

CANADA Earthosaver

Healthy People. Healthy Planet. Published by EarthSave Canada.

SEPTEMBER / OCTOBER 2004

www.EarthSave.bc.ca

How GMOs Threaten Us All

By Dave Steele, PhD

For ten thousand years, we humans have been genetically modifying our food crops. If we had a corn variety that was particularly sweet, we'd cross it to another with, say, drought resistance and work slowly towards creating tasty, drought-resistant corn. It might take a lot of crosses and a lot of years, but eventually we'd get what we wanted... with the added benefit of generating a whole lot of additional varieties we never dreamed we'd create.

These days, though, "genetically modified" has taken on a whole new meaning.

Big corporations have taken over and they consider traditional crosses to be positively gauche. Why spend years and years crossing and crossing when you can spend a much shorter time sticking a bacterial gene in instead? You can patent that gene and, best of all, you can generate crops that'll help you sell your chemical herbicides, to boot. There's a whole lot more money in that. And a lot more control. The average consumer will never know the difference.

Now the question is, 'Is this good for us?' Business and government both say it's perfectly safe. There's nothing to worry

about. GM crops are "substantially equivalent" to their traditional brethren. Problem is, we know nothing of the sort.

GMOs threaten us in a plethora of ways.

Because they are called "substantially equivalent," regulation is lax; testing is poor. With government complicity, companies like Monsanto and Syngenta foist new GMOs on us with almost no oversight. According to a stinging 2001 report from the Royal Society of Canada – Canada's premier scientific body – field trials are almost always sloppily performed; test results can be virtually uninterpretable. We can't even tell whether the crops perform as advertised, let alone whether they pose any dangers. To quote directly from the report, "this approach [substantial equivalence] is fatally flawed for genetically modified, or GM, crops and exposes Canadians to several potential health risks, including toxicity and allergic reactions." Still, despite these unknown dangers, GMOs are ever more widely planted.

Conventional farmers must deal with the "superweeds" that arise in the field as herbicide-resistant GM crops cross with each other and with wild relatives. Most of these

weeds can't be killed by conventional herbicides. Organic farmers deal with cross-pollination by GM varieties planted far from their own. Soon they'll be faced with insects resistant to their favourite natural pesticide bacterium, *Bacillus thuringiensis* (Bt), too. Engineered corn,

cotton, etc. carrying the Bt toxin gene is slowly giving rise to resistant pests. It's just a matter of time.

GMOs threaten the control of our food supply. GMOs are patented and the corporations who hold those patents hold a tight rein on them. Ask Percy Schmeiser, the seed-saving Saskatchewan farmer who recently lost 5-4 to Monsanto in the Canadian Supreme Court. Schmeiser was forced to pay damages to Monsanto for saving seed that was contaminated – probably by wind-blown cross-pollination from a neighboring farm – with the "Round-up Ready gene." He didn't contaminate it but, nevertheless, the Supreme Court has ruled, he must pay for its presence in his crop. Now even unwanted cross-pollination is a profitable thing for Monsanto – what a great tool to keep farmers in line!

GMOs may threaten even the global food supply itself. As the limited numbers of GM crops displace thousands of traditional varieties, the varying resistances these traditional plants carry are being lost. As field after field is planted with the very same kind of Round-up ready corn or Bt-cotton, the chances that a single disease could decimate the vast bulk of a worldwide crop increases. We're putting ourselves at risk for an Irish-famine type disaster.

And all this is just the tip of the iceberg. Plants and animals are being "engineered" to produce pharmaceuticals; pigs are being engineered for human organ transplants. Animal cloning is rampant... always at the cost of hundreds of 'defective' sibs. Unethical scientists are even racing to clone human beings. How they can live

"GMOs" continued on page 5...


EarthSave Canada
HEALTHY PEOPLE. HEALTHY PLANET
2150 Maple Street
Vancouver, B.C., Canada V6J 3T3

CANADA POSTES
POST CANADA
Postage Paid Post Payé
Publications Mail Poste-publications
004739493

Letters to the Editor

Submissions of articles and letters are gratefully accepted. Please send your contributions to newsletter@earthsave.bc.ca.

