



Vegetarian Society
of Richmond
Post Office Box 15451
Richmond, Va. 23227
Phone 344-4356
www.vegetarianrichmond.org

Membership Renewals

Your timely membership renewal is greatly appreciated. VSR needs your membership more than ever in order to pay for our Richmond Vegetarian Festival sponsorship, the newsletter, participation in the Chili Cook-off, free literature distribution, and the year-round programs and activities that we offer. Tax-deductible donations are also greatly appreciated. Any fundraising ideas or help would also be welcome.

Dinners:

Please remember to send separate checks for renewals and dinners.

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Brunch at Zed Cafe

Sunday, November 11th , 10:30 a.m.

In addition to their regular brunch menu which includes vegetarian items, two vegan items will be offered, tofu scramble and vegan French toast made with almond milk. Salads are also available at extra cost. See <http://www.zedcafeonline.com/>.

Cost: \$9.00 includes entree, coffee or tea, excluding tax, tip, payable at the restaurant

5109 Lakeside Avenue Richmond, Virginia
23228 804.261.5656

Call 804-344-4356, email
lois@vegetarianrichmond.org or register at
<http://www.vegetarianrichmond.org/> by Nov. 8th.

Seating limited. Please contact VSR if you make a reservation and cannot attend. Thank you. See review below.

Zed's Not Dead, Baby by Michelle Stuchell

The Northside's Zed Cafe proves that cuisine can be eco-friendly and quite tasty at the same time.

Richmond.com Friday, October 12, 2007

I love the Northside. The community, the parks, the people, the architecture. Redevelopment and energy.

Zed Café on Lakeside Avenue is trying to add to that character. Attached to the Body Zen Soul Aveda Concept Salon, Zed Café has been open for close to 15 months. Starting out by making baked goods for the salon, the café has morphed into a Wi-Fi friendly restaurant whose mission is to produce food that is good for the body, community and planet. Using fair trade, locally grown and organic foods, recycled and compostable products, non-chlorine bleached papers, natural plastics such as cups made from corn plastics and biodegradable straws, Zed is a dedicated to car-

rying out it's mission in every way possible.

The olive green and taupe walls, brushed concrete floors, exposed air ducts and wood tables are accented by red eastern pendant lights creating a very minimalistic environment. Local art on the walls adds to the local flavor and flair. Currently, the art is from a show by Virginia Commonwealth University seniors and will be on display through the end of the year.

So ... Zed café. Good food, though not always exactly what was on the menu, but always fresh and delicious. The service was a little slow, but always friendly. Though it didn't have the most comfortable seating, Zed was eco-friendly and offered a good selection.

We say try it. Zed has energy and that's what the Northside is all about.

Vegan Thanksgiving Potluck

Thursday, November 22nd, 2007, 5:00 p.m.

Friends Meeting House, 4500 Kensington Ave.
(Kensington & Commonwealth Aves.)

Members, no charge; non-members \$2.00

Please bring a vegan dish to share and the recipe. Beverage, plates and utensils provided.

Call 344-4356 by Monday, November 19th for reservations and information or see www.vegetarianrichmond.org.

In 1986, Farm Sanctuary began its annual Adopt-A-Turkey Project. This unique effort has saved thousands of turkeys from the slaughterhouse, and encouraged millions of people to be kind to animals. This Thanksgiving, hundreds of families are feeding turkeys, instead of eating them, by adopting

Cancellation policy: *If an activity ever has to be changed or cancelled, a message will be placed on the voice mail at 344-4356. When feasible, you will also be called and an email sent out. Thank you.*

feathered friends who live at Farm Sanctuary. For a one-time fee of \$20, Adopt-A-Turkey sponsors receive a color photo of their turkey, an adoption certificate and turkey biography, plus a one year subscription to Farm Sanctuary's quarterly newsletter. People can sponsor a turkey by calling 1-888-SPONSOR or by filling out a sponsorship form.

Adopt-A-Turkey Project <http://www.adoptaturkey.org/about.htm>

Holiday Potluck

Saturday, December 8th, 2007, 6:00 p.m.

Friends Meeting House, 4500 Kensington Ave. (Kensington & Commonwealth Aves.)

