



# Vegetarian News

*“For Health and Humanity”*

**Holiday Issue 2006**

## **Avoiding Holiday Weight Gain**

*by Kiki Powers, M.S.*

For those of us concerned with health and fitness, the good news is that holiday weight gain is by no means inevitable. We can all maintain a healthy weight despite the fact that most holiday foods, especially desserts, are far more calorie-dense than those we eat on a regular basis. Let this be the year you “guard the line,” as the French say, while enjoying delicious holiday meals and festivities more than ever before.

As always, the key is not only what you choose, but also how much you consume. If you can stick to small portions of rich foods, filling up on the beautifully prepared vegetables, salads, and low-fat protein options, you’ll be well ahead of the game. Before you start eating, look at the balance of foods on your plate. Allow the healthy choices to take center stage while enjoying the richer additions in moderation. Making fresh veggie options a first course is key.

When it comes to dessert, pay special attention to the range of choices and their calorie density. For example, you may not know that traditional chocolate mousse pie is actually one of the lower calorie picks, coming in around 247

calories and 15 fat grams (8 g. saturated) for a modest slice. Your next best bet is pumpkin pie, at 316 calories and 14 g. fat (5 g. saturated) per moderate sized slice (1/8 of 9” pie). Vegan versions would be even better. Among your highest calorie options is traditional pecan pie at 503 calories and 27 grams of fat (5 g. saturated) for a single slice (1/8 of 9” pie).

What about pie toppings? As you might imagine, per half cup, your options vary widely in terms of calories. Surprise, your best choice is vanilla soy ice cream at 120 calories and 4 g. fat (0 saturated). Beware vanilla dairy ice cream at double the fat: 8 g. fat (5 g. saturated) and 145 calories. Worst choice for both your heart and waistline? Sweetened whipped cream at 304 calories and 22 grams of fat (14 g. saturated) for a mere half cup serving. What really takes the cake is pecan pie with whipped cream at 807 calories and 49 fat grams (19 g. saturated)! Again, you want to enjoy yourself, but staying aware of how your choices impact your health and fitness will mean a happier and healthier beginning to a great New Year. For more information, contact [kiki@aboutnhs.com](mailto:kiki@aboutnhs.com) or visit [www.aboutnhs.com](http://www.aboutnhs.com)

## **WORLD VEGETARIAN WEEKEND 2006**

**Sponsored by San Francisco Vegetarian Society and In Defense of Animals**

*by Dixie Mahy*

What a fabulous celebration! It is difficult to describe this incredible event unless you were there. Wonderful speakers, super entertainers, exquisite food, great volunteers and around 3600 attendees! If you missed this event, you can go to our web site and visit the photos and podcasts of our speakers: [www.sfvs.org](http://www.sfvs.org). Many thanks to our web master, Tony Martin, for his video filming of the event and posting it on our web and to our photographer, Sam Halsey, for his photos, also on our web.

### **SUMMARY OF EVENTS**

Nov 17	Free Lecture
Nov 19	East Bay Thanksgiving Potluck
Nov 23	Thanksgiving Day Dining Out
Nov 23	East Bay Thanksgiving Day Potluck
Dec 2	Dining Out
Dec 5	Free Lecture in East Bay
Dec 9	SF Holiday Potluck
Dec 25	East Bay Holiday Potluck
Jan 14	Annual Meeting

See the enclosed Veg Calendar for a description of events hosted by the Society, as well as other “veg” happenings in the Bay Area. The Calendar is posted on our web site, [www.sfvs.org](http://www.sfvs.org) and you can always call (415) 273-5481 for information.

Please reuse by posting publicly.

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For Health and Humanity

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Vasu Murti.

Vegetarian News is published by the San Francisco Vegetarian Society (SFVS), a nonprofit, non-sectarian group dedicated to educating the public about the benefits of a vegetarian diet, for health and humanity. SFVS was founded in October 1968 and is one of the oldest vegetarian organizations in North America.

Members are encouraged to submit articles, announcements, reviews, recipes, etc. to the editor. The deadline for submissions for the next newsletter is December 1st. Please contact Kristen at 415-273-5481 or sfvegkristen@yahoo.com.

