

THE GLEANER

The bimonthly e-newsletter of the Sacramento Vegetarian Society
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To live and dine in Sacramento

The heat is on in our fair city, but things are cool with the Sacramento Vegetarian Society. Charlotte Markee has volunteered to be our new dine-out coordinator, enthusiastically following in the footsteps of Ken Jaffe. Charlotte also is on the verge of replacing Ken as our vice president.

Ken and his family – wife Susan, our longtime nutrition adviser and Gleaner columnist, and daughter Rachel – enjoyed their last potluck with us on June 18 and final dine-out excursion, to Andy Nguyen's, the following weekend (see story below).

SVS owes a huge debt of gratitude to the Jaffes for all they did for our organization, including tabling at every Earth Day and attending the vast majority of our potlucks. We already miss them, and wish them well.

Our next potluck is at Sunday, July 16 at 5:30 p.m. in the Community Learning Center of the Sacramento Natural Foods Co-op, at Alhambra and S streets.

Potlucks are open to all SVS members and friends. We ask that everyone bring a vegetarian (preferably vegan) dish, with a label stating whether it is vegan or vegetarian and a list of its ingredients, that's enough for at least six servings. Also, please bring your own utensils, plate (or bowl), napkins and glassware/cup. Filtered water is provided.

Throughout the year, potlucks will be held on the third Sunday of each month, same time, same place. The remaining

2006 potluck dates are: July 16, Aug. 20, Sept. 17, Oct. 15, Nov. 19 and Dec. 17.

May potluck minutes (from pen and keyboard of SVS secretary Sheila Compton):

Twenty-eight adults and two children attended May's potluck. The group celebrated Charlotte Markee's graduation from Sac State, Wendy Hoffspiegel's first year in Sacramento, and Kari and Reed's birthdays. Fresh flowers adorned the tables, and a delicious vegan chocolate cake from Freeport Bakery was enjoyed by all.

Don McNerny and Don Knutson reported they tabled for SVS at Rocklin High School's "Healthy Earth Day." They gave students mini-vegan cookies from the Sun Flour Baking Co. Don Knutson said there were a number of argumentative omnivores at the event but also some vegetarians. Also invited were Vegan Outreach and Alternative Baking Company. The tablers' message was that the typical American diet is not good, so go vegan!

Don Knutson handed out Animal Place fliers showing the number of animals killed every year and why they are killed. Also, the fliers listed alternatives to killing animals.

Susan and Rachel Jaffe were at the meeting sans father Ken, who was in Dublin, Ireland, with his new job in a wind-energy company. The Jaffes will be leaving Sacramento at the end of June for Austin, Texas. They have vowed to stay in touch with SVS.

Our new dine-out coordinator is Charlotte Markee, replacing Ken Jaffe.

Whole Foods Market will be hosting Vegan Day from 11 a.m. to 5 p.m. on Saturday, June 3. SVS will be tabling.

We had four new members at the potluck. Also, former SVS officer Tamis Reed, her husband, Jeff, and their baby girl, Lilah, were present.

Don Knutson handed out fliers for the River City Run on Sunday, June 4 at 8.30 a.m. at Waterfront Park, L and Front streets. The event is presented by Sacramento Area Earth Day Network.

June potluck minutes: About 20 people attended the June gathering, which as usual for this month was held on Father's Day. Nothing major was announced, though there was some discussion about Al Gore's movie, "An Inconvenient Truth," and how the former vice president and winner of the 2000 presidential election fails in the film to address the environmental perils of Americans' meat-eating mania.

An awakening evening at Andy Nguyen's

**By Charlotte Markee
SVS dine-out coordinator**

The dine-out at Andy Nguyen's on June 24 drew approximately 20 SVS members out of the kitchen to enjoy a healthful, cruelty-free dinner at Andy Nguyen's on Broadway.

I think I have finally found a favorite dish there: The Awakening of Faith Salad. It has rice noodles, veggies, and a sampling of meat analogues. If you have never ordered it, try-it on your next visit.

After dinner, several of us ventured down to Tower Theatre to see Al Gore's film, "An Inconvenient Truth." It was a good movie; I was a little surprised it was not a just a fact-filled bore. But I think Al has a few inconvenient truths he would rather not face. (See my letter to Gore below.)

Please contact me with any ideas or thoughts about dine-out events. I am looking forward to hearing from you and

seeing you out at the next event. My e-mail address is charma63@earthlink.net.

Roots N Kulchah: Spot-on strategy

By Don Knutson

The Law and Legislative Committee of the Sacramento City Council turned away a city staff recommendation June 20 to require mobile food vans in the city to move every 15 minutes to address complaints about some vans who have blocked streets and left rubbish behind.