Members, no charge; non-members \$2.00

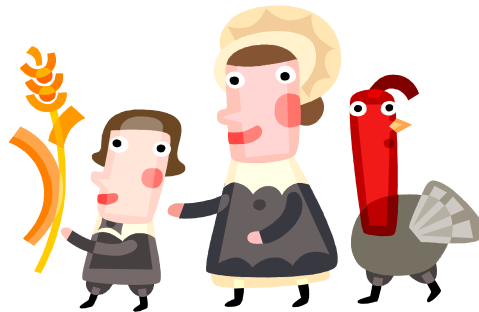
Please bring a dish (vegan preferable) to share, the recipe and your own beverage, plates and utensils. Call 344-4356 by Wednesday, December 5th for reservations and information, email lois@vegetarianrichmond.org or see www.vegetarianrichmond.org.

Potlucks, a Gentle Reminder

Please bring a dish that feeds at least twice the number in your party. Usually, all the food is gone by the end of the evening. Several members routinely bring more than one dish and their extra effort is greatly appreciated. If it weren't for that, there probably wouldn't be enough food. Also, please remember to bring your own place setting and beverage. We will no longer provide paper products for those who forget. Thank-giving is the only event that we provide place settings and beverages and the products we use are recyclable. If you use anything from the Meeting House kitchen, please be sure to wash and dry it, and put it away. We want to leave everything clean so we'll be allowed to return. Finally, please be considerate of the people at the end of the line. On your first trip to the table, only take a small amount of the various dishes so that everyone can sample all the dishes. Vegan is always preferable so that everyone can enjoy everything. Thank you.

Looking for VSR members to do cooking demos

If you like to cook and have a favorite recipe, we are looking for VSR members who would like to do simple cooking demos at our potlucks. Please call 804-344-4356 or email lois@vegetarianrichmond.org if you are interested. Thank you.



API's Humane Holiday Shopping Guide

By Monica Engebretson and Rachel Menge

As you consider what gifts to buy for your loved ones, it's important to remember the power you hold as a consumer, not just during the holidays, but all year long. By shopping with your compassionate values on your mind and in your heart, you can truly make a difference in the lives of animals!

API wants to help you advocate for the animals through your purchases and send a clear message to the marketplace. See <http://www.api4animals.org/391.htm> to learn how to make this holiday season a humane one for all living beings.

Year End Donations

VSR is a 501(c)(3) non-profit organization. Please keep us in mind if you make year-end donations. Donations can be made online by credit card at www.vegetarianrichmond.org.

Thank you.

Welcome New Members!

- Dena Z. Smith
- Dan O'Neal
- Scott Burger
- Vickie Ogozaly
- Sandra M. Gray
- Ganapathy Karthikeyan
- Melvin Denwiddie
- Megan Rollins
- Terri Phillips
- Shannon Heady
- Heather Simpkins
- Debbie Fazenbaker

"Trying to Connect the Dinner Plate to Climate Change"

in the August 29 issue of the New York Times.

www.nytimes.com/2007/08/29/business/media/29adco.html?_r=2&oref=slogin&oref=slogin

TEXT FROM NEW YORK TIMES

Claudia H. Deutsch, August 29, 2007

EVER since "An Inconvenient Truth," Al Gore has been the darling of environmentalists, but that movie hardly endeared him to the animal rights folks. According to them, the most inconvenient truth of all is that raising animals for meat contributes more to global warming than all the sport utility vehicles combined.

The Humane Society links environmental issues and food. The biggest animal rights groups do not always overlap in their missions, but now they have coalesced around a message that eating meat is worse for the environment than driving. They and smaller groups have started advertising campaigns that try to equate vegetarianism with curbing greenhouse gases.

Some backlash against this position is inevitable, the groups acknowledge, but they

do have scientific ammunition. In late November, the United Nations Food and Agriculture Organization issued a report stating that the livestock business generates more greenhouse gas emissions than all forms of transportation combined.

When that report came out, People for the Ethical Treatment of Animals and other groups expected their environmental counterparts to immediately hop on the "Go Veggie!" bandwagon, but that did not happen. "Environmentalists are still pointing their fingers at Hummers and S.U.V.'s when they should be pointing at the dinner plate," said Matt A. Prescott, manager of vegan campaigns for PETA.

