

SPRING 2017

VEGETARIAN SOCIETY OF EL PASO

From the Prez



Spring is just around the corner and a perfect time to contemplate the beauty of our planet. Did you know that one of the biggest causes of loss of biodiversity is habitat conversion from natural forests, deserts, swamps, and mangroves to agricultural land used to grow food for humans but also enormous numbers of livestock, public lands grazing, housing developments, shrimp farms, and other human uses. According to the World Wildlife Fund unsustainable agricultural and aquaculture practices present the greatest immediate threat to species and ecosystems around the world. You can do your part to save a bit of the Earth's bounty for other creatures by adopting a plant-based diet. Celebrate being a vegan this year during the Great American Meatout in March and on Earth Day in April! You will not only be doing the right thing for all the species we share this planet with but you will also be improving your health and spiritual well-being.

Join VSEP for a vegan bake sale at Farmers Market downtown on March 18th to celebrate the Great American Meatout. Let Greg Lawson (vegetexan@gmail.com) know if you would like to bring baked goods to sell, help man our booth or just stop by and enjoy some delicious vegan desserts. We will try to have a few gluten-free vegan options as well. Check out the website (vsep.org) to see our plans for Earth Day, they are still evolving. JL Fields will be our guest speaker at our Spring Dinner in May author of *The Main Street Vegan Academy Cookbook: Over 100 Plant-Sourced Recipes Plus Practical Tips for the Healthiest, Most Compassionate You* and several other cooking books JL is also the culinary director of the Colorado Springs Vegan Cooking Academy. Join us to learn about delicious ways easily go vegan.

Thanks to all of you for helping VSEP a successful organization – we can't do it without you! Please join us at our monthly board meetings, volunteer, host a potluck or attend one of our events. New ideas are always welcome.

Here's to a peaceful, compassionate, earth- and heart-healthy spring!

Liz Walsh
VSEP President

VSEP Board Meetings

Social time at 5:00 p.m.

Meeting at 6:00 p.m.

Board meetings are on Mondays with the exception of April, due to the Easter holiday weekend.

March 20 @ Como's
(4030 N. Mesa)

April 19 @ Singapore Cafe
(4120 N. Mesa)

May 22 @ 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.



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

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
vsoep@aol.com

Sunday, March 5
12:00 p.m.

Three Ways to Detox Your Body - Workshop Lunch

Health and Nutrition Advisor Claudia Rodriguez will give a presentation on three ways to detox, and VSEP Vice President Greg Lawson will prepare a detoxifying lunch. Claudia will explain how small changes in diet, toxin elimination and stress control can help boost our immune system, bone health, concentration, digestion and increase our energy.

Place: the upstairs community room at Whole Foods, on the corner of Pitt and Mesa

Cost: \$14, includes lunch

Deadline for reservations is Thursday, March 2. Space is limited, so reserve now.

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, March 18
9:00 am-1:00 pm

Great American Meatout Vegan Bake Sale

VSEP will be having a bake sale to celebrate the Great American Meatout on Saturday, March 18 from 9:00 am until 1:00 pm at The Downtown Art & Farmers Market, located at the Union Plaza District on San Antonio and Anthony streets. We need baked goods, cookies, candies, etc. Items should be vegan and a label with ingredients provided; see page 7 for guidelines. Items should be packaged, either wrapped in plastic, in Tupperware or in zip lock bags. Please contact Greg Lawson @ vegetexan@gmail.com or at 996-3072 if you would like to provide baked goods or help at the table on March 18.

Sunday, March 26
1:00-3:00 pm

Restaurant Hopper: Rulis' International Kitchen

This meal promises to be a celebration of local and seasonal produce. Chef Rulis takes to the kitchen to create a special feast of appetizers, salad, and vegan pizzas cooked in their wood-fired brick oven. Depending on local farmers' availability, ingredients may include greens, beets, carrots, and specialty mushrooms from Myers Mushrooms.

* 4176 N. Mesa

* 1:00-3:00 pm

* Cost: \$25 (includes taxes and gratuity)

* Deadline: paid reservations are required no later than Thursday, March 23.

* 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 March 23rd 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)

Saturday, April 8
5:00 pm

Vegan Potluck: Salad & Tapas

* Bring your favorite salad or tapas dish.