This proposed ordinance would have effectively put out of business Roots N Kulchah, the two-year-old vegan mobile restaurant, though it operates on private property at 24th and K streets. Owners Kimba Kabaka and James Ortiz testified at the hearing that they had spent more than \$10,000 paving and putting down artificial turf at the site. They also showed their business savvy by bringing neighborhood businesses and residents to speak of their value to the community as well as a Stockton attorney who had worked in framing a satisfactory plan to address problem mobile vendors.

In the public testimony, several private residents spoke passionately of how important their vegan diet is to them (something I had never heard before in any governmental chambers!) and their dedication to the Rastafarian-influenced pair who prepare the menu in south Sacramento and transport it to the site Tuesday-Thursday for lunch only and Friday and Saturday for lunch and dinner.

Roots N Kulchah is truly unique: Not only is it the only all-vegan food outlet in the city and county of Sacramento, but you would have to travel as far as Berkeley to the west and Boulder, Colo., to the east to find another strictly vegetarian restaurant.

At the June 20 meeting, a task force was assembled that will research the problems associated with mobile food

vans and report back to the committee. But I left the meeting feeling that the businesses would be accommodated regardless of what new rules might be accepted. Chairperson Lauren Hammond even joked that the committee might adjourn to Roots N Kulchah!

Mainstream news touts pro-dog bill

By Dave Middlesworth

On the animal-legislation front, we received great coverage in *The Sacramento Bee* on the Dog Tethering bill SB 1578, with a full front page in the Scene section along with a notice on the banner of the newspaper's front page.

Seldom do we succeed in getting this much coverage in the mainstream media. The only omission was the name of the sponsoring group, the California Animal Association (CAA), which is an animal advocacy group composed of approximately 18 animal welfare groups.

SB 1578 has passed the Senate and now is waiting for a hearing in the Assembly to determine whether it will be brought before the full Assembly for a vote. The dog-tethering bill is aimed at people who place dogs on chains for prolonged periods of time, and the consensus is that this is an extremely abusive method of containing dogs, and it makes them more aggressive and likely to bite people.

For more information about this topic, please e-mail me at dmiddles2@hotmail.com.

June Potluck Recipe: Vegan Cheesecake

Got a sweet tooth? Try this recipe served at the June potluck, courtesy of *Native Foods Restaurant Cookbook*.

Ingredients:

crust

2 cups granola (your favorite)

4 Tbsp Earth Balance margarine
2 Tbsp vegan sugar
filling
1 cup (8 oz.) Tofutti soy sour cream
16 oz. Tofutti soy cream cheese
1 cup vegan sugar
2 Tbsp unbleached flour
1 Tbsp lemon juice
1 tsp vanilla extract
1 tsp sea salt

Instructions:

Preheat oven to 325 F. Grind granola in a blender to the consistency of coarse flour. Melt margarine in a small pot. Mix granola and sugar in a bowl and stir in melted margarine. Press crust mixture into a 9-inch spring-form pan or deep dish pie tin. Blend filling ingredients in blender and pour into crust. Bake for 20 to 25 minutes until just golden brown. Let cool in pan before serving.

Serving suggestions:

Top with glazed nuts, or drizzle with vegan chocolate syrup or a puree of sweetened blueberries or raspberries.

Nice film, Mr. Gore, but you're not perfect

By Charlotte Markee

After watching Al Gore's movie, "An Inconvenient Truth," I decided to sit down and write Mr. Gore about the environmental concerns he omitted.

The movie has forced me to examine some of my own inconvenient truths, and I think Mr. Gore should, too. Here is my letter and Al Gore's address if you get inspired to send him a message.

Honorable Al Gore
2100 West End Avenue
Suite 620
Nashville, TN 37203

Dear Mr. Gore:

With one hand I applaud your movie, "An Inconvenient Truth," because it opens up dialogue of what can we do to

protect the precious planet on which we reside. Terrorists are not the only fear that occupies my mind. We have turned our backs on the environment while we blindly live the American Dream. It appears everyone has inconvenient truths that reside in our subconsciouses – which is where I point a finger at you.

There are many things that everyone can do that will have a helpful impact on our environment. As your movie points out, recycling, buying a hybrid car and other actions all will help reduce carbon dioxide being released into the air. But we all can go one step further, a step missing from your movie: that is, to reduce the amount of animal products we consume, ideally adopting a plant-based diet.

Please consider that the average American diet takes almost 400 gallons* of oil to produce, not to mention the amount of carbon dioxide released from the animals through their waste.