So the animal rights groups are mobilizing on their own. PETA is outfitting a Hummer with a driver in a chicken suit and a vinyl banner proclaiming meat as the top cause of global warming. It will send the vehicle to the start of the climate forum the White House is sponsoring in Washington on Sept. 27, "and to headquarters of environmental groups, if they don't start shaping up," Mr. Prescott warned.

He said that PETA had written to more than 700 environmental groups, asking them to promote vegetarianism, and that it would soon distribute leaflets that highlight the impact of eating meat on global warming.

"You just cannot be a meat-eating environmentalist," said Mr. Prescott, whose group also plans to send billboard-toting trucks to the Colorado Convention Center in Denver when Mr. Gore lectures there on Oct. 2. The billboards will feature a cartoon image of Mr. Gore eating a drumstick next to the tagline: "Too Chicken to Go Vegetarian? Meat Is the No. 1 Cause of Global Warming."

The Humane Society of the United States has taken up the issue as well, running ads in environmental magazines that show a car key and a fork. "Which one of these contributes more to global warming?" the ads ask. They answer the question with "It's not the one that starts a car," and go on to cite the United Nations report as proof.

On its Web page and in its literature, the Humane Society has also been highlighting other scientific studies - notably, one that recently came out of the University of Chicago - that, in essence, show that

"switching to a plant-based diet does more to curb global warming than switching from an S.U.V. to a Camry," said Paul Shapiro, senior director of the factory farming campaign for the Humane Society.

The society, Mr. Shapiro said, is not only concerned with what happens to domesticated animals, but also with preventing the carnage that global warming could cause to polar bears, seals and other wildlife. "Our mission is to protect animals, and global warming has become an animal welfare issue," he said.

Even tiny pro-veggie operations are starting to squeeze dollars out of their shoestring budgets to advertise the eating

The United Nations Food and Agriculture Organization issued a report stating that the livestock business generates more greenhouse gas emissions than all forms of transportation combined.

meat/global warming connection. Vegan Outreach, a 14-year-old group in Tucson with just three full-time workers and a \$500,000 annual budget, is spending about \$800 this month to run ads and links to its Web page on about 10 blogs. And, it will give more prominence to the global warming aspect of vegetarianism in the next batch of leaflets it orders.

"We know that vegetarian organizations have sometimes made exaggerated health and environmental claims, but that U.N. report is an impartial, unimpeachable source of statements we can quote," said Matt Ball, executive director of Vegan Outreach.

Like Mr. Prescott, Mr. Ball is incensed that high-profile people like Al Gore - or environmental groups with deeper pockets than his - have not stepped up to the plate.

"Al Gore calls global warming an existential risk to humanity, yet it hasn't prompted him to change his diet or even mention vegetarianism," he complained. "And I guess the environmentalists recognize

that it's a lot easier to ask people to put in a fluorescent light bulb than to learn to cook with tofu."

Advertising specialists warn that this new attention to global warming may attract enemies as well as converts.

"Using global warming as a tactic for advancing the cause of vegetarianism feels a bit opportunistic," said Hank Stewart, senior copywriter at Green Team Advertising, which specializes in environmentally themed ads.

He also questions the logistics. "You want to get the message as close to the meat-purchasing moment as possible," he said, "but can you imagine a supermarket allowing Attention, Planet-Destroying Carnivores' on the in-store radio?"

Environmental groups, meanwhile, readily concede that mobilizing against meat eaters is not their highest priority.

"We try to be strategic about doing the things where each unit of effort has the most impact," said Carl Pope, executive director of the Sierra Club. Mr. Pope notes that his group has stopped short of castigating people for driving S.U.V.'s or building overly large homes, too.

"We'll encourage companies to make more efficient S.U.V.'s, and we'll encourage consumers to buy them," he said, "but we do not find lecturing people about personal consumption choices to be effective."

Environmental Defense is also "in agreement on the value of eating less meat," said Melanie Janin, director of marketing communications. But, she added, her group would rather spend its time and money influencing public policy - specifically, getting Congress to regulate greenhouse gases.

