

# SACRAMENTO VALLEY Vegetarian

FOR THE ANIMALS • FOR YOUR HEALTH • FOR OUR PLANET

Published by the Sacramento Vegetarian Society

## April is Earth Month!



SVS celebrates the 42<sup>nd</sup> annual

# Earth Day

Think Green, Be Green, Eat Green

Go plant-based for the planet!

### Facts to chew on:

Factory farming of animals plays a major role in every aspect of environmental collapse, from ozone depletion to ocean dead zones. Factory farms are responsible for more than 18 percent of greenhouse gas emissions. *Source: Livestock's Long Shadow*

If every American skipped one meal of meat per week and substituted vegetarian foods instead, the carbon dioxide savings would be the same as taking more than a half-million cars off U.S. roads. *Source: Environmental Defense*

Going vegan is 50 percent more effective than switching to a hybrid car in reducing greenhouse gas emissions. *Source: The University of Chicago*

**You can make a difference!** Every plant-based that replaces an animal-based meal helps save resources, reduce animal suffering, and improve your health.

## SVS and Eat Well, Live Free Launching Sacramento Meatless Mondays

MARY RODGERS

We've (SVS and [www.EATWELLIVEFREE.COM](http://www.EATWELLIVEFREE.COM)) teamed up with Johns Hopkins University to bring the worldwide Meatless Monday campaign to Sacramento. The **Sacramento Meatless Monday Coalition** is local restaurants, community groups, and individuals working together to reduce Sacramento's carbon footprint, reduce animal suffering, and improve human health. Please join us!

We'll have sign-up sheets at the Sacramento Earth Day celebration in Southside Park on Sunday, April 22. Please also "like" the Sacramento Meatless Monday Coalition on Facebook at:

[HTTP://WWW.FACEBOOK.COM/SACRAMENTOMEATLESSMONDAYS](http://www.facebook.com/SACRAMENTOMEATLESSMONDAYS).

Here are three good online sources of Meatless Monday facts and recipes:

- Meatless Monday, in association with the Johns Hopkins' Bloomberg School of Public Health: <http://www.meatlessmonday.com/>
- Farm Animal Rights Movement: <http://meatoutmondays.org/>
- Humane Society of the U.S.: [http://www.humanesociety.org/news/news/2011/12/resolution\\_meatless\\_mondays\\_123011.html](http://www.humanesociety.org/news/news/2011/12/resolution_meatless_mondays_123011.html)

## Sacramento Vegetarian Society

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

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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  
**Interim Events Coordinator,** Mary Rodgers  
**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

Sacramento Valley  **Vegetarian**  
is published bimonthly by SVS/SVG.

### **Submission Guidelines**

#### **Send submissions or inquiries to:**

Editor: [MRODGERS@MACNEXUS.ORG](mailto: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.

## Sun., April 29, 5:30 P.M.

### Sacramento Grange Hall

**3830 U St., Sacramento** (at Stockton Blvd.)

## Vegan potluck followed by a special showing of:

# "Real Food"

Come watch this eye-opening 26-minute video featuring activist-author Robyn O'Brien, whom the *New York Times* has dubbed "Food's Erin Brockovich."

*Real Food* shares O'Brien's personal story and what led to her becoming a "Real Food" evangelist. A former Wall Street food industry analyst, O'Brien took action when one of her children had a serious allergic reaction to a "typical" breakfast food. Her mission to unearth the cause revealed more about the food industry than she could stomach, and impelled her to share the impact that the global food system is having on our health.

"Informative and inspiring"

## Auction!

 bid on Sac Food Co-op class deals.

## Updates!

 on the GMO Labeling and No McDonald's at Stockton & 2nd Ave. campaigns.