ADVERTISE WITH US and reach more veg\*ns! Members, is there a restaurant or store we should know about? Have them contact us.

Ads start at just \$35 per issue. Discounts available for multiple issue commitment. Please contact Advertising Coordinator Joseph Cadiz, jcadiz2002@yahoo.com.

It all took place at the San Francisco County Fair Building in the Golden Gate Park on September 30th & October 1st 2006. In spite of the San Francisco high fog overcast, the energy from the event warmed and brightened everyone's life.

**Organizing Committee**

This event could not have happened without the Organizing Committee preparing, publicizing, and presenting the event. Many volunteer hours were given by our dedicated committee: Dixie Mahy, SFVS President & Chairman; JC, SFVS Treasurer & Exhibitor Coordinator; Janet Tom, SFVS Secretary with Christine Vitale, Publicity Coordinators; Nancy Loewen, SFVS Vice President & Volunteer Coordinator; and SFVS Board Members: Vasu Murti; Kristen Miles, SFVS Newsletter Editor; Sharon Leong and Neil Yoskowitz, Telephone Coordinators; Gabe Quash, SFVS & IDA representative; and SFVS member Sam Halsey, photographer.

**Sponsors**

Much appreciation to our major sponsors who funded us or promoted our event: Dr. Elliott Katz, Director of In Defense of Animals and co-presenter, and Warren Haven of Varnashram, Inc. Special sponsors included: VegNews Magazine, Friends of Animals, Rainbow Grocery, Common Ground, and Bay Area Naturally.

**Organic Athletes**

Our Organic Athlete Conference was organized by Bradley Saul (www.organicathlete.org) and featured Brendan Brazier, Canadian Ironman and Tri-Athlete Champion; Dr. Tim Trader, Naturopathic Physician; Dr. Rick Dina, D.C. (www.vitalityhealthmarin.com); Lennie Mowris, Cyclist; and Justin Lucke, Cyclist and former Chef. In addition to their information table, lectures, and athlete food demo, they sponsored a bike ride to the Golden Gate Bridge early Saturday morning and a run in the park on Sunday morning.

**Bicycle Coalition**

An added feature this year was the participation of San Francisco Bicycle Coalition that provided valet parking for those who rode their bikes to the park.

**Great Speakers**

Many thanks to our outstanding speakers informing us of important diet and related topics: Kiki Powers, MS; Dr. Will Tuttle, PhD; Dr. Joel Fuhrman, MD; Dr. Rick Dina, DC; Rev Heng Sure; Dr. Henry Anderson, EdD; Dr. Alan Goldhamer, DC; John Robbins, Author; Dr. Milton Mills, MD; and Howard Lyman.

**Demo Presenters**

Our tasty Food Demos featured Cherie Soria & Dan Ladermann from Living Light Culinary Arts Center; Bryan Waites & Assistants from Medicine New-Shojin Restaurant; Shanta Sachaaroff from Other

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Avenues Coop; Empress Sarah from Café Gratitude; Antonio Magana from Flacos, and Chef Anton.

### Emcee

Lots of thanks to our Emcee, Bob Linden, host of Go Vegan Radio for his added wit and perspective. He can be heard at 9 p.m. Sundays on "The Quake" AM 960 in San Francisco Bay Area; 1:30 Sundays KTYM AM 1460 in Los Angeles; and podcasting and archived on his website [www.GoVeganRadio.com](http://www.GoVeganRadio.com).

### Entertainers

Our fabulous entertainment included Singer/Pianist Nellie McKay who also received the Distinguish Animal Guardian Award from Dr. Elliott Katz and In Defense of Animals; Alexis Harte Band; Singer/Guitarist Megan Slankard; Turning Point Jazz with Rob Schaaf on Sax and Jim Jacobs on Guitar; Singer/Guitarist Eric Park; dancer Devi Baptiste; and Chinese Acrobat Wayne Huey.