* Location: Home of Gilberto & Betsy Arias at 4737 Emory Rd.

* Hosts will provide non-alcoholic beverages and cups. If possible, please bring your own table setting (plate and utensils).

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

* All food must be VEGAN. Please review guidelines on page 7.

* 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, April 6.

Saturday, May 6
6:00 pm

Spring Dinner with Guest Speaker JL Fields

Vegan buffet @ Country Inn & Suites

* 900 Sunland Park Drive, El Paso, TX 79922

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

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

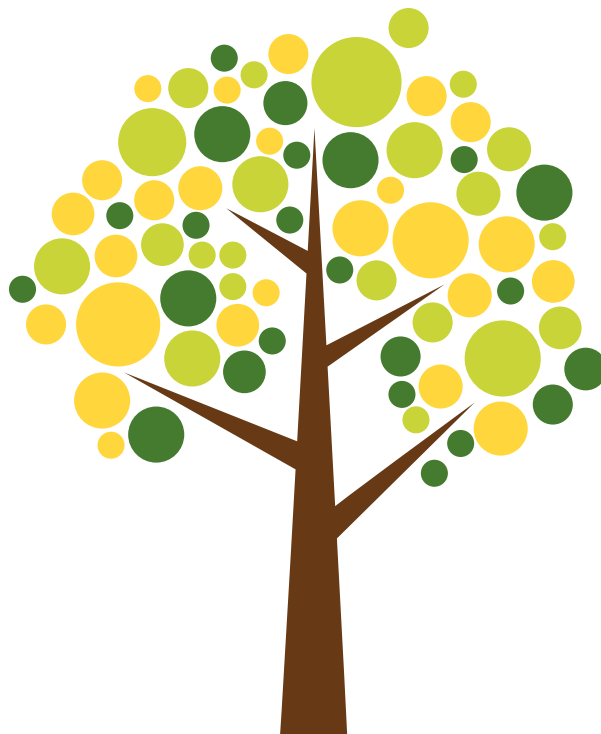
* Paid reservations are due Tuesday, May 2.

*To reserve and pay with PayPal or a credit card go to www.vsep.org and click on Events - Pay Online. After you complete the payment, please e-mail the names of those attending to VSoEP@aol.com. We need to have all the names of our guests as well as who the students and children are.

To pay with a check or money order, please first make your reservations via e-mail to VSoEP@aol.com, or text/call (915) 877-3030. Please include all the name(s) of those attending as well as indicate the students and children. Then mail your check or money order to VSEP, 6757 Gato Rd., El Paso, TX 79932. Make sure your payment is received before the reservation deadline.

Paid Reservations deadline: Tuesday May 2nd

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





About JL Fields

Author, culinary instructor, columnist, speaker, activist, and radio personality.

She is the founder and director of the Colorado Springs Vegan Cooking Academy and the vegan cooking chef instructor in the culinary arts program at the University of New Mexico-Taos.

JL is the author of *Vegan Pressure Cooking: Delicious Beans, Grains and One-Pot Meals in Minutes* and co-author of *Vegan for Her: The Woman's Guide to Being Healthy and Fit on a Plant-Based Diet*. She is the author of the forthcoming books *The Vegan Air Fryer: The Healthier Way to Enjoy Deep-Fried Flavors* and *The Main Street Vegan Academy Cookbook: Over 100 Plant-Sourced Recipes Plus Practical Tips for the Healthiest, Most Compassionate You*. She hosts the weekly radio program 'Easy Vegan with JL Fields' and writes the monthly vegan dining review for the Colorado Springs Gazette. JL will give advice on how to eat vegan in the real world and describe how eating vegan isn't expensive or complicated.

Sunday, May 21
4:00 pm

Feeding the Homeless @ The Opportunity Center

The Vegetarian Society of El Paso is seeking volunteers to help us with our annual feeding the homeless event. This year it will take place on Sunday, May 21st and volunteers would need to be available from approximately 4:00-6:30 pm. If you'd like to learn more about volunteering, please contact tlinney@aldf.org. If you'd like to make a donation to help cover the cost of the dinner please email vsoep@aol.com.

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.