## 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](mailto: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](mailto:SACVEGGIE@GMAIL.COM)

# SACRAMENTO EARTH DAY 2012

## Build a Greener Future

— SOUTHSIDE PARK —

2115 6th Street, Sacramento, CA 95818

WWW.SACRAMENTOEARTHDAY.NET

**FREE!** Great live music, art, entertainers, REAL food, fun crafts, and activities for all!  
Over 100 informational tables with an incredible array of information, goods, and services



### ALL-VEGAN CUISINE!

The Sacramento Vegetarian Society, a member organization of ECOS, is organizing the food vendors this year, and *for the first time, all food served at Earth Day will be vegan.*

### LIVE PERFORMANCES BY

BALLET FOLKLORICO EL MILAGRO  
JAMES ISRAEL & FRIENDS  
BE BRAVE BOLD ROBOT  
GORGEOUS GEORGE / JD VALERIO  
FO'SHANGE  
JEN ROBAR AND THE ADORABLES

**SVS TABLERS NEEDED!** Please sign up for a 1- or 2-hour SVS tabling shift (at [SACVEGGIE@GMAIL.COM](mailto:SACVEGGIE@GMAIL.COM) or 916-455-0563). Experience not necessary, just a willingness to help out.



**SUNDAY • APRIL 22 • 11 AM – 5 PM**

### HELP US MAKE THIS A GREEN EVENT

bring your own reusable plates, cups & utensils • free bicycle valet • bicycle, walk & use public transit



#### SPONSORED BY

WASTE MANAGEMENT • SACRAMENTO NEWS & REVIEW • SACRAMENTO COUNTY DEPT. OF WATER STORMWATER QUALITY PROGRAM • COUNCIL MEMBER ROB FONG  
SACRAMENTO METROPOLITAN AIR QUALITY MANAGEMENT DISTRICT • SEIU LOCAL 1000  
ANDY SAWYER & CAROL BINGHAM • SEAN WIRTH & CYNTHIA GARCIA • SMUD

# Calendar

Send calendar your announcements to SACVEGGIE@GMAIL.COM. We'll be happy to include them as space permits.

## Sat, April 21

✓ **Rabbit Adoption Day.** Never Felt Better Vegan Shop, 1910 P St., Sac. 1–4 p.m. Hosted by NFB. Benefits Harvest Home Sanctuary. Meet the bunnies, learn about rabbit care. Info: <http://www.facebook.com/events/255601571202002/>

## Sun, April 22

✓ **Earth Day.** Southside Park, 2115 6th St., Sac. Sponsored by ECOS. 11 a.m.–5 p.m. Sac Vegetarian Society is organizing the food vendors this year; for the first time, all food at Earth Day Sacramento will be vegan! (See p. 4.) Info: [HTTP://WWW.SACRAMENTOEARHDAY.NET/](http://www.sacramentoearthday.net/).

## ✓ 1,000 Vegan Cupcakes for Charity.

4–7 p.m. Tower Bridge Bistro, 100 Capitol Mall, Sac. Sponsored by Sacramento Vegan Challenge. Ten local bakers will make themed cupcakes; celebrity judges. Gluten-free and sugar-free options. Proceeds will benefit local charities. Info: [HTTP://SACVEGANCHALLENGE.COM/HOME/1000-VEGAN-CUPCAKES-FOR-CHARITY/](http://sacveganchallenge.com/home/1000-vegan-cupcakes-for-charity/).

## ✓ Four-course vegan dinner at Tower Bridge

**Bistro.** 100 Capitol Mall, Sac. 5–8 p.m. Fabulous prix fixe vegan menu to coincide with the 1,000 Cupcakes for Charity event. Price: \$32/person. Reservations required, can be made online at <http://www.towerbridgebistro.com/>.

## Sat, April 28

✓ **Spring Gala & Hen Rescue Art Show & Silent Auction.** Never Felt Better Vegan Shop, 1910 P St., Sac. 3–6 p.m. Sponsored by Little Monsters Pet Care and NFB. Benefits rescued hens at Harvest Home Sanctuary. Info: <http://www.facebook.com/events/341896302526997/>

## Sun, April 29

✓ **Potluck & Video.** Sacramento Grange Hall, 3830 U St., Sac. 5:30–8 p.m. Vegan potluck followed by auction, updates, and the eye-opening video “Real Food.” A personal struggle with food allergies leads to an exposé of the food industry (see p. 2). A Sacramento Vegetarian Society event; sign up at SVS Meetup.

