

American

# Vegan

*Ahimsa Lights the Way*

Second Series: Volume 10 Number 1

SUMMER 2010

## *Vegan Fine Dining in South Jersey*

Students at the Academy of Culinary Arts, Atlantic Cape Community College, prepared and served a vegan dinner at Carême's on-campus gourmet restaurant. The packed-house public event was hosted by the American Vegan Society which celebrates its fiftieth anniversary this year.

(See story on page 4).



Centerpiece:  
Hand-Carved  
Vegetable  
"Flowers"  
in a Butternut-  
Squash "Vase"

### INSIDE:

- Fighting Obesity
- Dating Vegans
- Musician Kyle Vincent
- School Meals & Snacks
- Chenoa Manor
- Vegan in Prison
- Recipes
- Goodbyes
- Vegan History
- Personal Change
- Galley Grub

# AHIMSA

## THE COMPASSIONATE WAY

AHIMSA is a Sanskrit term meaning non-killing, non-injuring, non-harming.

AVS defines it in daily life as Dynamic Harmlessness, spelled out at right.

THE AMERICAN VEGAN SOCIETY is a nonprofit, non-sectarian, non-political, tax-exempt educational membership organization teaching a compassionate way of living by Ahimsa (see above) and Reverence for Life.

VEGANS—pronounced VEE-guns—live on products of the plant kingdom, so exclude flesh, fish, fowl, dairy products (animal milk, butter, cheese, yogurt, etc.), eggs, honey, animal gelatin and broths, as well as all other items of animal origin.

VEGANISM ALSO EXCLUDES animal products such as leather, wool, fur, and silk, in clothing, upholstery, etc. Vegans usually try to avoid the less-than-obvious animal oils, secretions, etc., in many soaps, cosmetics, toiletries, household goods and other common commodities.

AN EDUCATIONAL CONVENTION is held each year, at Malaga or elsewhere.

INDIVIDUAL MEDICAL ADVICE is not given; AVS educates on ethical, ecological, aesthetic, healthful, and economic aspects of vegan living in general.

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ABSTINENCE from Animal Products  
HARMLESSNESS with Reverence for Life  
INTEGRITY of Thought, Word, and Deed  
MASTERY over Oneself  
SERVICE to Humanity, Nature, and Creation  
ADVANCEMENT of Understanding and Truth

## American Vegan

Volume 10, Number 1— Summer 2010

ISSN: 1536-3767 ©2010

### Contents

Vegan Fine Dining in South Jersey .....	1, 4
Fighting Obesity with Food .....	3
Kyle Vincent .....	6
Notice: Fall Celebration Dinner .....	7
15 Peaks Challenge .....	8
Worldwide Vegan Bake Sale .....	8
Amie Hamlin .....	8
Improving School Nutrition .....	9
City Kids Discovering Vegan Cooking .....	12
Anchors Away (Sea Shepherd Story Pt. 2) .....	14
Recipes from the High Seas .....	17
Chenoa Manor: Haven for Animals & Kids .....	18
Bread and Water Vegan .....	20
“Vegan”—a legally protected term .....	21
Being Successful at Personal Change .....	22
Rip Esselstyn on the <i>Dr Oz Show</i> .....	23
Dating Vegans:	
Brad's Brussels Sprouts Bonanza & Recipes .....	24
Obituaries, Adoption, Birth .....	28
Toiletries and Cosmetics .....	28
San Francisco Declares Mondays Vegetarian .....	28
New Books .....	29
AVS' 50th Anniversary Garden Party .....	30, 32
American Vegan Society: 50 years .....	31
Events Calendar .....	34
AVS Membership/Subscription .....	35
Garden Party Success Due to Volunteers .....	36

Front Cover Photo: Frances Rea

Back Cover Photos: Heide Thumlert

Inside photos as credited, or by AVS

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Printed by GraphiColor Corporation, Vineland NJ

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Sign on to E-Alert

Webmaster: Curt Hamre

# Fighting Obesity with Food

Neal Barnard, MD

The president recently signed an executive order calling for a new assault on childhood obesity. Headed by the first lady, the program aims to focus the efforts of government and the private sector on helping kids get healthy.

It is desperately needed. One in three children is now overweight, according to a January 20 *Journal of the American Medical Association* report, raising their risk of diabetes, heart disease, and hypertension, and heralding unprecedented medical bills.

**Winning this battle requires more than breaking personal habits. It requires changing our fundamental view of the problem.**

First, we need to go beyond exhorting children to exercise. As helpful as exercise is, studies show that a lack of physical activity has played almost no role in the obesity epidemic. The fact is, an overweight child would have to run flat out for three miles to burn off the calories in an order of chicken nuggets, to say nothing about the fries and soda that accompany it and the pizza waiting at home. Exercise is good, but it is not the key to weight control.

We also need to do more than clean up school vending machines. Yes, they are typically unhealthy, and we are better off without them. But on any given day, 60 percent of children never go near them anyway.

The real problem is smack in the middle of the American plate. Slowly but surely over the last several decades, fast-food restau-

rants, pizza chains, and government subsidies have escorted meat, cheese, and sugar into our lives in unprecedented quantities. Over the last century, the average American's meat intake has gone up by 75 pounds per year. Cheese intake has increased by nearly 30 pounds. The average American has added 17 extra pounds of sugar to his yearly intake just since 1970. The result is a diet loaded with fat—especially saturated fat, which is linked to heart disease—and more calories than most of us can burn off.

In 2007, the American Medical Association proposed an effective solution. **Rather than focusing on how much our kids are eating, it aims at what they are eating.** The AMA resolved that schools should provide vegetables, fruits, legumes, grains, and vegetarian foods, in addition to whatever else they may offer. The reason is simple: plant-based options, like veggie burgers, vegetarian chili, beans and rice, or hummus with pita bread, have essentially no saturated fat or cholesterol and are modest in calories. If schools provide plant-based meals every day and children take advantage of them at least occasionally, they will set the stage for a lifetime of healthy habits.

To do this, schools need help. Some plant-based meals are cheap—beans and rice or veggie chili, for example. Others, such as veggie burgers, might cost more. But if the commodities program that supplies foods for schools



includes plenty of plant-based options, and if schools have incentives for serving them, it will not be difficult to provide healthy foods for children.

Healthy foods for children is not a new idea. But it is a powerful one, and it can help us win this battle once and for all.

*Neal Barnard, MD, is a nutrition researcher and president of the Physicians Committee for Responsible Medicine.*

**TAKE ACTION:** A new bill just introduced in Congress would help schools add more fruits, vegetables, whole grains, plant-based vegetarian meal options, and nondairy beverage choices. The Healthy School Meals Act of 2010, H.R. 4870, was introduced by Rep. Jared Polis of Colorado. This bill would increase plant-based commodity foods and give schools financial incentives to encourage them to add these options in their lunch lines.

**Urge your members of Congress to support this bill:**  
[www.healthyschoollunches.org](http://www.healthyschoollunches.org)

# Vegan Fine Dining in South Jersey

On a rainy evening in March, the Academy of Culinary Arts at Atlantic Cape Community College\* served a Spring Celebration Dinner at Carême's—its gourmet restaurant that provides practical experience for students enrolled in a two-year associate degree program.

The sumptuous five-course vegan meal, which could rival fare at any big-city five-star restaurant, was prepared under the guidance of acclaimed Chef-Educator Joseph Sheridan. Every aspect of the meal was given extraordinary attention and care, from the table settings and artistic platings to the provision of recipes to the diners. "I would be hard pressed to select a favorite out of the courses, because each was uniquely different from the others," declared Linda Voorhis. The self-described "foodie" observed, "They were complex creations prepared with simple ingredients."



Diners Barata El, (hidden, Mary Greenfield), JoAnn Gleeson, Ethel Dennis, and Ursula Dinshah, anticipating the meal.

perience working with renowned vegan-chef Eric Tucker, and taking courses with TV-cooking-show host Christina Pirello. For the America Vegan Society, it was unprecedented to find ourselves in such competent hands for an event hosted at a college! Currently, the culinary degree course at ACCC incorporates

ACCC campus, a bed of strawberries has replaced ornamentals in front of Carême's. A new culinary-related learning activity is the greenhouse—providing early and late growing seasons, tended by student volunteers.

We were taken on tours of the greenhouse, and the school kitchens, prior to dinner. Junior-High

*When asked how they approached preparing for this event, one of the students responded, "The 'V' word sent chills up our spines, but once we began to work with it, we found it was fun."*

When asked how they approached preparing for this event, one of the students responded, "The 'V' word sent chills up our spines, but once we began to work with it, we found it was fun." Chef Sheridan remarked on how this project gave the students an opportunity to work with ingredients that they don't normally use, and to learn new techniques. Sheridan himself had gained ex-

two-weeks dedicated to vegetarian and vegan cuisine.

The school's dean, Patricia "Kelly" McClay, is nurturing an appreciation for organic and locally-sourced ingredients, and how they elevate a dish to a different level. On trips to France, academy students grasp this firsthand when they visit villages and farms, and taste the fresh ingredients served at restaurants. On the

students present were excited by the career possibilities. Adults were told about culinary workshops for community members. ACCC is offering summer single-session classes such as *Fresh from the Garden*, or a non-credit four-day course on *Artisan Breads*.

Our dinner was an impromptu affair. When AVS' president, Freya Dinshah, first approached

\*ACCC was the first community college in the country to offer an Associate in Applied Science degree in the Culinary Arts.



**Chef-Educator  
Joseph Sheridan  
& AVS' Freya  
Dinshah**

ACCC group sales representative, Danays Alvarado, about the possibility of hosting a vegan dinner at Carême's, it was unclear whether we would meet the 20-person minimum early on a Tuesday evening in the small town of Mays Landing. We had two weeks in which to get out publicity prior to providing our numbers a week in advance of the March 23 dinner. Word spread

and the event sold out to a full-house of 67, with a waiting list!

On that evening, the dining room filled with chatter about how exciting it was to gather for a meal prepared specifically to showcase vegan dining as an exquisite cuisine that lends itself to creativity, and could be approachable in the mainstream.

Story by Linda Voorhis, Carol Githens, and Freya Dinshah.  
Photos by Frances Rea.

Carême's Gourmet Restaurant is open for lunch and dinner when the Academy is in session. Reservations are required and are available by calling 609-343-4940. Vegan meals require notice well in advance. Information at [www.atlantic.edu/aca](http://www.atlantic.edu/aca). For continuing ed classes, see [www.atlantic.edu/conted/classes/academyworkshops](http://www.atlantic.edu/conted/classes/academyworkshops).

**American Vegan Society  
Fall Celebration Dinner  
at Carême's on  
Monday September 27 2010.  
Details on page 7.**

## Menu

Cabbage & Shiitake Spring Rolls  
with Plum Sauce

Roasted Tomato & White Bean Soup  
with Garlic Crostini

Bitter Greens with Fig, Beet  
& Butternut Squash  
with Curried Almond Dressing

Thai Green Curry Eggplant Stack,  
with Barley Salad

Mocha-Mud-Slide Cake

Coffee, Tea, Decaffeinated



**Cabbage & Shiitake Spring Rolls  
with Plum Sauce**

Our dinner was listed as part of Meatout—a world-wide spring event celebrated this year in all 50 US states and in 31 countries.  
[www.meatout.org](http://www.meatout.org)



Accolades to Chef Sheridan and his crew!



# Kyle Vincent

**Singer, songwriter, entertainer, and environmentalist, Kyle Vincent is vegan** “because it’s the right thing to do, and entirely logical on every front. It’s the right thing for my furry, winged, and scaled friends. It’s the right thing for my own body and mind. It’s the only diet that makes sense for the environment. And of course the food is so much better tasting. I look forward to each meal, rather than just gobbling something down for sustenance. My meals are events—not necessary nuisances, like shaving.”

## MUSICIAN

Raised in Berkeley California, Kyle’s ethics influence some songs such as a hippy-style lyric, “Petals of Peace”—a popular tune in his latest album, *Where You Are*. He laments feelings many of us share, as in “It’s a Lonely World” and “The World Is Upside Down.” Then he is optimistic: “It’s Gonna Be a Great Day” and “On My Ride.”

His CDs are manufactured in New Jersey to reduce their carbon footprint. Instead of the typical plastic packaging, Kyle opts for recycled board and paper, with vegetable inks.

Kyle is a pioneer of concerts given for home audiences of anywhere from 10 to 100 people. A living room is his favorite venue to perform; he does countless such shows a year, all over the world, and is especially popular in Japan. His dedicated fan base, built over many years, spans the generations.

When Kyle was in Columbus Ohio, I decided to make good on a promise to deliver him some homemade chocolate chip cookies. Online reservations (tickets) produced directions to a house in the suburbs. My friend Jessica Lutkenhouse and I had no idea what to expect. After triple-checking the house number we knocked on the door. A gracious host greeted us and introduced us to some of Kyle’s dedicated fans. Instantly it felt like we were at a party with friends we knew.

Kyle arrived and worked the room as does a politician. Accompanying himself on guitar or keyboard, he connected with the audience very personally. I am sure there are men who like his soft-pop music, but that particular evening seemed to be “girls’ night out.”

“I was instantly amazed by his talent, especially his ability to incorporate storytelling and humor into his lyrics. This makes his work extremely entertaining and I even ended up buying a CD (which means a lot for a broke grad student),” said Jessica

who had never heard of Kyle prior to my invitation. “I definitely recommend checking him out at one of his house concerts in your area if you haven’t done so already.”

