

SACRAMENTO VALLEY *Vegetarian*

FOR THE ANIMALS • FOR YOUR HEALTH • FOR OUR PLANET

Published bimonthly by the Sacramento Vegetarian Society

Sunday, March 11

Come to the SVS Annual Meeting

All SVS members, this is your opportunity to let your voice be heard and to help shape the direction and governance of your organization.

What activities should SVS sponsor, what positions should we take on veg-related issues? Let us know your thoughts and what's important to you!

All paid members may run for office; vote for candidates, ballot

measures, and bylaw revisions; and your suggestions, criticisms, and concerns are always welcome.

If you have any agenda or other program suggestions, send them to SVS at SACVEGGIE@GMAIL.COM. We want to hear from you!

The Annual Meeting will take place at the Sacramento Grange Hall, 3830 U Street, Sacramento, from 10 a.m. until noon on Sunday, March 11. Please attend!

Paula's Pork "Protein" Part of Problem

GLENN DESTATTE, SVS PRESIDENT

There it was on page B1 of the *Sacramento Bee* the morning of VegFest 2012: a large picture featuring Food Network southern cooking maven Paula Deen beaming broadly under an "A Nutritious Cause" banner: The event was the delivery of some 30,000 pounds of hams and packaged pork products to the California Emergency Foodlink.

One of the many problems with this porcine puff piece was that the words "ham" and "pork" were nowhere to be seen. Instead, these end products of factory farming and the attendant animal abuse, environmental degradation, and labor exploitation were being touted by the PR folks from Smithfield as "much needed protein." The caption read like a Smithfield press release. Readers are informed that at a time when "food banks and nonprofits [are] facing record requests for services, sourcing and providing protein is often a challenge."

In 2009, to help address this problem, the Corporate Responsibility folks from Smithfield, teamed with the United Food and Commercial Workers and Paula Deen to kick off a three-year "Helping Hungry Homes" tour to "help meet this high demand." In the early stages of the tour, the deliveries were characterized as "meat" rather than "pork" until someone came up with the idea of calling it all "protein," thus going from misleading to grossly misleading.

While many were upset in January when Deen announced two years after her diagnosis that she had type-2 diabetes, there are issues raised by this revelation go far beyond the situation. Naturally any criticism of Deen, Smithfield, et al. is quickly labeled as the work of the "food police." I prefer to call it a "teachable moment." To that end SVV will take a longer look at several issues raised by recent events in our next issue.

Election of officers

All SVS members in good standing may run for office.

As specified in the SVS Charter, officer positions are voted on directly by members. Those positions, and the persons currently holding them, are:

- **President:** Glenn Destatte
- **Vice-President:** Wim van Warmerdam
- **Secretary:** Mary Rodgers
- **Treasurer:** Don Knutson

All officers are running for re-election.

In the event that there is only one candidate for a position, that person will be declared elected by acclamation at the March 11 Annual Meeting.

In contested elections, members can cast ballots either by mail or at the Annual Meeting.

Appointed positions

Other positions are filled by board appointment. If you are interested in being appointed to serve in any of these positions, please let the board know by dropping a message to SACVEGGIE@GMAIL.COM.

- **Membership Coordinator**
- **Nutrition Advisor**
- **Events Coordinator**
- **Volunteer Coordinator**
- **At-large Board Member**

The deadline to declare intent of running for office is February 20.

Send notice of your intention to run, and a candidate's statement of up to 250 words, to SACVEGGIE@GMAIL.COM.

Sacramento Vegetarian Society

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

E-mail: SACVEGGIE@GMAIL.COM
Mail: P.O. Box 163583, Sacramento, CA 95816-9583
Phone: 916-455-0563
Web: [HTTP://WWW.SACVEGGIE.ORG/](http://www.sacveggie.org/)
Meetup: [HTTP://WWW.MEETUP.COM/SACRAMENTO-VEGETARIAN-SOCIETY/](http://www.meetup.com/Sacramento-Vegetarian-Society/)
Facebook: [HTTP://WWW.FACEBOOK.COM/PAGES/SACRAMENTO-VEGETARIAN-SOCIETY/121795524519597](http://www.facebook.com/pages/Sacramento-Vegetarian-Society/121795524519597)
Listserv: [HTTP://GROUPS.YAHOO.COM/GROUP/SACVEGGIE/](http://groups.yahoo.com/group/sacveggie/)

Mission Statement

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

The Society encourages vegetarians as well as non-vegetarians to participate.

