

**SPRING 2012**

# *Life Giving Choices* FOR HUMANS, FOR THE PLANET, FOR THE ANIMALS

**Newsletter of the Vegetarian Society of El Paso**

## **From the Prez**

Join us at the Sunland Park Holiday Inn on April 14 for our Spring dinner with Robert Cohen, author of the book *Milk, the Deadly Poison*. In 1994, Robert began his crusade against the genetically engineered bovine growth hormone utilizing his research skills and background in the field of neuroendocrinology. Robert once ran a research facility, and has performed surgery on laboratory animals.

Today, he describes himself as a passionate antivivisectionist. Robert is the Notmilkman and has been writing a column for 12 years which has grown to become one of the largest Yahoo groups on the Internet. At Notmilk.com, one can subscribe to the free daily Notmilk column (over 4,200 written) on subjects representing every letter of the alphabet including the dairy connection from allergies to zits. Many of his columns have made headline news in newspapers throughout America, and his Notmilk website includes references from thousands of peer-reviewed scientific journals.



Four years ago, Robert suffered through a five hour spinal fusion operation which failed, leaving him confined to a wheelchair for a year. He became addicted to oxycodone, very fine scotch, and other not-so legal painkillers. After learning that he might never walk again, Robert rejected the advice of three surgeons to have a second surgery and repaired his own back. Weighing 350 pounds at age 58, he vowed to end his downward spiral. Eighteen months later, Robert had lost 130 pounds and crossed the finish line of his first triathlon, a 32 mile "Olympic distance" race.

Robert says that he has discovered something previously unknown regarding human muscle metabolism which might lead to the true "Fountain of Youth" for vegan athletes. On July 22, 2012, Robert will compete in an Ironman Triathlon at Lake Placid, New York in which he will swim 2.4 miles, bike 112 miles, and then run a 26.2 mile marathon.

Come hear Robert's amazing story and join us for for a delicious vegan dinner at the Sunland Park Holiday Inn on Saturday, April 14. For Reservation Information, please see page 3.

**-Greg**

### **VSEP BOARD MEETINGS**

**March 19, April 23, & May 21, 2012**

**Singapore Cafe, (back room) 4120 N. Mesa. Social time at 6:00 p.m. Meeting at 6:30 p.m.**

**All VSEP members who wish to attend the board meetings are very welcome.**

*Come discuss issues and help plan VSEP's future.*

*Fresh ideas and perspectives are always appreciated - we want to keep our organization healthy, vital and relevant to the needs of our members.*

**If you are planning to attend, please let e-mail [VegeTexan@aol.com](mailto:VegeTexan@aol.com) or call (915) 877-3030.**

**If the meeting is changed or cancelled, you will be notified.**

### Spring at a glance.

**3/7** Great American Meatout  
@ UTEP 10:30 am-1:30 pm

**3/11** VegAdventure @  
Sabina Segura River Levee  
Park @ 1 pm

**3/19** VSEP Board Meeting  
@ Singapore Café @ 6 pm

**3/24** Restaurant Hopper @  
Indian Curry Leaf @ 6 pm

**4/1** VegAdventure @  
Memorial Park @ 1 pm

**4/14** Spring Dinner @  
Sunland Park Holiday Inn @  
6 pm

**4/21** Cook the Book Club  
Potluck @ the Dorris Van  
Doren Library @ 2 pm

**4/21** Restaurant Hopper @  
Saigon Taste @ 6 pm

**4/23** VSEP Board Meeting  
@ Singapore Café @ 6 pm

**5/4** VegAdventure @ White  
Sands (bike ride) @ 5 pm

**5/12** Vegan Bake Sale @  
Ruli's International Kitchen  
10:30 am-2 pm

**5/19** Restaurant Hopper @  
Ruli's International Kitchen  
@ 6 pm

**5/21** VSEP Board Meeting  
@ Singapore Café @ 6 pm

## March 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7 ★	8	9	10
11 ★	12	13	14	15	16	17
18	19 ★	20	21	22	23	24 ★
25	26	27	28	29	30	31

## April 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 ★	2	3	4	5	6	7
8	9	10	11	12	13	14 ★
15	16	17	18	19	20	21 ★ ★
22	23 ★	24	25	26	27	28
29	30					

## May 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4 ★	5
6	7	8	9	10	11	12 ★
13	14	15	16	17	18	19 ★
20	21 ★	22	23	24	25	26
27	28	29	30	31		

## March Events in Detail

### ► Wednesday, March 7, 2012: Great American Meat Out

#### Leech Grove @ UTEP, 10:30 am-1:30 pm

- Join UTEP's Environmental Advocates, VSEP, & the nation in the world's largest diet education campaign
- Free vegan samples will be served & volunteers will be needed.
- Contact Liz Walsh @ 915-342-7630 to volunteer.
- Visit [www.meatout.org](http://www.meatout.org) for more info.

