

WINTER 2017

VEGETARIAN SOCIETY OF EL PASO

From the Prez



2016 has been a wonderful year for the Vegetarian Society of El Paso – we have increased our membership and exposed hundreds of new people to the benefits of a plant-based diet. I want to personally thank each of you for your commitment to the Vegetarian Society of El Paso, and special thanks to those of you who have organized and attended potlucks, restaurant hoppers, quarterly dinners; donated raffle items at our dinners; voted for El Paso’s Best of Veg; tabled at a community event or help bring new members to our society. We couldn’t have had such a successful year without your help.

To close the year, we will have our annual holiday gathering at my home on December 3rd. We will also install Sukie Sargent as Treasurer. As many of you know Sukie founded the Vegetarian Society of El Paso over 20 years ago and has fulfilled many Board roles. We thank her for her strong and continued support of VSEP!

In January we will have a cooking class by Greg and potluck at the home of the Raspberry’s. Nour Mediterranean Café will host our restaurant hopper in February. Our Winter Dinner will also be held in February and features guest speaker Jim Hicks, author of *Healthy Eating, Healthy World* (stay tuned for the location). 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.

Our January Board Meeting will be held at El Paso’s new Whole Foods Market. We will meet on the second floor and hope to see you there. Your ideas for new activities or ways to improve existing events are always welcome!

As you contemplate the upcoming holiday season, remember that there are many deserving 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 online vendors selling wonderful vegan items from food to clothing as well as a wide variety of books.

Make your New Year’s resolution to help someone close to you become aware of all of the benefits of a vegan diet and how easy it has become to lead a fulfilling life without harming animals.

Best wishes for a compassionate holiday season to you and your family. And, again, thanks for all you do on behalf of animals and our planet.

Liz Walsh
VSEP President

News Items



Sane Vegan Treats

ACT Radio
Animal Concerns of Texas
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 2nd & 4th Sunday of the month @ 7:30pm

Vegan Holiday Treats in EP!

Tamales!

It's tough enough finding vegetarian tamales, but this year you'll be able to place an order for vegan tamales from at least two spots.

- Cafe Mayapan: 915-217-1126
- Fuzion Casual Fine Dining over at 12380 Edgmere uses vegetable shortening, green chile, and Daiya cheese. Visit or call 915-855-6511.

Baked Goods!

These home bakers are kicking butt and taking orders!

Savage Goods

You know this crew from the Downtown Art & Farmers Market, and as a BV Award winner. Come 2017, you'll be able to visit their bakery/cafe!
savagegoods.com

Sane Treats

This newcomer is Las Cruces-based, but often makes deliveries to El Paso. If you miss conchas from the panaderia, hit them up now!

575-201-3464 or sanevegantreats@gmail.com

VSEP Board Meetings

Social time at 5:00 p.m.
Meeting at 6:00 p.m.

No December Board Meeting
January 23 @ Whole Foods
(100 Pitt St.)

February 20 @ Eloise
(255 Shadow Mountain Dr.)

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 vsep.reserve@gmail.com. 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

BV Award Winners Announced!

One thing is common between all of the nominees- these local owners and chefs are passionate about serving their community. They love food so much, that they are willing to accommodate dietary restrictions with quality options. It was almost tough to keep up with all of the new vegan options and businesses this year. Thanks to all who took the time to cast their vote, and congratulations to the 2016 Best Vegetarian Food of El Paso award winners!

-Lisa Martinez
EP Veg Snob

2016 Best Vegetarian Food of El Paso Awards

TACOS	TACOHOLICS
NACHOS	ELOISE
MEXICAN FOOD	CAFE MAYAPAN
ASIAN FOOD	PHO TRE BIEN
SUSHI	SUNNY'S
INDIAN DISH	INDIA PALACE
MEDITERRANEAN	NOUR
FALAFEL	SABERTOOTH
ITALIAN	TRATTORIA BELLA SERA
PIZZA	THE PIZZA JOINT
APPETIZER	ELOISE
VEGGIE BURGER	THE GREEN INGREDIENT
SANDWICH	ELOISE
BRUNCH	ELOISE
COFFEE/TEA SHOP	TIPPI TEAS
FOOD TRUCK	ICE CREAMED MYSELF
SMOOTHIE/JUICE BAR	TIPPI TEAS
NEW BUSINESS	ODE BREWING
VEGAN FRIENDLY	ELOISE
VEGAN DESSERT	SAVAGE GOODS
OVERALL RESTAURANT	ELOISE

Presented by

Vegetarian Society of El Paso
vsep.org

EP Veg Snob
epvegsnob.wordpress.com

Saturday, December 3
5:30 p.m.

Holiday Potluck @ Liz & Jamie's Home

Veganize your favorite, family traditional holiday specialty and bring some to share at our annual Holiday Potluck to help us celebrate the close of another outstanding year for VSEP.

* 4903 Love Rd.

* 5:30 p.m.

* Hosts will provide non-alcoholic beverages, recyclable plates, utensils, and cups.

* Please bring your favorite appetizer, main dish, side dish, or dessert, enough for 8.

* All food must be VEGAN. Please review guidelines on page 8.

* Don't forget to bring a copy of your recipe to place alongside your dish.

* Reservations: Please call or text Liz Walsh at 342-7630 or email vsep.reserve@gmail.com

* Deadline: no later than 5:30 p.m. on Thursday, December 1.

Saturday, December 17
10:00 a.m.-5:00 p.m.

Happy Hippie Holidayze

Mark your calendar for the 46th Annual Happy Hippie Holidayze Open House Arts & Crafts Fair. VSEP will again have a booth selling tasty vegan food items, books, literature, and other goodies.