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

SVS Officers

President, Glenn Destatte
Vice President, Wim van Warmerdam
Treasurer, Don Knutson
Secretary, Mary Rodgers
Newsletter Editor, Mary Rodgers
Membership Coordinator, Liz Hamilton
Webmaster, Marty Maskall
At-Large, Maggie O'Mara

SVS is a member organization of:

Environmental Council of Sacramento
Vegetarian Union of North America/Intl. Veg. Union
California State Grange

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Submission Guidelines

Send submissions or inquiries to:

Editor: MRODGERS@MACNEXUS.ORG

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

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

Vegan Options at Dad's on J

MARY RODGERS, SVV EDITOR

With just a few days' notice, Dad's on J, at 10th and J in Downtown Sacramento, announced on Facebook that they would have two vegan options on Monday, December 19. Jillena got the message and immediately posted the news on the SVS Facebook site.

The Dad's Sandwiches site at 13th & S is familiar to SVSers for their vegan lunch options on Saturdays. At the new J Street site, Dad's takes over the space of longtime Downtown "joint," J Café, hardly a veg hot spot.

Despite the short notice, seven of us showed up to try the vegan meatloaf and tofu sandwiches. The long, narrow, old-style diner was packed; the line to the counter was nearly out the door, but the efficient staff made the wait blessedly short, and just enough seats were vacated, just as we needed them. I ordered a half & half (meatloaf/tofu) sandwich—a tasty and filling lunch (comes with slaw or fries).

To find out when vegan options are on the menu, sign up at "Dads on J" on Facebook.

"Un-Turkey" Dinner Report

SVS's longest-running event (24th Annual—Nov. 24) was held at the warm, welcoming Southside Park Cohousing common house, courtesy of Don Knutson, our host for the past 11 years.

Thank you to everyone who made it such an enjoyable, successful evening—our guests, who put extra effort into their potluck offerings, and the generous donors of auction and raffle items.

Silent Auction and Raffle donors

- Baagan
- Bombay Bar & Grill
- Café Capricho, Marina Winchester
- 58 Degrees & Holding Co.
- Hot Italian, Andrea Lepore
- Don Knutson
- Marty Maskall
- Never Felt Better Vegan Shop, Shawn & Jen Fosnight
- Mary Rodgers & Glenn Destatte



Please support the businesses listed above. Next time you drop in for a meal or to shop, be sure to thank them for supporting SVS.

Sat., Feb. 18: *Tour of Animal Place*

Animal Place, a 600-acre farm animal sanctuary just outside Grass Valley, has offered the Sacramento Vegetarian Society an exclusive tour of their facility. There we will visit with the more than 200 resident cows, pigs, and other rescued farm animals.

A potluck is planned so please bring a vegan dish to share and your own table service.

Free, but reservations required. Sign up at SVS Meetup. For rideshare information, call (916) 447-2169.

SVS Vegan Potlucks

Every 4th Sunday, 5:30 P.M. (FEB. 26, MAR. 25)
Grange Hall, 3830 U St., Sacramento (at Stockton Blvd.)

Potluck. Bring:

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

*Baffled by "vegan"? Don't know what to fix? We can help.
Drop us a line SACVEGGIE@GMAIL.COM.*

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

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

Sign up at: [HTTP://WWW.MEETUP.COM/SACRAMENTO-VEGETARIAN-SOCIETY/](http://www.meetup.com/SACRAMENTO-VEGETARIAN-SOCIETY/) OR
SACVEGGIE@GMAIL.COM

Sun., January 1

✓ **New Year's Day Brunch.** 11 a.m., Loving Hut, 8355 Elk Grove Blvd., Elk Grove. Let's start off the year with a healthy celebration. Sign up at SVS Meetup; ride sharing from Sacramento.

