

SUMMER 2016

# VEGETARIAN SOCIETY OF EL PASO

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From the Prez

After a relatively cool spring, temperatures are rapidly warming. April 2016 was the hottest April on record, and the trend will continue into the summer. There is now little doubt that our climate is changing. In the desert southwest, we will experience warmer temperatures, and lower but more intense rainfall. What can we as individuals do to help slow climate change? The problem is daunting but there is one easy way to lessen your environmental footprint and reduce your personal carbon footprint – Go vegan!

The carbon footprint of a typical vegan is 0.5 times less than a vegetarian, and 2.5 times less than someone eating the typical western diet. Taking meat, dairy, and other animal products off your plate will not only reduce your carbon footprint but will also save lots of precious habitat and freshwater as well.

VSEP has some great activities planned for summer that will help you reduce your footprint while enjoying delicious vegan food and great company!

In June, about 15 members will join Pat and Hal at their off-the-grid cabin in Ruidoso to enjoy a day hiking, meditating, enjoying the serenity of nature and the cool mountain air, and eating a vegan lunch buffet. Sounds so refreshing! (Reservations are now closed so if you didn't reserve for this year, put it on your calendar for next summer – like I will.) If you feel like chilling closer to home, join us for a cool cool pool potluck at the home of Jennifer Wright and Bob Paluzi. In July, we feature a Vietnamese restaurant hopper at Pho Tre Bien Bistro and a cooking class hosted by our own Greg Lawson. Hal Marcus and Pat Medici will host a Veggicana vegan Mexican potluck brunch at their home in early August. Round out the summer by joining us for our annual Dinner and Movie in August at La Morena Mexican Restaurant. See our Calendar of Events for details and reservation information for all of these events.

And remember, summer is the perfect time to visit our local farmers markets for farm fresh fruits and veggies. While you are there be sure to support our local vegan bakers and other vendors.

Have a wonderful, earth friendly summer and hope to see you at one of our events!

Liz Walsh  
VSEP President

P.S. Have some extra time this summer - volunteer with VSEP! See our open positions by going to [vsep.org](http://vsep.org) and clicking on the VSEP leadership link.

# News Items

## ACT Radio

Animal Concerns of Texas

[www.ktep.org/programs/act-radio](http://www.ktep.org/programs/act-radio)

The Vegetarian Society of El Paso's  
Radio Show on KTEP-FM



Hosted by VSEP members Liz, Greg, & Tom!  
Tune in every 2<sup>nd</sup> & 4<sup>th</sup> Sunday of the month @ 7:30pm

## Discounts!

Eat local!

10% off @ Singapore Cafe\*

10% off @ Nour Mediterranean\*

20% off @ Eloise on Mondays

\*must present VSEP membership card

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.

### VSEP Board Meetings

Social time at 5:00 p.m.

Meeting at 6:00 p.m.

June 13 at Como's  
(4030 N. Mesa)

July 18 at Ripe Eatery  
(910 E. Redd Rd. Ste. A)

August 22 at Eloise  
(255 Shadow Mountain)

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](mailto:ewalsh@utep.edu). If the meeting is changed or cancelled, you will be notified.

### Contact Information

Email Address:

[VegSocietyEP@gmail.com](mailto: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, June 25**  
**6:00 pm**

## Cool by the Pool Potluck

Come chill poolside with your fave refrigerated dish: fruit salad, tater salad, pasta salad, spring rolls, 3-bean salad, rice salad, veggie sushi, whatever moves you. Please refer to our potluck guidelines on page 6. Bring your suit and towel and take a dip!



Jen and Bob's Home at 609 Skydale Dr. 79912  
Please RSVP to by **Wednesday, June 22** to Jennifer by text at 915-373-7300 or by email at [jlright@hotmail.com](mailto:jlright@hotmail.com)

**Sunday, July 17**  
**5:00 pm**

## Restaurant Hopper: Pho Tre Bien Bistro, 3737 N. Mesa

Since 2003, owner Jenny Ton and her family have been committed to sharing their culture, and the flavors of Vietnam with the city of El Paso. This family-owned business is amongst the first to offer the most delightful and authentic Vietnamese dining experiences to locals. They offer a variety of vegetarian dishes with soy meat and tofu infused with traditional Vietnamese flavors. Join them at their newest location on Mesa and Sun Bowl.

This hopper will feature an all inclusive vegan buffet for \$20, and is limited to 30 spots. All reservations must be paid in advance on or before July 10, assuming space is still available. Those who do not RSVP and pay by July 10, do not have a reservation.

To Make Your Paid Reservation:

Paid Reservations are required by July 10.

To reserve your space & pay online with a credit card or PayPal, go to [www.vsep.org](http://www.vsep.org). Click on Events Pay Online. Please make sure to include the name(s) of your guests on the "Instructions to the Seller" space.