*Dr. Elliot Katz presenting the Distinguished Animal Guardian Award to Nellie McKay.*

### Eco Fashion Show

Nzuri Mashama from Light Touch Natural Hair Salon presented another colorful fashion show. Many thanks to the models and designers: Hair: Nzuri & Myra for Light Touch Natural Hair Salon [www.lighttouchsalon.com](http://www.lighttouchsalon.com); Make-up: Kenya Aisha for Ruby Envy; Clothing: Amy Cools for AC Clothing and Bags [www.acclothingandbags.com](http://www.acclothingandbags.com), MAVAZI-Clothes4thesoul [www.clothes4thesoul.com](http://www.clothes4thesoul.com), Beatnik Bags [www.beatnikbags.com](http://www.beatnikbags.com), and Trust Hemp; Jewelry: Ishwari Creations [www.ishwaricreations.com](http://www.ishwaricreations.com); Henna Tattoos: Darcy Vasudev of the The Henna Lounge [www.hennalounge.com](http://www.hennalounge.com); Gift Sponsor: Ishama Designs [www.ishama.com](http://www.ishama.com); Models: Traci Bartlow, Asali Waters, Jenniene Eitter, Fana and Kimberly

### Audio/Technical Systems and Room Monitors

Much appreciation to Eric Park as our sound system coordinator for the entertainment in the Gallery and the

Auditorium and Sam Halsey as our computer coordinator for the Garden Club Room and the Auditorium and his assistant, Eric Stein. Thanks goes to Sharon Leong for monitoring the Auditorium, Janet Tom for monitoring the Garden Club Room and Syndee Collison for monitoring the Kitchen.

### Catered Dinner

Chef Seth Pasternack of Convergence Foods provided a delicious menu for 200 guests who stayed for our Saturday evening dinner celebration. An added treat included Vegan Ice Cream and T-shirts from Turtle Mountain. Juicy Lucy provided a Raw Lunch for our Volunteers on Sunday.

### Children's Corner

Thanks to Tracy Ewing and family for providing activities for the children. We are pleased to make our World Vegetarian Celebration family friendly.

### Mayor's Proclamation

Everyone appreciated the recognition from Mayor Gavin Newsom for his proclamation declaring October 1st World Vegetarian Day; as well as Supervisor Fiona Ma, a vegetarian, for making the presentation, Dixie Mahy, SFVS President, JC, SFVS Treasurer, and Seema Rupani, intern in the Mayor's office, for their assistance.



*Dixie Mahy receiving the Mayor's Proclamation from Supervisor Fiona Ma.  
Photo by Sam Halsey*

PROCLAMATION City and County of San Francisco

WHEREAS, the San Francisco Vegetarian Society, made up entirely of volunteers, has been working for 38 years to create a better world for people, animals and the earth through promoting a plant based diet and lifestyle; and WHEREAS, together with In Defense of Animals, an international animal protection organization that is dedicated to ending the exploitation and abuse of animals wherever it may exist, the San Francisco Vegetarian Society invites the citizens of San Francisco to join them

in a grand celebration of the 7th Annual World Vegetarian Day; and

WHEREAS, a plant based diet is a nutritionally health promoting diet that is high in complex carbohydrates, fiber, calcium, magnesium, potassium, folate and antioxidants and significantly lower in saturated fats and cholesterol; and

WHEREAS, a plant based diet would counteract obesity, diabetes, cancer, cardiovascular diseases, and other degenerative diseases commonly reflected in this nation's population; and

WHEREAS, a plant based diet is the most sustainable choice for the planet, being that it requires less of the Earth's natural resources; and

WHEREAS, through their diet, vegetarians alleviate suffering for animals and humans alike and strive to promote peace, understanding and tolerance; now

THEREFORE BE IT RESOLVED that I, Gavin Newsom, Mayor of the City and County of San Francisco, do hereby proclaim October 1, 2006 as...

#### WORLD VEGETARIAN DAY

In San Francisco!