Mr. Gore declined to make himself available for comment. Chris Song, his deputy press secretary, simply noted that a suggestion to "modify your diet to include less meat" appears on Page 317 of Mr. Gore's book version of "An Inconvenient Truth."

He did not address Mr. Gore's personal food choices

The VRG Parents' List

Are you raising a vegetarian or vegan child? If so, join the VRG parents' List on Yahoo! Groups and begin exchanging ideas with more than 1,000 other moms and dads of veggie kids. Discussions range from creating tasty snacks for toddlers to attending non-vegetarian gatherings, from helping kids handle peer pressure to shopping for leather and wool alternatives! You don't even need a Yahoo! ID to join, just an e-mail address. Go to <http://groups.yahoo.com/group/vrgparents/> to sign up!

Book Review: *Alive in 5* by Angela Elliott

Recipes in most raw food cookbooks necessitate many ingredients and a great deal of the chef's time, which makes *Alive in 5* all that much more refreshing. This book's gourmet raw recipes can be prepared in five minutes. Readers will enjoy dishes such as Unbelievable Chili (sun-dried tomatoes, avocados, almonds, etc.), Zippy tuna rolls (raw sunflower seeds), and Life's a bowl of cherries Sorbet (cherries and agave nectar). The recipes do not include nutritional information. *Alive in 5* is published by Book Publishing Company. \$14.95. Reviewed by Debra Wasserman, *Vegetarian Journal*, vol. XXVI, no. 4.

World's First Healthcare Insurance for Vegetarians and 'Meatleavers'

"The Vega Insurance Policy in the Netherlands gives vegetarians, vegans and semi-vegetarians

(meatleavers) the possibility to take out a collective health care policy and to make use of a large number of benefits tailored to vegetarian lifestyles. Research in the Netherlands suggests a large demand for this policy, and already 1000 people have signed up. Many policyholders consider it an acknowledgement of their lifestyle. Because of its unique character, there is interest in the Vega Insurance Policy outside the Netherlands as well.

"In addition to protecting themselves, the participants of the collective insurance policy can protect our fellow animals by supporting the Stichting Wakker Dier (a Dutch animal welfare organisation), the Dutch Union of Vegetarians or Adopt a Chicken (an initiative to make consumers more aware of the poor living conditions on poultry farms) up to 25 euros. As a gift of welcome, all participants receive a Greencard VISA that offsets free of charge and for a lifetime the CO2 gas omissions of all purchases made with this credit card.

"The Vega Insurance Policy is the first product developed by the Stichting PreventiePolis and is recommended by the Dutch Union of Vegetarians, Adopt a Chicken and the Stichting Wakker Dier. To date, there is no English language website about this insurance policy, but more information is available at commpas-sion@planet.nl.

Three Little Rules For Those Last 10 Pounds

Environmental Nutrition, October 2007, 9/25/07

So you've been dieting and exercising, and your weight-loss program has been successful . . . for the most part. But you just can't seem to get rid of those last 10 pounds. If this sounds

familiar, you might want to follow three general guidelines that really work to help you lose the last 10 pounds and keep them off for good.

1. Eat more. Yes, there's a catch—it only applies to fruits and vegetables. Researchers have discovered that people who eat more fruits and vegetables are able to lose more weight and keep it off. It's not just that these types of food have lots of good nutrients, say researchers at Penn State, but also that they are high in water and fiber, both of which help fill you up, so you don't eat more types of food that aren't so good for your diet. In a study of more than 7,000 people who ate lots of fruits and vegetables, men ended up eating 400 fewer calories overall per day and women ate 300 fewer calories per day as compared to people who didn't eat more fruits and vegetables.

2. Walk more. If you exercise regularly and do just 15 to 20 more minutes a day, you can burn an extra 100 calories. And that can add up to a weight loss of 10 pounds a year. When it comes to keeping weight off, that extra amount of exercise makes a big difference: People who move more are twice as successful at keeping weight off compared to those who don't. Note that if you choose to walk instead of participating in more strenuous exercise, like running, it can take longer to get your heart rate up, so you might want to get 45 minutes of walking in per day in addition to your workout.