## ENVIRONMENTALIST

Kyle saw *An Inconvenient Truth*, wrote Al Gore’s people a letter saying that he wanted to get involved with environmental presentations, and a few months later received an invitation to be trained by Gore in Nashville TN. Kyle said, “It was a very rewarding experience. He’s a brilliant, personable, and funny man who deserves tremendous kudos for bringing the topic of the environment back into national and international discourse—after about a 30-year absence.”

Gore likes people to incorporate their own passions and concerns, as long as they stay mostly on point. Kyle focuses primarily on the relationship between our diet and the climate crisis. “I recall first singing about that in a song I wrote around 1989, so it’s nice to finally hear people talking about it more today.”

Kyle uses Apple’s Keynote for presentations using Gore’s slides, which Gore periodically updates. Kyle makes his own slides for new data regarding farming and food, a link Gore is now beginning to address. Kyle tries to pick places and groups who most need information. “Schools are great. The kids are

so open and want to learn. A surprising number of people are amazed to hear the connection between diet and the climate crisis.”

In his travels, Kyle notices when there are 100%-recycled napkins and wrappers at restaurants. Some even have a composter outside. “That stuff warms my heart. It’s such an amazing turnaround. Now, if I can just get the airlines to start recycling all those cans they toss into the trash!”

### **VEGAN ON THE ROAD**

Kyle finds he can almost always create a relatively healthy meal at a Chinese or Italian restaurant in any geographical region. “I don’t usually have too much trouble finding good vegan options on the road these days. ‘Most everywhere in the world I go, the word ‘vegan’ is understood.” He admits difficulties still remain with the long ordering process at some places—“no eggs, no fish sauce, no oyster sauce, no chicken broth, no milk, no this, no that...but hey, I can’t WAIT to taste this wonderful dish!” He is aware it can present some tense moments, especially when surrounded by people at a table who just ordered by simply saying, “I’ll have a number 8.”

### **VIBRANT & HEALTHY**

Being vegan can also be a good topic of conversation for vibrantly healthy Kyle whose stamina and timeless looks keep the ladies clamoring for his secrets. From his sturdy locks of cavalier black hair to his ever-present smile, engaging wit, and enthusiasm for life, Kyle’s qualities are a compilation of his abilities and good decisions.

### **CARING CHOICES**

Choosing to be vegan is an integral part of who he is. “What

## *Fall Celebration Dinner*

**Monday September 27 2010, 6:30 pm at**

**Carême’s**  
**Gourmet Restaurant**  
**The Academy of Culinary Arts**  
**Atlantic Cape Community College**

Make reservations by Thursday September 16 with  
**American Vegan Society**  
Supporter: \$50, Adult: \$30.00  
Students/Low Income: \$20.00.  
(This is the full price including gratuities)  
Cash, check, or credit card by mail, phone, or fax.  
AVS, PO Box 369, Malaga NJ 08328  
Phone: 856-694-2887, Fax: 856-694-2288

**Menu** will be posted at [www.americanvegan.org](http://www.americanvegan.org).

**Honored Guest: Linda Long**, *Great Chefs Cook Vegan*

**Dinner Music by Adelante:** an eclectic fusion of improvisational jazz and classical styles.  
J. Jody Janetta-drums/percussion, Steve Testa-bass  
Paul "Woz" Woznicki-synths/flute/harmonica

Find **Carême’s** by the on-campus bus stop, Bldg M.  
Atlantic Cape Community College (on Rt. 322)  
5100 Black Horse Pike, Mays Landing NJ 08330  
[www.atlantic.edu](http://www.atlantic.edu)  
ACCC is approx. 30 miles from Malaga NJ,  
50 miles from Philadelphia or Cherry Hill, 25 miles from Atlantic City.

you eat is a reflection of who you are as a person. I’m sure there are evil vegans out there somewhere, but for the most part when you make the moral decision to not destroy life to enhance your own, you are hopefully creating a more caring world.”

“Maybe I’ve lost some fans from my personal or political views—I hope not. I do know I’ve inspired some to make some significant changes, and that is just about the biggest payoff I can

have. That’s bigger to me than any gold record would be.” His admirers discuss their personal paths to making healthy changes. “I don’t consider myself a ‘vegan musician,’ I’m a musician, an entertainer. I also happen to be vegan. If I can reach a bigger audience through my music, and they then become interested in my other choices in life, that’s great!”

**Story and photo by Anne Dinshah**

**[www.kylevincent.com](http://www.kylevincent.com)**

# All-Vegan Team Completes 15 PEAKS CHALLENGE in Wales!



Team Vegan with Lupine Adventure mountain guides

Into the chilly pre-dawn mountain air of Snowdonia, Wales, at the horrifyingly early time of 4:15 am on Saturday June 5 2010, an all-vegan team of two girls and six guys from the **Extreme Vegan Sporting Assn.** departed towards a precipitous vertical ridge. After scaling Crib Goch's infamous knife-edged pinnacles, starting in darkness, they went on towards the summit of Mount Snowdon —Wales' highest peak, at 3,560 feet. Then continued from there, climbing all of Wales' fifteen 3,000 foot peaks—in the same day! They finished at the far end of Snowdonia, close to midnight.

The official 15-peaks route covers 21.5 miles (35 km) and requires 9,800 feet (3,000 m) of ascent, and was completed in 17 hrs 30 mins. Yet not even this

feat was enough punishment for Team Vegan, as they had also ascended Mount Snowdon via Crib Goch, (most teams start at Snowdon's summit), and ascended an additional summit twice (interpretation: they can't navigate). In total they covered around 27 miles (43 km), and ascended around 4,000 m, in 20 hrs 15 mins.

For both their training and challenge they relied solely on vegan boots and gear, and were fueled entirely by vegan food and vitamin supplements, some of which was supplied by kind vegan sponsors.

Reported by Andrew Knight,  
Founder, Extreme Vegan Sports

Photos and story at  
[www.vegan15peaks.info](http://www.vegan15peaks.info)  
Watch for future adventures, at  
[www.extremevegansports.org](http://www.extremevegansports.org)

**AMIE HAMLIN** became vegetarian at age nineteen after witnessing dogs and cats killed in a decompression chamber at a shelter. Amie was very upset about this unnecessary death. If people were responsible, the animals would not have been born, only to be killed. At that moment she realized that she caused animal deaths by eating them. She later discovered she was lactose intolerant, but that was not enough to stop her from eating dairy. Then she learned about how animals were treated, and the health and environmental benefits of a fully plant-based diet. She read an article by Victoria Moran in *Vegetarian Times* magazine concerning the ethics of dairy and eggs, and heard John Robbins speak, with the result she went vegan, and never looked back.



Vegan lifestyle advocate Michael Klaper MD shares a moment with Amie and her daughter Mira.

Photo: Linda Long

The Second Annual **Worldwide Vegan Bake Sale** was held April 24 through May 2 2010 (two weekends and the weekdays in between). Approximately 150 organizations hosted vegan bake sales on six continents. Over half the sales were in the U.S.

A bake sale is a fun way to introduce people to tasty vegan foods, raise money for a cause, and publicize the benefits of an animal-free diet. Participants don't have to be a vegan group or animal group, just willing to bake vegan and raise awareness. The yearly event is sponsored by **Compassion for Animals**, a Washington DC area group that works to reduce human-caused harm to animals through educating people on animal-friendly lifestyles. Plan to participate in the Third Annual Vegan Bake Sale next spring! If applicable, get a police permit, and check in with your local health department.





# Review and Update on NY Initiatives and Progress in IMPROVING SCHOOL NUTRITION

## The New York Coalition for Healthy School Food (NYCHSF)

is a statewide nonprofit that works to improve the health and well-being of New York students. It advocates the provision of plant-based foods—local and organic where possible, from farm to school programs and school gardens. It seeks to eliminate competitive unhealthy foods in all areas of the school—not just the cafeteria. It supports development of a comprehensive nutrition policy, and education to create food- and health-literate students. This is done by conducting pilot programs, creating educational resources, and holding conferences and workshops. NYCHSF maintains a healthy-school-food hotline, and staff members are available for speaking engagements. The coalition campaigns for legislative change.

It all started when a group of people wanted to see a legislative resolution passed in New York asking school cafeterias to provide the option of plant-based entrées. California had already passed such an initiative in 2003. Hawaii had provided (1991) the model resolution (but had to wait until 2008 for such a resolution to pass there).



Students from the Fresh Fruit and Vegetable Program report that they miss their fruits and vegetables when they are home or on vacation. This student enjoys munching on raw bok choy and broccoli while she does her work in class.

Amie Hamlin, who had experience working with elected officials in NY State, and had gotten five vegan entrées added to her stepson's school three years prior, was hired as NYCHSF Executive Director. In the spring of 2004, Amie began by writing, and getting passed unanimously, a New York State Legislative Resolution which asked schools to offer vegan entrées as a healthy option, provide nutrition education that includes information on multicultural and vegan eating patterns, promote farm to school programs, and more. (See also *American Vegan* Vol. 4 #1 Spring 2004.)

A resolution is a recommendation, not a law. Concerning this resolution, NYCHSF received letters of endorsement from a number of organizations, celebrities, and medical professionals

such as the American Heart Association, the Center for Science in the Public Interest, Montel Williams, T. Colin Campbell PhD, and Mehmet Oz MD.

Beneficiaries of such initiatives are vegetarian, especially vegan, students who are provided an adequate and balanced meal when vegan foods, including an entrée option, are on the school lunch menu. The general student population benefits too when they have the opportunity to eat vegetables, fruits, whole

grains, and legumes. The fact is that American kids don't need more cheese, chicken, or beef to be healthy; they need less. They need less animal products, less processed foods, and more whole plant foods. Because vegetarian options (allowing dairy) are often cheese based, they are potentially just as bad, if not worse, than a meat-based option.

The resolution, and all the work that has followed, has made school food directors aware of the plant-sourced entrée issue. What will have the biggest impact is partnership with the New York City Office of School Food. NYCHSF developed plant-based entrées using NYC's list of available ingredients. They have been piloting these vegan entrées in schools in Harlem, expanding to at least 15 more schools during winter 2010. —————>

**The Fantastic Food Program** in Harlem’s Future Leaders Institute, a K through 8<sup>th</sup> grade charter school, has three components: lunch, education in the classroom in the form of Wellness Wakeup (see box, page 11), and Family Dinner Night.

**Lunches**, promoting vegan entrées, are prepared in the school cafeteria twice a week by the school cook. Last year they were prepared under the direction of a chef from Candle 79—NYC’s vegan, and top-rated vegetarian restaurant. Kids’ favorites include *North African Gumbo*, *Black Bean Rice Veggie Burger*, and *Chickpea Curry Wrap*.

Amie explained that every time the lunch is offered there is the option of choosing the healthy plant entrée or a typical school lunch entrée such as chicken nuggets or mozzarella cheese sticks. “This is a challenge! How can children be expected to make the healthier choice when not even adults can? 67% of adults are either overweight or obese. So we are still working on getting the kids to choose our entrée more often.”

**Family Dinner Night** invites the students’ entire household to the school for a free plant-based dinner, a cooking demo, and a nutrition lesson. Anywhere from 100 to 200 people attend. “The teachers and parents love it. They are very happy their children are

getting something special and healthy, and feel fortunate that their school has this special project,” said Amie.

“We are proud that while we are a really small organization, we have had an amazing impact in all of our programs, including our partnership with the largest school food service operation in the country, New York City—which is also the second largest food service in the country, only after the military.” This pilot program will be expanded to at least 15 and possibly up to 30 schools this year in a new partnership with the James Beard Foundation.

**“NYC schools are great to work with. They are a large bureaucracy, but they are very open to working together. They are really forward thinking,”** said Amie. “Right now they have no artificial colors, no artificial flavors, no preservatives, and no trans fats. They are working on getting rid of high fructose corn syrup. They are promoting plant-based entrées. They have a few, but are now working on more, including the recipes we have developed for them, and they are more actively promoting them. These recipes are made from scratch, not manufactured. Schools really want to be a part of it.”

**In Ithaca New York**, students at the Beverly J. Martin Elementary School receive two fresh fruits and two fresh vegetables daily, one of each every morning and afternoon, as snacks in the classrooms. Many of these kids do not eat fruits and vegetables at home. Their school snacks used to be *Goldfish*® crackers and *Cheez Its*®. Now they are happily eating healthful fruits and vegetables. Mostly local and organic, everything is raw: beets, turnips, parsnips, bok choy, kale, “watermelon radishes,” apples, grapes, strawberries, melons, plums, pears, oranges, and kiwis. Kids get excited about fresh raw fruits and vegetables, without needing dips and dressings!

As a result of a small grant, Severn Elementary School in Corning New York offers hot plant-based entrées on the menu daily, as well as plant-based cold main-dish salads on the salad bar. They have significantly reduced junk food in the snack line, and replaced it with healthy à la carte items such as fruit cups named after children’s favorite stories like Amelia Bedelia’s *Bodacious Berry Bowl*. At breakfast there is a hot cereal bar with toppings. The food service director is very happy with the program and, as of January 2010, all schools in the district offer plant-based entrées every day.