IN WITNESS WHEREOF, I have hereunto set my hand and caused the Seal of the City and County of San Francisco to be affixed. Gavin Newsom Mayor

#### Vendors

We thank our vendors for providing food or products for our weekend: Altiplano Gold, Blessing Alive, Book Publishing, Curry Sutra, Eat in the Raw, Enjoy Restaurant, Flacos, Ishwari Creations, Juicey Lucy's, Lydia's Organics, Katharina Rosen, Living Intentions, Living Light Culinary Institute, Maggie Mudd, Medicine Eat Station, Multi-Pure Corp., Nutiva, Omhym, LLC, Omni Herbal Trading, Other Avenues, Que Seraw Seraw, Radha Books, Soquel Nutritionals, Specialty and Events Catering, Sun Flour Baking, Traci's Gourmet Granola, Trust Hemp Corporation, V-Dog, Vitality Health Center of Marin, Whole Foods Market, Wildwood Natural Foods, and Zhen's Gypsy Tea. We also appreciate our product donations from Masuya Products, Annie's Homegrown, Turtle Mountain, and Dana's Long Lasting Impressions.

#### Non-Profit Exhibitors

More thanks to our Non-Profits for providing information on health, compassion, ecology, and spiritual pursuits: Animals Defenders International, Animals Asia, Bunny Rescue, Christian Vegetarian Association, Compassionate Cooks, Farm Sanctuary, Isagenix/New Living Expo, Maharishi Ayurveda Health Spa, Rev Heng Sure, SF Living Foods Enthusiasts, Spaceshare.Com, The Vegetarian Resource Group, Vasu Murti, and Vegan Outreach.

#### Graphics

Thanks also to Susan Dembowsky for WVD T-shirt design, Sarah Premo for post card & poster design, Miguel A

Blazquez for printed program design, and Golden Dragon Printing for poster printing.

#### Volunteers

A great thanks to our volunteers for Friday, Saturday, and Sunday. We could not put on this great event without your time, energy, and support: Jim Arata, Linda Au, Isabel Auerback, Julie, Danny & Zev Brook, Doug Brown, Peggy Cassidy, Angela, Philana, and Wai Lou Chan, Jing Fen Chen, Wei Kuen Cheong, Rosanna Chiu, Sophie Chorich, Syndee Collison, Cassandra Crider, Teresa Daniels, Laarry Diamond, Carla Din, Hoard Dykoff, Jackie Duboux, Tom Flynn, Jintana Foo, Dave Groggin, Qing Hong Gong, Marcy Green & Bob, Ivy Guan, Ron Halfhill, Ela Harrison, Hui Zhen and Victoria Huang, Vivian Huddleston, Jenny and Dorleen Tong's students, Bob Huffmaster, Rachel Jordan, Damon Kerbein, Marcella Kerbein, Carmen Lee, Esta Lewin, Kimberly Lewis, Susana Liang, Carol Luo, Robert Martin, Eva Mo, Jay and Christine North, Louise, Valerie, and Ricardo Ostrom, Rowan Pack, Seema Rupani, Shessa, Carrie Swenson, Ashley Tam, Emily Tat, Tanya Thomas, Mike Thompson, Joyce Thornton, Julia Trepanier, Christine Vitale, Angel Yu, Chan Gang Yu, Cara Wick, Sara Winslow, Michelle Wu and Yu Qiong Wu.

#### Storage

Another Thank You goes to those who stored the samples, books, food, signs, etc. at their homes or places of business: Dixie Mahy, Joseph Cadiz, Nancy Loewen, Tracy Ewing, Daily Health Deli, and Centro Latino.

#### Regrets

Azalea and Robert Blalock sent their apologies and disappointment in not being able to give their presentations and set up their Eco-Ville Tent because their car broke down in Oregon and they were unable to get to San Francisco. Sam Lipman had an accident the previous day and was unable to give his raw demo.

## FOOD & DRINK : HOLIDAY EDITION

### Mini-Squash with Herbed Bread & Tempeh Stuffing and Wild Mushroom Gravy

by Meredith McCarty, a Diet Counselor and Nutrition Educator with 30+ years experience as a vegan and macrobiotic counselor, cooking instructor, speaker and cookbook author. Visit [www.healingcuisine.com](http://www.healingcuisine.com) to learn more.