## Sun., May 13

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

## Sun, May 27

✓ **Potluck.** Sacramento Grange Hall, 3830 U St., Sac. 5:30–8 p.m. Vegan potluck and program TBA. sign up at SVS Meetup.

**You can post your** veg-related events online at <http://www.meetup.com/Sacramento-Vegetarian-Society/events/58870002/> or [facebook.com/SacVegSociety](https://www.facebook.com/SacVegSociety).



## Sunday, May 13, 10 A.M.—NOON

# Koffee Klatch

Grange Hall, 3830 U St., Sacramento



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

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

Bring kuestions, komments, criticisms, and kaffeine kravings.

**You bring:** vegan pastries (home-made or store-bought)

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

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

## Volunteer Opportunities Committees!

Do you want to get involved in shaping SVS and the Sacramento veg community? Several new or reactivated Sac Vegetarian Society committees are gearing up for the months ahead, and you are needed! Find one that looks like a good fit for you, and let's get going!

- Meatless Monday Committee
- Newsletter Committee
- Events Committee
- Potluck Committee
- Facebook/Meetup Committee
- Fundraising Committee
- Food Day Committee

## From the President



GLENN DESTATTE

The last few months have been hectic, but rewarding, for yours truly. In January, when the Environmental Council of Sacramento (ECOS) (of which SVS is a member organization) held its first planning meeting for **Earth Day 2012**, SVS treasurer Don Knutson took on the chore of dealing with city Parks and Recreation and the Sacramento Police Department. I was tasked with organizing the food vendors. What is especially rewarding is that, for the first time, the food sold at Sacramento Earth Day this year will be all vegan!

Don was a veteran from 2011, but this was the first time out for me, and I wondered at times if I was anything like the subject of the Thomas Pynchon short story, *Slow Learner*.

Fortunately, the folks I worked with at the county Environmental Management Department (EMD) (a.k.a. “County Health”) and the Sacramento Fire Department (SFD) were patient and helpful. At EMD, Lisa Robbins was always courteous, even when some of the paperwork got a little mixed up, to my consternation; she got back to me quickly when I had a question. She made it easy for a rookie, and I hope to reciprocate in the future. BTW, I still don’t know

how to tell the difference between a “high-risk” and a “low-risk” vendor. But I did learn this: in addition to being healthier than the standard American diet, vegetarian food costs less to regulate!

“Why the Fire Department?” you ask. Well, you just haven’t read the “Hot Food Vendor Requirements.” I understand the need for regulation, and most of the rules make eminent good sense. Nonetheless I couldn’t help but think it was ironic that so many chemicals are involved in the fire-retarding process at an environmental festival.

One of the more amusing aspects of the process was trying to figure out why ECOS was to be billed \$600 by SFD. Everything I found on line told me that the cost was \$129 an hour for a minimum of three hours for an inspector to check out the hot-food vendors. Turns out that the per-hour rate was bumped up to \$200 in 2010, but hadn’t been changed on any of the city web sites. I blame Bush and Wall Street speculators.

Then there is the **Label GMOs** campaign. Mary and I first learned about the campaign last October at World Veggie Day in San Francisco. We contacted the Sacramento group and soon SVS Grange No. 850 hosted several training workshops. We also hosted movie nights featuring *The World According to Monsanto* and *Scientists Under Siege*. You’d be surprised: biotech companies and regulatory bodies aren’t always forthcoming with the public. I blame lobbyists and greed.