3. Pay attention. Your elementary school teacher was right! The nutrition experts who compiled this report say that the average person makes 200 decisions per day about what kind of food to eat (or whether or not to eat it). You might find yourself snacking without thinking or eating a large portion of food just because it's on your plate. One study even found that people will eat bigger servings of food if it's placed in front of them—even if the food is stale! That kind of "mindless eating" will do you in! You can eat less if you simply buy smaller portions of food.

Richmond Academy Fruit Sales

3809 Patterson Ave.
Richmond, VA 23221
804-353-0036 ext. 50

Pick-up Thursdays 7 am-6 pm

November 2007, Order by Nov. 7, Pick-up Nov. 15
Florida naval oranges & pink grapefruit

December 2007, Order by Dec. 5, Pick-up Dec. 13
Florida naval oranges & pink grapefruit

January 2008, Order by Jan. 9, Pick-up Jan. 17
Florida naval oranges, Honeybell tangelos & Pink grapefruit

February 2008, Order by Feb. 6, Pick-up Feb. 14
Florida temple oranges & pink grapefruit

March 2008, Order by March 5, Pick-up March 13
Florida temple oranges, murcotts & pink grapefruit



Richmond Peace Education Center is having their Annual Fundraising Dinner and Auction on November 10, 6:00 p.m., at Troutman Sanders Conference Center, Riverside on the James, 1001 Haxall Point Rd. Also silent auction with great prizes.

Please join us in honoring this year's Peacemakers of the Year, Heidi Abbott, Carter Carpin and Kristin Hott, founders of [Not With These Hands](#). The event will also feature a spectacular view high above Richmond's James River at the top of the Troutman Sanders building. Make your reservations now by calling 232-1002 or emailing reservations@rpec.org

<http://www.rpec.org/>

Submitted by Ken Lyle, kenlyle@yahoo.com

Good Medicine Autumn 2007 vol XVI, no. 4

Going Meatless Saves Money

A vegetarian diet trims grocery bills and long-term health care costs, according to a recent article on the MSN.com Web site. That's because the healthy staples of a plant-based diet, including beans, lentils, and rice, are much less expensive per pound than chicken, tuna, or beef. People who follow a vegan diet also have less risk of obesity, diabetes, heart disease, and other chronic illnesses, which means they don't spend as much money on doctors, drugs, and hospitals as do meat-eaters.

Not Just Cleaner— They're More Nutritious

Researchers at the University of California, Davis, found not only that organic produce is lower in pesticide residue but that it may also be better than conventionally grown fruits and vegetables for overall and cardiovascular health. Or-

ganic tomatoes have almost twice the amount of flavonoids, important disease-fighting antioxidants that reduce heart attack and stroke risk, lower blood pressure, and may aid in preventing some types of cancer and dementia.

A Diet to Die For

Long-term results from the European Prospective Investigation into Cancer and Nutrition show that high-protein, low-carbohydrate diets increase mortality risk. Researchers assessed the diets of 22,944 healthy Greek adults. Those consuming diets highest in protein and lowest in carbohydrate had a 22 percent greater risk of death compared with those consuming diets highest in carbohydrate and lowest in protein. The study also dealt a blow to the idea of a "healthy Mediterranean diet": Eighty percent of men and 75 percent of women in this population were overweight or obese.

Trichopoulou A, Psaltopoulou T, Orfanos P, Hsieh C-C, Trichopoulos D. Low-carbohydrate-high-protein diet and long-term survival in a general population cohort. *Eur J Clin Nutr.* 2007;61:575-581.

Fermented Can Be Fine

Natural Health, 10/11/07

Would you believe some fermented foods can enhance your health? No, beer is not on the list, but the following foods are recommended because they contain probiotics, which appear to aid in predigestion.

- Kefir (a fermented dairy beverage)
- Yogurt (be sure it has live and active cultures)
- Miso (soybean paste)
- Kimchi (Korean cabbage salad)
- Tempeh (a spicy soy cake)
- Amasake (a sweet rice drink)
- Kombucha (a beverage made of tea cultured with probiotics)
- Sauerkraut (the familiar German fermented cabbage dish)

A DELICIOUS CRUELTY-FREE THANKSGIVING

Alicia Silverstone's favorite Thanksgiving recipes.