Makes 4 servings

4 mini-squash, ie. Sweet Dumplings or mini-pumpkins

Herbed Bread & Tempeh Stuffing (makes about 3 cups):

1 tablespoon olive oil

Half an onion, diced

2 large cloves garlic, minced or pressed  
 1/2 cup wild mushrooms, about 3 ounces chanterelle, diced  
 1 rib celery, diced  
 2 teaspoons stuffing seasoning  
 2 tablespoons natural soy sauce mixed with 1/3 cup water  
 Half an 8-ounce package tempeh, cut in 1/2-inch cubes  
 1 cup firm whole grain bread, cut in 1/2-inch cubes (I prefer Pacific Bakery Spelt Bread)  
 1/4 cup parsley, chopped  
 Water

**Wild Mushroom Gravy (makes 1 3/4 cups):**

1 tablespoon olive oil  
 Half an onion, diced  
 1 1/2 cups wild mushrooms, about 1/2 pound chanterelles, diced  
 1/4 cup whole wheat pastry flour  
 1 1/4 to 1 1/2 cups water, start with less  
 2 tablespoons natural soy sauce

1. Preheat oven to 450°. Bake squashes whole on a baking sheet until easily pierced, 45 to 60 minutes depending on variety (sweet dumpling mini-squashes are thicker than mini-pumpkins). When cool enough to handle, cut tops off with a small sharp knife and scoop out seeds with a table-spoon.

2. To prepare stuffing, in a skillet heat oil and sauté vegetables briefly. Sprinkle seasonings over vegetables including salt and soy sauce mixed with water, and stir. Lay tempeh cubes on top and cover pot. Continue to cook until vegetables and tempeh are done, 5 to 10 minutes. Add bread cubes and parsley and mix well. If bread is very dry, add a couple of tablespoons more water. Stir and cover to steam a little longer.

3. To prepare gravy, in a 3-quart pot heat oil and sauté onions and mushrooms briefly. (Chanterelles give off more of their juices than any other mushrooms I've cooked with). In a small bowl, whisk flour with enough of the water to form a thin paste. Add remaining water and soy sauce to vegetables in pot. Bring to boil and cook until tender, 5 to 10 minutes. Whisk flour mixture and add to pot. Stir well and cook uncovered until desired consistency is reached, 5 to 10 minutes, stirring occasionally. Add 1/4 cup water toward the end of cooking if gravy needs thinning.

4. Stuff squash and serve with hot gravy, 1/4 to 1/2 cup per serving, depending on size. Place caps to the side for effect.

Notes: Squash can be baked and stuffing and gravy may be cooked a day ahead. To assemble, preheat oven to 400°. Reheat stuffing, fill squash and bake until warm in middle, 30 to 60 minutes, more if squash comes from refrigerator. Reheat gravy to serve. If it should thin out, thicken with a little arrowroot powder dissolved in cool water to barely cover.

**Baked Apples with Shortbread**

**Topping**

by Meredith McCarty



Makes 2 servings

**Filling:**

2 small to medium Golden Delicious apples, peeled, quartered and thinly sliced crosswise  
 2 tablespoons dry sweetener (maple syrup granules or evaporated sugar cane juice)  
 1 tablespoon arrowroot powder  
 1 teaspoon lemon juice

**Shortbread Topping:**

1/4 cup whole wheat pastry flour  
 1/4 cup unbleached white pastry flour  
 2 tablespoons dry sweetener  
 3/4 teaspoon aluminum-free baking powder  
 Few grains sea salt  
 1 1/2 tablespoons light vegetable oil (I prefer Spectrum Naturals walnut oil for baking)  
 1 1/2 to 2 tablespoons soymilk (I prefer Edensoy), water or apple juice

1. Preheat oven to 400°.

2. Mix filling ingredients and transfer to 2 ramekins or other ovenproof bowls that may also be used as serving containers. Cover and place on a cake pan or baking sheet to catch drips. Bake until tender, about 45 minutes.