This annual free, daylong event includes local vendors, appetizers and live entertainment. Vendor booths offer a great selection of local handmade goods, such as purses, plants, aprons, wind chimes, soaps, jewelry, hats, scarves, stuffed animals, tie-dye, food gifts, and more.

* Hal Marcus Gallery – 1308 N. Oregon

* 10:00 a.m.-5:00 p.m.

facebook.com/halmarcus

1308 N. Oregon
El Paso, TX
(915) 533-9090

FREE Happy Hippie Holidayze **DRESS UP**
Open House

ARTS & CRAFTS FAIR
Saturday, Dec. 17, 10-5
ALL DAY ENTERTAINMENT

Groovy Vendors hand-made hats, shawls, teddy bears, purses, tie-dye, jewelry, recycled creations, music, books, soaps, folk art, textiles, healthy food gifts, & more!

HALMARCUS.COM

Sunday, January 8
12:00 p.m.



Cooking Class: Eating Healthier for the New Year

Join us for lunch and a cooking class presented by VSEP Vice President Greg Lawson at noon on Sunday, January 8 at the home of Liz Walsh. Find out about the superfoods which we should all make a regular part of our diets as Greg prepares a super healthy lunch. Space is limited to 16 people, so make your reservations right away.

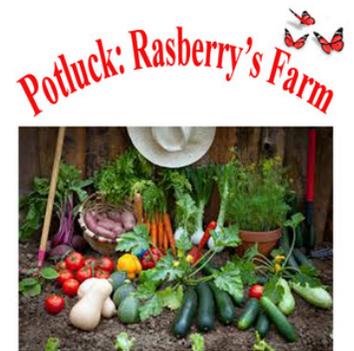
- * Paid Reservations are required by Thursday, January 5.
- * Cost is \$12 for VSEP members and \$14 for non-members.
- * To reserve your space & pay online with a credit card or PayPal, go to www.vsep.org. Click on Events Pay Online. Please be sure to also email vsoep@aol.com with the name(s) of those attending.
- * If paying by check or Money Order:
First: email vsoep@aol.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).

Saturday, January 21
4:00 p.m.

New Year Potluck

This month's potluck will be at Mary Lou and Brannon Rasberry's farm with organic fruit trees, veggie garden, dogs, Koi pond, beehives, vermiculture bins, a butterfly garden and walking trails for those who want a little exercise before our meal.

- * 4:00-6:00 p.m.
- * 611 Spanish Broom Road, Anthony NM 88021 (behind Gadsden High School)
Directions: From Gadsden High School on Hwy 28, turn left on Haasville Road. Haasville Rd. is the first cross street past Gadsden High School. From Haasville Rd., turn right on Spanish Broom.
- * Hosts will provide non-alcoholic beverages, recyclable plates, utensils, and cups.
- * Please bring your favorite appetizer, main dish, side dish, or dessert, enough for 8.
- * All food must be VEGAN. Please review guidelines on page 8.
- * Don't forget to bring a copy of your recipe to place alongside your dish.
- * Reservations: Please text or call Sukie at 877-3030 or email vsoep@aol.com
- * Deadline: Saturday, January 14 if space is still available (capacity is 30).



Sunday, February 12
5:00 pm

Restaurant Hopper: Nour Mediterranean Cafe

* 3800 N. Mesa, Suite C-10

* 5:00-8:00 p/m.

-Cost: \$20 for members and \$25 for nonmembers, per person

-Deadline: paid reservations are required no later than Saturday, February 4.

-Space is limited to 30 people.

To reserve your space & pay online with a credit card or PayPal, go to www.vsep.org.

Click on Events Pay Online. Please be sure to also email vsoep@aol.com with the name(s) of those attending.

If paying by check or Money Order:

First: email vsoep@aol.com OR text or call 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. Check or Money Order must be received on or before the February 4th deadline.

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

Fixed Menu – Buffet Style:

Falafel, Grilled Vegetables, Bread, Hummus, Tabbouleh, Mixed Salad, Stuffed Grape Leaves, Nour Sauce, Rice, Cookies, Beverage

Notes: Alcohol is not served at Nour, but you may bring your own bottle, glasses and opener. As we requested, the owner indicated everything will be vegan.



Saturday, February 25
6:00 pm



HEALTHY EATING
HEALTHY WORLD

UNLEASHING THE POWER OF PLANT-BASED NUTRITION

Winter Dinner

Join us for VSEP's Winter Dinner on February 25 with guest speaker J. Morris Hicks. Mr. Hicks (Jim) is author of the book *Healthy Eating, Healthy World*. In addition to an MBA and a BS in Industrial Engineering, he holds a certificate in plant-based nutrition from the T. Colin Campbell Center for Nutrition Studies, where he has also been a member of the board of directors since 2012. Jim is a weekly columnist on the foodchannel.com and a featured weekly blogger on VegSource.com. He will share with us the enormous impact of our food choices on many crucial global issues—from the out of control cost of health care to the ability of our planet to sustain human life.



* Venue To Be Announced

* Meet at 6:00, Dinner at 6:30

* Cost: \$22 members, \$20 students, \$25 non-members; \$10 children under 12.

* Paid Reservations are required by Tuesday, February 21st.

* To reserve your space & pay online with a credit card or PayPal, go to www.vsep.org

Click on Events Pay Online. Please be sure to also email vsoep@aol.com with the name(s) of those attending.

* If paying by check or Money Order:

First: email vsoep@aol.com OR text or call 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. Check or Money Order must be received on or before the Feb. 21st deadline.

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

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 (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.