Dear Editor,

The article about soy in your last newsletter was very interesting and prompted me to do some digging myself. I went through a number of scientific journals at work. After reading quite a few articles in the *Archives of Internal Medicine*, the *Journal of Nutrition* and the like, I believe that the dangers of soy are overblown. I've learned especially about phytic acid and the phytoestrogens. Phytic acid does inhibit the absorption of some metals, just like the soy article authors say, but probably not enough to worry about. According to a paper in *Nutrition Reviews*, "adverse health effects of lower iron and zinc absorption [associated with high soy intake] have not been demonstrated with varied, plant-based diets consumed in developed countries." I learned that phytic acid has health benefits, too. It lowers the chances of developing kidney stones and it's a potent anti-oxidant. It might even be a good anti-cancer drug. I personally won't worry about phytic acid much.

I've also read up on the phytoestrogens in soy. I found some studies agreeing with the authors of the *EarthSaver* article and others that don't. A lot of papers say that phytoestrogens actually help prevent diseases like breast cancer, prostate cancer, and osteoporosis. Phytoestrogens apparently alleviate menopausal symptoms, too.

Based on my research, it seems like it's unlikely that soy is really dangerous for the vast majority of us and that overall it is likely very healthy food. Most of the research agrees with Kathy Nowak, though, that it is probably best for women with estrogen-positive breast tumours to avoid it.

Sincerely,
Frank Munroe

Dear *EarthSaver* newsletter,

I am writing in regard to the article "Soy: Friend or Foe?" appearing in the July/August issue of *EarthSaver*. The authors Brett Stone and Kathy Nowak (who I'm not sure are vegan or not) advise readers not to use soy as a main course but as a condiment instead. The article didn't however say what to use as a main course. Being a vegan, as I'm sure a lot of your read-

ers are, I do use soy as a main course. So my question is, if we shouldn't use soy as a main course, what should we use as a main course? And even if soy isn't the healthiest to use in copious amounts, I'm sure it's still far better comparing it to meat alternatives. For instance replacing ground meat chilli with ground soy chilli is still a much healthier choice. The authors also advise us to use organic soybeans and soy products and recommend Sunrise as a reputable company for buying soymilk. Well I contacted Sunrise as I didn't think they sold organic soymilk. It turns out I was right, their soybeans are non-gmo but not organic. Not to take anything away from Brett Stone and Kathy Nowak, but I found John Robbins' article "What About Soy?" more detailed and informative. I urge your readers to take a look at it. It can be found at http://www.foodrevolution.org/what_about_soy.htm

Chris Brown

Response from the author, Kathy Nowak:

Some people are asking – what do I eat now? Neither Brett Stone nor I recommended not to eat soy, but rather to become informed of the detrimental processing methods it is put through and the benefits of fermented soy, as it has been used traditionally. We should be eating a variety of foods at each meal anyway, and not be relying on one type of food as a "main" course.

In response to Chris Brown's letter – her facts are not completely accurate. Sunrise unsweetened soymilk DOES USE ORGANIC SOYBEANS. I reconfirmed this with the folks at Sunrise again, and you can see for yourself on the list of ingredients on the carton. It is the sweetened which 'does not' use organic soy. Regardless, I am happy our readers are not just taking our word for it, but investigating for themselves. Soyworld.com runs 3 companies: Sunrise, SoNice and SoGood. Each company has been strategically formed and gears their products towards different consumers. Some for taste, some for nutrition.

Yes, phytic acid has some good points, and can be used for cancer, heart disease and maybe arthritis because it is a chelator. However, if we are consuming it on a daily basis, I am concerned about mineral uptake in our bodies. People are becoming more deficient in minerals than in vitamins. We all know, that much of our soil is already depleted of many important minerals.

In our articles, Brett and I put together the information on soy from several points of view. It is now up to you to decide how you will treat the issue in your daily lives.



2150 Maple Street
Vancouver, B.C., Canada V6J 3T3
Tel: 604-731-5885
Fax: 604-731-5805

Office manager: Alison Cole
E-mail: office@EarthSave.bc.ca
Internet: www.EarthSave.bc.ca

Canada EarthSaver

EarthSave Canada is a non-profit, educational organization dedicated to educating the public about the effects of food choices on the environment, personal health, and animal compassion.

EarthSave International, which was founded in California by John Robbins, was founded in response to overwhelming public support of his ground-breaking book, *Diet for a New America*.

Canada EarthSaver is published six times a year on 100% recycled paper, printed with soy-based ink. The opinions and

ideas expressed in this publication do not necessarily represent the views of EarthSave Canada.