3. To make shortbread topping, mix dry ingredients, then work in oil. Add soymilk to form a smooth pliable dough. Add a little more flour if necessary. Divide dough in half and roll or pat in two round shapes large enough to cover the ramekins. Remove covers and put shortbread topping in place.

4. Return ramekins to oven to bake until topping is golden, about 10 minutes more. May be served hot, warm or at room temperature.

**Hanukkah Celebration Food**

by Cherie Soria, the author of "Angel Foods: Healthy Recipes for Heavenly Bodies" and the soon-to-be-released "Raw Food Diet Revolution." In 1997 she founded Living Light Culinary Arts Institute, known internationally as the top raw chef school in world. She is considered the mother of raw gourmet cuisine. For more information about Living Light call (707) 964-2420 or visit [www.rawfoodchef.com](http://www.rawfoodchef.com).

**Parsnip Latkes**

Serving Size: 6

**Latkes:**

1 cup parsnips, peeled and shredded  
 1 cup cauliflower, chopped fine  
 1/2 cup pine nuts



1/2 cup cashews, soaked, drained  
2 tablespoons ground golden flax  
3 tablespoons dried onions  
1 tablespoon parsley, minced  
1 tablespoon chives, minced  
1 tablespoon flax oil  
1 tablespoon onion powder  
1 tablespoon light miso  
1 teaspoon crystal salt  
1/2 teaspoon paprika  
Pinch nutmeg  
Pinch white pepper  
Fresh ground black pepper

Applesauce:

2 apples, cored  
1/8 cup seedless raisins, soaked 15 minutes (or 2 table-  
spoons evaporated cane juice)  
1/4 teaspoon cinnamon

Sour cream:

1/3 cup pine nuts  
2/3 cup cashews, soaked  
2/3 cup water  
1 tablespoons nutritional yeast  
1 tablespoons light miso  
3 tablespoons lemon juice  
1 dash white pepper  
1 dash nutmeg  
1 dash crystal salt

Garnish:

1/2 teaspoon paprika

1. To make the latkes, remove 1/4 cup of the shredded parsnips and set aside. Put the remaining parsnips, along with the remaining ingredients for the latkes, in a food processor outfitted with the “S” blade, and blend until creamy. Put the mixture into a bowl and stir in the shredded parsnips.

2. Form the latkes into patties about 3/8-inch high, using 1/4 cup of the potato latke mixture. Sprinkle the patties with paprika and place them on a non-stick dehydrator sheet. Dehydrate for 1 to 2 hours, turn them over, and dehydrate for another 1 to 2 hours before serving. Serve topped with applesauce and sour cream.

3. To make the applesauce, rough chop 1 1/2 apples and combine them with the raisins and cinnamon in a food processor and process until it forms a smooth sauce. If the applesauce is slightly chunky, add a few drops of raisin-soaking water to smooth it. Peel and finely dice the remaining 1/2 apple and mix into the sauce. Store the sauce in a sealed glass jar for up to 2 days.

4. To make the sour cream, combine ingredients in a

blender and puree. Adjust seasonings to taste. The leftover sour cream may be stored in the fridge for up to one week.

**CAVI-ART®**

*by Florence Mendoza, Specialty Foods and Events Catering, 1390 Market St., Suite 1423, San Francisco, CA 94102, 415-602-0152*

*Note: Florence participated in our World Vegetarian Celebration with a food booth from her catering company, Specialty & Events Catering, where she featured vegan caviar, called Cavi-Art®. She had a lot of inquiries on the product and sends us the following information for those who were inquiring about this tasty delicacy. This would be a good gourmet addition for special parties, especially during the holidays.*

The Brown Seaweed – Phaeophyceae. In the late 19th century the first scientific research was done on the brown seaweed. For more than 2000 years the use of the seaweed for human consumption has been well-known both in Europe and in the Far East. The North Sea grow sufficient resources of raw materials, both in quantity and also in quality and is supported with a flexible and highly mechanized harvest – processing technology.