Thu., January 5

✓ **Potluck. Davis Food Co-op Club Vegan.** 7 p.m. Co-op Conference Room, 620 G Street, Davis. Theme: vegan cookbooks. Info: [HTTP://WWW.FACEBOOK.COM/CLUBVEGAN](http://www.facebook.com/CLUBVEGAN). Sign up at SVS Meetup.

Fri., January 6

✓ **Dineout.** 7 p.m. Noble Vegetarian, 5049 College Oaks Dr., Sacramento. Join us for dinner at this popular vegan restaurant. Sign up at SVS Meetup.

Sun., January 8

✓ **Koffee Klatch.** 10 a.m., Sacramento Grange Hall, 3830 U Street, Sacramento. Getting connected and promoting community in a friendly, informal atmosphere. Bring vegan pastries; we provide coffee, tea. A Sacramento Vegetarian Society event; sign up at SVS Meetup.

Sat., January 14

✓ **Volunteer Orientation at Harvest Home Animal Sanctuary.** 1 p.m. 13700 S. Wing Levee Rd., Stockton. Learn about Harvest Home's lifesaving work and volunteer opportunities. Light vegan refreshments and guided tour. RSVP to christine@harvesthomeanimal.org.

Sun., January 22

✓ **SVS Monthly Vegan Potluck.** 5:30 p.m. Sacramento Grange Hall, 3830 U Street, Sacramento.

Potluck followed by film: *Scientists Under Attack*: the story of what happened to scientists who expressed concern about GMOs. Sacramento Label GMOs volunteers will give an update on the California campaign. Admission is free. A Sacramento Vegetarian Society event; sign up at SVS Meetup.

Thu., January 26

✓ **SVS Elk Grove Chapter Meeting.** 1:30 p.m. Loving Hut, 8355 Elk Grove Blvd., Elk Grove. First meeting of our new chapter. E-mail Dinah Withrow at DINAHCT@COMCAST.NET. Sign up at SVS Meetup; ride sharing from Sacramento.

Thu., February 2

✓ **Potluck. Davis Food Co-op Club Vegan.** 7 p.m. Co-op Conference Room, 620 G Street, Davis. This month's theme: favorite vegan popcorn toppings and YouTube flicks. Info: [HTTP://WWW.FACEBOOK.COM/CLUBVEGAN](http://www.facebook.com/CLUBVEGAN). Sign up at SVS Meetup; ride sharing from Sacramento.

Sat., February 4

✓ **VegFest 2012!** 11 a.m. Artisan Building, 1901 Del Paso Blvd., Sacramento. Celebration of raw, vegan, and vegetarian cuisines. Speakers, demos, samples, information tables. Admission: \$3 (12 and over). A Del Paso Business Partnership event; sign up at SVS Meetup.

Sun., February 12

✓ **Koffee Klatch** 10 a.m. Sacramento Grange Hall, 3830 U Street, Sacramento. Getting connected and promoting community in a friendly, informal atmosphere. Bring vegan pastries; we provide coffee, tea. A Sacramento Vegetarian Society event; sign up at SVS Meetup.

Thu., February 16

✓ **SVS Elk Grove Chapter: Vegan Cooking Demo.** 3 p.m. Loving Hut, 8355 Elk Grove Blvd., Elk Grove. Trina, Loving Hut co-owner, will demonstrate appetizer preparation. \$3.50 covers food costs. E-mail Dinah Withrow at DINAHCT@COMCAST.NET, or sign up at SVS Meetup; ride sharing from Sacramento.

Sat., February 18

✓ **Tour of Animal Place & Vegan Potluck.** 11 a.m. Exclusive tour for SVS at this 600-acre farm-animal sanctuary on the outskirts of Grass Valley. Visit with more than 200 rescued farm animals. Bring a vegan dish to share and your own table service. Free, but reservations required. Sign up at SVS Meetup; ride sharing from Sacramento.

Sun., February 26

✓ **SVS Monthly Vegan Potluck.** 5:30 p.m. Sacramento Grange Hall, 3830 U Street, Sacramento. Admission is free. A Sacramento Vegetarian Society event; sign up at SVS Meetup.