## TWO DIFFERING DEFINITIONS

**Plant-based**, in relation to diet, connotes liberal use of vegetables, fruits, grains, legumes, nuts and seeds (vegan food groups). The emphasis is on whole, unrefined, foods—health-supporting, disease-fighting choices. **1.** In the context of this article, the “plant-based” foods and “plant-based” entrées are totally vegan, containing no animal ingredients. This meaning is used by the Institute for Plant Based Nutrition and by many vegans. **2.** In other circles (including the American Dietetic Association, and the U.S. Department of Agriculture) a “plant-based” diet consists of predominantly (at least two-thirds) plants, and may be supplemented with meat, fish, poultry, eggs, or dairy.

NYCHSF partnered with the American Cancer Society of Nassau County on Long Island to hold a School Superintendents Conference, *Wellness Policies: The Next Step*, to encourage more meaningful action on the federally-mandated wellness policies. NYCHSF sponsored or co-sponsored other conferences such as the first ever *Politics of School Food Conference* for a sold-out audience at New York University. NYCHSF has also partnered twice to conduct conferences with the United Federation of Teachers (NYC's teachers union), and tables at two of their conferences each year as well. NYCHSF has exhibited and/or presented at many statewide conferences including NYS PTA, NYS School Nutrition Association, and NYS Student Council Leaders.

U.S. government officials are looking at national and state leg-

islation regarding school food. NYCHSF is working with the NY governor's office and other elected officials on strengthening legislation. It takes political will, and money for programs is needed so it is not an unfunded mandate—difficult in these financially trying times.

“The progress we are making is amazing but there is a long way to go. We are improving children's lives and receiving positive responses. But we can't keep up with the requests for help. The partnerships are already in place; we're only held back by the lack of funding,” said Amie.

Read about these programs and more at NYCHSF's **www.healthyschoolfood.org**. While the organization focuses on New York State, information on the website applies to all states, and people from all over the country are helped on the hotline.

The work of the coalition has repercussions for the entire United States, especially because all eyes are on what New York City does in relation to school food. Contributions are gratefully accepted, and can be made online or by check. To learn more about how **you** can support New York Coalition for Healthy School Food, please contact Amie Hamlin. (Note: The IRS has this charity listed under its original name, New York Coalition for Healthy School Lunches Inc.)

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**NYCHSF's signature nutrition education program, Wellness Wakeup**, is used in the classroom. When the school has a PA system, the program is read over the loudspeaker. The program helps schools meet the nutrition-education goals mandated by the federal wellness policy requirement. Schools receive “easy-to-digest sound-bites” written by three registered dietitians in versions for grades K—5 or 6—12. Wellness Wakeup reaches over 80,000 students every day, both in and out of New York State. They are written by Dina Aronson, Reed Mangels, and Vesanto Melina.

Sample message for K—5: Good morning! This is your Wellness Wakeup Call. Try to find foods that don't have ingredients like high fructose corn syrup, partially hydrogenated fats, artificial colors, and artificial flavors. Enjoy your day, the healthy way! (Month #6, *Label Reading*)

Sample message for 6—12: Good morning! This is your Wellness Wakeup Call. It's important to remember that dairy products are not the only sources of calcium. Many plant foods contain calcium, and the calcium from some plant foods is easier to absorb than the calcium in milk. Enjoy your day, the healthy way! (Month #10, *Calcium and Bone Health*) Earlier in the month, students receive information about where to find the plant-calcium sources, such as in dark green leafy vegetables.

Each month has a different theme and a recipe, which K—5 students take home. Parents are encouraged to review the messages and try making the recipe with their child.

Schools are encouraged to let the parents of the 6—12 students know that their children are hearing the messages, and to post the messages on the district website.

**Three Posters** featuring the importance of plant foods are available free to any school in NY.

**A Musical CD**, by Jay Mankita, gets kids singing catchy tunes about being healthy—by eating plant foods. You can see (and hear) them at the coalition's website: [www.healthyschoolfood.org](http://www.healthyschoolfood.org).

**Hands-on learning activities** include food cards about ingredients in favorite processed foods, highlighting the amounts of sugar, fat, and sodium contained. Kids are surprised to see large bags of sugar or fat (vegetable shortening) that illustrate the quantity in typical foods and beverages.

# City Kids Discovering Vegan Cooking

## Keith Christiansen:

I am a middle school English teacher at an all-boys school, the Eagle Academy for Young Men in Ocean Hill, Brooklyn New York. I also teach the school's Culinary Arts program, which has been more popular than I ever imagined.

In January, my students entered the **Project Cool School Food** recipe contest run by the New York Coalition for Healthy School Food. I have long been frustrated by the quality of meals served to children in schools, and I love this organization's work.

The students came into school with sheet pans and casseroles of their experimental dishes every day, and it went on for weeks. In the kitchen, we made adjustments to the dishes. Students acted as judging panels, just as they imagined entries would be judged in the contest. Their enthusiasm was amazing—much better than for any other work I have ever assigned! Everyone worked together and when one recipe of ours was selected, the boys were excited. When four of my students were invited to come to the judging, they were beside themselves. It was fantastic! When our two young men got to see their recipe created and presented at the competition, they beamed with pride. It was one of my proudest moments as a teacher.

For most of my 13-year-old students, this was a first introduction to vegetarian or vegan cuisine and their first time writing recipes. It was a great way to learn about nourishing food and that there is more to eat than just fast food. Food choices in the school's neighborhood are really lacking: local delis and markets don't have much to offer beyond corporate foodstuffs. This contest really changed the way my students think about food. I asked them to write about their experiences in their own words:

## Michael Lashley:

*What did I make for the contest?*

Victor and I created a recipe called **Vegetable Rainfall**. It's an amazing dish with pasta and fresh green vegetables. I think that this dish is great and I am so glad the judges of the competition did too!

*What was it like to go to the judging?*

It was fun! I remember all the food! Especially the chickpea taco, and the one that came in like 90th



Students at Eagle Academy for Young Men in Brooklyn. (L to R) Avery Fields, Michael Lashley, Instructor Mr. Keith Christiansen, Victor Godette.  
Photo: Linda Long

place—this bean lasagna thing. It was really good. But I liked *Vegetable Rainfall* with the broccoli and nutmeg most!

My school has its own Culinary Arts program. It's a great program that allows us to learn how to make different kinds of food. Because I was involved with the Culinary Arts program, I was able to participate in judging a competition. I was also able to enter my own recipe into that competition. It made it into the finals! It didn't win first place, but I still felt pretty proud of myself.

The final judging for the competition was at the James Beard House. The James Beard Foundation is in the home of James Beard. After his death, it was turned into a small museum. It was amazing: all of the art and the books, and the design of the house itself, were fantastic. I had a great time there and took pictures using Mr. Christiansen's camera.

## Victor Godette:

Hello to the people of Culinary Arts and to those who are vegan. First, I just want to introduce you to the Culinary Arts Program at my school. My Culinary Arts program allows scholars, like myself, to learn how to cook. If it wasn't for this program, I wouldn't be interested in culinary arts and wouldn't be writing to you right now.

*What did you think about vegetarian food?*

I liked a lot of junk food before this. Culinary Arts made me realize that vegetarian foods were really good for you. I'm dead serious! Before I didn't even care about vegetarian food. Now I really like it!

*How did it feel to be at the judging?*

At first it was weird—I mean, why would anybody call up a 12-year-old boy to judge some competition? But then it made sense, because the food would get served to kids like me in cafeterias.

Being a part of this was a real privilege because not all middle school kids get such a chance. So many kids don't even have culinary arts programs at their schools. It was kind of awesome competing against these guys who have way more experience than me. I really think I did pretty good.

It was awesome to see my dish in a contest and to even taste how someone else had made it. I am honored that my dish made it to the semifinals and other judges thought that my dish was a good one. I was surprised to see my dish there. The first thought I had when I saw the other dishes at the contest was, "Oh, it didn't even make sense to make this. I know it's going to fail." But then I saw my dish and what other people thought about it, and I thought that maybe my dish isn't so bad after all...?

Like I said before, I am so honored to compete against professional chefs. When my Culinary Arts teacher (Mr. Christiansen) told me about this competition, I was scared and nervous until he told me that Ms. Hamlin has said we would be able to go as judges. I agreed to go, but I was still very nervous. When I arrived at the Food & Finance High School and I saw my dish, I was really shocked because I

thought that they would have rejected my recipe because I was just a kid. After judging, I went home very conceited and self-centered. I told my family that I could now be a professional chef. I won a culinary arts contest against some great competitors. No matter what, I am going to keep on striving to become a better chef.

**Prizes were awarded.** Students were given a copy of the *Candle Café Cookbook*, and a photography class with Linda Long.

The three boys in the photo on page 12 and three others participated in the photography class. They photographed two food set-ups: soup and crackers, and a plate of spaghetti.



The student in the foreground is holding a reflector, made of foil, to cast more light on the soup's surface—to make it come to life in the photo. The one looking towards him is about to shoot the picture.

Photo: Linda Long

*Eagle Academy's* entry recipe

Semifinalist *Project Cool School Food Contest*

## VEGETABLE RAINFALL

School service quantity: 60 servings

32 oz. gemelli pasta spirals  
or other shapes  
3 heads broccoli, cut into florets  
8 zucchini, sliced  
16 oz. snow peas, trimmed  
4 cups frozen peas, thawed  
¼ cup olive oil  
½ cup vegetable stock  
8 Tbsp. parsley, chopped  
1 Tbsp. nutmeg  
Salt and pepper to taste

Cook pasta in a large pot of boiling water for 8-10 minutes until tender. Drain and return to pot to keep warm.

Steam broccoli, zucchini, and snow peas over a pan of boiling water until bright green and until just starting to get tender. Cook peas in boiling water for three minutes and drain.

Pour olive oil and vegetable stock in a large pan over medium heat. Add all cooked vegetables and toss with a wooden spoon and add to pasta. Add parsley and nutmeg, taste for salt and pepper. Toss very gently to blend. Eat!

3<sup>rd</sup> place winners overall  
2<sup>nd</sup> place in the student category



# Anchors Away!

## Cruising the Antarctic on Sea Shepherd's Vegan Vessel

Janet "Shicana" Allen

Paul Watson, founder of the Sea Shepherd Conservation Society, became aware of the sad plight of livestock as a boy in Toronto—when slaughterhouses were right in the middle of town. “We used to go down there to play cowboys. We’d ride the cows—there was no security or anything. We never actually saw them killed, but we saw the way they were treated. The most haunting image to me was the ‘Judas cow,’ *that* really bothered me.” This unfortunate accomplice was trained solely to lead other cows to slaughter, over and over again.

Watson is now the fearless captain of Sea Shepherd’s ship, the *Steve Irwin*, not to mention star of *Animal Planet’s* popular television series, *Whale Wars*. Now a grown man, a hero in the eyes of many, this youthful memory influenced not only his career path, but how he feeds his crew.

From the first, in 1979, Sea Shepherd has endeavored to run its ship as a vegetarian vessel. In 2000, Watson decided to make it exclusively vegan. That’s a huge challenge because some of the volunteers, from all over the world, may not be vegetarian, let alone vegan, and these people must be fed properly over a long voyage. It’s working out well, however, and Watson praises current chef Laura Dakin for her efficiency. She provides three square meals on schedule—breakfast, lunch, and dinner, plus meals for the night-watch crews.

I spoke with Laura in early December, as she prepared the ship’s galley for another extended sojourn into the frigid waters of Antarctica. They were about to set sail from Fremantle Australia, launching the sixth whale defense

the 2005 *Canadian Seal Slaughter* campaign, but switched jobs to assist in the galley—cleaning dishes, chopping vegetables, and sneaking in at night to practice baking cookies. After only three months training, she was unex-



Laura Dakin & Captain Paul Watson in the Galley

campaign, *Operation Waltzing Matilda*, to protect the giant endangered mammals from Japanese harpoon vessels. A native of England, soft-spoken Laura grew up in Bermuda and Australia. Now in her mid-twenties, she previously worked in the high-end fashion industry, but became “disgusted with all the leather and fur used, and how much money people spent on them.” This led her to adopt a vegan lifestyle six months “prior to jumping onboard the Sea Shepherd vessel.”

Laura started in the engine room (“I was dreadful”) during

pectedly promoted into the top position when the head chef suddenly departed. Today Dakin commands the galley and, with a small staff, satisfies the appetites of nearly 50 hungry, hard-working crew members. Since the Antarctic campaigns typically last several months—from November through March—this is no small task.

Although Laura studied nutrition for a while at a university in Canberra, it took her time, study, and trial and error, to master her task of playing dietitian. “First, we try to make sure that meals

are balanced, providing enough protein content, carbohydrates, iron. We use soymilk and other items that are fortified with calcium. Second, we do get a lot of meat-eaters onboard, so it's nice to show them that vegan food ... can be interesting and wholesome, and leave them feeling well."

There are three distinct jobs related to running a ship's galley: obtaining and prepping food before setting sail; meal-planning and cooking out on the high seas; and handling cleanup, food waste, and disposal. "It's challenging toward the end of the campaign without fresh produce, so we spend time beforehand preparing and storing vegetables—for example, blanching and freezing a big load of organic broccoli, spinach, kale, or silver beets. Crew members Shannon Mann (galley assistant, also navigator on bridge) and Laurens DeGroot (deckhand) have both worked in the galley alongside Laura. "We try not to duplicate meals very often, so you've got hundreds of meals to figure out every campaign," says Shannon. "It takes a lot of management. You want to save a lot of really nice things for later, so that people aren't eating only beans and rice toward the end."