The plants are harvested in rather shallow water, only 2-15 meter of depth. A special kind of fishing trawlers are developed to harvest the seaweed. By this development of a mechanized effective method the daily harvest of fresh seaweed is secured. The mechanized harvest of seaweed is carefully attended and inspected, and a sustainable long term harvest and re-growth is monitored in a proper way. A harvested area is re-established within less than a few years. For more than 50 years this has been experienced. That means supply of raw materials with no danger of extermination. Less than 5% of the yearly re-grown volume is harvested.

The Production of Cavi-Art®: Seaweed extract is found in seaweed as a partly insoluble mixture of various salts. Before the seaweed is ready for customers, the seaweed must go through careful steps of preparation: harvest, wash, and dry seaweed, then form, fill, pack, and ship Cavi-Art for the customer.

**PRESIDENT’S CORNER**

*by Dixie Mahy*

It is with great satisfaction that I reflect on the fantastic World Vegetarian Celebration we just completed, the weekend of September 30 & October 1. Its great success totally energized me. I hope those of you who attended as an exhibitor, a speaker, an entertainer, a volunteer or as a guest felt the wonderful vibrations and that you will consider joining us as a member to show your support for

future World Vegetarian Day commemorations.

The idea of a World Vegetarian Day was first conceived back in 1974 at the first vegetarian congress convened in the U.S. hosted by NAVS (North American Vegetarian Society) with Jay Dinshah as its President in Orono, Maine. I was present when Madge Danielle presented the idea of proclaiming October 1st as World Vegetarian Day, a day when vegetarians all over the world would celebrate being a vegetarian. NAVS later officially adopted the idea in 1977 and encouraged all of the local vegetarian societies to celebrate the day. Although SFVS presented potlucks or dinners as a way of acknowledging the day, there was an interim period between 1996 and 1999 when the idea was dropped locally. The Vegetarian Foundation had presented some interesting forums around the Bay Area in the 90's. However, it seemed to lose its momentum and it stopped sponsoring any activities by the year 2000.

When I became President of SFVS again in the year 2000, I revived the idea of having a celebration and, with the assistance of Nancy Loewen, we presented our 1st Annual World Vegetarian Day in San Francisco at Fort Mason where we were excited to have around 500 people attend. Although we called it "vegetarian," we actually featured vegan food and speakers as we still do. After four years, we outgrew Fort Mason and moved to the San Francisco County Fair Building in the Golden Gate Park.

This year, our 7th Annual Celebration, combined with In Defense of Animals, has now grown into a committee of 11, including Nancy and me, and a weekend celebration with around 3,600 attendees! We've come a long way! However, we have a long way to go. My vision is to turn this into the official "World Vegetarian Day Celebration" with people coming from all over the world to speak, to perform, and to attend. My original vision was to make it be "world" with an international theme featuring different ethnic food, speakers, music, and entertainers. Now all we need is for people to come from all over the world to enjoy

being or becoming vegetarians. Believe it or not, we did have inquiries from people in Sweden and Germany about coming. I don't know if they came, but I am hoping that more will come next year to help us in our celebration of life!

## IN THE NEWS

### Other Avenues Stops Selling Turkeys

from Shanta Sacharoff, Manager at Other Avenues  
As its names implies, Other Avenues is a different kind of business. Other Avenues began in 1974 as a small neighborhood store run as a "not-for-profit" business by a volunteer staff which was part of a grass roots movement called the Food Conspiracy. Now, thirty-two years mature, Other Avenues is still a neighborhood store managed by community resources, operating under a consensus-based, worker-owned cooperative model.

As long as our most senior employees recall, Other Avenues has provided the community with free-range turkeys, and more recently organic-free-range turkeys, during the holiday season. This year however, the worker-owners voted unanimously to forego the sale of turkeys. Growing community awareness over the health concern surrounding the consumption of animal products, the well documented impact to the environment by the animal industry, and the inherent cruelty and exploitation of animal slaughter were key considerations behind this decision.