The campaign met its goal of 850,000 signatures before the target date of April 22, and gears up for the November election with Phase 3: Outreach, Education, and Endorsements. Kris and other volunteers will

be tabling at Earth Day, so stop by and give them props and find out how you can help. Also recommended: a visit to <http://www.labelgmos.org> for a look at the recently posted videos. You’ll want to share them with friends.

While all this was happening, **Healthy Development for Oak Park** learned that on April 12 the City Planning Commission would finally take up the McDonald’s request to build a drive-through fast food outlet at 2<sup>nd</sup> Ave. and Stockton Blvd. After a lengthy airing of both sides of the issue, the commission voted 6-1 **to deny the permit** (see article on p.7). McDonald’s can still appeal to the City Council, so HDOP must be ready for that possibility. (If you would like more info, send an e-mail inquiry to [hdoakpark@gmail.com](mailto:hdoakpark@gmail.com))

I blame Frankie, Cris, Char, Thad, Maurine, Asael, JoEllen, Ephriam, Tiffany, Janet, Maya, Sam, Michael, Joany, and the truly and justifiably ticked off community of Oak Park.

While all this has been going on, other activities continue apace: two items of interest are the initial planning for **Food Day 2012** and what we hope will be a working relationship with the **Grange Performing Arts Center**. The plan, still in its early stages, is to have an SVS-sponsored catered meal at the Grange conference room, then head next door to the theatre for a play, film, or concert.

Chris Cook and the folks of the Green Valley Theatre Co, have done a wondrous job of creating an intimate venue. Their initial production—*Spring Awakening*—was a skilled, spirited staging of a seminal modernist work. Kudos to yudos. Next up, the world premiere of *Bullshot Crummond and the Invisible Bride of Death* opens on April 27.

Ciao, gotta go.

# Exploring stir fry

JILLENA HERNÁNDEZ

Reprinted with permission from  
EATWELLLIVEFREE.COM



Stir fry—It seems like such a simple main dish to master: veggies, lightly fried in a pan, with sauce. Regardless, over the years I have made many inedible stir fries that went into the trash. Soggy, limp, overly salty, disastrous flavor combinations, and unsatisfying. I consulted the internet and found ridiculous and difficult recipes that included ingredients such as ketchup and sugar. For years now I have believed that there is a stir-fry recipe conspiracy.

My vision of a perfect stir fry is a piping hot dish of fresh vegetables, that are still intact both in form and true flavor, colorful and vibrant, lightly glazed in a layer of chilis and salt.

When we received the Breville wok for a wedding present (best “off-the-registry” gift ever from Tim and Dan), it was time to figure this disaster out. After about twelve attempts, I figured out the crucial basic steps. I have shared them here, because I cannot be the only person outside of Asia to get this technique wrong.

1. Buy the extra-firm tofu that is not packed in water. The tofu magically sears within a reasonable amount of time (tip courtesy of the brilliant couple who gifted the wok).
2. Find a good chili paste in the Asian food aisle that matches your palate. They are labeled with helpful terms such as “sweet”, “hot”, “mild”, “Asian Hot”, etc. You can also get a hot bean paste. The idea is to add a spike of flavor. You don’t want to drown the vegetables until they are unrecognizable.
3. Find all the best vegetables in season for the freshest fry. Right now, great stir fry vegetables in season include asparagus, bok choy, broccoli, broccoli rabe, Brussels sprouts, cabbage, carrots, cauliflower, chard, collards, dandelion greens, endive, fava beans, garlic, jicama, kale, leeks, mushrooms, onions, potatoes, scallions, spinach, and sweet potatoes.
4. Chop all the vegetables in similar bite-size pieces, keeping each in separate prep bowls. Cut the tofu into 1-inch cubes or smaller; set aside.
5. Heat your pan or wok until very hot. Using minimal sesame oil, saute the tofu, stirring regularly until it has browned on most sides. Take the tofu out of the pan and set aside.
6. Start sauteing your veggies in order of density, leaving ample time for ingredients such as potatoes to cook until almost tender before adding additional vegetables. Use your judgement on how long to wait before adding more ingredients. Leave greens until all other vegetables are completely tender. Toss them in.
7. Whisk together approximately 3 tablespoons of water per 1 tablespoon of bean or chili paste, pour over stir fry and toss thoroughly. Do not overcook. The best flavors to emerge from a stir-fry are from the beautiful vegetables.
8. Explore, try new vegetables each time, and eat as much as you can.

