300 the organizers expected; that estimate itself may have been low. For example, Dawna Destafeno of Azna Gluten Free Bakery in Cameron Park brought 600 yummy samples; they were gone by 1:30. Similarly, the folks at Loving Hut/Elk Grove ran out of food early and were seen folding menus to hand out to folks at their table. SVS had to head down the street to Box Brothers at around 2 p.m. to print more newsletters, brochures, and flyers.

Friends at Sugar Plum Vegan and Never Felt Better reported a spike in business both Saturday and Sunday.

Larry Groves was a pleasure to work with, and plans are afoot to follow up with a second VegFest later this year. We'll be there!

For more on VegFest 2011, complete with a 19-image photo gallery, visit the Sacramento Press site at [HTTP://WWW.SACRAMENTOPRESS.COM/HEADLINE/44645/VEGFEST_2011](http://WWW.SACRAMENTOPRESS.COM/HEADLINE/44645/VEGFEST_2011).

FROM THE PRESIDENT, from p. 3

It was a thoroughly delightful day. Special thanks to Frank Gary for leading the trip. We hope he'll do it again!



Joanne and Mirena give a big thumbs up to their first Sacramento Vegetarian Society event and their first-ever birdwatching experience at our February 20 SVS Meetup.

Community Connections: In January, SVS hooked up with an ad hoc group, Healthy Development for Oak Park, which has taken on the noble task of putting the kibosh on a proposed McDonald's at the corner of 2nd Avenue and Stockton Blvd. That's right (and so wrong at the same time)—a “fats” food emporium a block from both the Shriner's Hospital for Children and the UC Davis Pediatric Hospital. What would Morgan Spurlock say? (For more information on HDOP, send a message to HDOAKPARK@GMAIL.COM, or contact me at GLENND@MACNEXUS.ORG).

Our **Koffee Klatch** is planned for Sunday, March 27 at Sol Collective, from 9 a.m. to noon. This is an experiment: we want to give folks a place to stop by for a few minutes or linger for a while; mingle with old friends and new supporters over coffee, tea, and vegan pastries; and talk about they're up to (so bring flyers, handbills, petitions, as well as opinions).

We'd also like to hear as many ideas as we can on how to improve SVS; so tell us what you think, bend our ears, give us what for—you get the drift. So please bring questions, comments, and criticisms along with your kaffeine kravings.



Glenn's first act as SVS president was the Christmas Day ribbon cutting at the grand reopening of the Loving Hut Café (formerly Au Lac Veggie) on Stockton Blvd. in Sacramento.

There will be a brief “Thank You” and Announcement session at 10:30.

VegFest: Lastly, we can't forget VegFest 2011. We're optimistic that event organizers will build on this initial success, and we look forward to participating again (see p. 8).

I hope to see one and all in the year ahead.

Glenn is a retired grocery clerk, a big fan of James Joyce and Herman Melville, and a 4-year vegetarian.

EDITOR'S NOTE, from p. 3

the confines of the Sacramento City and County limits, including Davis, Galt, Lodi, and Stockton.

Finally, the word *Vegetarian* puts the emphasis on the individual member.

Contribute! Your contributions to *SVV* are welcome. Articles, book and restaurant reviews, vegan recipes, letters to the editor, calendar items are encouraged. What do *you* want to see in these pages? Drop a note at MRODGERS@MACNEXUS.ORG to share your thoughts.

In line with SVS's stepped-up emphasis on member-driven activities, the Newsletter Committee will soon be reactivated, as will other SVS committees. Stay tuned.

Anniversary Issue: I hope you'll enjoy this 25th Anniversary issue as much as I've enjoyed pulling it together. I'm so inspired by the variety of activities, the local connections being made, home grown recipes, and the exciting EarthSave pilot project that several SVS members will be participating in. We'll keep you updated on this innovative program—and a growing list of Valley-bred activities—in the months ahead.

A final note of thanks to friends sending “Happy Anniversary” messages to SVS. There's not nearly enough room for all of them in this jam-packed issue, but we'll keep running them throughout 2011.

Mary is a Sacramento technical editor and graphic designer.

City Councilmember Sandy Sheedy: *When the Circus Came to Town*

DON KNUTSON, *SVS Treasurer*

On so-called Super Sunday, February 6, our Vegetarian Society welcomed Sacramento City Councilmember Sandy Sheedy to our monthly potluck. We recognized her for her hard work last year when she sponsored a city ordinance, which ultimately passed unanimously, decreeing city inspection guidelines for any circus animals within the city limits. Her efforts drew considerable publicity to the treatment of animals in circuses.