Galley crews have an arduous schedule of cooking and cleaning up, from 6am into the night. "It's a big long day," Shannon exclaims, "but I think it's the most fun department on the ship." "It's really exhausting!" adds Laurens, "I volunteered one day in the gal-

ley and I barely even made it till the end of the day." Shannon jokes: "They don't come back!"

On the *Steve Irwin*, the menu allows crew members to "experience a vegan diet for themselves, without any judgments." In contrast to his powerful sea captain image, Watson believes that taking a gentle, compassionate approach is most effective because "Pretty much 99% of everybody who's a vegan wasn't a vegan at one time... It's not really their fault; they're raised in a culture where it's just hammered into them: you have to have meat protein in your diet."



Whale Wars star & crew member Shannon Mann in front of a large refrigerator.

Watson further explains his philosophy, "I have a term, 'veggie Jesuits,' to describe a form of competitive purism: 'I'm purer than you are.' It really turns off a lot of people. I find the best thing to do is just lead by example. They either go away converted, or they don't. It's amazing how many people who have never experienced a vegan diet before, leave and become vegans,

including people from the *Animal Planet* crew. One guy from Tennessee, a cameraman, who came onboard completely adopted a vegan diet."

Watson prefers to highlight the abundance of scientific evidence over more emotionally-based arguments. "People ask us, 'Why is it a vegan vessel?' I tell them that to be an environmentalist, you have to be vegan. The meat industry is contributing more to global greenhouse gas emissions than the automobile industry... there's a direct link there." A Greenpeace informational campaign advertises the benefit of saving water in the shower by turning off the faucet while soaping up. "Big deal about that," he says, "if you then go eat a steak dinner that represents 6,000 gallons of water for every pound of meat!"

Although informed of the ship's meat-free, smoke-free, and alcohol-free status in advance, Watson admits that difficulties arise in adjusting to lifestyle changes during the campaign's long ocean journey. Of course, there are occasional grievances about the menu,

to which he mocks his response: "A billion people on this planet go through life not having anything to eat, so don't complain to me about having a completely nutritious meal, three times a day, just because it doesn't have anything *dead* in it." Adds chef Laura, "People know they are entering a vegan space before they come onboard. Crew members have to choose to overcome

whatever addictions they have before joining our campaign. There is zero-tolerance for complaining.”

Complaining is the last thing vegans like Shannon Mann would do: “I’m from Canada, and in Calgary we have one vegan restaurant, so this experience was quite special. I gained so much weight during my first campaign!” “On the other hand,” explains Laura Dakin, “many meat-eaters are pleasantly surprised; they come on board overweight and leave looking great. At first, the vegans get fatter; the carnivores get smaller!”

In the end, the *Steve Irwin’s* animal-free cuisine works out well for everyone...especially the animals.

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*Comments at right by:*  
Laura (LD), Shannon (SM), &  
Laurens (LDG)

## GALLEY STAPLES

- Fresh bread comes out of the oven on a daily basis
- Fresh fruit, vegetables, and avocados for the first few weeks
- Heavy reliance on long-lasting veggies: onions, potatoes, carrots, cabbage, pumpkins.  
*Everybody comes back hating pumpkins, but sometimes it's the only fresh thing we have left, so you have to eat it!-LD*
- Frozen and canned items (fruits, vegetables, coconut cream)
- Rice, pasta, legumes\*, whole grains
- Fake meats: *These are treat items, not a major portion of the meal, since they're really processed and high in fat.-LD*
- Bragg's™ Amino Acids, and nutritional yeast—*Laura's secret ingredients go in almost everything!-LD*

\*Legumes: peas, dried beans, and lentils; along with nuts and seeds, provide plant-sourced proteins.

## MENU EXAMPLES

### Breakfast

*It's important to always cook something warm and hearty in the morning. Some people are coming off night shifts, so breakfast is their dinner.*

**Baked Beans on Toast** with tomatoes & spinach. *This is a favorite—it's a British thing!-LD*

**Avocado on Toast** *I love avocados, so toast and avocado in the morning makes my day!-LDG*

**French Toast or Pancakes**

**Biscuits and Gravy** *Gravy is easy to make: Just fry up some onions, then add flour, nutritional yeast, and soy sauce.-SM*

**Tofu Scramble**

**Hash Browns**

**Fakin' Bacon/Soysages**

**Always available:** toast, cereal, oatmeal, packaged muesli, nuts & seeds

### Lunch:

Typically three main things are offered: a rotation among soups, salads, sandwiches, stews, pasta, and hot (“not”) dogs; with sides like garlic bread or French fries.”

*When we're still in port and have access to fresh veggies, I serve lots of big salads, full of ingredients to stuff their bodies with nutrition in advance.-LD*

### Afternoon Snack

**Hot Tea**

**Baked or Sweet Treats**, such as cookies, cake, or “bread with chocolate on the inside.”

*If you've been outside on the deck or out on the ocean, you're starving and cold. They always make an extra treat after you return from a mission, like hot chocolate.-LDG*

**Dinner**

**Theme Nights** keep it interesting: **Italian, Mexican, Thai, or Indian** (curries, dal, samosas).

*A lot of meals with quinoa because that's packed full of nutrition.-LDG*

*A crew favorite is veggie pizza, but the Captain absolutely hates it! So we always substitute something special for him, like his favorite: Cream of Mushroom soup.-LD&SM*

## COSTS: FOOD SUPPLIES & AG INSPECTIONS

When it comes to procuring meal supplies, Sea Shepherd and the *Steve Irwin* have little to complain about. Reports Captain Watson, “One of the things we enjoy is that, in Australia, where we’ve been operating out of, we have such an overwhelming base of public support that we don’t buy any of our food. It all gets donated to us by the companies or the general public. In fact, we have so much food coming into the ship that sometimes it goes back off to homeless shelters. I made the mistake one time of saying on TV ‘Personally, I’d like to get some Earl Grey tea.’ The next thing I know, 100 boxes of it show up!”

Having a vegan kitchen saves Sea Shepherd money another way. With no meat or dairy products onboard, there’s virtually no need for the strict agricultural inspections conducted by import authorities. “When we come back in to port and make our declaration to the Australian and New Zealand Agriculture departments, it certainly makes life easier. They ask, ‘Any meat products?’—‘No.’ ‘Any dairy products?’—‘No.’ Of course, they’re concerned about fresh vegetables and fruits, but we don’t bring any of those back either...and they’re not too concerned about dried lentils and beans. So we save on all those extra costs involved.”





## Fluffy Pancakes

(Yield: Feeds a crew of 50)

*The favorite Sea Shepherd breakfast for sure!*

10 cups of flour (or buckwheat flour for gluten-free pancakes is also yummy)  
 5 tsp. sea salt  
 5½ Tbsp. baking powder  
 2 tsp. baking soda  
 1 cup sugar  
 4 tsp. vanilla  
 10 cups soy milk (or half soy milk and half water works well)  
 vegetable oil for cooking

Mix together dry ingredients: sift the flour, baking powder, and baking soda to avoid lumps.

Beat together wet ingredients; then add to the dry ingredients, mixing well until smooth.

For each pancake, put a little vegetable oil in a pan and then pour in desired amount of batter. When pancake is bubbling and almost cooked through, flip it and fry for 30 seconds more.

Variations: You may add 6 mashed bananas and/or 2 cups of dark vegan chocolate chips.

Any leftovers keep well in the fridge for a few days.



# RECIPES FROM THE HIGH SEAS

All recipes make large crew-sized quantities.

## Chili

*This nice thick chili fills your belly and warms your core after a day on deck in freezing Antarctica! It also freezes well.*

6 onions, diced  
 10 medium carrots, diced  
 3 red bell peppers, diced  
 2 yellow bell peppers, diced  
 6 Tbsp. olive oil  
 salt and pepper

Place vegetables in a baking pan; drizzle with olive oil; sprinkle with salt and pepper; and roast for approximately 1 hour at about 300°F— stirring occasionally to get an even roast.

Put into a stock pot:  
 20-30 mushrooms  
 18 cups of diced tomato, cooked\*  
 3 cups of tomato paste  
 12 cups of chick peas, cooked\*  
 3 large cans of corn  
 6-10 Tbsp. of chili powder (depending on how spicy you like it!)  
 3 Tbsp. pepper  
 8 Tbsp. curry powder  
 10 cups of vegetable stock  
 \*or canned

Add roasted vegetables. Simmer on medium-low heat for up to 1 hour, stirring occasionally.

If it dries out, add a little vegetable stock. If it is too moist, cook for a little longer!

At the very end, drop in a few large handfuls of chopped fresh parsley, a handful of chopped spring onion, and two tablespoons of fresh oregano.

Above: Laura Dakin, chief cook, with a big pot of potatoes.

Right: Laura removes a vegan entrée from a large oven in the galley of the **Steve Irwin**.

## Chocolate Banana Cake

*We always have a ton of bananas, (especially when we do a campaign in the Galapagos Islands). This is a very moist delicious cake—almost like one big brownie!*

*These cakes freeze well, and I pull them out in a hurry on action days as a little pick-me-up for the crew!*

6¼ cups flour  
 5 Tbsp. baking powder  
 1¼ cups cocoa  
 5 cups sugar  
 3 tsp. vanilla  
 5 cups oil  
 6¼ cups water  
 6 bananas  
 pinch of salt

Sift the dry ingredients together into a large mixing bowl. In a separate bowl, mash the bananas, and then add the rest of the wet ingredients. Beat well; then add to the dry mix.

Bake at 350°F for approximately 45 minutes or until knife comes out clean (because it's a gooey cake!)



Photos for this story supplied by Sea Shepherd Conservation Society.

# CHENOA MANOR: Haven for Animals & Kids

Claire Smith

[www.chenoamanor.org](http://www.chenoamanor.org)

Dr. Rob Teti always wanted to be a veterinarian. As a child he had a respect for animals. When he got older he realized he wanted to do something more than just care for privileged animals (dog/cat pets). He also knew, as a teen, he wanted to help young people.

Rob had enjoyed the taste of meat—ate it more than anything. But at 14 he saw information about veal, and made the connection. He became vegetarian overnight, and then transitioned to vegan after college when able to cook for himself.

Rob was at vet school in Oklahoma when he rescued his first three animals—Fern duck, Edgar goose, and Mabel turkey. In 2001, he bought the Chenoa Manor property, an old dairy farm on 25 acres in Chester County, southeastern Pennsylvania. Chenoa means white dove.

Executive Director Rob structures his day so mornings are at Chenoa—his priority, and afternoons at a job with a vet practice in Glasgow Delaware, 30 minutes away. Qualified volunteers are at the Manor while he's gone. He returns in the evening to a house built in 1812, and 250 resident animal friends including cows, llamas, goats, sheep, pigs, potbelly pigs, ducks, turkeys, geese, emus, horses, donkeys, rabbits, tortoises, turtles, pigeons, doves, parrots, geckos, chinchillas, and guinea pigs.

Chenoa Manor focuses on farm animals and exotics—from factory farms, lab experiments, or abandonment. Rob welcomes kids, usually teens aged 13 to 17, whose positive interactions with the animals foster compassion.



Aaron Dirks shares a quiet moment with horse Dante

Many visiting children come from bad family situations, while the animals have escaped situations which could have resulted in their death. They learn about the life and death situations from which animals are rescued, and how animals are deformed or damaged by people. Through the care they give, the young people gain the trust of the animals. They befriend the animals, but the decision to trust rests with the animals.

Rob tells his helpers the tasks of the day. He lets the experienced teens take leadership roles and decide when to do what. Church Farm School (CFS) has a competitive sign-up sheet for work at the sanctuary on Sundays 8am to 4pm, three times each month. Rob serves them a healthy vegan lunch—such things as tomato pie (a regional favorite, cheeseless pizza). Teens from the Delaware Boys and Girls Clubs come afternoons during the week. Others put in community service hours or court-appointed hours.

Rob lets them bond with whichever animals they want. Sometimes sheep surround a kid like a flock, making the kid feel accepted, comfortable, and secure. “I like the exotics. Being around emus and llamas I learn to be calm. Otherwise they freak,” said Tyler Myers (age 14) second year volunteer.

The animals all coexist. They are grouped in six pastures, five in use and one empty. Only turkeys and chickens don't go together—to prevent possible transfer of “blackhead” from the turkeys to the chickens. All the other combinations are okay depending on their personalities. All the animals get de-wormed, especially important because deer and raccoons leave droppings in the pastures.

The toughest part about running an animal sanctuary is the funding. 75% comes from Dr. Rob's personal salary from working as a vet. 25% comes from donations. Everything is done by volunteers, so all the contributions go directly to the animals and teens' programs. "My strength is in the day-to-day care and personal relationship with all the animals. I'd rather do that than raise funds. I do what I enjoy the most: be here, walk the pastures—especially when teens are here."

Rob's vision for the future at Chenoa Manor includes long-term foster care for teens, restoring the 1813 barn for animals, with the second floor as an art gallery and work area for interested volunteers and teens. Visitors often sit and sketch animals. Rob currently volunteers as a court-appointed special advocate for area youths, which helps teens in foster care by giving them a voice in the legal system.

Meanwhile, the animals come from a variety of circumstances. For example, Gladys is a large black and white pig who survived hurricane Katrina. Many rabbits were raised on a meat farm in Michigan. Melchior, Balthasar, and Caspar are former veal calves

"I'd like people to know this is a place where animals are safe. They can't be harmed at all," said Connor Longacre (age 14) second year volunteer. "A place where it's all about the animals, not like a zoo where it's about people. This is all for the animals."