Tonight we made a stir fry with broccoli, onion and peanuts. It wasn’t quite hot enough so we

added Sriracha chili Sauce. We served it over Amy’s organic brown rice noodles. It was divine.

**SVS member Jillena Hernández is the Sacramento vegetarian food blogger behind [www.EatWellLiveFree.com](http://www.EatWellLiveFree.com). She is also on the board of the statewide nonprofit, the California Food Literacy Center. She loves to cook almost as much as she loves to eat!**

# City says no to McDonalds drive-through

DEB BELT, *Sacramento Press*, April 13, 2012; excerpted with permission from the author

Health, safety, and urban livability weighed against economic and employment issues Thursday night as city planning commissioners voted six to one to oppose a drive-through McDonald's on the corner of Stockton Boulevard and 2nd Avenue in Oak Park. Attorney Michael Di Geronimo said McDonald's will consider appealing the decision, which would send the project to City Council for a final vote.

While the commission was clear on its authority to vote only on the special permit required for the drive-through, a wide range of speakers expressed the difficulty of looking at just one aspect without addressing the whole issue.

Residents, community activists, doctors, and architects voiced unease about the project's impact on traffic, air quality, walkability, bike safety, land use, adjacent homes, and perpetuation of an unhealthy and sedentary lifestyle.

McDonald's representatives and disabled and other residents supported the project citing the creation of 55–75 new jobs, improvements such as lighting, shade trees, and landscaping, “menu innovations,” and a commitment to the community by a stable business.

“I am struck by how much we must balance concerns in decisions about what we want our community to look like,” said Commissioner Anna Molander.

Molander emphasized that the city's General Plan binds the commission. “This is not consistent with the urban corridor designation and parcels a dramatic and intense use abutting a residential neighborhood,” Molander said casting her vote to deny the special permit. “This places a suburban design in an

urban corridor.”

McDonald's Construction Manager Margaret Trujillo was asked about the possibility of the restaurant existing without the drive-through; she said 60 percent of McDonald's business is drive-through. “There could be no restaurant without it.”

Four physicians from the adjacent UC Davis Medical Center talked about complications they see in patients every day as a result of high-fat, high-calorie food, obesity, and sedentary lifestyle. The medical center includes a pediatric obesity clinic right across the street from the proposed McDonald's.

Public Health Doctor Charlene Hauser advocated walkability and bike access as elements of a healthy lifestyle. “I want my patients out and active and not sitting and going through a drive-through.”

Commissioner Michelle Smira cast her vote in support of the drive-through and said healthy choices are about education and warned against “attacks directed at McDonald's.” She added that it's not the commission's job to dictate people's choices.

Maurine Santiago, who lives near the debated site, said she tries to teach her kids the importance of a strong body and healthy food. “McDonald's blows apart my values by offering a fast-food meal with a toy in it.”

Santiago and her son both spoke against the drive-through. “I like McDonald's French fries,” said the young Santiago, clad in his Boy Scout uniform. “But my mom says they aren't good for me.”

For every powerful testimony, there was a counter argument.

McDonald's General Manager Sherrie Hall said the Ritchey family gave her a chance at a job when she

thought she was unemployable. “I was a crank and crack addict and a lot of places would not or could not hire me. McDonald's hires everyone. People like me need that opportunity.”

But in the end, it all came down whether the drive-through would work on the .99-acre lot. Associate planner Antonio Ablog pointed to inconsistency with Sacramento's 2030 General Plan and “site-specific” concerns.