Submissions

Editorial submissions are welcome and must be received no later than the 1st of the month preceding publication. Advertising submissions must be received not later than the 15th of the month preceding publication. Articles may be edited where appropriate. If possible, please submit your material by e-mail to newsletter@EarthSave.bc.ca.

Editor

Nancy Callan

Production

Alison Cole

Contributors

Dara Bloom, Nancy Callan, Anita Norman, Kathy Nowak, Bill Pope, Dave Steele, Harold Waldock

Advertising

Advertising space is available in *Canada EarthSaver* — please contact the office for current rates.

Globalized Food and Exploitation

By Dara Bloom

I went to the city of Nogales, about an hour south of Tucson, because I believed that we in the first world are directly responsible for third world conditions – I just wasn't sure exactly how. The Mexican border is unique in the world because it is the interface between one of the richest countries in the world with one of the poorest, and therefore provides insight into how the conditions of each country are interconnected.

I was in charge of a community gardening project at a community centre on the Mexican side of the border. In a highly industrialized city in the middle of the desert, gardening was a challenge. Between the hard desert soil and the lack of running water, we had to struggle to make the soil viable. At the same time that I was gardening, I began to go to the food bank in Nogales, Arizona. At the food bank, trucks taking produce to northern cities would stop and leave boxes upon boxes of fruits and vegetables which they anticipated wouldn't make the length of the trip. On the other side of the border, Mexican factory workers struggled to make ends meet with their meagre salaries. Seeing that kind of waste made me begin to wonder about our food production and distribution system. Living on the border with migrants who had left fertile lands for this wasteland of factories, I wondered what had driven them to leave their homes.

I learned that NAFTA, the highly trumpeted free trade agreement, prohibited Mexico from placing any kind of protec-

tionist taxes on US agricultural products, which, due to the high subsidies paid to American farmers by their government, undermined the prices of such important harvests as corn. Subsidized US corn made it impossible for small farmers in Southern Mexico to compete. According to a report in 2003 by the Carnegie Endowment, price of corn in Mexico has fallen by a half, forcing about 1.3 million small farmers off their land. As a result, these small farmers are forced to migrate North (both to Northern Mexico and to the United States and Canada) to find work on larger industrial farms, whose emphasis is on export and not local food security, or in factories like those in Nogales. In both situations, migrants are exposed to dangerous chemicals, low wages and a lack of unions to work for their protection and rights.

As a result of my experiences I believe that buying local produce is imperative for us in the first world. It is a small step that we can take to remove ourselves from this system of globalized food and exploitation. Our aim is not to hurt the migrant workers who bring us red tomatoes in the dead of winter, but rather to send the message that we don't want our food to be globalized. When we eat local produce, preferably from small farmers and not from industrialized farms, we are supporting the local economy and can be sure that local environmental and labour laws were followed. We are hopefully also making space in the food system for the Mexican market to eventually return to Mexicans

and to small farmers south of the border.

We need to also be politically aware and active as to the agricultural policies and practices here in the first world. Removing subsidies would be a huge step towards levelling the playing fields between first and third world countries.

Changes are already being made – recently US subsidies to its cotton industry were found to be illegal by the World Trade Organization after a challenge by Brazil. The US government pays its cotton producers about 4bn dollars worth of subsidies. This amount is equal to the world market value of cotton, and greater than the GDP of Mali, a country in West Africa whose small cotton farmers have been squeezed out of the market by plummeting prices. According to the *Guardian Weekly*, "The world price decline cost West Africa alone some \$200m – far more than it gets in US aid and debt relief," (January 22, 2003).

We need to re-evaluate our own agricultural policies with an eye to our neighbors to the south. Change is possible, but is constantly threatened by all those who prosper from the production and distribution of cheap, modified, irradiated and tasteless produce. I encourage everyone to help themselves, the environment, local farmers, and small farmers abroad by changing their buying practices and learning more about the politics surrounding their food.

EarthSave's Speed Dating has arrived!

Come out and support a great cause and meet 10-12 other singles for brief anonymous dates. Unlike other speed dating in Vancouver, you're guaranteed to have something in common with most participants since the event targets those with an interest in the environment, animal welfare and/or healthy eating. Vegetarians and non-vegetarians are welcome.

Where? 2150 Maple Street at 6th **When?** Friday, September 24th, 2004

What age participants? 1st event: 40-50 for women & 40-55 for men; 2nd event: 30-40 for women & 30-45 for men. Other age groups (20-35 & over 50) on other nights. Call the info line at 604-731-5885 for updates and to register.