His friend Charles Pompei (age 15) volunteering for the first time echoed, "I get to see how free the animals are instead of in a zoo. Animals interact with other kinds of animals."

The donkeys have hoof issues because they came from a roadside zoo where they were neglected. Hoofs need to be cleaned daily and trimmed every six to eight weeks. If not done, it changes how they walk due to the angle of the hoof. The teens build trust with the donkeys and horses at Chenoa Manor with daily hoof cleaning that ends when the animal decides.

and water them, provide hoof care, and groom them. Dr. Rob shows us what's wrong like abscesses. I like interacting with the animals. **The best thing I've learned is non-verbal communication between animals or between animals and humans. Lots of people don't see that because humans are too used to talking. Animals show emotions in body language.**" Alden is in



In the light drizzle of a chilly fall day, the teens concluded together, "It's a great place. You're gonna get dirty. Pack extra socks. It's fun no matter how the weather is." Photos for this story: Claire Smith

11th grade and beginning to think about college options. He would like to do something with animal interaction.

***"A place where it's all about the animals, not like a zoo where it's about people."***

who were at another sanctuary until the founder died.

On a typical dairy farm, production of milk begins around the cows' first birthday. They are killed when milk production drops, which can be as early as age two or three or could go up to four or five. At the Manor cows can live out their natural lives and become teens themselves.

Matthew Pereira (age 15) second year volunteer said, "I like the interaction with the animals because I don't get a lot of that. I don't have pets. I want to be a vet."

"I've fallen in love with the place and been here every Sunday," said Alden Dirks (age 16) who has been coming since June 2009. "We give shots and deworm, vaccinate animals, feed

Alden's brother, Aaron Dirks (age 15), started coming in December 2008 to put in the five hours of community service his school required. He continued helping twice a week during the summer. "My favorite thing is learning about animals and how they live like humans and should have rights." He likes all the animals, especially horse Dante.



# Bread and Water Vegan

## Struggling for Health and Humanity Inside Prison

Milk and hamburgers are staples of the state prison diet, not almond milk and soy burgers. Processed canned fruit soaked in high fructose corn syrup is a commissary privilege, but there is no fresh fruit. Suede boots are issued by the New York State Department of Correctional Services, yet animal-friendly boots are nonexistent. Absences like these have plagued my life for over 14 years.

As a black man with a familial history of hypertension, heart disease, and diabetes, I developed a desire for optimal health. This desire prompted my first major dietary change, which led to perpetual alterations in my eating habits. After I stopped eating pork at age 18, I limited my meat consumption to fish by age 19. At 21, I stopped consuming dairy, eggs, and “sweets” such as soda, cakes, sugar, and candy. I became a vegan, after eliminating honey and animal-derived ingredients like whey from my diet, at 32. At 33, I stopped eating potato chips and trans fats.

Becoming a vegan was inextricably linked to my maturing from the reckless 17-year-old teen that entered prison in 1994 into the responsible 34-year-old man I am in 2010. I discovered discipline through overcoming my appetite. I began applying this trait to suppress my temper, resolve con-

flicts, and excel in other aspects of my life—like education and exercise. **Learning of the environmental and moral implications of an animal-free diet helped foster my growing empathy for people I had hurt.**

I had rarely considered the feelings of people who were not my personal friends because I had been desensitized to violence within the 5.5-square miles of the crime-infested streets of East New York, Brooklyn, where I was raised. But veganism helped me develop a worldview that entails my understanding and concern for how my actions—dietary choices and otherwise—affect our environment and other beings in our global community. I became a man determined to reclaim his humanity by embracing all life.

My inability to cease using all non-food items in prison that contain animal by-products has made a complete vegan lifestyle virtually impossible for me. The prison system does not provide animal-friendly toiletries, with the exception of *Oraline* toothpaste, which I appreciate immensely since toothpaste is the only cosmetic I put in my mouth. The supplements sold in commissary—Vitamin C, protein powder, and amino acids—contain the milk by-product whey. The boots I am issued are suede. Because

evading all animal-derived by-products in non-food items is impractical for me while incarcerated, I became a vegan only in diet.

Adhering to a healthy vegan diet in prison is a complex task. Mashed potatoes are whipped with milk, cornbread contains dairy and eggs, and there are meat alternatives like eggs and cheese, or texturized vegetable protein—often covered in a sauce laced with whey. I supplement my diet with commissary items like canned beans, tomato paste, pasta, and rice. My family and friends sporadically mail me care packages that contain hummus, 8-grain bread, rice or soy milk, and fresh fruit and vegetables. I order soy products when my 8 cents-an-hour “job” permits. Inevitably, the road to a vegan diet inside of prison is covered with bumps, but I still enjoy the ride.

Having compassion for animals is not a popular characteristic inside of violent institutions saturated with some of the most dangerous men in New York State. I am frequently the brunt of wisecracks by my testosterone-fueled associates who brand herbivores “weak.” My rebuttals lie in references to vegan bodybuilder Kenneth Williams, the strength of vegetarian animals like elephants and apes, plus the

fact that I can outlast most men on the pull-up bar. A few men frequently praise my discipline and diet, noting that they would like to embrace a vegetarian diet, but they could never do so under the rigors of incarceration. I have come to realize that many of the wisecracks hurled at me are rooted in the envy of muscular men who are physically strong, but void of the mental strength and discipline required to maintain a vegan diet—especially in prison.

Although upholding a vegan diet in prison comes with a cost, literally and figuratively, I am willing to pay the price. I have learned through observation and experience that adversity can build discipline, character, and strength. Had I developed these qualities in society, I might have avoided coming to prison. When I think of people like the late H. Jay Dinshah, who founded the American Vegan Society (AVS) in 1960, I am inspired by imagining what obstacles he overcame during his 40-plus-year mission to enlighten people about veganism. People like Ingrid Newkirk, founder and president of the People for the Ethical Treatment of Animals (PETA), who fight for the rights of animals worldwide, remind me of the global impact of my dietary and moral choices. When I envision Dr. Neal Barnard, founder and president of the Physicians Committee for Responsible Medicine (PCRM), his unyielding advocacy for healthy living through an animal-friendly diet reminds me that I have the resilience to rise above the hurdles in my path.

Though while in prison I cannot abstain from all non-food

items containing animal by-products, I have found other ways to contribute to the promotion of a healthy lifestyle and the well-being of animals. I have pledged my support and become a paid member of PETA, and AVS. I have also instructed classes on diet, nutrition, and veganism to a select few prisoners who were interested in broadening their perspectives on those topics. **Knowing that there are groups like PETA and AVS in society, and that inside of prison there are so-called “hardened criminals” interested in my message of health and compassion, I am reminded that my struggle for health and humanity while inside of prison is worthwhile.** As a published writer, and a reader of publications like *Vegetarian Times*, *VegNews*, PETA’s *Animal Times*, and AVS’ *American Vegan*, I am inspired to share my personal story through writing. Hopefully, my words will inspire others to live healthy lives for the sake of humanity and the animals we share our planet with. If a bread and water vegan can, so could a free person.

-I.A.

The writer of this article is incarcerated in a New York State prison. He is a Bard College student and graduate of the Writers Digest School’s *Novel Writing* workshop and several other writing courses. His works have been published in books like *Classroom Calypso*, excerpted in the *New York Amsterdam News*, and he is the co-editor of a best-seller book.

**Participants invited for  
VEGAN HEALTH STUDY.  
Michael Klaper MD  
[www.veganhealthstudy.org](http://www.veganhealthstudy.org)**

## “VEGAN”

– a legally protected term

From The Vegan Society, U.K.  
Amanda Baker

On Wednesday June 16 2010, the European Parliament voted to give legal protection to the term “vegan,” as part of Amendment 175 of the new consumer food information regulations. Previously the terms “vegan” and “vegetarian” had no legally enforceable definition in Europe (and none in the U.S.)

According to Article 35 of the European Food Information Act, “The term ‘vegan’ should not be applied to foods that are, or are made from or with the aid of, animals or animal products (including products from living animals).” (Also defined, “The term ‘vegetarian’ should not be applied to foods that are, or are made from or with the aid of products derived from animals that have died, have been slaughtered, or animals that die as a result of being eaten.”)

The new rules are likely to come into legal force around 2014.

This means that food labeled, “suitable for vegans” should not be made using anything from animals, living or dead. Vegans avoid using anything from animals, for the benefit of humans, other animals and the planet.

“This is a great day for veganism in Europe and indeed the world, as vegans and veganism are now given official recognition. We look forward to the UK government putting it into practice,” said George Rodger, Chair of the Vegan Society Council of Trustees.

# Being Successful at PERSONAL CHANGE

**We will be more successful in our efforts to make wanted changes in our lives if we understand how personal change works.** This is particularly true when it comes to our efforts to move ourselves, or others, towards a plant-based or a vegan diet.

A key factor in making change real in one's day-to-day life concerns whether one approaches change in a gradual and incremental way, or tries to make comprehensive and sweeping change in one fell swoop. Our tendency is to think it will be easier to make one small change at a time and gradually change our food choices so they are more like what we envision. We will give up our present harmful choices, but we will "taper off." Although this sounds reasonable, in fact it is often *easier* to make sweeping changes in one's life.

## Problems with Tapering Off

Gradually cutting back on something tends to create a feeling of deprivation. If I am used to eating an eight-ounce steak, eating only a four-ounce steak will leave me feeling unsatisfied and wanting more. It is often easier simply not to eat any meat at all.

Cutting back on something means I am still doing it, and this serves to maintain my taste for it. There is a tendency to think that what tastes good to us is fixed and unchangeable; however, this is not actually true. If I stop consuming certain products altogether, over time my taste will change and it will be much easier for me to stay with how I want to

eat—the old foods simply no longer taste good to me, and the new foods taste wonderful.

Merely cutting back on something frequently does not change things *enough* for me to actually experience any *benefits* from having changed (though I do often notice what I have *given up* in changing).

Dr Dean Ornish reports that

"...patients in the comparison group of the Lifestyle Heart Trial made moderate changes in their diet [going to 30 percent of calories from fat, and 200 milligrams of cholesterol a day], yet they felt worse. The frequency of their chest pains increased by 165 percent. They did not lose weight. And their heart disease worsened." (*Eat More, Weigh Less*, 1993, pp. 56-58)

I may have cut my fat intake from 40% to 30% of calories, but I don't feel any better; in fact, I am actually continuing to get sicker. On the other hand, if I change to a completely-plant diet, cut my fat consumption to 15% of calories and my cholesterol to zero, the changes in my body would be very apparent and provide me with real motivation to continue with the process of change.

Dr Ornish observed that

"*During the first week* [after making deep and comprehensive changes in diet] patients... began to lose weight and reported more energy and a greater sense of well-being than they had experienced in years. They reported a 91 percent reduction in the average fre-

quency of chest pains due to heart disease...." (pp. 56-58)

It's very much like smoking two packs of cigarettes a day (40 cigarettes) and cutting back 10%—you would still be smoking 36 cigarettes. You gave up four cigarettes, but you would feel just as bad physically as you did before you cut back. Thus it would be very easy for you to conclude that what you were doing wasn't worth it. On the other hand, if you quit smoking entirely, you would almost immediately begin to experience dramatic improvements in how you feel, and thus find motivation to continue with what you are doing.

Sweeping changes disrupt our old routines and tend to break ingrained patterns of behavior.

Finally, cutting back on something means that I am still doing it and that means I am still making a public (nonverbal) statement to the world that I approve of the behavior in question. Stopping the old behavior completely is more noticeable to others. It increases the chances of useful conversations arising in which others ask about what I am doing and perhaps support me in my efforts, and may even become inspired to make similar changes in their own lives.

## Establishing a New Habit

Psychological research has consistently indicated that it only takes about 21 consecutive days to establish a new habit. Once established, the new and more life-enhancing habit is no more difficult to have than the earlier more destructive habit. In fact, typically it is much easier.

## Association with Others

Another insight that can help us successfully make and maintain change is something the Buddha called *right association*. If I want to give up smoking or drinking, for example, it will be harder to succeed if I continue to associate with smokers and drinkers (particularly if they have no interest in quitting).

It will be much easier to be successful with change if we associate with people who already have successfully made the change we wish to make, or who are in the process of making a good-faith effort to change now. If I want to eat a healthy all-plant diet, it will help to spend time with people who live this way now. **Nothing teaches or inspires us to learn and change like an example** (or role model) for several reasons.

## Benefits of Example

An example shows me that living this way is *possible*. I can no longer maintain the fiction that “No one can do this” if I am in the presence of people who have done it and are continuing to do so.

Additionally, an example provides me with a constant illustration of *how* to live in the new way: what shopping for food looks like, how to prepare vegan foods, etc.

Furthermore, a good example shows me the *benefits* to be derived from living this way: as a result of eating well, I can see that my new associates are strong, have good energy, appearance, calmness, and so on. Seeing the benefits from living differently is crucial. So many times our efforts to change are fear-based. We try to frighten ourselves or others

into behaving differently by pointing out the dire health or environmental consequences of maintaining our present behaviors. Fear is simply not inspiring; seeing the benefits of change truly *is* inspiring.