A new chapter **SVS goes south!**

MARY RODGERS, *SVV* EDITOR



Elk Grove resident and Galt Chamber of Commerce member Dinah Withrow wants to promote vegetarianism in the greater Elk Grove area. After discussions between Dinah, SVS President Glenn Destatte, and yours truly, the Sacramento Vegetarian Society has its first regional chapter!

If you live in the Elk Grove/South Sacramento/Galt/Stockton/Lodi region and want to help plan and participate in local activities, or are just curious about what's going on, please join us and help guide this new venture for SVS. The inaugural meeting was held on Jan. 26 at Loving Hut/Elk Grove. See back page for info on Feb. 16 cooking demo, also at Loving Hut.

This is new territory for us, but we're confident that with Dinah's enthusiasm and expertise, and with participation and input from our members and soon-to-be members, the Elk Grove-Galt Chapter will expand educational, social, and great eating/food opportunities for SVS members and the Elk Grove community.

For details or to express your interest in this new Chapter, send an e-mail message to Dinah at DINAHCCT@COMCAST.NET.

Separate Kitchens?

MARY RODGERS, *SVV* EDITOR

For many vegetarians, where and how their food is prepared is just as important as what they eat—or don't eat. For those who prefer not to eat anything cooked on a surface where meat or other animal products were also prepared, that may mean fewer—or no—restaurant meals. This, of course, can seriously limit one's social activities. But as Sacramento's veg-friendly options continue to expand, we've got more options than ever—and some of them might surprise you.

Three local eateries have separate cooking areas, as well as separate cooking utensils, for cooking vegetarian orders:

- *Dad's on J*, 1004 J St., Sac.
- *Downtown's Kitchen, BBQ vs Vegan*, 2333 S St., Sacramento (in the Round Corner Tavern)
- *Mati's*, 1501 16th St., Sacramento

Be sure to drop by for a meal and say "thanks"!

Of course, vegan restaurants are obviously "safe" places to chow down, and Greater Sacramento's list continues to grow:

- *Azna Gluten Free Bakery*, 2647 Cameron Park Dr., Cameron Park
- *Baagan*, 910 Pleasant Grove Blvd., #160, Roseville
- *Loving Hut*, 8355 Elk Grove Blvd., Elk Grove
- *Loving Hut*, 3500 Stockton Blvd., Sacramento
- *Noble Vegetarian*, 5049 College Oak Dr., #A, Sacramento
- *Sugar Plum Vegan*, 2315 K Street, Sacramento
- *The Green Boheme*, 1825 Del Paso Blvd., Sacramento

Our local vegetarian restaurants include:

- *Andy Nguyen's*, 2007 Broadway, Sacramento
- *Mylapore*, 1760 Prairie City Rd., #160, Folsom
- *Sunflower Natural Food Restaurant*, 10344 Fair Oaks Blvd., Sacramento

Please patronize these local establishments that are helping to make Sacramento a better place to be vegetarian—we want to keep them in business. And look for more SVS dine-outs at these and other veg-friendly locations in the coming year.

Change is constant in the restaurant business. **Please help us keep our lists up to date.** If you know of any Sacramento-area eating establishments that should be added to one of these three categories (separate veg kitchens, vegan, vegetarian), please drop a line to SACVEGGIE@GMAIL.COM and let us know!



SVS Di\$count Program

One of the newest, and most popular, SVS membership benefits is discounts at a growing list of participating businesses. Check back often for list additions.

Not only is the discount program a benefit to our dues-paying members, it's also a way to support veg-friendly local businesses by encouraging our members to patronize them.

