

# VEGETARIAN SOCIETY OF EL PASO

From the Prez



Hello Everyone,

As the year comes 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!

To close the year, we will have our annual Holiday potluck gathering at the home of Richard and Sukie Sargent on December 2nd. We will also have a booth at this year's Happy Hippie Holiday at the Hal Marcus Gallery, so stop by to say hi and to get some free vegan treats. If you don't have to bake over the holidays – remember to support our local vegan bakers at Sane Treats and Savage Goods.

In January we will have a restaurant hopper in early January at The Pizza Joint on Belvidere. Our Winter Dinner will be held in February and features our own Greg Lawson as the guest speaker. We also feature an Italian themed potluck at the home of one of our members. 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 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 and lessening their environmental impact.

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

# VSEP Board Meetings

**Social time at 5:00 p.m.**

**Meeting at 6:00 p.m.**

Monday, January 29 @ Whole Foods Community Room  
(100 Pitt St.)

Monday, February 26 @ Eloise  
(255 Shadow Mountain)

Monday, March 26 @ Como's  
(4030 N. Mesa)

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](mailto: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 2<sup>nd</sup> & 4<sup>th</sup> Sunday of the month @ 7:30pm

## 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  
[vsoep@aol.com](mailto:vsoep@aol.com)



### A message from Savage Goods:

Hey VSEP members!

We wanted to take a moment to say THANK YOU for all of your support over the past four years, and especially during Savage Goods' Kickstarter campaign! We are incredibly grateful for your encouragement and your generosity, and for all of your help spreading the word. We truly would not be able to do this without you!

We're working hard to finish the cafe and to make it a warm, inviting place where you can enjoy delicious food with your friends. We hope to open this December! Once we open, we will be offering baked goods, breakfast, lunch, appetizers, coffee, and beer and wine. As always, our menu will be very vegan/vegetarian-friendly, AND we will be offering a discount for VSEP members! (Yay!)

Thank you again for being part of this journey with us - we are so thankful for you!  
Michelle, Mariah, and Tyler

**Saturday, December 2**  
**5:00-8:00 pm**

## VSEP Holiday Potluck @ Richard & Sukie Sargent's Home

- 6757 Gato Rd.
- Celebrate a compassionate feast with others by bringing your favorite dish!
- Please RSVP by Thursday, November 30 by calling or texting 915-877-3030, or email [vsoep@aol.com](mailto:vsoep@aol.com). Indicate the dish you will bring & how many will be attending.
- Please review guidelines on page 7.



**Saturday, December 9**  
**10:00 am-5:00 pm**

**Sunday, December 10**  
**12:00 pm-5:00 pm**

## Happy Hippie Holidaze @ Hal Marcus Gallery

It's time for the 47th Annual Happy Hippie Holidaze Open House Arts & Crafts Fair!

-Hal Marcus Gallery – 1308 N. Oregon

VSEP will again have a booth with membership information, samples of tasty vegan food items, 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 y, hats, scarves, stuffed animals, tie-dye, food gifts, and more.



facebook.com/halmarcus

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

**FREE** Happy Hippie Holidaze **DRESS UP**  
**Open House**  
**ARTS & CRAFTS FAIR**

**Sat. Dec. 9, 10-5 pm**  
**Sun. Dec. 10, 12 - 5 pm**

**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 14**  
**5:00 pm**

## Restaurant Hopper: The Pizza Joint West



- 7000 Westwind at Belvidere
- Price Per Person: \$20 – includes meal, drink, and tip; Pay in advance.
- Registration instructions are on page 7.
- Capacity: 30 people – The first 30 people to make reservation pay & receive their confirmation
- Deadline RSVP & payment: Paid Reservations due on or before Thursday, January 11 (as long as space available)
- RSVP Early! This event is sure to sell out quickly. Notes: Beer and wine are available to purchaes separately. The owner is aware of our guidelines and has assured us everything will be vegan.

**MENU**

A variety of vegan pizzas  
Salad  
Non-alcoholic beverage



The Lisa Shapiro Awards acknowledges the quiet superheroes of the Global Animal Advocacy Movement: people who work humbly behind the scenes, creating a world where animals do not have to suffer at the hands of humans.

Our very own founder, Sukie Sargent is one of five recipients this year! When Sukie learned she won the award, she shared a quote she keeps by her desk: “Work for a cause, not applause.” Clearly one she lives by.

On World Vegetarian Day, October 1, The Pollination Project gave a no-strings-attached award of \$2500 each to five animal activists, selected by a diverse team of their peers. It is their way of acknowledging and uplifting the love, commitment and hard work being done on behalf of animals, every day, in every corner of the world. Winners also received a “tithe”- a \$250 donation made in their honor to any animal charity of their choice, plus a virtual celebration of their work.

The Awards are named in memory of Lisa Shapiro, an Unsung Hero for animals who passed away in June 2015 at the age of 50. Lisa’s legacy includes organizing hundreds of vegan events in her community and beyond, building and promoting vegan lifestyle brands, and inspiring and mentoring hundreds of new vegans over her decades of activism.

**Saturday, February 3**  
**6:00 pm**

## Winter Dinner Featuring Guest Speaker Greg Lawson

- 6:00 pm meet and greet, eat at 6:30 pm
- The Radisson El Paso Airport, 1770 Airway Blvd. (Atrium Tower entrance located on the south side of the building)
- Cost: \$22 members, \$20 students, \$25 non-members, \$10 children under 12.
- Paid reservations are due Tuesday, January 30th. Please refer to instructions on page 7.