In conclusion, one of the biggest obstacles to successfully changing to a completely-plant diet is the belief that it simply is too big a change and is therefore not possible. Colin Campbell, in the *China Study*, replies that “no amount of talk will ever convince you to change your mind. *You have to try it*. Give it a month. You’ve been eating cheeseburgers your whole life; a month without them won’t kill you.” If we do this, Campbell says we will discover four things:

- 1) There are lots of great-tasting foods we can eat.
- 2) We’ll probably find that it’s easier than we thought.
- 3) We’ll feel better.
- 4) And most importantly, we will discover that it really is possible—not just for someone else, but for *us*.

**Bringing about personal change is a learned skill. If we are thoughtful, our efforts can be successful and the process can actually be fun!**



Rip explains his program to Chicago firemen.

**More men dying by fork than fire!**

## Rip Esselstyn on the *Dr Oz Show*

Back in February 2010, Dr Mehmet Oz called on Rip Esselstyn to rescue three overweight Chicago firemen—because more men are dying by fork than by fire. On the syndicated daily TV-talk show, the three men willingly committed to changing their eating habits, in a weight-loss challenge to lose four inches off their waists in 60 days.

Rip declared a stop to eating dairy, as well as processed and refined foods. They had to eliminate all meat, poultry, and fish. Cheesy meat lasagna was replaced with a sweet-potato vegetable lasagna; a cheeseburger with fries, with portobello-mushroom burger and baked “fries.” Furthermore, they had to give up extracted oils; Rip suggested use of applesauce and flax when baking desserts.

Rip encouraged cardio workouts, resistance training, and core exercises. The firefighters learned to shop and read labels, and the basics of healthy cooking. They found it tough to get used to “all-natural,” but decided it was worth the effort. They would become plant-strong.

*The Dr Oz Show* checked in with them after 30 days, and then posted stats and quotes after four months (videos at [www.vegsource.com](http://www.vegsource.com)):

Mauricio “Mo” Trado lost 33 pounds, and 4 inches from his waist. He’s sticking to the Engine 2 Diet religiously.

The other two lost ten inches each from their waists! Doug Crowley lost 23 pounds. Ignacio “Iggy” Brown lost 37 pounds.

**The ENGINE 2 DIET: The Texas Firefighter’s 28-day Save-Your-Life Plan that Lowers Cholesterol and Burns Away the Pounds**—Rip Esselstyn. 2009, 286pp 6¼x9¼” hard \$24.99. Order from AVS.

As vegans socialize with non-vegans, our food choices can be a source of frustration or an opportunity for positive interactions and fun festivities. This series of articles provides ideas to improve dating experiences.

## RECIPES FOR RELATIONSHIPS

# Dating Vegans

by Anne Dinshah

### Series

## Brad's Brussels Sprouts Bonanza!

Brad Holdren is the Head Rowing Coach at Eastern Michigan University (EMU). His secret lifelong ambition is to become Homer Simpson. However, Brad is well-educated and witty while Homer is wonderfully unburdened with knowledge.

I invited Brad/Homer to visit me in Columbus for a date. Brad said if I could come up with a way to make brussels sprouts palatable, I would be a miracle worker. My devious mind eagerly accepted the challenge.

Brad arrived a few hours late due to an emergency meeting at work—a donut shortage or something. We adjusted our clocks as if he arrived in time for lunch and began with *Mushroom Soup*.

“I love soup! All soups! You don’t get a body like mine being picky about food.” I told Brad the beautiful light green color came from a purée of brussels sprouts. He choked, and gasped, “I liked it anyway because it was soup.”

Asked if he would make the soup for himself, “That I would make...I would consider making, and I would really consider making it if I can do it without brussels sprouts.”

“You can just put more cabbage instead.”

“Why is it that I like cabbage and not brussels sprouts?”

I agreed that brussels sprouts have a unique extra strong version of the cabbage flavor as I served him *Veggie Pie*, confident he would eat it despite disclosing the high brussels sprout content.

“This is much, much better than I expected. It makes brussels sprouts not suck so much.”

Would he eat it again?

“Yes! But of course!”

Would he eat it as leftovers?

“Yes!”

Would he ever make *Veggie Pie* for himself?

“No! While I enjoyed it and would eat it again, I would not go through the effort of making it myself because it still has brussels sprouts in it.”

The pie would also be a great veggie pie without the brussels sprouts.

Brad and I either met at a rowing conference or a regatta, which one neither of us remembers. When rowing coaches have a date they explore rowing venues, so I took him to my jobsite at The Ohio State University. Brad brought his two dogs, Ellie and Sophie—Australian shepherds.

We took a long hike around the campus, trudging through the snow with the dogs whose exuberance was exhilarating. The Olentangy River had frozen so we could not use the motorboat,

but the dogs posed for a photo in the boathouse.

“Ohio State is huge. It was my first time walking around on the campus. It was a bit disturbing as I grew up as a Michigan fan. I realize I’m more of an Ohio State fan now. I can say that. I won’t get my house egged because only vegans will read this and they don’t own eggs.”

After the hike worked up our appetites, Brad and I made *Brussels Sprouts Curry with Red Quinoa* together. I assembled ingredients and measured them while he was in charge of chopping and stir-frying.

Brad seemed competent in the kitchen. He knew which side of the knife cuts, and how to stir. “It was less complicated than I anticipated it being. I don’t generally cook. I consider anything more than three steps to be cooking. I assume that anything that I don’t already know how to make is going to be complicated.” Brad normally makes soups and sandwiches. His favorites are vegetable beef soup and a sandwich of fried bologna, egg, and cheese. “Does that make me anti-vegan?”

I asked if he knows what a vegan is. He replied, “A problem on the team that you have to deal with when you are planning team trips and dinners.”



“So you have had vegans on your rowing team?”

“I tease the vegans and tell them we will be able to strip the bark off a tree outside the restaurant for them. It opens up a line of discussion between them and the other team members. I emphasize the stupid stereotypes in order to get the discussion started. I’ve asked if they’ve chosen to be vegan because they love animals or because they hate plants. And then I break out one of my favorite Homer Simpson quotes. Homer asks his daughter Lisa, ‘Are you saying you’re never going to eat any animal again? What about bacon?’ ‘No,’ says Lisa.



Brad Holdren and  
Anne Dinshah

‘Ham?’ ‘No!’ ‘Pork chops?’ Lisa replies, ‘Dad those all come from the same animal!’ ‘Heh, heh, heh. Ooh, yeah, right, Lisa. A wonderful, magical animal!’ It helps to have Homer’s imagination balloon floating above his head with the animal. He’s so dumb he doesn’t know they are all pig.”

The EMU crew averages one or two vegans or vegetarians every year. “It’s getting to the point where it’s rarer to not have a vegan on the team than it is to have one. It’s still rare to have more than one. We have one vegetarian right now. We all

dance around her with turkey legs at every opportunity.”

I noticed Brad was amazingly neat at eating without ever touching his napkin. I like that quality in a guy, and found it impressive because it contradicts his Homer-like traits. The conversation returned to our boneless dining.

“Dinner was delicious! I would most assuredly look forward to eating it again. It was surprisingly yummy in spite of the brussels sprouts. I will not give them credit for anything. The rest of the ingredients really stepped up their game.”

“So would you actually make it?” I inquired in disbelief.

“Yes, I believe I would. It was easy. I could make it for the kid on the team who is vegetarian. I don’t think she is vegan. Hmm! I’ll have to tease her more because I don’t think she is vegan.”

“Of your social circle, not team, do you have any vegan

friends?” I inquired.

“I know one other vegan besides you, but she lives in Boston. My sister’s fiancé is vegetarian.”

Before encountering dessert, we fed dinner to my rabbits, Guinevere and Hargrove. They like raw brussels sprouts! And most other green vegetables too. I typed a few notes for this story while Brad petted the bunnies.

Next it was time for my last hurrah, *Apple Mango Pie*. Brad grinned, “I already know it’s going to be good. It’s got apples. My grandparents had an apple orchard. I’m all about apples.”

I tried to keep a poker face as I thought about specks of four large brussels sprouts lurking in the sauce. Brad took the first bite, “This is scrumptious, fantastic!” “How do you like the brussels sprouts in this?”

“There are NOT brussels spouts in this!”

“Yes, there are!” I nodded emphatically.

“No, people wouldn’t do that to a pie,” Brad insisted.

“Maybe I’m not human.”

“If you did, there’s a special place in hell waiting for you. But the pie’s still good. It is transcendent, like when Homer tasted something incredible off his shirt and Lisa was typing his food review.”

I got Brad to eat four dishes with brussels sprouts.

“D’oh!!!”

## Story recipes

Photos: Brussels Sprouts by Eric Hunt.  
All others by Anne Dinshah

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[www.vegfamcharity.org.uk](http://www.vegfamcharity.org.uk)  
can be used from the U.S.

# Dating Vegans

## RECIPES

### Mushroom Soup

Yield: 8 cups

- 1 large white potato
- 2 celery stalks
- 1/8 head cabbage
- 12 brussels sprouts
- 1/2 lb. mushrooms, white button or portabella
- 4 1/2 cups water or vegetable stock

Wash all vegetables. Chop potato, celery, and cabbage into large chunks about the size of brussels sprouts.

Put potato into a large stew pot with 3 cups of the water. Add celery, cabbage, and brussels sprouts above the potato. Bring to a boil over high heat. Cover with a lid and reduce heat to low or medium-low. Simmer 30 minutes or until potato is tender. Meanwhile, slice the mushrooms.

Allow cooked vegetables to cool enough to handle easily. Transfer vegetables with some cooking water from pot to blender. Blend until smooth. Some of the additional water may be used if needed to help it blend.

Return soup to pot and add sliced mushrooms. Add additional water to achieve desired soup consistency. Reheat until mushrooms soften. Serve warm.

### Veggie Pie

Yield: one man-sized 9" round pie (8 servings)



- 1 lb. brussels sprouts
- 1 white potato
- 1 cup water
- 2 cups mixed frozen vegetables such as limas, chopped green beans, peas, corn kernels
- 1 cup vegan ground beef substitute (e.g., Gimme Lean™)
- 2 cups mushroom soup
- 1 tsp. Italian seasoning
- 1/2 tsp. salt (optional)
- 1/4 tsp. ground black pepper (optional)
- 1 9" whole wheat pie crust, or store-bought

Preheat oven to 350°F. Wash and chop brussels sprouts and potato. Place in medium-sized pot with water. Bring to boil over

high heat. Cover with lid and reduce heat to low or medium-low. Simmer 30 minutes or until potato is tender.

Meanwhile, put frozen vegetables, vegan beef, soup, Italian seasoning, salt, and pepper into a large mixing bowl.

Drain cooking water from the potato and brussels sprouts. Add potato and brussels sprouts to ingredients in mixing bowl. Mix to distribute ingredients

evenly, but leave everything chunky.

Carefully pile into pie crust and gently sculpt a mound of pie filling for one man-sized pie. Filling should stick together and not spill over the edges. Bake for 45 minutes.

**Note:** If you don't want to take the time to make *Mushroom Soup*, cook extra vegetables such as an additional half a potato with additional 2 cups green vegetables (brussels sprouts, cabbage, celery, or whatever is on hand).

Put the extra veggies in blender with some cooking water to make the soup.

### HELP AVS SPREAD THE VEGAN MESSAGE!

GoodSearch.com and GoodShop.com are search engines that donate half their revenues to the charities their users designate. You use them just as you would any search engine, and they are powered by Yahoo!, so you get great results.

Go to [www.goodsearch.com](http://www.goodsearch.com) or [www.goodshop.com](http://www.goodshop.com) and enter **American Vegan Society** as the charity you want to support.

Apple Mango Pie



## Whole Wheat Pie Crust

Yield: one 8 or 9" pie crust,  
depending on pan and  
thickness of crust

*This easy crust for savory or sweet pies is almost as easy as picking one off the shelf and much more satisfying.*

1 cup whole wheat pastry flour  
¼ tsp. salt  
¼ cup vegetable oil  
3 Tbsp. cold water

Preheat oven to 375°F. Place flour and salt in 8 or 9" round pie pan. Measure oil into a liquid measuring cup; add water. Beat oil and water with fork until emulsified. Pour over flour and mix with fork or fingers until well blended. Press into shape with fingers and prick with fork.

Bake for 7 minutes to firm the crust slightly before adding fillings. It will not be ready to eat yet. Follow pie recipe for further baking instructions.

**Note:** Store flour in freezer. Cold flour produces best results. Ice-cold water may also be used.



## Apple Mango Pie

Yield: one 9" round pie  
(8 servings)

4 brussels sprouts (optional)  
1/8 of a beet (optional)  
½ cup water (use only with  
above optional ingredients)  
1½ cups chopped mango,  
fresh or frozen  
3 apples of various baking varieties (approx. 3 cups chopped)  
10 pitted dates  
¼ cup maple syrup  
2 Tbsp. vanilla soymilk  
1½ tsp. cornstarch

## Brad's Brussels Sprouts Curry with Red Quinoa

Yield: 8 to 10 servings

*Don't be fooled by a long list of ingredients; it is easy to make. If the listed green vegetables are not available, other vegetables such as cabbage, spinach, and celery may be substituted.*

1 large white potato  
½ lb. brussels sprouts  
1 small bunch bok choy  
1 green bell pepper  
3½ cups water  
1 cup red quinoa or regular quinoa  
2 Tbsp. olive oil  
2 Tbsp. soy sauce  
1 15-oz. can garbanzos, drained  
1 cup canned water chestnuts,  
drained  
½ bunch cilantro  
2 Tbsp. fresh ginger, peeled and  
finely chopped  
2 tsp. ground cumin  
1 28-oz can diced tomatoes  
1 Tbsp. cornstarch

Wash and chop potato, brussels sprouts, bok choy, and pepper. Put vegetables in a pot with 1½ cups water; bring to a boil over high heat. Cover with lid and reduce heat to low or medium-low. Simmer 30 minutes or until potatoes are tender. Drain off cooking water which can be saved for a vegetable stock.

