



## VEGETARIAN SOCIETY OF EL PASO

### FROM THE PREZ

More than ever we need compassion - compassion toward our fellow humans and our fellow creatures. Living a vegan lifestyle encompasses this philosophy. By choosing a vegan diet, vegan clothing, and other vegan products we are consciously re-affirming our commitment to creating a world where we do not live at the unnecessary cost of others.

Join us for our annual Compassionate Thanksgiving Dinner on November 2 when our guest speaker will be Rae Sikora. Rae has been a full-time spokesperson for other species and the environment for over 40 years. She is co-founder of Plant Peace Daily, VegFund, Santa Fe Vegan, and the Institute for Humane Education.

This fall, in addition to our Compassionate Thanksgiving Dinner, we are also hosting a restaurant hopper at the Green Ingredient Express, a potluck at Hal and Pat's home, and a food give away at UTEP in honor of World Vegetarian month (October) and World Vegan Day (Nov 1). We would like to table at more events but we need your help to make this happen. If you are interested, please contact us.

We are also trying to expand our connections with other community groups with similar interests. For instance, we hope to partner more with UTEP's Golden Age Program to provide vegan cooking lessons, with the El Paso Independent School District in teaching teachers about plant-based diets, and to continue to work with the Culinary Institute at El Paso Community College. If you know of an organization or have an idea on how we could collaborate more effectively, please join us at one of our board meetings. They are held on the second to the last Mondays of the month, and as always, all are welcome to attend.

Save the date for our annual holiday potluck in early December at the home of Sukie and Richard Sargent. Also look for our booth at the Hal Marcus Gallery's Happy Hippie Holiday in mid-December.

We hope you will join us for some of our events this fall.  
A full listing of events is available on our website, [vsep.org](http://vsep.org).

Have a safe and compassionate fall,

Liz Walsh  
VSEP President

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

## FOOD NEWS

- Lick It Up has officially moved into the kitchen at International Bar at 114 E. Mills Ave. and has some new menu items!
- Ita Kitchen is a stationary food truck serving up vegan-friendly, upscale bar food at Lost & Found Bar (2519 N. Stanton).
- Moonsi Cafe, located at 8136 San Jose has added another location called Moonsi Over Monarch at Lick It Up's former spot at Monarch Bar, 204 E. Rio Grande Ave (updates are at [instagram.com/moonsiovermonarch](https://www.instagram.com/moonsiovermonarch)).
- The Station at Sunset (145 E. Sunset Rd.) has a new kitchen tenant with plenty of vegan options, including brunch menudo and fun bar food like Chico's style tacos courtesy of Chuco Chile Co.
- Burger King now carries the Impossible Burger.
- Taco Cabana now carries Beyond Meat for tacos, burritos, and bowls.

## BOARD MEETINGS

*Every 2nd to last Monday of the Month*  
*Social Time at 5:00 pm, Meeting at 6:00 pm*  
September 23 @ Como's  
4030 N. Mesa

October 21 @ Eloise  
255 Shadow Mountain

November 18 @ Como's  
4030 N. Mesa



## CONTACT INFO

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 graphic for ACT Radio featuring a vintage microphone on the right. The text on the left reads: "ACT Radio", "Animal Concerns of Texas", "www.ktep.org/programs/act-radio", "The Vegetarian Society of El Paso's Radio Show on KTEP-FM", and "88.5 FM".

**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  
**88.5 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

## VEGGICANA BRUNCH POTLUCK POTLUCK IS AT CAPACITY & WE ARE NO LONGER ACCEPTING RESERVATIONS.

Saturday, September 7 at 11:00 am

- 1308 N. Oregon (Hal Marcus Gallery) and 1319 N. Oregon (home)
- Capacity: 25 people
- Deadline to RSVP is Thursday, September 5 (space is no longer available)
- Theme: Mexican-style brunch, so think breakfast and lunch foods. Bring a favorite Mexican-style appetizer, main dish, side dish, or dessert that serves 10.
- Please refer to potluck guidelines last page.
- Hosts will supply non-alcoholic beverages, recyclable plates, utensils, and cups. Feel free to bring your own setting and alcohol.

Directions:

Go here first - Gallery: Look for the blue house.

Park there, next door in Woman's Club lot, or along River Street near their home

After Gallery go to the Home: It is 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.

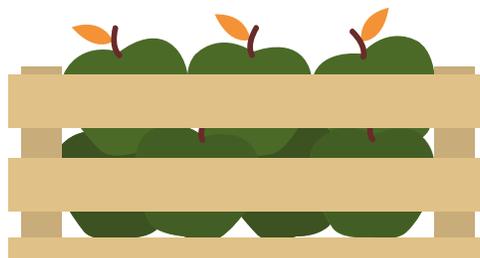
Questions? Email [halmarcus123@gmail.com](mailto:halmarcus123@gmail.com)



## JALISCO HOPPER @ THE GREEN INGREDIENT EXPRESS

Saturday, October 19 @ 5:00 pm

- Location: The Green Ingredient Express, 6100 Dew Dr.
- Alcohol is not served, but you are welcome to bring your own.
- Price: \$20 All-inclusive - meal, beverage & gratuity (no refunds)
- Capacity: Limited to the first 25 people to make reservations and pay.
- Registration Questions: TEXT or call 915-877-3030
- Registration and reservation instructions on the last page.
- Registration Deadline: Friday, October 11 (as long as space is available)



## COMPASSIONATE THANKSGIVING DINNER

Saturday, November 2 at 6:00 pm

- The Radisson El Paso Airport, 1771 Airway Blvd. (Atrium Tower Entrance, located on the south side of the building)
- Cost: \$22 members, \$22 students w/ID, \$24 non-members, \$10 children under 12
- Paid reservations are due Tuesday, October 29.
- Go to [vsep.org](http://vsep.org) to make reservations and pay online or call 877-3030
- Please refer to reservation instructions on last page.



Rae Sikora is co-founder of Plant Peace Daily, Vegfund, Santa Fe Vegan, and the Institute for Humane Education. Her talk is entitled Brilliant Cows, Einstein Bees and will explore the emotions, intelligence, and compassion of non-human animals.



# Save the Date!

## ANNUAL HOLIDAY POTLUCK

SATURDAY  
DECEMBER 7, 2019  
STARTS AT 5PM  
MORE DETAILS TO COME

&

facebook.com/halmarcus

 *Hal Marcus* gallery 1308 N. Oregon  
El Paso, TX  
(915) 533-9090

**FREE** **Happy** **2 DAYS!**  
**Hippie Holidaze**  
**Open House**  
**ARTS & CRAFTS FAIR**

**Sat. Dec. 14, 10-5 pm**  
**Sun. Dec. 15, 12 - 4 pm**

**ALL DAY ENTERTAINMENT**  
Groovy Vendors hand-made hats,  
shawls, textiles, teddy bears, purses,  
tie-dye, recycled creations,  
jewelry, music, books, soaps,  
folk art, & more!

HALMARCUS.COM

# 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 and indicate any children or students to [VSoEP@aol.com](mailto:VSoEP@aol.com) **if the cost is different**. We need to have all the names of our guests *as we make name tags for those attending*. 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.