The General Plan calls for multi-story and more-intense uses at major intersections with moderate lot coverage and lower-intensity uses adjacent to neighborhoods. The McDonald's design uses about 10 percent of the lot and the drive-through” is the “most prominent” feature.

Staff also clarified that “the location of the drive-through lane would directly impede pedestrian movement to and from the adjacent city sidewalks along Stockton Boulevard and 2nd Avenue.” In closing comments, Commissioner John Parrinello said the community showed a lot of “heart and effort” in debating the issue. Parrinello said he spent a couple of hours walking around the area and looking at the surrounding homes and businesses. “I tried to visualize it, but I think this is the wrong fit.”

McDonald's has 10 days to appeal the Planning Commission's decision, according to city planner Lindsey Alagozian.

The full article is available at: [http://www.sacramento.press.com/headline/66338/City\\_says\\_no\\_to\\_drivethru\\_after\\_spirited\\_debate?utm\\_source=streamsend&utm\\_medium=email&utm\\_content=16038123&utm\\_campaign=Your%20Weekly%20Sacramento%20Press%20Newsletter%20-%20April%202012%20C%202012](http://www.sacramento.press.com/headline/66338/City_says_no_to_drivethru_after_spirited_debate?utm_source=streamsend&utm_medium=email&utm_content=16038123&utm_campaign=Your%20Weekly%20Sacramento%20Press%20Newsletter%20-%20April%202012%20C%202012).

# Animal Place Tour

MARY RODGERS

About a dozen humans braved a light rain to take advantage of the exclusive tour offered to SVS members by Kim Sturla, director of Animal Place. We visited the scenic 600-acre farm-animal sanctuary on the outskirts of Grass Valley on February 18.

Although our guide Animal Place Education Manager Marji Beach touched on some of the darker aspects of animal agriculture, which make sanctuaries like Animal Place necessary, the overwhelming message was one of hope. We saw the lucky rescued animals at Animal Place that have spacious pastures and the companionship of other animals. They also have clean, spacious sheltering barns that offer protection from

nocturnal predators. Quite a contrast to the gestation pen and veal crate kept at the sanctuary for educational purposes.

Many animals that were horribly abused have gotten over, some more than others, their fear of humans in their new surroundings.

Donations from supporters make Animal Place's programs possible. Go to their website, [ANIMALPLACE.ORG/](http://ANIMALPLACE.ORG/), to find out about volunteer and donation opportunities, as well as information on sanctuary residents, the sanctuary's history, reasons to go veg, interesting animal facts on eleven different species, and more.

Thank you to SVS treasurer Don Knutson for organizing this enjoyable, enlightening tour.

**Photos: Beryl Gilbert and Glenn Destatte**





# Charity Opportunity, Vegan Style

BOBBIE LANDAU

I shop at Farmers' Markets often as I enjoy plant-based food. I also buy organic food at grocery stores. The taste, freshness, and nutrients from the food help me get the most for my money, plus the food is best for the environment, my health, and the animals.

Often I buy extra fresh food and take it to a local shelter for homeless women and children. I have been told that they often get donations of "leftover or day-old" (stale?) pastries and bread and

appreciate the food I bring. I have found that buying the produce, organic beans, etc. and donating these items help me put my money where my mouth is, and their mouths also!

Would others like to be involved in Community Opportunity—Vegan Style? If so, how? How could the Sacramento Vegetarian Society be involved with plant based diet for health, environment, and ethical reasons helping those less fortunate in the community?

*The door of opportunity opens—if you push it!*

One of the things SVS has tried to do since initiating our Sunday A.M. Koffee Klatches, is to encourage attendees to bring a little extra vegan food that we can donate to Food Not Bombs, a group that has been feeding vegan food to the homeless at César Chávez Plaza every Sunday for over 20 years. A few people have brought donations, but it hasn't caught on.

Is there a way we can make it easier for members to donate? Please share any suggestions you may have.

Thanks!