- **Andy Nguyen's Vegetarian Restaurant:** 10% off
2007 Broadway, Sacramento; 916-736-1157
- **Appel Gallery:** 10% off
931 T St., Sacramento; 916-442-6014
- **Azna Gluten Free Bakery:** 10% off, dine-in only
2647 Cameron Park Dr., Cameron Park; 530-677-5810
- **Baagan Vegan Restaurant:** 10% off
910 Pleasant Grove Blvd., #160, Roseville, CA 95678; 916-771-2117
- **Book Collector:** 10% off
1008 24th St., Sacramento; 916-442-9295
- **Boon Boon Café:** 10% off—except lunch special
3022 Stockton Blvd., #1, Sacramento; 916-456-4347
- **Café Capricho:** free vegan appetizer with entrée (one time)
3269 Folsom Blvd., Sacramento; 916-457-3916
- **Chada Thai:** 10% off
1624 Broadway, Sacramento; 916-444-8909
- **Green Boheme:** 10% off
1825 Del Paso Blvd., Sacramento; 916-920-4278
- **Love & Joy Foods:** 10% off Nacheez (at SVS/other local events)
loveandjoyfoods.com; nacheez.com
- **Loving Hut—Elk Grove:** 10% off
8355 Elk Grove Blvd., Elk Grove; 916-478-9590
- **Loving Hut—Sacramento:** 10% off—except lunch special
3500 Stockton Blvd., Sacramento; 916-451-6842
- **Mylapore Vegetarian Restaurant:** 25% off any dine-in meal
1760 Prairie City Rd., Folsom; 916-985-3500
- **Never Felt Better Vegan Shop:** 10% off
1910 P St., Sacramento; 916-889-1189; neverfeltbettervegan.com/
- **Noble Vegetarian:** 10% off
5049 College Oak Dr., Suite A, Sacramento; 916-334-6060
- **Sugar Plum Vegan Café:** 10% off
2315 K St., Sacramento; 916-706-3302
- **Time-Tested Books:** 10% off
1114 21st St., Sacramento; 916-447-5696

Don't forget to tip on the *full* amount of the meal, not the discount price! And please leave *at least* a 15 percent tip.

If you are a paid-up member and haven't received your membership card, let us know by e-mail (sacveggie@gmail.com) or phone (916-455-0563).



Nacheez: Sacramento born and bred, vegan, gluten-free, low-fat, nacho cheese sauce

Nacheez Update

Great news!! Locally made, vegan, healthy, and addictively delicious Nacheez hit the Sacramento Natural Foods Co-op's shelves in mid-January. Look for it in the cold case (top shelf, far left) in aisle two, with the other "cheezes." Congrats to Sacramentan and SVS member Ilsa Hess, owner and creator of the Nacheez brand!

In Sacramento, Nacheez is already sold at:

- Never Felt Better,*
- Emma's Tamales,
- Gluten Free Market,
- Cottage Mart, and
- Adventist Book Center.

For a full, international(!) list of locations, go to [HTTP://WWW.NACHEEZ.COM/?PAGE_ID=379](http://www.nacheez.com/?PAGE_ID=379).

You can keep up to date on all things Nacheez at [HTTP://WWW.FACEBOOK.COM/PAGES/VEGAN-NACHO-SAUCE-NACHEEZ/304276001602?SK=WALL](http://www.facebook.com/pages/vegan-nacho-sauce-nacheez/304276001602?sk=wall).

(*FYI, Never Felt Better is the only Nacheez seller that participates in the SVS discount program [so far]. Flash your current membership card and get your 10-percent discount. Or catch Ilsa at one of our events and buy it directly from her—same discount!)

Sacramento Vegetarian Society



P.O. Box 163583
Sacramento, CA 95816-9583
sacveggie@gmail.com
<http://www.sacveggie.org/>

Thu., Feb. 16 • 3 P.M.

Vegan Cooking Demo

Loving Hut/Elk Grove
8355 Elk Grove Blvd., Elk Grove

Please join us—everyone is invited!

An SVS Elk Grove Chapter Event

Trina, Loving Hut co-owner, will demonstrate how to prepare popular appetizers from the menu. You'll not only learn how to prepare them at home, but you'll sample the results.

Fee: \$3.50, to cover the cost of the ingredients

Reservations: Please sign up at SVS Meetup ([HTTP://WWW.MEETUP.COM/SACRAMENTO-VEGETARIAN-SOCIETY/](http://www.meetup.com/sacramento-vegetarian-society/)), or e-mail Dinah at DINAHCT@COMCAST.NET.

Info: Want to know more about the event, ridesharing, etc.? Go to the SVS Meetup site, or call Glenn at 916-455-0563.

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

Optional—sign me up: as a member of the Elk Grove–Galt Chapter. for a free subscription to *VegNews* magazine.