

Vegetarian Society of El Paso

From The Prez

It is hard to believe another year has come to a close! I want to personally thank all of you for your commitment to the Vegetarian Society of El Paso, and special thanks to those of you who have attended Board meetings, organized and attended potlucks, restaurant hoppers, vegan bake sales, cooking for the homeless, and vegan drinks, donated raffle items at our dinners, voted for El Paso's Best of Veg, and/or tabled at a community event. We couldn't have had such a successful year without your help. And we will be counting on you in the coming year to help keep VSEP vibrant and to help spread the word about the environmental, spiritual and ethical benefits of a plant-based diet. Your ideas for new activities are always welcome!

We had a wonderful Holiday gathering at the home of Hal Marcus and Patricia Medeci on December 7th. They not only generously hosted our potluck, they also opened the Hal Marcus Gallery. It was an evening full of wonderful vegan food, exquisite art and good conversation. Thanks so much Hal and Pat for hosting and to all of you that brought your delicious vegan food and good cheer!



In January, I will be hosting a potluck and informal talk by Will Tuttle, author of the Amazon bestseller *World Peace Diet*. Will is a pianist, composer, educator, and recipient of the Courage of Conscience Award. A former Zen monk, his Ph.D. from U.C. Berkeley focused on educating intuition and altruism. Will and his artist wife Madeleine last visited El Paso almost 10 years ago. We still remember his insightful talk and look forward to hearing from him again. Our Winter Dinner in February will feature guest speaker Erica Meier, who has served as Executive Director for the national organization Compassion Over Killing since 2005. She is sure to inspire us with her tales of a lifetime dedicated to ending animal suffering.

Go to our Calendar of Events for more information on this and all of our upcoming events. Best wishes for a compassionate and safe holiday season and, again, thanks for all you do on behalf of animals and our planet.

Liz

P.S. Don't forget to send in your favorite homemade recipes for our new VSEP cookbook! (see page 2 for more information).

VSEP BOARD MEETINGS

No meeting in December

January 19 at Eloise (255 Shadow Mountain)

February 16 at Singapore Cafe (4120 N. Mesa, back room)

Social time at 6:00 p.m. Meeting at 7:00 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 Liz Walsh know @ 915-342-7630 or e-mail her at ewalsh@utep.edu.

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

VEG NEWS ITEMS

Call for recipe submissions!

We are looking to create a collaborative vegan cookbook with recipes from our fabulous VSEP chefs out there. This is an opportunity to share some of your favorite recipes with El Paso. We are asking that if you have a special dish or a trick for cooking a certain vegan item, to share them and we will create a book that will be used as a fundraising opportunity for VSEP.

We are looking for original recipes that members have created. Due to copyright laws we cannot accept recipes that come from other cookbooks or from other sources. If you have created your own recipe or have substantially improved a recipe, we can include it.

We also welcome and encourage any pictures of your culinary adventures! We would love to include any contributions that you may have including substitution ideas, cooking tips, photos, artwork or words of wisdom for fellow vegan or aspiring vegan chefs.

Please submit your recipes, cooking tips, substitution ideas and words wisdom as MS Word files, and your high resolution images and artwork as jpg files.

Send submissions to Sumer (sumer8586@gmail.com) or Lisa (bettyfemme@gmail.com) by **Feb 1, 2015**.

Contact Information

Skype Phone Number:

915-799-0349

Email Address:

VegSocietyEP@gmail.com

Mailing Addresses:

4903 Love Rd.

El Paso, TX 79922

For membership
& renewals:

6757 Gato Rd.

El Paso, TX 79932

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Smile

You shop. Amazon gives.

Online shopping for the holidays?

Amazon Smile Donates to VSEP

VSEP is participating in the Amazon Smile program! If you shop online at Amazon, 0.5% of your eligible purchases will be donated to VSEP. All you have to do is visit smile.amazon.com and start shopping!



Need cooking inspiration or vegan-friendly reading material?