Tofu Not-A-Turkey

6 lbs. firm tofu

Cornbread Stuffing:

1 cup diced onion

1 cup diced celery

1 Tbsp. sesame oil

1/2 tsp. sage

1/2 tsp. thyme

1 tsp. parsley

Salt and pepper, to taste

3 cups cubed whole wheat bread

2 cups cubed corn bread

1/2 cup vegetable broth

1/2 cup walnuts or pecans (optional)

Basting Liquid:

1/2 cup sesame oil

1/4 cup soy sauce

One hour before cooking, mash the tofu and pack it into a colander lined with cheesecloth or a clean towel. Place the colander over a large bowl to catch the liquid from the tofu. Weigh it down with a heavy object such as a can or jar on top of a bowl or small plate.

To make the stuffing, sauté the onion and celery in the sesame oil. Mix the seasonings into the cubed bread. Combine everything, adding enough vegetable broth to moisten. Add nuts if desired.

Preheat the oven to 400 degrees F.

Press the tofu with your hands to form a hollow center, fill with the stuffing mixture, and press down. Flip the tofu onto an oiled baking sheet. Remove the towel or cheesecloth. Baste the tofu with 3/4 of the sesame oil and soy sauce mixture, cover with foil, and bake for 1 hour. Remove the foil, baste again with the remaining basting mixture, return to the hot oven, and bake uncovered for 20 minutes or until golden. Transfer to a serving platter and serve with gravy.

Millet Mashed Potatoes

1 1/2 cup cauliflower

1/2 cup millet (rinsed)

1 1/2 cups water

2 tsp roasted sesame tahini

Pinch of sea salt

Sesame, pumpkin seeds or gomashio to garnish

Place cauliflower on bottom and then millet. Add pinch of sea salt. Gently add water, trying not to disturb the layers. Cover and bring to boil. Reduce heat and cook over low heat about 45 minutes until liquid has been absorbed and millet is soft.

Add tahini blending well, and mash with potato masher.

Serve with seeds or gomashio.

Cranberry Sauce

4 cups of cranberries

1/2 cup of brown rice syrup

1/4 cup of water

1 juiced orange

Rinse and clean berries well.

In a large pan combine sugar, water, orange juice and berries. Bring to a boil over med. high heat. Stir often. Reduce to a gentle boil and cook until berries pop (about 10 min uncovered).

Chill in refrigerator 1 hour.

Tofu Whip

1 pkg. Nasoya silken tofu (soft)

2 tsp. umeboshi paste

3 T Vegenaïse

Juice of 3 lemons

Rinse and wrap tofu in cheesecloth. Set aside 10 minutes with weight on top to remove excess liquid. Wrap in dry cheesecloth, steam 3-5 minutes. Set aside to cool.

Grind in food processor until smooth. Add umeboshi paste, Vegenaïse and lemon juice, blend until smooth consistency.

Set aside, cover with cheesecloth 2 hours at room temperature.

Old Fashioned Sweet Potatoes

· 4 lb sweet potatoes, peeled and cut into 1-inch pieces

· 5 TB Earth Balance butter

· 2/3 C maple syrup

· 1 tsp ground cinnamon

· 1/4 tsp ground nutmeg

· Pinch of ground ginger

· 1/2 tsp salt

· 2 cup marshmallows*, cut into small cubes (optional)

· 1/2 cup chopped pecans (optional)

Preheat oven to 375°F. Place potatoes in 13 x 9 x 2-inch glass baking dish. Combine butter, sugar, cinnamon, nutmeg, ginger and salt in small saucepan over medium heat. Bring to boil and stir until sugar dissolves. Pour this mixture over sweet potatoes and toss to coat. Cover dish well with foil.