Even though we operate as a small business, we are still burdened by the reality of economic principles. As a small community business facing continual and mounting challenges by encroaching "big box" grocery chains, this decision was made under the weight of much scrutiny. Other Avenues has been a steward of this community for some 32 years, providing jobs and healthy alternatives, and it is important that we continue this tradition. This holiday season Other Avenues will be providing a wide range of

### SFVS MEMBERSHIP FORM

**Status:**     New member                     Renewing member  
**Level:**      Individual dues of \$20     Family dues of \$30  
                   Student dues of \$10         Senior dues of \$10  
                   Disabled dues of \$10     Life dues of \$500

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SFVS membership qualifies you for half-price membership in NAVS, North American Vegetarian Society. NAVS, PO Box 72, Dolgeville NY 13329; and for 25% discounted membership to VegDining (\$10.95).

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
Home Phone: \_\_\_\_\_  
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E-mail Address: \_\_\_\_\_

You can contact me for help with:     Monthly Meetings  
     Newsletter     Special Events     Other:

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Addresses are not provided to any other organizations.  
Financial statement available upon request.

healthy alternatives in place of turkeys including fresh, delicious savory and sweet raw, vegan, and vegetarian items. We would like to ask the vegetarian community of San Francisco for your support this holiday season so that we may continue to renew our commitment to this effort for years to come.

#### **Pa-Raw-Dise restaurant & Delivery Service**

Last issue, we mentioned the closing of the Restaurant, Pa-Raw-Dise. It has opened again. We hope it will be successful this time.

Location: 587 Post Street @ Taylor near Union Square, San Francisco. Telephone 415-567-4858. Web [www.RawInTen.com](http://www.RawInTen.com). Open 11 a.m. – 10 p.m. every day. Menu: 100% Raw Organic Vegan Cuisine. Seasonal Menu with Daily Specials.

## **TAKING CARE OF BUSINESS**

#### **Managing Editor Needed**

Many thanks and much appreciation to Kristen Miles for serving as SFVS Managing Editor the past two years. She has done a great job and we will surely miss her. Anyone with editorial skills interested in serving as our next Managing Editor should contact Dixie Mahy, [dixiemahy@gmail.com](mailto:dixiemahy@gmail.com) or 415-885-2251.

#### **Community Thrift Store**

Clean out your garage, closets, and attics and donate your good items and clean clothes to the Community Thrift Store, 623 Valencia, San Francisco, 415-861-4910. Be sure to give them our #95 and we will receive a percentage of items sold. SFVS received a check for \$151.13 thanks to

donations from Dixie Mahy, Deborah Saenz, Lurilla Harris, Shanta Sacharoff, Joseph Cadiz, Leticia Cadiz, Tracy Ewing and Aimee Fitzgerald.

## **CLASSIFIEDS**

Shanta Sacharoff teaches four classes on Vegetarian Cuisine of India in January and February of 2007 on Saturday afternoons from 2:30 to 5:30 at her home on 2138 48th Avenues (cross street Rivera) in Outer Sunset district of San Francisco. \$25 per class includes hands on instruction, copies of recipes and a complete dinner at the end of each class. For detailed menu and outline the classes, please view her website [www.nimbarka.com](http://www.nimbarka.com) For more information or registration, please call Shanta at (415) 682 - 9104 or (415) 661 - 7475 or e mail at [otheraves@yahoo.com](mailto:otheraves@yahoo.com)  
Attention: Shanta

Please see Taking Care of Business section for open positions with SFVS!

Please disregard the “Request to Join” or “Renew” if you already have. Checks are sometimes posted after the mailing labels have been made. Duplicates may also be the result of different lists your name appears on. We appreciate your patience in deleting any duplicates. Contact: [tracyinfo@aol.com](mailto:tracyinfo@aol.com) for direct corrections or call our hot line: 415-273-5481.

**Look for our next issue in January.**

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## **Join Us for Vegetarian Thanksgiving and Holiday Events!**

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San Francisco Vegetarian Society  
*for Health and Humanity*  
P.O. Box 2510  
San Francisco, CA 94126

**NOTE: If your membership is about to expire (see date on label), then we urge you to renew now!**

**Vegetarian News is printed on recycled paper.**