

WINTER 2016

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, 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 Richard and Sukie Sargent on December 5th. It was an evening full of wonderful vegan food and conversation. We also installed our newest Board officers – Congratulations to Pat Medici (secretary), Kathleen Condon (Treasurer), and Hal Marcus (2nd Vice President). And thanks so much to Sukie and Richard!

In January we will have a restaurant hopper at the India Palace. Our Winter Dinner in February will feature guest speaker Dr. Michael Greger, an MD and Director of Public Health and Animal Agriculture at the Humane Society of the United States. Dr. Greger gives a one-of-a-kind performance on the latest in vegan nutrition. You will not want to miss this event. Go to our Calendar of Events for more information on this and all of our upcoming events.

As you contemplate the upcoming holiday season, remember that there are many animal advocacy groups both locally and nationally that would make excellent use of an end of year contribution. If you do choose to shop, you will be delighted to find many internet vendors selling wonderful vegan items from food to clothing to art.

Best wishes for a compassionate and safe holiday season to you and your family. 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 by emailing your original recipes, any images, or cooking tips to sumer8586@gmail.com.

News Items

In Loving Memory of

Mary Elizabeth Billington

July 17, 1928-November 12, 2015

Mary Elizabeth was a long-standing member of the Vegetarian Society of El Paso. She had a vibrant personality and enjoyed attending our dinners for many years. Mary Elizabeth had many dear friends in VSEP. She taught at the University of Texas at El Paso and El Paso Community College, and belonged to the Western Hills United Methodist Church. In 2009 she retired to The Good Samaritan Village in Las Cruces, where she continued to enjoy an active lifestyle. She will be greatly missed by all.

VSEP members can now enjoy a 10% discount at: Nour Mediterranean Cafe (3800 N Mesa St) and Singapore Cafe (4120 N Mesa St). You will need to show your VSEP membership card for the discount and the discount applies only to the cardholder. Please support these local business that support VSEP. Also, don't forget about Meatless Mondays at Eloise (255 Shadow Mountain) for a 20% discount on all vegan and vegetarian food items.

Discounts!

Eat local!

10% off @ Singapore Cafe*

10% off @ Nour Mediterranean*

20% off @ Eloise on Mondays

*must present VSEP membership card

VSEP Board Meetings

January 18th & February 15th at
Eloise (255 Shadow Mountain)
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.

Contact Information

Email Address:

VegSocietyEP@gmail.com

Mailing Addresses:

4903 Love Rd.

El Paso, TX 79922

For membership

& renewals:

6757 Gato Rd.

El Paso, TX 79932

915-877-3030

Saturday, January 16
6:00 pm

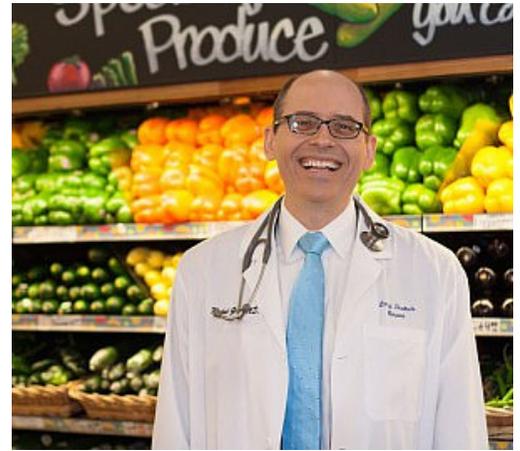
Restaurant Hopper @ India Palace

- 5380 N Mesa St #116, 79912, (915) 833-2245 (Prices \$10-\$20)
- 6 p.m. meet and greet, order dinner at 6:30 pm
- Reservations: Please call or text Liz Walsh at 877-3030 or email vsep.reserve@gmail.com
- Deadline: no later than 12:00 noon on Friday, January 15th.
- If you have reserved & cannot make it, please call no later than noon on the day of the Hopper so she can call the restaurant.
- Please refer to guidelines on the next page.

Saturday, February 20
6:00 pm

Winter Dinner with Special Guest Dr. Michael Greger

- Vegan buffet @ Country Inn & Suites
- 900 Sunland Park Drive, El Paso, TX 79922, (915) 833-2900
- 6 pm meet and greet, eat at 6:30 pm
- Cost: \$20 members & students w/ID; \$25 nonmembers; \$10 children under 12 years of age.
- Paid reservations are due Wednesday, February 17.
- Reserve your space & pay online with a credit card or PayPal
- www.vsep.org OR email vsep.reserve@gmail.com OR text or call 915-877-3030.
- Make check or money orders payable to VSEP & mail to: VSEP, 4903 Love Rd., El Paso, TX 79922



How Not to Die

Our Winter Dinner with Dr. Michael Greger
Michael Greger, MD, FACLM is a physician, author, and internationally recognized professional speaker on a number of important public health issues. Dr. Greger has lectured at the Conference on World Affairs, the National Institutes of Health, and the International Bird Flu Summit, among countless other symposia and institutions; testified before Congress; and was invited as an expert witness in defense of Oprah Winfrey at the infamous "meat defamation" trial. Currently, Dr. Greger serves as the Director of Public Health and Animal Agriculture at the Humane Society of the United States. Dr. Greger is also licensed as a general practitioner specializing in clinical nutrition and is a founding member and Fellow of the American College of Lifestyle Medicine. His previous books are *Bird Flu: A Virus of Our Own Hatching* and *Carbophobia: The Scary Truth Behind America's Low Carb Craze*. His new book is *How Not to Die*. In it Dr. Greger examines the fifteen top causes of death in America—heart disease, various cancers, diabetes, Parkinson's, high blood pressure, and more—and explains how nutritional and lifestyle interventions are often better than prescription pills and surgical approaches. By following Dr. Greger's advice, all of it backed up by peer-reviewed scientific evidence, you will learn which foods to eat and which lifestyle changes to make to live longer. Join us for this all new presentation by Dr. Greger at our Winter Dinner on February 20. See our [Calendar of Events](#) page for reservation information.

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 the hopper coordinator.

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 the hopper coordinator know. Last but not least: Enjoy!!

****Hopper Courtesy Reminder****

PLEASE call 915-877-3030 by noon the day of the hopper if you have reserved and then cannot make it.

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.

Presenting
the 2015
Best Vegetarian
Food Award
Winners!



You voted for the best
vegetarian & vegan food
that El Paso has to offer for
the 3rd year in a row!

Asian Food	Italian Food	Mediterranean	Mexican Food
Pho Tre Bien	Tosca	Zino's	Cafe Mayapan
Indian Dish	Pizza	Falafel	Nachos
India Palace	The Pizza Joint	Sabertooth	Hello Day Cafe
Sushi	Sandwich	Veggie Burger	Tacos
Dragonfly	Eloise	Green Ingredient	Tacoholics
Appetizer	Brunch	Smoothies/Juices	Vegan Dessert
Eloise	Eloise	Green Ingredient	Savage
Coffee/Tea Shop	Food Truck	New Business	Vegan Friendly Restaurant
Tippi Teas	Tacoholics	Organic Taco Machine	Green Ingredient

Overall
Restaurant
Green Ingredient

Visit

vsep.org
vegetarian society of el paso

Visit

epvegsnob.wordpress.com
a restaurant review & recipe
blog