



VSEP

VEGETARIAN SOCIETY OF EL PASO

FROM THE PREZ

In this season of reflection, I want to personally thank each of you for your commitment to the Veg 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, tabled at a community event, fed the homeless, or help to 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 the home of our founder, Sukie Sargent. Sukie and her husband Richard will host a potluck on December 7th. We will also have a booth at this year's Happy Hippie Holiday at the Hal Marcus Gallery, stop by to say hi, and see some beautiful art and hear some great music. This event is always a great time!

In January, the Piedmont Café will host our restaurant hopper. The Piedmont opened this fall and nearly everything on their menu can be "veganized." They will prepare a special selection for our event. Our Winter Dinner will be held on February 15th and features Will Tuttle as the guest speaker. Will is the author of the book *The World Peace Diet*, *Buddhism and Veganism*, *Circles of Compassion* and several others. Will has spoken to VSEP on several past occasions and I am sure we will all be inspired and learn more about the spiritual aspects of going vegan. 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. Or resolve to increase your involvement in VSEP. We really need your help in running our organization. We have plenty of volunteer leadership position available. Some require only a few hours per month while others are more involved. We can help you find an opportunity that fits your schedule and skills. Please contact any of our Board members or come to a Board meeting to learn more about how you can help.

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

BEST VEGETARIAN FOOD OF EL PASO AWARDS

It's almost time to vote for your favorite veg-friendly businesses! The link to vote will be released soon. This year, we've added a Best Menudo/Pozole category! Be on the lookout in your inbox or on social media.



DON'T FORGET TO FOLLOW US ON SOCIAL MEDIA



@VEGETARIANSOCIETYOFELPASO



@VEGSOCIETY_EP

BOARD MEETINGS

*Every 2nd to last Monday of the Month
Social Time at 5:00 pm, Meeting at 6:00 pm*

December - No Board Meeting

January 20 @ Eloise Cafe
255 Shadow Mountain

February 17 @ Como's
4030 N. Mesa



CONTACT INFO

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

ACT Radio

Animal Concerns of Texas

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 2nd & 4th Sunday of the month @ 7:30pm



ANNUAL HOLIDAY POTLUCK

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

Saturday, December 7 at 5:00 pm

- Richard & Sukie's Home at 6757 Gato Rd.
- Capacity: 30
- Bring your favorite holiday dish and join us in celebrating another year of compassionate, healthy and eating, and protecting our environment.
- Hosts will provide non-alcoholic beverages. Please bring your favorite appetizer, main dish, side dish, or dessert, enough for 8. Please tell your host what are you bringing and please refer to the Potluck guidelines on the last page of the newsletter.
- Please RSVP by Thursday, December 5th by texting (915) 877-3030 or send an email to VSoEP@aol.com. Please include the names of those attending. (space is no longer available)
- Hosts will supply non-alcoholic beverages, recyclable plates, utensils, and cups. Feel free to bring your own setting and alcohol.



HAPPY HIPPIE HOLIDAZE



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 



RESTAURANT HOPPER: PIEDMONT CAFE

Saturday, January 18 at 5:00 pm

- 4172 N. Mesa (Near Executive Center Blvd.)
- Price: \$20 - all inclusive (meal, beverage, & tip)
- Capacity: 50 people
- Deadline to RSVP is Monday, January 13 (as long as space is available)
- Registration & payment instructions on last page.
- Note: alcohol is available for purchase separately at the restaurant.



.HAPPY.
New Year

Chef Joey Cazares, formerly making magic at Eloise and Hello Day, is living the dream with a place of his own and is looking forward to sharing his exceptional culinary sensibility with you at the new Piedmont Cafe.

Join Joey and partner Vianey Chavez as they dazzle with the first Vegan Hopper of 2020.

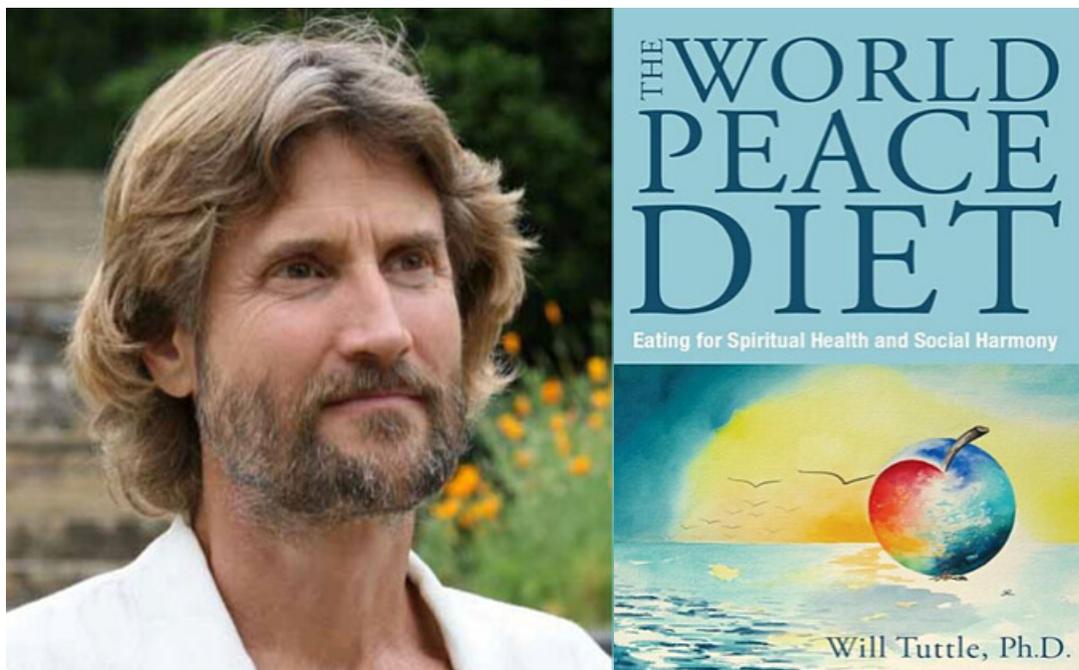


"The cool, comfy vibe is just right for a little conversation, an extremely cold beer, and a menu that makes you want to return to try everything."

WINTER DINNER WITH GUEST SPEAKER DR. WILL TUTTLE

Saturday, February 15 at 6:00 pm

- The Embassy Suites, 6100 Gateway Blvd. East
- Cost: \$22 members, \$22 students w/ID, \$24 non-members, \$10 children under 12
- Paid reservations are due Tuesday, February 11.
- Go to vsep.org to make reservations and pay online or call 877-3030
- Please refer to reservation instructions on last page.



Will is an author, educator, former Zen monk and inspirational speaker who has presented widely throughout North America, Europe, and the Pacific. He is the author of the acclaimed best-seller *The World Peace Diet*, which has been published in 16 languages.

Will is also the co-founder of the non-profit Circle of Compassion and the Worldwide Prayer Circle for Animals.



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

RESERVATION & PAYMENT INSTRUCTIONS

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 and indicate any children or students to 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 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 or (915) 877-3030.

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 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.