Sandy's political experience began as a volunteer on various panels. She attracted the attention of late Sacramento Mayor Joe Serna, who in 2000 encouraged her to run for City Council—and she won.

She became a vegetarian over 20 years ago, after family members invited her to a bullfight in Mexico; she was inconsolable at the treatment of the bulls, despite assurances that the meat from the killed animals would be donated to the poor. Last year, her office was approached by PETA members about bringing the power of the city to bear on visiting animal circuses, requiring them to treat the animals in their custody humanely while within the city limits. She jumped at the chance to help these victimized animals.

Her ordinance, which became law in August, requires visiting animal circuses to submit to random inspections by city animal officers. During Ringling Bros. September visit to Arco Arena, a local veterinarian found indications that as many as six of the elephants appeared to be suffering from arthritis and should not have been allowed to perform. Ringling Bros. immediately appealed to the Maloof brothers who manage Arco, who used their political connections with Mayor Kevin Johnson and interim City Manager Gus Vina to seek the opinion of a more friendly (Ringling-associated) vet from San Francisco to overrule the first, which he did.

Sandy complained bitterly that any of numerous highly qualified vets at UC Davis could have been consulted, and she vowed to strengthen her legislation this term to address that issue.

Never before has Sacramento City Hall had such a heroic animal rights advocate within its leadership!



Councilmember Sandy Sheedy

More Happy Anniversary Mail!

CONGRATULATIONS to the Sacramento Vegetarian Society in celebrating its 25th Anniversary this year!

SVS has been a consistent supporter of the Vegetarian Union of North America (VUNA)/International Vegetarian Union (IVU) for many years, and we wish the organization and its members continued, great success this year and beyond.

People selflessly committing themselves to education, outreach, and being positive, shining examples—especially at local levels like I've seen first-hand in Sacramento—is exactly what is needed to move us further toward a respectful and responsible world.

Saurabh Dalal

Deputy Chair, IVU

President, VUNA

President, Vegetarian Society of DC

CONGRATULATIONS to the Sacramento Vegetarian Society on its 25th Anniversary!

Over the past 43 years I have watched vegetarian groups come and go. I think it is great that the Sacramento Vegetarian Society has been providing leadership in promoting vegetarian/vegan information in the Sacramento area through its potlucks, lectures, newsletters, and outreach consistently over the past 25 years. Keep up the good work!

My hope is that someday we won't even need vegetarian societies as everyone will have become vegetarian.

Dixie Mahy

President

San Francisco Vegetarian Society

You can't get more "local" than this! These healthy, delicious, locally dreamed up recipes are thoughtfully offered from right here in the Valley.

Simple Curried Potatoes *Wim van Warmerdam*



- 1 pound red or yellow potatoes, cut into bite-sized pieces
- ½ tsp. ground cumin seeds
- ½ tsp. ground coriander seeds
- ¼ tsp. turmeric
- ⅛ tsp. cayenne pepper (optional)
- ¼ tsp. salt
- 1 tsp. olive oil

Steam the potatoes until tender; **Transfer** them to a bowl while they are still hot; **Sprinkle** the seasonings and salt over the potatoes; **Add** the oil; **Stir** until the potatoes are evenly coated. **Serves** 2–3.

Wim leads a double life: vegan personal chef, and professor of mathematics at Sacramento City College and CSUS. He's not currently accepting new cooking clients, but look for his popular SVS-sponsored "Introduction to Vegan Cooking" classes to be resurrected this year.

Award-Winning Black Bean Chili

Michelle McNeill

On February 6, our awesome local vegan store **Never Felt Better** (2315 ½ K Street; [HTTP://NFBVEGANSHOP.COM/](http://NFBVEGANSHOP.COM/)) hosted their first chili cook-off, and guess what? **We won first prize!** Here's the recipe we've developed. It's a bit of work, but worth the effort. I hope you enjoy it too! Makes a GIANT freaking pot o' chili.