VSEP's very own Vice President, Greg Lawson will present an often humorous talk with slides (no violent images) entitled "Advertising, Propaganda and Lies," which will explore advertising by the meat and dairy industries. Commercials, which attempt to brainwash American consumers are rampant in all forms of media. Non-vegans often say to vegans "I don't like you telling me what I should eat," but every day they are exposed to countless ads telling them to eat more meat and drink more milk. Join us for a fun night of vegan food and some laughs!



Greg is a Certified Vegan Lifestyle Coach and has been a featured speaker for twelve years at the annual National Animal Rights Conference.

Along with VSEP President Elizabeth Walsh & VSEP board member Tom Linney, he hosts ACT, Animal Concerns of Texas, which has been broadcast on KTEP-FM for 15 years.



*New!*

## SECOND CHANCE WILDLIFE RESCUE

Beginning this quarter, we'll be selecting a nonprofit to collect donation items for, during our dinners! Please visit [secondchancewildliferescue.org](http://secondchancewildliferescue.org) to view their wishlist of items needed. Bring them to the dinner & we'll deliver them!

**Saturday, February 24**  
**6:00 pm**

## Italian Potluck @ Peggy Schuster's Home

- 748-D Espada Dr. 79912
- Celebrate the month of amore by bringing an Italian favorite!
- Please refer to guidelines on page 7.
- Please RSVP by Wednesday, February 21 to [pschuster@elp.rr.com](mailto:pschuster@elp.rr.com) or 915-241-0332. Indicate the dish you will bring & how many will be attending.
- Capacity limited to 25.



# BEST OF VEG AWARDS



The 5th annual Best Vegetarian Food of El Paso Awards had the best turnout yet with 393 votes! We are proud to present the 2017 1st & 2nd place winners.

Restaurant directory with addresses and contact info coming soon!



**BEST VEGETARIAN  
FOOD OF EL PASO  
AWARDS**

**2017**

**WINNERS**

BEST TACOS TACOHOLICS

BEST NACHOS ELOISE

BEST MEXICAN FOOD LICK IT UP

BEST ASIAN FOOD PHO TRE BIEN

BEST INDIAN DISH INDIA PALACE

BEST MEDITERRANEAN NOUR

BEST FALAFEL ZINO'S

BEST PIZZA THE PIZZA JOINT

BEST APPETIZER ELOISE

BEST CAULI WINGS ALAMO DRAFTHOUSE

BEST VEGGIE BURGER ELOISE

BEST SANDWICH ELOISE

BEST BRUNCH ELOISE

BEST FOOD TRUCK ICE CREAMED MYSELF

BEST COFFEE SHOP ELOISE

SMOOTHIE/JUICE BAR TIPPI TEAS

BEST NEW BUSINESS ONE GRUB COMMUNITY

BEST VEGAN FRIENDLY ELOISE

BEST VEGAN DESSERT SAVAGE GOODS

**BEST RESTAURANT**

**ELOISE**

**PRESENTED BY**

THE VEGETARIAN SOCIETY OF EL PASO &  
LOCAL BLOGGER, EP VEG SNOB



**BEST VEGETARIAN  
FOOD OF EL PASO  
AWARDS**

**2017**

**2ND PLACE**

BEST TACOS CAFE MAYAPAN

BEST NACHOS NOMU (ONE GRUB)

BEST MEXICAN FOOD CAFE MAYAPAN

BEST ASIAN FOOD SAIGON TASTE

BEST INDIAN DISH ELOISE

BEST MEDITERRANEAN ZINO'S

BEST FALAFEL SABERTOOTH

BEST PIZZA ARDOVINO'S

BEST APPETIZER JVB

BEST CAULI WINGS ELOISE

BEST VEGGIE BURGER THE HOPPY MONK

BEST SANDWICH SABERTOOTH

BEST BRUNCH THE HOPPY MONK

BEST FOOD TRUCK LICK IT UP

BEST COFFEE SHOP HILLSIDE

SMOOTHIE/JUICE BAR MOM'S FRESH JUICE

BEST NEW BUSINESS LICK IT UP

BEST VEGAN FRIENDLY JVB

BEST VEGAN DESSERT ICE CREAMED MYSELF

**BEST RESTAURANT**

**LICK IT UP**

**PRESENTED BY**

THE VEGETARIAN SOCIETY OF EL PASO &  
LOCAL BLOGGER, EP VEG SNOB

# 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)

## RESERVATION & PAYMENT INSTRUCTIONS

To reserve and pay with PayPal or a credit card go to [www.vsep.org](http://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](mailto:VSoEP@aol.com). We need to have all the names of our guests. You will get a response from [VSoEP@aol.com](mailto:VSoEP@aol.com) and that will confirm your reservation. If you don't receive a confirmation, your reservation is not complete. Check with us at [VSoEP@aol.com](mailto:VSoEP@aol.com) or (915) 877-3030.

To pay with a check or money order, please first make your reservations via e-mail to [VSoEP@aol.com](mailto: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 if the event has cost differences.

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 and you give us an e-mail or telephone number to confirm we have received your check or money order. Your reservation is not complete until you receive a confirmation.

## 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.