Bake 50 minutes. Uncover and continue to bake until potatoes are tender and syrup thickens a bit (basting occasionally) about 20 minutes. Raise oven temperature to 500°F. Top sweet potatoes with cubed marshmallows and pecans and bake until marshmallows begin to melt and nuts begin to brown, about 3 minutes

Cornbread Muffins

1 1/2 cups whole wheat pastry flour

1 tbsp double acting, non aluminum, baking soda

1 cup brown rice syrup or maple syrup

1/2 tsp salt

1/4 cup canola oil

1 1/4 cup soymilk

1 1/2 cup yellow cornmeal

Preheat oven to 400. Mix liquid ingredients, then mix dry in a separate bowl.

Mix dry & liquid together.

With a tissue, place a little oil on the pan. Bake 20 minutes.

VSR Membership

The Vegetarian Society of Richmond is a nonprofit organization dedicated to promoting vegetarianism through education, activities and advocacy. We seek to unite vegetarians and those interested in vegetarianism in the Richmond area. Activities may include restaurant visits, potlucks, lectures, classes, hikes, field trips, outreach, etc. Membership is open to both vegetarians and non-vegetarians. A vegetarian lives on a diet free of flesh foods, with or without dairy products and eggs. The VSR recognizes that its members are vegetarians or interested in vegetarianism for a variety of reasons--including personal health, religious beliefs, concern for the environment, animal rights, and world hunger--and that not all members share all of them. We welcome your membership and your participation. Our meetings are open to members and non-members alike

The VSR newsletter seeks to provide information and a forum for discussion on all facets of vegetarianism, and is published bi-monthly. Our readers are encouraged to submit information by the 15th of the previous month and make suggestions on improving our publications, activities, and programs. We welcome comments, questions, calendar items, and announcements, and articles. Articles published express the opinions of the authors and do not necessarily reflect the views of the society. VSR reserves the right to refuse any ad or article.

Officers

VSR is a volunteer organization. We welcome your participation.

Lois R. Angeletti, *Database, Activities, Newsletter editor, Outreach, Publicity, Membership*
 David Sumner, *Treasurer, Newsletter, Web Admin.*
 Al Cooper, *Restaurants, Outings, Phone Tree*
 LaNell Gardner, *Phone tree, Voice mail, Outreach*

As a new member, you will receive a copy of *Vegetarianism in a nutshell* published by the Vegetarian Resource Group.

Is it time to renew??--the date on the mailing label indicates when it's time to renew your membership.

VSR is a member of the Vegetarian Union of North America, International Vegetarian Union, and an affiliate of NAVS.

For potlucks, please bring your own place setting, serving utensil and beverage. Please bring a label with all ingredients. No flesh foods. Your dish should feed twice the number in your party. Purchased dishes are fine and recipes are nice.

Membership Application/Renewal Form

Please complete form, enclose check payable to the Vegetarian Society of Richmond, and mail to: **VSR, P.O. Box 15451, Richmond, VA 23227.** (804) 344-4356. www.vegetarianrichmond.org.

Name: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Phone: (day) _____ (evening) _____ e-mail: _____

Is this a renewal? no ___ yes ___

Please check your areas of interest:

Health___ Environment___ Ethical___ Other___

Individual: \$15 ___

Student/Senior (55 years): \$10 ___

Family: \$25 ___

I would like to help VSR in the following areas:

___ Publicity

___ Newsletter

___ Outreach

___ Programs/Activity Planning

___ Literature Distribution/Tabling

___ Other

What benefits would you like to derive from VSR?

Vegetarian Society
of Richmond
Post Office Box 15451
Richmond, Va. 23227
Phone 344-4356
www.vegetarianrichmond.org

E-mail and Address Changes

If you have an e-mail address that you haven't given us, or if your e-mail has changed, please notify langelet@aol.com. Not all activities and other important announcements make it into the newsletter. Also, please notify VSR if your address has changed. Returned newsletters cost VSR money. Thank you.

- Nov. 10 Richmond Peace Educ. Center Annual Fundraiser
- Nov. 11 Brunch at Zed Cafe
- Nov. 22 Vegan Thanksgiving Potluck
- Dec. 8 Holiday Potluck

November 2007

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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4	5	6	7	8	9	10 ☆
11 ☆	12	13	14	15	16	17
18	19	20	21	22 ☆	23	24
25	26	27	28	29	30	

December 2007

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					