You can see more Animal Place photos at [WWW.FACEBOOK.COM/SACVEGSOCIETY](http://WWW.FACEBOOK.COM/SACVEGSOCIETY).



## Page 8, left to right:

Marji describes use of gestation crates, in which sows on "typical" farms who give birth are unable to stand or turn around. These fastidious and social animals are forced to live in isolation and in their own excrement.

A blue face = a relaxed turkey. Those red caruncles are used to attract females.

Marji explains use of veal crate where male dairy calves on commercial farms are confined for four to six months in an enclosure where they cannot turn around. They are fed a nutritionally deficient diet and kept from moving to produce the pale flesh favored by consumers.

Brushing 2,200-lb Howie was a fun group activity, for us and for Howie.

Woolly sheep are the product of selective breeding. The wool grows continually, and without regular shearing, the animals can suffer from heat stroke and joint problems.

## Left, top to bottom:

Goat tails are routinely "docked" without anesthetic. Goats use their tails to communicate and to discourage flies.

After serving as a teaching tool at a veterinary school, Sadie was saved from being sent to slaughter by a kind-hearted student. Sadie enjoys spending time in her spacious pasture with her herd mates.



## What a Deal! NFB's Vegan Buying Collective

MARY RODGERS

Just when you thought things couldn't get any better .... We're already pretty darn stoked that we have the only all-vegan shop in Northern California right here in River City—a convenient, appealing location where you'll find merchandise that is not available any place else locally. Never Felt Better has become a community hub through its sponsorship of all sorts of vegan- and animal-themed events. Now NFB owners Jen and Shawn Fosnight sweeten the pot with yet another creative way to make our lives better—the NFB Vegan Buying Collective: for vegans by vegans, but available to all.

Here's how it works: you become a collective member and get a guaranteed discount on your purchases. Choose the level that works for you, and start saving:

- **Yearly level, student:** \$50/year gets you 10 percent off your purchases only with proof of valid student I.D.  
No limitations or caps on purchasing.
- **Yearly level 2:** \$75/year gets you 10 percent off your purchases.  
No limitations or caps on purchasing.
- **Yearly level 3:** \$150/year and 15 % off your purchases.  
No limitations or caps on purchasing.

Levels 2 and 3 come with the ability to pre-order and purchase bulk amounts for a 25 percent discount.

As the collective grows, volunteers will be able to gain an extra 5 percent discount on purchases, plus “tell a friend” incentives.

The facebook site allows for sharing ideas and product suggestions, and will also serve as a vegan forum.

Plans are to expand the grocery section, focusing on hard-to-find items locals can't find in our area, and to continue to support up-and-coming vegan companies that produce wonderful products.

With enough community support, Jen and Shawn envision a fully-stocked grocery area complete with household necessities for humans and their animal companions. They will continue to stock the fun and niche items they take pride in offering.

NFB hopes to offer EBT debit during these uncertain economic times.

Through this business model and the support of the vegan community, money will be invested in small, local businesses that mirror their ethics.

Their goal? Shawn says: “Ultimately, we are hoping to create the best vegan grocery shopping collective experience for our community here and traveling supporters—one that's in line with your ethics, where you don't have to be exposed to meat or dairy and still get the newest, best vegan products we can find.”

Shawn and Jen ask that you please join their effort to make vegan shopping even easier and enjoyable—minus the happy/humane meat and free-range myths.

Go to <http://neverfeltbettervegan.com/> and click on “vegan buying collective” to find out more and sign up.

## SVS Election Results

MARY RODGERS

The slate of SVS Officers was unanimously approved to serve another one-year term at the SVS Annual Meeting on March 11.

The bylaws revisions were approved with one modification, which required another vote. We did not vote at the April 8 meeting, which happened to be Easter, because we lacked a quorum.

You still have a chance to weigh in at the May 13 meeting. We'll see if we have any better luck with a quorum on Mothers' Day! (See Calendar, p. 4.)

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## Congratulations, Ilsa, Jen & Shawn!