Please look at the effects factory farming is having on the environment, our health and the animals. The farm you grew up on looks like it was an idyllic place for both you and the animals, but today's factory farms share no resemblance to the farms of yesterday.

If you are aware of this information yet fail to bring these facts into the discussion, you are not facing part of the "inconvenient truth" of global warming and what's happening to the environment. I hope you will reduce the amount of animal products you consume and help promote regulations that monitor and restrict factory farming.

Thank you for your time.
Sincerely,
Charlotte Markee

(* information available at: www.goveg.com/environmentglobalwarming.asp)

Co-housing project gains steam in 'burbs

(Following is a press release from Marty Maskall, SVS webmaster.)

Looking for an old-fashioned neighborhood where neighbors know each other and kids play between the houses, a group of local residents is working to create the first co-housing community in the Fair Oaks/Orangevale area.

The development would cluster privately owned, self-sufficient homes around common space and facilities, which would likely include children's play areas, a swimming pool, garden and orchard space, and dining, workshop and laundry facilities. The group is sponsoring a public slide presentation at 7 p.m. on Tuesday, Aug. 8 at the Fair Oaks Library.

The presentation will be given by Rick Mockler, vice president of Co-Housing Partners. The principals of Co-Housing Partners have been responsible for building more than 45 successful co-housing communities throughout the United States.

"Households today," according to Mockler, "are increasingly characterized by smaller families, women working outside the home and growing numbers of singles – most neighborhoods simply don't meet these peoples' needs. By contrast, co-housing is designed to foster relationships among neighbors, re-creating many of the connections that existed in traditional neighborhoods 40 years ago."

In co-housing, cars are placed on the perimeter, allowing for pedestrian walkways and gathering spots in the center. Future residents participate in the design, which usually emphasizes environmental sustainability. Co-housing communities typically range in size from 25 to 35 dwellings, an arrangement that, according to Mockler, fosters familiarity and works well for

urban infill sites or even the conversions of existing buildings.

Pioneered in Denmark, where hundreds of such developments exist, more than 80 co-housing communities have been built in the United States since 1990. The concept was introduced by Kathryn McCamant and Charles Durrett in their book "Co-Housing: A Contemporary Approach to Housing Ourselves." There are 16 completed co-housing neighborhoods in California, including communities in Davis, downtown Sacramento and Nevada City.

According to Marty Maskall of the Sacramento Suburban Co-Housing Group, "We have signed a purchase agreement on a wonderful site within walking distance of schools, a bus stop, a grocery store, a fitness center and a restaurant. We are currently accepting initial deposits from future residents. The next step after the presentation will be a Getting It Built weekend workshop, scheduled for Aug. 26 and 27."

The Aug. 8 public slide presentation will be at 11601 Fair Oaks Blvd. Admission is free, and refreshments will be served. For more information about the event and the Sacramento Suburban Co-Housing Group, contact Marty Maskall at (916) 967-2472 or mmaskall@pacbell.net, or visit www.sacsuburbancohousing.org.

Room wanted

SVS member Christian Blackburn is looking for a room to rent close to downtown, Sacramento City College or in the Arden area. He can be reached at (916) 224-7035.

Sacramento vegetarian calendar, July-August

Saturday, July 8: The Sacramento Vegan Meetup group gathers at 5 p.m. for its monthly event. For details or to

join the group, visit vegan.meetup.com/105.

Saturday, July 15: Join SVS members and friends for a hike at Calaveras Big Trees State Park, about 2.5 hours southeast of Sacramento on Highway 4, between Murphys and Bear Valley. Please let Charlotte Markee know if you're going by e-mailing her, before 8 p.m. on July 14, at charma63@earthlink.net.

Sunday, July 16: Join the SVS for its monthly potluck at 5:30 p.m. in the Sacramento Natural Foods Co-op's Community Learning Center, just south of the intersection of Alhambra Boulevard and S Street. For details, visit www.sacramentovegetariansociety.org.

Saturday, July 22: The SVS's monthly dine-out will be held at 6 p.m. at Roots N Kulchah, 24th and K streets. Please let Charlotte know if you're going by e-mailing her before noon that day at charma63@earthlink.net.

Sunday, Aug. 20: Join the SVS for its monthly potluck at 5:30 p.m. held in the Sacramento Natural Foods Co-op's Community Learning Center, just south of the intersection of Alhambra Boulevard and S Street. For details, visit www.sacramentovegetariansociety.org.

Tuesday, Aug. 29: The deadline for submitting items for the September-October Gleaner. Please send recipes, essays, whatever to sacveggie@hotmail.com.

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