At left: Brussels Sprouts Curry with Red Quinoa

½ tsp. ground cinnamon  
¼ tsp. vanilla extract  
1/8 tsp. ground nutmeg  
1 9" whole wheat pie crust

Wash brussels sprouts and beet; chop beet. Put brussels sprouts and beet in a small pot with water, bring to boil over high heat, and cover with lid and reduce heat to low or medium-low. Simmer 20 minutes or until beet is tender. Preheat oven to 350°F.

Let mango soften just enough to cut easily. Wash and core apples. Chop apples and mango

Wash quinoa in a fine strainer. Place quinoa and 2 cups water in medium-sized pot; bring to boil over high heat. Cover with lid and reduce heat; simmer for 15 minutes, until water is absorbed.

Meanwhile, put oil and soy sauce in a large frying pan on medium heat. Add drained cooked vegetables; stir occasionally. Add garbanzos and water chestnuts. Wash and finely chop cilantro. Add cilantro, ginger, and cumin to the vegetables. Continue stirring occasionally.

Drain approximately ¼ cup of liquid from tomatoes into a cup. Mix starch with tomato juice. Add tomatoes and starchy tomato juice to the vegetables. Stir frequently as sauce thickens, then remove from heat.

Mix quinoa with vegetables. Serve hot.

## Brussels Sprouts Quinoa Wraps

Leftovers make a great wrap filling for a lunch. Smear vegan mayonnaise and sprinkle nutritional yeast on a whole wheat tortilla. Lay brussels– sprout quinoa along one end; roll. Serve warm or cold. The wrap can also be sliced and held with toothpicks for hors d'oeuvres.

into ½" cubes. Place apples and mango in large mixing bowl.

Drain brussels sprouts and beet; place in blender. Check that the dates are pitted. Add dates, maple syrup, soymilk, cornstarch, cinnamon, vanilla, and nutmeg to the blender. Blend until smooth.

Pour blended sauce on apples and mango. Mix. Put this filling in a prepared pie crust. Bake for 45 minutes or until apples are tender.

Serve warm or cool with vegan vanilla ice cream.

# Obituaries

**Nermin Rose Buyukmihci, age 57, died June 9 2010 in Vineland NJ.** When just eight, Nermin was the first in her family to refuse meat. A pioneer, she started the first vegan cruelty-free store, **Nermin's Dry Goods**, in the mid-1970s—which required painstaking research and scrutiny. Her quiet advocacy influenced others such as when she gave a talk that persuaded Ingrid Newkirk to stop eating honey (see *Making Kind Choices*, p 146, 147). Nermin served as a trustee of the American Vegan Society 1979 to 1981. Then a nervous breakdown and bi-polar disorder curtailed her activism. In recent times, she assisted AVS in tabling, and helped prepare vegan food for local community day and at an after-school program.

**Noshervan "Al" Dinshah, age 72, died February 7 2010 in Vineland NJ.** He was the younger brother of AVS founder H. Jay Dinshah, and author of *Horrors of the Slaughterhouse* (c.1959). Noshervan loved the beautiful teachings of Christianity, Buddhism, and Islam. He was an accomplished musician playing saxophone and clarinet with his trio, and later solo organ, in clubs at the Jersey shore. He was a relationship counselor, and a frequent writer of letters to the editor.

**Robert Reon "Bob" Irish, age 87, died July 3 2010, in Toledo OH.** A World War II veteran, and professor of accounting at various universities, Bob was a devoted family man. In 1991, following a stroke, Bob became vegan, and undertook regular exercise. Although he lost his sight, he kept informed. Bob attended conventions of AVS and NAVS. He recognized and encouraged efforts for social change, supporting vegan promotional activities.

**Harry Mather died May 12 2010,** From 1986 to 2008, Harry edited *Vegan Views* (a quarterly magazine fostering informal communication among vegans) from his home in Bournemouth England. VV may be read online at [www.veganviews.org.uk](http://www.veganviews.org.uk)

**Terri L. Warm, 51, died June 17 2010 at home in Deptford NJ** after a long battle with cancer, which she defied for many years by adopting healthful vegan habits. Terri's energy and enthusiasm amazed us as she lived every day to its fullest. An environmentalist and animal activist (cat rescue), she enjoyed dancing, cycling, and the company of friends. Terri taught cooking classes, and was an officer with the Vegetarian Society of South Jersey.

## San Francisco Declares Mondays as "Vegetarian Day"

San Francisco: April 6 2010:

A resolution declaring Mondays as "Vegetarian Day" was passed unanimously by the San Francisco Board of Supervisors. The text "urges all restaurants, grocery stores, and schools to offer a variety of plant-based options to improve the health of San Francisco residents." The initiative was spearheaded by Dixie May (San Francisco Vegetarian Society) and Hope Bohanec (In Defense of Animals). Following the vote, San Francisco's Supervisor,

Sophie Maxwell (vegetarian 35 years), held a vegan reception in her office—which included gourmet treats by Chef Eric Tucker donated by Millenium Restaurant. Dixie says they are now working to help businesses and schools implement "Vegetarian Day," in an essentially vegan way, offering recipes, menu suggestions, and classes. The resolution may be read at [www.sfvs.org](http://www.sfvs.org); click on story headlined on home page, or write SFVS, PO Box 2510, San Francisco CA 94126.

### Adoption

Seattle WA:  
Carol Sue and Francis Janes announce the adoption, in February 2010, of Elizabeth, now 3 years old.



### Birth



Millville NJ:  
Melissa Maly and Eric Nyman announce the home birth of their son Osiris Moon Nyman, on April 27

2010. Osiris is half brother to Sebastian, Sequoia, and Cypress Maly. Photo: Osiris at 1 month.

## Toiletries & Cosmetics

Silver Lake Wisconsin:  
**Logona Natural Cosmetics** announces an extensive **vegan line**, listed at [www.logona-usa.com/veganproducts/cfm](http://www.logona-usa.com/veganproducts/cfm). Logona's body-care and cosmetic products are imported from Germany and distributed in the U.S.A. by Lotus Light Enterprises (LLE), PO Box 1008, Silver Lake WI 53170

**Beauty Without Cruelty** products are manufactured and marketed in the U.S.A. by Lotus Brand (sister company to LLE). **All BWC items are now vegan.**

[www.beautywithoutcruelty.com](http://www.beautywithoutcruelty.com)  
Beauty Without Cruelty  
PO Box 325  
Twin Lakes WI 53181

Both Logona and BWC products can be ordered through [www.naturalproductsshopping.com](http://www.naturalproductsshopping.com), 877-263-9456.

Beauty Without Cruelty products can be ordered from all-vegan mail-order sources:  
[www.veganessentials.com](http://www.veganessentials.com),  
[www.veganstore.com](http://www.veganstore.com).

# New Books

## 100% VEGAN COOKBOOKS:

**The 4 INGREDIENT VEGAN: Easy, Quick, and Delicious—** Maribeth Abrams with Anne Dinshah. 2010, 159pp 8x9¼” \$14.95.

**500 VEGAN RECIPES: An Amazing Variety of Delicious Recipes, From Chilis and Casseroles to Crumbles, Crisps, and Cookies—** Celine Steen and Joni Marie Newman. 2009, 512pp 7½x9” \$19.99.

**The ALLERGEN-FREE BAKER'S HANDBOOK: How to Bake without Gluten, Wheat, Dairy, Eggs, Soy, Peanuts, Tree nuts, and Sesame—** Cybele Pascal. 2009, 200pp 8x10” \$25.00.

**The GET HEALTHY, GO VEGAN COOKBOOK: 125 Easy & Delicious Recipes to Jump-Start Weight Loss and Help You Feel Great!—** Neal Barnard, MD and Robyn Webb. 2010, 237pp 7x9” \$18.95.

**SUPERMARKET VEGAN: 225 Meat-Free, Egg-Free, Dairy-Free Recipes for Real People in the Real World—** Donna Klein. 2010, 169pp 7½x9” \$18.95.

**VEGAN ON THE CHEAP: Great Recipes and Simple Strategies that Save You Time and Money—** Robin Robertson. 2010, 271pp 6x9” \$17.95.

**VIVA VEGAN!: 200 Authentic and Fabulous Recipes for Latin Food Lovers—** Terry Hope Romero. 2010, 300pp 7½x9½” \$18.95.

## VEGANISM:

**SISTAH VEGAN: Black Female Vegans Speak on Food, Identity, Health, and Society—**A. Breeze Harper, editor. 2010, 233pp 7x8½” \$22.00.

## NATURAL LIVING AND HEALTH:

**BY ANY GREENS NECESSARY: A Revolutionary Guide for Black Women Who Want to Eat Great, Get Healthy, Lose Weight, and Look Phat—** Tracye Lynn McQuirter, MPH. 2010, 238pp 5½x8½” \$14.95.

## NUTRITION:

**BECOMING RAW: The Essential Guide to Raw Vegan Diets—** Brenda Davis, RD and Vesanto Melina, MS, RD with Rynn Berry. 2010, 384pp 7x10” \$24.95.

## PHILOSOPHY:

**The NEW GOOD LIFE: Living Better Than Ever in an Age of Less—** John Robbins. 2010, 301pp 6½x9½” hard \$26.00.

## BIRTH/BABIES/ CHILDREN:

**The Complete Idiot's Guide to VEGAN EATING FOR KIDS: Bring delicious, nutritious vegan dishes to your child's plate—**Dana Villamagna, MSJ, and Andrew Villamagna, MD, MSc. 2010, 256pp 6x9” \$14.95.

**Order from:**  
**American Vegan Society,**  
 PO Box 369, Malaga NJ 08328  
 Phone: 856-694-2887  
 Fax: 856-694-2288

**Free shipping by media mail within the U.S.**  
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See complete Book & Video/DVD Catalog at [www.americanvegan.org](http://www.americanvegan.org).

*No room to list all the new books recently published. Visit [www.americanvegan.org](http://www.americanvegan.org).*



## AVS Garden Party Photos: Captions for Pages 32-33

1. Public Television cooking show host **Christina Pirello** was quite the comedienne as she told her personal story of becoming a vegan, now of 30 years standing. She related how she overcame cancer in her twenties, guided by Robert who became her husband. Christina advocated a whole-foods all-plant diet, with plenty of vegetables. This is how she has the vitality to live *This Crazy Vegan Life*.

[www.christinacooks.com](http://www.christinacooks.com)

2, **Doreen DeMarco** and **Mark Solan** at lunch under the trees.

3. **Dr Andy Mars** inspired and encouraged listeners to engage their children in community service, with stories and photos from his west coast programs. Andy also runs kids camps, and has opened a K—12 school.

[www.kidsmakeadifference.org](http://www.kidsmakeadifference.org)  
[www.marsacademy.org](http://www.marsacademy.org)

4. **Andy Wasserman** performed on native musical instruments from around the world—made from natural materials and free of animal components. Party-goers were invited to play.

[www.andywasserman.com](http://www.andywasserman.com)

5. Emcee and universal poet, **Barata El** read two of his poems concerning the beauty of nature, and compassion for animals.

6. How many vegans does it take to change a light bulb? **Anne Dinshah** says, “One. Because each vegan can not only make the light shine, but also light the way for others.”

7. **Lunch**, in sun-dappled shade.

8. **Victoria Finkelstein** enjoyed the bright day.

9. **K-9**, Andy Mars’ vegan dog, posed beside American Vegan Garden Party sign.

10. The **international vegan flag** was like a beacon for those who traveled hours to arrive.

11. Busy **Freya Dinshah** organized the event and feeding of 250 people. Days ahead, we had declared a capacity crowd, much to the disappointment of many who would have come.

12. **Béla Finkelstein** tries out a Balafon (xylophone) from West Africa.

13. Daughter **Haylaylah Lewis-McGlothan** and mother **Sydney Lewis** relish the abundant picnic.

14. **Food** included appetizers of vegan cheeses and savory patées with crackers and bread. Main dishes featured bean burgers with mushroom-onion gravy, as well as both fried and baked faux chicken from Chef Peter Fong of Singapore restaurant in Philadelphia. Cold dishes abounded, including Christina Pirello’s *Italian Potato Salad*, and *Panzanella with Roasted Red Onion*; and Ursula Dinshah’s mixed-greens salads accented with fresh herbs. Desserts included vegan carob cake, cookies, and fresh organic strawberries with cashew cream. Herb tea combinations and juice kept the crowd refreshed.

15. **Three generations of vegans**: mother Melissa Maly, baby Osiris Nyman, and grandmother Denise Nyman.

16. **Scoville Blues** provided live and upbeat entertainment featuring blues and rock music.

17. A plethora of **books, audios** and **videos**, were available for sale, including Christina Pirello’s books which she gladly signed.

18. Members of the **Dinshah** family have lived in Malaga New Jersey since 1924.

## Messages received:

Congratulations on the wonderful 50 years of success that AVS has generated. Every vegan in the U.S.A. should thank you for your presence. We could not have come this far in the Seattle area if it were not for you and Jay. Thank you for all your “pushes” for us in the Pacific Northwest.