### ► Sunday, March 11, 2012: VegAdventure!

#### Rio Grande Vegan Potluck Picnic @ Sabino Segura Levee Park @ 1 pm

- Please bring 1 vegan dish, enough for 5 people along w/the recipe, a spork, a bowl, & water.
- Email [vegadventure2@gmail.com](mailto:vegadventure2@gmail.com) to RSVP & for directions.

### ► Saturday, March 24, 2012: Restaurant Hopper @ Indian Curry Leaf

#### 1360 Lee Trevino, 915-247-6566 (Prices \$12-\$15)

- 6 p.m. meet and greet, order dinner at 6:30 pm
- Reservations: Please call Laura White at 494-8936 or email [laura0711@aol.com](mailto:laura0711@aol.com)
- **Deadline:** no later than 5:30 p.m. on Friday, March 23.
- **\*Late reservations will not be accepted.\***
- **\*Please refer to guidelines on page 5.\***

## April Events in Detail

### ► Sunday, April 1, 2012: VegAdventure

#### Vegan Potluck Picnic @ Memorial Park @ 1 pm

- Please bring 1 vegan dish, enough for 5 people along w/the recipe, a spork, a bowl, & water.
- Meet at the very top. Organizer will be wearing green.

### ► Saturday, April 14, 2012: Spring Dinner with Special Guest Speaker Robert Cohen

- Cost: \$15 members, \$15 students w/ID, \$20 nonmembers, \$10 children under 12 years, & free for children under 3.
- Sunland Park Holiday Inn @ 900 Sunland Park Dr. Meet at 6 pm, eat at 6:30 pm
- Paid reservations due Tuesday, April 10.
- Reservations: Call (915) 491-6697 or email: [vsep.reserve@gmail.com](mailto:vsep.reserve@gmail.com)
- Mail checks or money orders made out to VSEP to: VSEP, 6757 Gato Rd., El Paso, TX 79932
- You can also pay via PayPal @ [www.vsep.org](http://www.vsep.org)

## April Events in Detail (cont.)

### ► Saturday, April 21, 2012: Restaurant Hopper @ Saigon Taste

6940 N. Mesa Ste. B, 915-760-6026 (Prices \$7-\$12)

- 6 p.m. meet and greet, order dinner at 6:30
- Reservations: Please call Laura White at 494-8936 or email [laura0711@aol.com](mailto:laura0711@aol.com)
- **Deadline:** no later than 5:00 p.m. on Friday, April 20.  
\*Late reservations will not be accepted.\*  
\*Please refer to guidelines on page 6.\*

### ► Saturday April 21, 2012: Cook the Book Club: Vegan Cookbook Discussion & Potluck @ The Dorris Van Doren Regional Branch Library, 551 Redd Rd.

- Every month, a cookbook is selected, reserved, and put on display at the information desk. If more than one copy is available, you may check out the book. The cookbook selection will be announced on April 1.
- Browse through the book, pick a recipe (a copy will be made for you), make it at home, & bring it to the library to share with others.
- You will also need to bring your own serving utensil and beverage. You may use the library's microwave to reheat your dish.
- Pre-registration is required. Deadline is April 16. The potluck is on April 21 @ 2 pm.
- For more info call 915-875-0700 or email [dorrisvandoren@elpasotexas.gov](mailto:dorrisvandoren@elpasotexas.gov).

## May Events in Detail

### ► Friday May 4, 2012: VegAdventure

#### **Vegan Potluck Picnic @ White Sands Full Moon Bike Ride**

- Depart @ 5 pm from Mission Hills Park to White Sands, NM. Return at midnight.
- Please bring 1 vegan dish, enough for 5 people along w/the recipe, a spork, a bowl, & water.
- Participants are also asked to have a working condition bicycle, helmet, lights, water, \$5 entrance fee, & some gasolina.
- By reservation! Call Mike @ 915-440-4901 or email [vegadventure2@gmail.com](mailto:vegadventure2@gmail.com)

### ► Saturday, May 12, 2012: Worldwide Vegan Bake Sale @ Ruli's from 10:30 am-2 pm (see page 5 for more details and volunteer info)

### ► Saturday, May 19, 2012: Restaurant Hopper @ Ruli's International Kitchen

2900 N. Mesa, 915-544-9990 (Prices &7-\$16)

- 6 p.m. meet and greet, order dinner at 6:30
- Reservations: Please call Laura White at 494-8936 or email [laura0711@aol.com](mailto:laura0711@aol.com)
- **Deadline:** no later than 5:00 p.m. on Thursday, May 17.  
\*Late reservations will not be accepted.\*  
\*Please refer to guidelines on page 6.\*

## Worldwide Vegan Bake Sale

Please help support the Vegetarian Society by baking something, staffing the table, or simply stop by to purchase a delicious treat. The bake sale is on Saturday, May 12 from 10:30 am-2 pm at Ruli's International Kitchen at 2900 N. Mesa (across from UTEP's Don Haskins Center). Proceeds from the sale will be donated to a local animal rescue group.