It's at your public library!

They have many vegan cookbooks in both print and ebook formats. You can also download free digital copies of Vegetarian Times and other magazines.

Visit your nearest branch or elpasolibrary.org for more information.



Request them @ your library!



Have you been using your Albertsons Community 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.



VSEP & EP Veg Snob are proud to announce the 2nd annual Best Vegetarian Food of El Paso award winners!

Be sure to visit vsep.org & epvegsnob.wordpress.com

Best Asian Food

Pho Tre Bien

Runner up: Dragonfly Wine & Sushi Bistro

Best Italian Food

Trattoria Bella Sera

Runner Up: Tie between Tosca & The Italian Kitchen

Best Mexican Food

Cafe Mayapan

Runner up: Tie between Leo's & The Riviera

Best Sushi

Dragonfly Wine & Sushi Bistro

Runner up: Sunny's Sushi

Best Pizza

The Pizza Joint

Runner up: Cafe Italia

Best Nachos

Hello Day Cafe

Runner up: Carlos & Mickey's

Best Indian Dish

India Palace

Runner up: Chut-ney

Best Smoothie/ Juice Bar

The Green Ingredient

Runner up: Tippi Teas

Best Tacos

The Green Ingredient

Runner up: Tacoholics

Best Veggie Burger

Hello Day Cafe

Runner up: Ripe

Best Coffee Shop/ Tea House

Tie between Eloise & Joe, Vinny, & Bronson's

Runner up: Tippi Teas

Best Vegan Friendly Restaurant

The Green Ingredient

Runner up: Dragonfly Wine & Sushi Bistro

Best Sandwich

Eloise

Runner up: Tie between Sabertooth, Crave, & The Green Ingredient

Best Coffee Shop/ Tea House

Tie between Eloise & Joe, Vinny, & Bronson's

Runner up: Tippi Teas

Best Brunch

Eloise

Runner up: The Green Ingredient

Best Mediterranean Food

Nour Mediterranean Cafe

Runner up: Sinbad

Best Vegan Bakery/Dessert

Savage Goods

Runner up: Orange Peel

Best Food Truck

Tacoholics

Runner up: Takorexico

Best Falafel

Hello Day Cafe

Runner up: Zino's

Best New Business

The Mustard Seed Cafe

Runner up: Dragonfly Wine & Sushi Bistro

Best Appetizer

The Green Ingredient

Runner up: Tie between Eloise & Hello Day Cafe

Best Overall Restaurant: Hello Day Cafe

Runner up: The Green Ingredient

SUNDAY, DECEMBER 7

Vegan Holiday Potluck

Hal Marcus & Pat Medici's Home @ 1319 N. Oregon

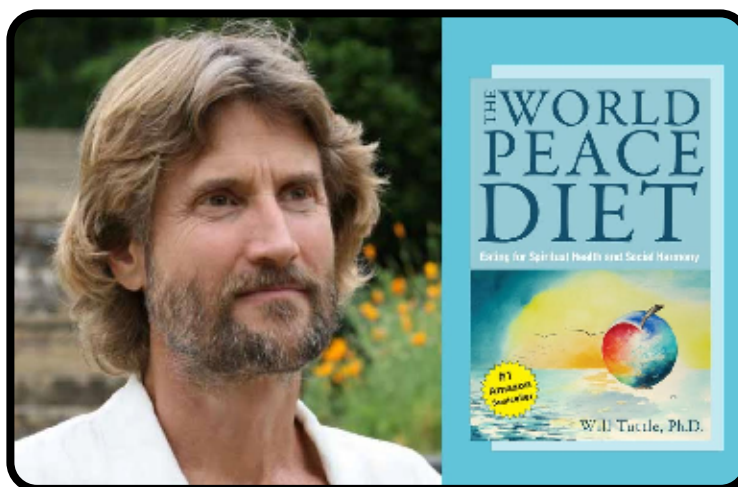
- 5-9 pm
- Hal & Pat live in a fantasy-filled 100-year-old home near Sunset Heights with many fun and unusual features. The evening includes a tour of the Hal Marcus Gallery across the street.
- Hosts will provide non-alcoholic beverages, recyclable plates, utensils, and cups. You may bring your own if you prefer.
- The theme is vegan holiday potluck. Please bring your favorite appetizer, main dish, side dish, or dessert, enough for 8.
- Please RSVP before noon on Friday, December 5th by calling Jennifer at (915) 373-7300 or send an email to vsep.reserve@gmail.com
- All food must be VEGAN (see page 6 for guidelines), and please bring a copy of your recipe to place alongside your dish. Please also avoid palm oil and trans fats, which are ingredients in many substitute foods and are harmful to the environment and our bodies.