MARY RODGERS

Three of our favorite local vegans (and SVS members) made the Sacramento News & Review's “28 up-and-coming business innovators who do Sacramento right” list, published in the April 12 issue.

- Ilsa Hess, owner of Love and Joy Foods, the Sacramento-based source of the amazing, delicious, healthful Nacheez (<http://www.nacheez.com/>).
- Shawn & Jen Fosnight, owners of Never Felt Better, 1910 P St., Sac., Northern California's only all-vegan shop.

Check out Never Felt Better's new vegan buying collective at <http://neverfeltbettervegan.com/>. That means even better deals for you! (See article, left.)

Find online version at: [HTTP://WWW.NEWSREVIEW.COM/SACRAMENTO/NEXT-ENTREPRENEURS/.CONTENT?OID=5701960](http://www.newsreview.com/sacramento/next-entrepreneurs/.content?oid=5701960).

# VegFest 2012

## Tasting Competition

The Del Paso Boulevard Partnership put on another great VegFest on February 4 at the Artisan Building on Del Paso Boulevard.

Veg Fest featured speakers, demos, vendors, samples, and hundreds of attendees eager to find out about all things veggie. We did our part, sharing information and ideas, and handing out literature and our very popular veg quote bookmarks.

This year the tasting competition was sponsored by local vegetarian food blog Eat Well, Live Free, created by SVS member Jillena Hernandez.

The guest judges were:

- **Councilmember Sandy Sheedy**, the only vegetarian on the Sacramento City Council,
- **Chris Macias**, Sacramento Bee food and wine writer, and
- **Michael Coyne**, Enotria general manager.

The categories and winners were:

- **Appetizer:** Ilsa Hess, Love and Joy Foods, maker of Nacheez
- **Entrée:** Dawna Destafeno, Azna Gluten Free, for a soy-free vegan lasagna
- **Dessert:** Green Boheme, Brooke Preston
- **Confection:** Green Boheme, Brooke Preston

Congratulations to all the winners, who happen to be participants in the Sacramento Vegetarian Society discount program. That valuable little membership card that SVS members receive with their dues gets you savings on Ilsa, Dawna, and Brooke's delicious offerings.



Councilmember Sandy Sheedy (left) presents one of two awards for Green Boheme.

Accepting for owner and chef Brooke Preston is Michelle Kizner.

*Photo: Mary Rodgers*

## Vegan Appetizer Demo



The Elk Grove Chapter of SVS organized a fun and informative raw food demo at the Elk Grove Loving Hut on February 16. Trina, co-owner of Loving Hut, demonstrated to the 21 attendees how to make these tasty, healthful, and popular appetizer rolls from the restaurant's menu.

*Photo: Beryl Glibert*

# Sacramento Vegetarian Society



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## Why Meatless?

Not only is going meatless once a week better for your health, and a significant step toward reducing animal cruelty (59 billion animals are slaughtered for food each year)—eating plant-based can also help reduce your carbon footprint and save precious resources like fresh water and fossil fuel.

## Benefits

### Environmental

**Reduce Your Carbon Footprint.** The United Nations' Food and Agriculture Organization estimates the meat industry generates nearly one-fifth of the man-made greenhouse gas emissions that are accelerating climate change worldwide... far more than transportation. And annual worldwide demand for meat continues to grow. Reining in meat consumption once a week can help slow this trend.

**Minimize Water Usage.** The water needs of livestock are tremendous, far above those of vegetables or grains. An estimated 1,800 to 2,500 gallons of water go into a single pound of beef. Soy tofu produced in California requires 220 gallons of water per pound.

**Help Reduce Fossil Fuel Dependence.** On average, about 40 calories of fossil fuel energy go into every calorie of feed lot beef in the U.S. Compare this to the 2.2 calories of fossil fuel energy needed to produce one calorie of plant-based protein. Moderating meat consumption is a great way to cut fossil fuel demand.