-Marcia Pearson (Washington)

Freya: We wish you and AVS an extraordinarily happy celebration of your 50th anniversary! What an accomplishment! We first connected at your Portland convention, so we are one of AVS’ many successes!

Lots of love,

-Carol Sue and Francis Janes (Washington)

Freya!

You’re the best of the best.

Thank you for keeping on keeping on for all these years! You’re a true hero!

-Bruce Friedrich (Maryland)



**Whole Foods Market** provided complimentary bags and donated food items for our 50th anniversary celebration!

Like to Cook?



**VEGAN  
COOKING CLASS  
Listings**

[www.americanvegan.org](http://www.americanvegan.org)

## American Vegan Society: 50 years

### Vegan...More than a Dream

The American Vegan Society (AVS) was founded on February 8 1960, in Malaga New Jersey.

Our purpose, then and now, is “To advocate the principles of veganism (ethical, moral, and/or religious abstinence from all animal products) and the doctrine of ahimsa (non-slaughter, non violence).” (from AVS Constitution)

Our founder H. Jay Dinshah (1933-2000) at age 26 had put compassion ahead of the also valid rational, healthful, scientific, and environmental reasons for vegan living. In the first issue (May 1960) of our then-monthly mimeographed publication, he wrote:

“The highest religious and ethical view must include a profound love and compassion for fellow creature—the very antithesis of carnivorism, which is a complete denial of the rights of all living beings other than man, and is a reversion to the jungle.”

In “A Matter of Motives,” he expressed the view: “It is not just by eating this or that, that one enters the path of veganism. It is through a profound desire and conviction that mercy, love, and harmlessness are right, and that right must be done.”

On August 1 1960, Jay married Freya Smith, then aged 18, from England. She observed “I have learned that the moral course is the one to be followed; the practical answers will be resolved once one opens one’s eyes sincerely.” Her landmark book, *The Vegan Kitchen* (1965) resulted from learning with others and her own experimentation.

Literature from The Vegan Society (in England) had persuaded Jay that cow milk and leather were not innocent by-products. Founded in 1944 by a small group that included Donald Watson, the English society had declared “drinking milk of another species not to be right either dietetically or ethically.”

Between 1948 and 1960, an earlier vegan society in the U.S. imported and distributed the U.K. periodical, *The Vegan*. Its Acting Director, Dr. Catherine Nimmo, became the first paid member of the American Vegan Society.

Fifty years ago, we had to make our own soy milk, “ice cream,” tofu, and burgers from scratch. Now they can be purchased in many regular markets. We had almost no books; now there are well-qualified vegan authors writing about nutrition, health, the environment, history and philosophy; and cookbooks abound.

Eating vegan was considered “risky;” for children “dangerous.” Now it is recognized that it can be the best diet. Extolled—even though “socially inconvenient”! When we are tabling at public events, we are no longer viewed as if from another planet, but asked for advice and information. The word “vegan” has entered the general vocabulary.

Vegan societies and groups now exist in many countries. In the U.S. there are vegan groups with varying focuses, vegetarian groups are increasingly vegan, and among pro-animal societies some have adopted a vegan out-



H. Jay Dinshah in 1960. Fifty years ago Jay founded the American Vegan Society.

Photo: Victory Studio

look. AVS has grown alongside others, such as those in the Beauty Without Cruelty movement. And AVS has worked within other organizational settings such as provided by the now 102-year-old International Vegetarian Union.

More than a dream, vegan is an idea whose time has come!

-Freya Dinshah

#### Read more:

**Ahimsa Vol. 31, #2** Early AVS history. \$4.00

**Ahimsa Vol. 41 #4:** Memorial tribute to H. Jay Dinshah. \$3.00

#### **OUT OF THE JUNGLE**

—H. Jay Dinshah. About

veganism and ahimsa. \$7.95

#### **HEALTH CAN BE HARMLESS**

—H. Jay Dinshah. On changing habits; self-help w. humor. \$4.95

#### **HERE’S HARMLESSNESS**

—HJD Editor. Anthology \$7.95

#### **SONG OF INDIA**

—H. Jay Dinshah. Letters home during a 1967 Tour of India. \$3.95

#### **COMPASSION: THE ULTIMATE ETHIC: An Exploration of Veganism**

—Victoria Moran. \$7.95

#### **The VEGAN SOURCEBOOK**

—Jo Stepaniak. Includes vegan modern history. \$21.95

Vegan...More than a Dream

50th



# American Vegan Garden Party

and Annual Membership Meeting

Sunday May 30 2010



1



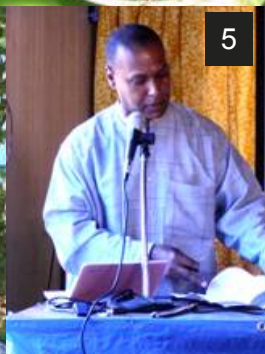
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18



# EVENTS/CONFERENCES in U.S.A.

## CALIFORNIA

**National Health Association Healthy Living Conference, Thursday August 19 to Monday August 23 2010**, Flamingo Conference Resort & Spa, 2777 4th St, Santa Rosa CA. Educational lectures, all-vegan meals, talent show, book table, and more. Ph: 800-848-8300, [lgrudnik@healthscience.org](mailto:lgrudnik@healthscience.org), [www.healthscience.org](http://www.healthscience.org).

## NEW YORK

**New York's Capital Region Vegetarian Expo, Saturday October 2 10am-5pm** at Empire State Plaza Convention Center, Albany NY 12242. Nationally renowned speakers. Hosted by the Albany Vegetarian Network, PO Box 1617, Latham NY 12110. Ph: 518-686-7486, [www.nyvegetarianexpo.org](http://www.nyvegetarianexpo.org).

## CALIFORNIA

**11th Annual World Veg Festival Weekend, Saturday & Sunday October 2 & 3 2010 10am-6pm** at San Francisco County Fair Bldg, Golden Gate Park, 9th Ave at Lincoln, San Francisco CA. Vegan cuisine, health demos, entertainment, fashion show, and more. Featured speakers: Robbins, Masson, Freedman, Patrick-Goudreau; Drs Fuhrman, Greger, Mills. Presented by San Francisco Vegetarian Society. SFVS, PO Box 2510, San Francisco CA 94126, Ph: 415-273-5481, [www.sfvs.org/wvd](http://www.sfvs.org/wvd).

## CALIFORNIA

**9th Annual Healthy Lifestyle Expo, Friday October 15 to Sunday October 17 2010** at Warner Center Marriott, 21850 Oxnard St, Woodland Hills CA 91367. Presentations by leading health experts on heart disease, permanent weight loss, and cancer. Presented by VegSource Interactive Inc, 19360 Rinaldi St, Ste 438, Northridge CA 91326. Ph: 818-349-5600, Fax: 818-337-1957, [www.HealthyLifestyleExpo.com](http://www.HealthyLifestyleExpo.com).

## MASSACHUSETTS

**15th Annual Boston Vegetarian Food Festival, Saturday October 30 10am-6pm & Sunday October 31 2010 10am-4pm** at Reggie Lewis Athletic Center, 1350 Tremont St, Boston MA. Vegetarian natural food providers, national speakers and chefs, educational exhibitors. Free admission and food sampling! Hosted by Boston Vegetarian Society, Ph: 617-424-8846, [www.bostonveg.org/foodfest/](http://www.bostonveg.org/foodfest/), [info@BostonVeg.org](mailto:info@BostonVeg.org).

## CALIFORNIA

**World Vegan Day, November 1 2010**. For more info as the day gets closer visit [www.veganday.info](http://www.veganday.info).



# INTERNATIONAL EVENTS

## CANADA

**26th Annual Vegetarian Food Fair, Friday September 10 to Sunday September 12 2010**, at Harbourfront Centre, 235 Queen Quay West, Toronto ON M5J 2G8, Canada . Food samples, exhibitors, presentations, cooking demos. Toronto Vegetarian Association, 17 Baldwin St 2nd Fl, Toronto ON M5T 1L1, Canada. Ph: 416-544-9800, Fax: 416-544-9094, [www.veg.ca/content/view/52/83](http://www.veg.ca/content/view/52/83).

## INDONESIA

**39th IVU World Congress 2010, Friday October 1 to Saturday October 9 2010**, Jakarta-Bali, Indonesia, sponsored by the International Vegetarian Union. Info:[www.wvc2010.org](http://www.wvc2010.org).

## ITALY

**Vegan Italy Trip, Friday October 15 to Friday October 22, 2010**. Created by Tastes of Italy Ltd, for Spork Foods (Los Angeles CA). Spork sisters, Jenny and Heather Goldberg, will be accompanying this trip which combines a weekend of style and sophistication in Milan followed by relaxing days at an organic farm estate partaking of the rustic flavors of Sicily through cooking classes and harvesting. Spork Foods, 7494 Santa Monica Blvd. #302, West Hollywood CA 90046. Ph: 323-512-5544. [www.sporkfoods.com/italy-2010](http://www.sporkfoods.com/italy-2010)

## USA

**40th World Vegetarian Congress, October 2012**. The International Vegetarian Union (IVU) has voted to hold its XL World Vegetarian Congress (WVC) in San Francisco, the first week of October 2012. According to San Francisco Vegetarian Society president Dixie Mahy, the WVC will be an extension of its annual World Vegetarian Day celebration, and held in Golden Gate Park which is surrounded by botanical gardens. AVS president Freya Dinshah has already accepted her invitation to attend. Dixie attended the XXIII WVC (1975) in Orono Maine, and praises AVS founder H. Jay Dinshah (Freya's late husband) for his pivotal role in stimulating the modern vegetarian movement in North America by bringing local vegetarian society leaders together and encouraging formation of new societies.

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**DEFINITIONS**

**VEGAN:** Uses no animal-source food or clothing.

**TOTAL VEGETARIAN:** Uses no animal-source food, vegan in diet only; still using some animal items such as leather, wool.

**VEGETARIAN:** Uses no flesh, fish, fowl (products of slaughter), still using milk or dairy products. (lacto-vegetarian), or eggs (ovo-vegetarian).

**AMERICAN VEGAN SOCIETY MEMBERSHIP**

BASIC MEMBERSHIP is open to all: vegan, vegetarian, or non-vegetarian. ADVANCED Membership (voting, office holding) is open to vegans practicing Ahimsa (send for application form).

MEMBERSHIP/SUBSCRIPTION is \$20 per calendar year (3 print issues & website). (\$10 student/low-income within U.S.A). Join before midyear, receive back issues, or join later and you're on to end of next year. Pay by check/money order/credit card (Visa, MasterCard, Discover, or American Express).

LIFE MEMBERSHIP is \$200; Life Patron \$500 or more; Life Benefactor \$1000 or more. Each type includes lifetime (your or AVS, as the case may be) *American Vegan* subscription. Each type payable at one time or in installments, normally completed within two years.

IRS REGULATIONS permit tax-deductibility for all *actual contributions* (including Life Membership donation *beyond the first \$100*—due to the value of the lifetime *American Vegan* subscription). FEES paid for annual membership, or books, tapes, conventions, etc. are paid for value received so are not tax-deductible according to IRS regulations.

CANADA: Please remit in \$U.S. only, by International Postal Money Order, or Bank Cashier's Draft on account in a U.S.A. bank. Or use credit card.

OVERSEAS: U.S.\$25 air mail. As above; or United Kingdom personal check in £ Sterling at current exchange rate.

***American Vegan Society***

**Together we explore and apply compassionate living concepts, and reflect on the beauty of life.**

**We learn how to save the animals, how to revere the Earth, and how to care for ourselves.**

**We learn to live in harmony, creating a better world for all.**

People follow a vegan lifestyle for ethical reasons, for health, and for the environment. A vegan diet is an adventure in taste offering an amazing variety to please the palate. Vegetables, grains, fruits, and legumes are the basics from which delicious meals are made. Foods from plants best provide for all people in the world.

## American Vegan

Published by

The American Vegan Society  
A NONPROFIT EDUCATIONAL ORGANIZATION

56 Dinshah Lane PO Box 369

Malaga NJ 08328-0908

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### 50th Anniversary Garden Party a Success!

Volunteers set up tables, canopies, seating and AV equipment; weeded and swept; parked cars; prepared and served food; and helped in various ways to ensure the success of our Garden Party this year (and, in the case of most of them, previous years). Our sincere thanks to the following:

Arlen Baden, Daniel Biron, Frank Bresser, John Cardillo, Lorene Cox, Craig Davis, Ethel Defeo, Ethel Dennis, Daniel Dinshah, Jal J. Dinshah, Justin Dinshah, Kevin Dinshah, Lois Dinshah, Roshan Dinshah, Ursula Dinshah, Gigi Elkins, Carol Githens, Mary Grigonis Greenfield, Karen Gregory, Tracy Gregory, Donovan Inch, Angela Jones, Melissa Maly, Denise Nyman, Eric Nyman, Rosemary O'Brien, Dorothy Oswald, Jim Oswald, Peggy Paddock, Robert Quay, Frances Rea, Patti Rich, Donna Ritchie, Tom Rommelman, Mandy Sadowski, Jacqueline Scaduto, Lois Schofield, Patricia Schwailik, Dee Singleton, Carly Skain, Sarah Summerville, Heide Thumlert, and JoAnn Wildman.

Serving food were (l to r) Laurie Jordan, Linda Voorhis, and Lorene Cox (NJ); Arlen Baden (NY), Christina Martin (NJ), Daniel Biron and Jacqueline Scaduto (NY).