SUNDAY, JANUARY 11

Potluck & Special Guest Speaker, Dr. Will Tuttle

Liz & Jamie's House @ 4903 Love Rd.

- Dinner at 5 pm, presentation at 6 pm.
- World cuisine is the featured theme. Please bring a vegan dish enough for 8 from a country of your choice.
- Please RSVP before noon on Friday, January 9th by calling Jennifer at (915) 373-7300 or send an email to vsep.reserve@gmail.com
- All food must be VEGAN (see page 6 for guidelines), and please bring a copy of your recipe to place alongside your dish. Please also avoid palm oil and trans fats, which are ingredients in many substitute foods and are harmful to the environment and our bodies.



Dr. Will Tuttle, author of The World Peace Diet, is a pianist, composer, educator, and recipient of the Courage of Conscience Award. A former Zen monk, his Ph.D. from U.C. Berkeley focused on educating intuition and altruism. The World Peace Diet, which became a #1 Amazon best-seller in March, 2010, offers a compelling and liberating new understanding of our food and our culture. It has been called one of the most important books of the 21st century: the foundation of a new society based on the truth of the interconnectedness of all life. It is the first book to make explicit the invisible connections between our culture, our food, and the source of our broad range of problems—and the way to a positive transformation in our individual and collective lives.

SATURDAY, FEBRUARY 21

Winter Dinner with Guest Speaker Erica Meier
Holiday Inn, 900 Sunland Park Dr.

- 6 pm meet and greet, eat at 6:30 pm
- Cost: \$18 members & students w/ID; \$20 nonmembers; \$10 children under 12 years of age.
- Paid reservations are due Tuesday, February 17.
- Reserve your space & pay online with a credit card or PayPal www.vsep.org OR email vsep.reserve@gmail.com OR call 915-799-0349. Make check or money orders payable to VSEP & mail to: VSEP, 6757 Gato Rd., El Paso, TX 79932



Erica has served as Executive Director for the national organization Compassion Over Killing since 2005, after being an active volunteer starting in 2000. Since taking the helm, she's taken the organization to new heights with continued growth and accomplishments for animals that include ending the egg industry's use of the misleading claim "Animal Care Certified" and successfully persuading BOCA foods to stop using eggs.

Vegan for 20 years, Erica has been working in the animal protection field since college. In 2013, she was honored with the prestigious Animal Rights Hall of Fame award. Before working at COK, Erica spent several years as an animal control officer in Washington, DC where she rescued sick, stray, and homeless animals as well as enforced anti-cruelty laws.

VSEP Event Guidelines

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

Hopper Rules in a Nutshell:

- Please order only 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 Liz.
- 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 Liz know.
- Last but not least: Enjoy!!

****Hopper Courtesy Reminder****

PLEASE call Liz by noon the day of the hopper if you have reserved and then cannot make it. Her number is 915-342-7630. 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.

Guidelines for Potlucks:

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 & 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, name of the dish, a list of all the ingredients, and the recipe on the back, indicating where the recipe came from (or if it is original).

- Prepare enough to serve eight (8) 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 & salsa, fruit, or another vegan munchie.
- Your host will provide drinks.