If paying by check or Money Order:

First: email [vsep.reserve@gmail.com](mailto:vsep.reserve@gmail.com) OR text 915-877-3030. To reserve your space(s). Please include the name(s) of those attending.

Then: Make check or money orders payable to VSEP & mail to:  
VSEP, 6757 Gato Road El Paso, TX 79932

\*no refunds but paid reservations are transferable before the reservation deadline and as long as VSEP is notified (text or call 915-877- 3030)

If you have any other questions, contact the Hal Marcus Gallery at 533-9090 or email [halmarcus123@gmail.com](mailto:halmarcus123@gmail.com).



### Vegan Menu

Drinks - hot tea, soda, iced tea, water  
Appetizers - eggrolls and tofu springrolls  
Main course - tofu curry, pho, stir-fried lemongrass  
tofu, turmeric fried rice  
Desserts - sweet mung beans

**Saturday, July 23**  
**12:00 pm**

## Barbecue Cooking Class

Greg Lawson will demonstrate how to make porkless BBQ from jackfruit, purple potato salad, red cabbage slaw and chocolate pudding with vegan whipped cream. Lunch will follow. Join us at the home of Liz Walsh at 4903 Love Rd. Paid Reservations are required by July 20.



Cost is \$12 for VSEP members and \$14 for non-members.

To reserve your space & pay online with a credit card or PayPal, go to [www.vsep.org](http://www.vsep.org). Click on Events Pay Online. Please make sure to include the name(s) of your guests on the “Instructions to the Seller” space.

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**Saturday, August 6**  
**10:00 am - 12:00 pm**

## Veggiecana Brunch Potluck

## Veggiecana Brunch



The theme is Mexican-style brunch, so think breakfast & lunch foods. Bring your favorite appetizer, main dish, side dish or deserts. Hal & Pat will supply non-alcoholic beverages, recyclable plates, utensils, and cups. If you prefer to bring your own, that's okay too. Feel free to bring your own alcoholic beverages.

All food must be vegan (refer to page 6). 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.

Join us at the home of Hal Marcus and Pat Medici at 1319 N. Oregon. Look for the brick house on the corner of River and Oregon, just 3 blocks south of Schuster or 8 blocks north of Yandell. Park near their home along River Street or across the street at the Hal Marcus Gallery -1308 N. Oregon.

Please **RSVP by August 4** (space is limited to 30 spots). To RSVP or for more information, email [halmarcus123@gmail.com](mailto:halmarcus123@gmail.com) or call 533-9090.

**Saturday, August 20**  
**6:00 pm**

## Summer Dinner & a Movie

-La Morena Restaurant & Cantina (formerly La Terraza), 11250 Montwood Dr, El Paso, TX 79936

-6 pm meet and greet, eat at 6:30 pm

-Cost\*: \$22 members; \$20 students w/ID; \$25 nonmembers; \$10 children under 12 years of age.

-Paid reservations are due Wednesday, August 17.

-To Make Your Paid Reservation:

To reserve your space & pay online with a credit card or PayPal, go to [www.vsep.org](http://www.vsep.org). Click on Events Pay Online. Please make sure to include the name(s) of your guests on the "Instructions to the Seller" space.

If paying by check or Money Order, payment must be received on or before the Wednesday, August 17 deadline:

First: email [vsep.reserve@gmail.com](mailto:vsep.reserve@gmail.com) OR text 915-877-3030. To reserve your space(s). Please include the name(s) of those attending.

Then: Make check or money orders payable to VSEP & mail to:

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The documentary film, PlantPure Nation tells the story of three people on a quest to spread the message of one of the most important health breakthroughs of all time. After renowned nutritional scientist and bestselling author T. Colin Campbell gives a stirring speech on the floor of the Kentucky

House of Representatives, his son, Nelson, and Kentucky State Representative Tom Riner work together to propose a pilot program documenting the health benefits of a plant-based diet. Once the legislation goes into Committee, agribusiness lobbyists kill the plan.

PlantPure Nation was filmed across the USA and features Steve Forbes, Jr. (Editor-in-Chief Forbes Magazine,) Dr. T. Colin Campbell (Co-Author, The China Study,) Dr. Neal Barnard (Founder and President, Physicians Committee for Responsible Medicine,) Dr. Michael Greger, (Director of Public Health and Animal Agriculture, Humane Society of the United States) and other world-renowned experts, doctors and authors. The Production team includes Director Nelson Campbell and Producer John Corry & Writer Lee Fulkerson from the acclaimed documentary film Forks Over Knives.

# 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](http://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 (sometimes gratuity is added to the bill if it's a large party), 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.