- 3 cups dry black beans, cooked in a 2 qt crock pot full of water for 8 hours (this will be added, liquid and all, so don't drain them)
- 2 cups cooked short-grain brown rice
- 2 tsp. olive oil
- 1 diced onion
- 2 diced poblano chili peppers
- 3 tbsp. chili powder
- 3 tbsp. cumin powder
- 1 12-oz. bottle hard cider (apple or pear)
- 1 6-oz. can tomato paste
- 1 28-oz. can diced tomatoes
- 1 lb. frozen corn
- 1 tbsp. cocoa powder
- ¼ tsp. chipotle powder
- ¼ tsp. cinnamon
- ¼ tsp. vanilla extract



- ¼ cup toasted unsalted pumpkin seeds (if you can't find unsalted ones, start with raw ones and toast them yourself, which is what we do, or add less extra salt)
- coarsely ground
- 6 (or more) cloves of garlic, crushed
- 1 very large butternut squash, peeled, seeded, diced, and roasted at 425° for about 45 minutes, until edges start to caramelize
- ½ tsp. molasses
- 1 tsp. sea salt

Sauté onion and peppers in olive oil until onion is translucent. **Add** cumin and chili powder, **sauté** until liquid is absorbed by the spices. **Add** the cider, chipotle powder, cocoa powder, vanilla, cinnamon, ground



Michelle and David with a bowl of their award-winning chili

pumpkin seeds, and molasses. **Bring** to a simmer. **Add** canned tomatoes (do not drain) and liquid, and tomato paste. **Stir** in the beans, squash, rice, corn, garlic, and salt. **Simmer** for 30 minutes. **Serve** immediately, or refrigerate for 12–48 hours and reheat, which lets the flavors meld and improves them. **Variations:** Really great with lime juice, chipotle Tabasco, Daiya cheese, diced onion, avocado, toasted pumpkin seeds, faux sour cream, or just as is.

Michelle's a homeschooling, stay-at-home mom who has been egg and dairy free for 4 years, vegetarian for more than 15. She posts new recipes and cooking tips at her blog, *So Much To Eat*: WWW.CATNIP13.BLOGSPOT.COM.

Sacramento Vegetarian Society



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sacveggie@gmail.com
<http://www.sacveggie.org/>

Happy Birthday, Veggie

You knew some of these famous folks born in February and March were/are vegetarian (for at least part of their lives), didn't you? ...but a few may surprise you. Did we miss any Feb/Mar favorites? Drop a note at SACVEGGIE@GMAIL.COM.

- Feb 4, 1913: **Rosa Parks**, American civil rights activist
Feb 6, 1939: **Mike Farrell**, American actor ("M*A*S*H") and screenwriter
Feb 11, 1847: **Thomas Edison**, American inventor
Feb 15, 1820: **Susan B. Anthony**, American suffragist and civil rights activist
Feb 17, 1903: **Sadeq (Sadeqh) Hedayat**, Iranian author ("The Blind Owl")
Feb 21, 1977: **Jonathan Safran Foer**, American author ("Eating Animals")
Feb 21, 1934: **Rue McClanahan**, American actress ("Maude," "Golden Girls")
Feb 23, 1943: **George Harrison**, British, lead guitarist of the Beatles
Feb 27, 1980: **Chelsea Clinton**, daughter of former President Bill Clinton and Secretary of State Hillary Rodham Clinton
Feb 28, 1533: **Michel de Montaigne**, French author and statesman; "Father of Modern Skepticism"
Mar 14, 1879: **Albert Einstein**, German-born theoretical physicist; discovered the theory of general relativity
Mar 20, 43 BC: **Ovid**, Roman poet ("Metamorphoses")
Mar 20, 1928: **Fred Rogers**, American educator, minister, and television host
Mar 26, 1931: **Leonard Nimoy**, American actor ("Star Trek")
Mar 27, 1416: **St. Francis of Paola**, Italian friar (founder Order of the Minims)
Mar 30, 1853: **Vincent van Gogh**, Dutch post-Impressionist painter
Mar 31, 1927: **Cesar Chavez**, American labor leader, civil rights activist, co-founder of United Farm Workers Union

Want to know more about notable vegetarians? Go to the **Happy Cow Compassionate Eating Guide** listings at [HTTP://WWW.HAPPYCOW.NET/FAMOUS_VEGETARIANS.HTML](http://www.happycow.net/famous_vegetarians.html). Be sure to check out their restaurant lists (very useful for trip planning), recipes, etc. You can also sign up for their free monthly newsletter.

PILOT PROJECT, from p. 7

Want to help out? Here's a final note from Julieanna: "It would be fabulous if any of your members would be interested in making dishes for some of the events throughout April. They have to be McDougall or Rip recipes but we can provide the recipes and reimburse any out-of-pocket costs. We just want to show the families how easy it is to eat this way, and having food coming from homes makes it so much lovelier and warmer.

"Anyone interested can get in touch with me at JULIEANNA@EARTHSAVE.ORG."

Please also sign up with SVS (SACVEGGIE@GMAIL.COM OR MEETUP.COM/SACRAMENTO-VEGETARIAN-SOCIETY/), so we can help EarthSave with logistics.

Meals For Health info: WWW.EARTHSAVE.ORG/.

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