- To volunteer, contact Liz 915-342-7630 or email [volunteer@vsep.org](mailto:volunteer@vsep.org). You can also contact Liz to email you a flyer to help spread the word.
- To staff the table, you must be knowledgeable of vegetarian issues to discuss with people.
- Baked goods must be completely vegan and individually wrapped with the ingredients clearly labeled.
- You can donate an entire cake, loaf of bread, or individually wrapped slices, cookies, or cupcakes.
- Baked goods should be dropped off before the sale in front of Ruli's between 9:30 am and 10:30 am before the sale.
- If you cannot deliver your baked goods at this time, please contact us to see if we can make arrangements for delivery.



Have you been using your Albertsons Community Partners key tag? Every time you shop at Albertsons, you can help raise funds for VSEP! Just present your key tag to the cashier to get scanned, and Albertsons will donate 1% of your purchase totals to VSEP. If you've lost or misplaced your key tag, contact Liz Walsh and she'll get you a replacement. Call her at 915-342-7630 or email [liz.walsh.rotifer@gmail.com](mailto:liz.walsh.rotifer@gmail.com).

### VegAdventure Group (formerly Vegetarian VOYAGER!)

We invite you to (re)discover the gems of the desert southwest!

In collaboration with VSEP, we participate as VegAdventure. Some activities are physically demanding, so please keep in mind your comfortable level of participation. Also, vegetarians under 18 must be accompanied by a parent or legal guardian.

All VegAdventure events feature a vegan picnic. Please bring one vegan dish enough for 3 people (for yourself and 2 others)

Also bring utensils, a cup, plate, and a bowl. (Portability is a plus.)

Contact, Comment, Question:

Anastacio - (915) 440-4901 or email @ [voyager749@gmail.com](mailto:voyager749@gmail.com)

**\*\*Hopper Courtesy Reminder\*\***

PLEASE call Laura by noon the day of the hopper if you have reserved and then cannot make it. Her cell number is 494-8936. The restaurants set up a table for us which leaves less space to accommodate other customers and Saturday is a busy night for most restaurants. Some restaurants even make a special menu for us and order ingredients based on the number of people in the reservation. We need to be sure we do not inconvenience them or any other customers by taking away tables and chairs that are not needed.

**Hopper rules in a nutshell:**

- Please order **only** vegetarian or vegan items.
- Please make a reservation by the deadline if you would like to be seated with the group.
- If you make a reservation, please be there and please show up on time.
- If you are reserving on the day of the deadline, or canceling the day of the hopper, please call Laura (do not email, in case she is not near her computer).
- Do not forget to leave an adequate gratuity, we always want to be welcomed back.
- If you are happy with the restaurant, let the restaurant know. If you are not happy, please let Laura know.
- Last but not least: Enjoy!!

**Guidelines for Potluck Dinners**

All dishes must be completely vegan – no exceptions. Food must not contain any flesh (fish, fowl or beast), eggs, dairy products or honey. This rule guarantees that everyone can eat everything (allergies and preferences aside).

Please watch out for hidden milk products, such as whey in cookies, crackers, bread and margarine, and casein or caseinate in “non-dairy” soy cheeses and whipped toppings. Some margarines contain gelatin. Also, be alert for eggs in baked goods, mayonnaise in salad dressings, and honey in breads, pastries and preserves.

Please prepare a 4x6 card with your name, the name of the dish, and a list of all the ingredients. Write the recipe on the back of the card and indicate where the recipe came from (or if it is original). Prepare enough to serve ten (10) people. Please bring your own table setting as well as a serving utensil! If you don't feel like cooking, you may bring a green salad, chips and salsa, fruit, or another vegan munchie. Your host will provide drinks.

**Why VSEP Events are Vegan**

The Lone Star Vegetarian Network, a loosely-knit group of Texas vegetarian societies, was formed in 1989. There were 4 members that first year: Austin, Houston, San Antonio and South Texas (Brazoria County). There are now 10 groups from around the state. Contact among the groups is important and, while each group maintains full autonomy, it is agreed that all vegetarian events hosted by Network member societies will be vegan (meaning, of course, that no animal products, including dairy and eggs) will be served. Society members are not required to be vegan, but it has been agreed that it is not unreasonable to expect members to enjoy vegan food only at such events.

This rule has occasionally been questioned by lacto-ovo-vegetarians. However, this rule is important for all the very same reasons we don't eat meat. We all know how frustrating it is to have to ask, “Is there lard/meat stock/etc.” The decision has been made to allow our growing vegan membership the opportunity not to have to worry about dairy or egg products in the food at Network events. Vegan events are both supportive and educational, and vegetarian organizations need to be on the cutting edge. Thank you for your support!

~ Shirley Wilkes-Johnson,  
Co-Founder, LSVN [www.lsvn.org](http://www.lsvn.org)