What time? 7-8:30pm for 1st event & 9-10:30pm for 2nd event

Cost? \$20 members, \$25 non-members - includes a drink and appetizers (paid by phone by credit card or in person at our office by cash)

How to register? Call 604-731-5885 during office hours Tuesday - Saturday, 12-4pm.

For more details, please visit our website:

www.earthsave.bc.ca/events/speed_dating.html



The Edible Landscape, Permaculture Design and the Vegetarian Ideal

by Harold Waldock

Vegetarians in Vancouver and other regions around the world have become interested in edible landscapes and Permaculture design. When outlined, the benefits to vegetarians of Permaculturally designed edible landscapes are easily seen.

These edible landscapes around single-family residences are characterized by fruit and nut bearing trees, vines, edible shrubs, perennials and, optionally, annual plants. The edible plants are not confined just to a vegetable patch but are present throughout the landscape. Typically, these edible landscapes are always associated with a primary land use, such as housing or a municipal park. They go beyond the merely ornamental, with an almost exclusive use of the urban landscapes to provide valuable nuts, fruit, edible flowers, vegetables, herbs and roots. While these landscapes are productive, many of them include values of beauty, low cost and recreation as well. Some, go even further, and are of such a traditional or formal appearance that they are seen as conventional ornamental landscapes.

While long descriptions of the joys and pleasures of an edible landscape can be written, Table 1 provides a quick outline.

Table 1: What Edible Landscapes Provide for Vegetarians

What Cooks & Vegetarians Want:	What Edible Landscapes can provide:
Fresh Food & Fast	Food growing steps from the back door.
Flavourful Food.	Flavour – Herbs & fully ripened fruit.
Variety	Uncommon varieties can be grown.
Safe & Non-Toxic & No GMOs	Control over growing method – natural & organic.
Non-participation in evil	Non-market ethical alternative solutions.

What is then Permaculture design? Permaculture is a word coined by Bill Mollison in 1974 to mean Permanent Agriculture as no English word could describe it, while other languages had a word for it. He notes that no culture can be permanent with out a sustainable agriculture, so the word also has come to mean Permanent and Culture, as well. Thus he defines Permaculture as "...the conscious design and maintenance of agriculturally productive ecosystems which have the diversity, stability and resilience of natural ecosystems." Permaculture Design is, as in Bill Mollison's landmark 1988 text *Permaculture: A Designer's Manual*, "...a system of assembling conceptual, material, and strategic components in a pattern which functions to benefit life in all its forms." Thus in simple terms, Permaculture design is the design and maintenance of sustainable human settlement. Permaculture designers nearly always include an edible landscape to make a landscape more sustainable.

What benefits does Permaculture design provide, then? A quick

summary of the benefits as compared to EarthSave Canada's mission statement is in Table 2.

Table 2: EarthSave Canada Mission and Permaculture Design Result

What EarthSave Canada promotes and advocates:	What Edible Landscapes can provide:
Promoting awareness of the health, environmental, and ethical consequences of our food choices.	Healthy food choices. Environmental food choices. Ethical food choices.* Plant-based diet food processing info and techniques.
We advocate the move towards a plant-based diet for better health, environmental sustainability, and compassion toward non-human animals	Environmental sustainability. Biodiversity enhancement & protection. Compassionate non-industrial animal husbandry.*
	*Commonality to a point keen, to be avoiding restrictive lifestyle rules, omnivorism is recommended.

Note however, Permaculture design does not advocate a strictly plant-based diet for all peoples for several reasons. As Permaculture aims to assist peoples around the world to become more sustainable and in many cases alleviate starvation, it does not limit food sources to plants nor specifically recommend vegetarianism. Thus, while Permaculture design and vegetarianism are allies in several areas, key differences remain. These differences, however, usually have no impact in urban or suburban residential situations or in most rural situations.

Despite these differences, there has been substantial cooperation in a number of areas between vegetarians and members of the Permaculture movement. Out of three residential edible landscapes recently installed for owners in the GVRD, two were vegetarians. Another example is Sandor Katz, a vegetarian cook book author of *Wild Fermentation: The Flavor, Nutrition and Craft of live-culture foods*. Because of the wide review of techniques, Sandor Katz's book has become a favourite with Permaculturalists and he has become a featured presenter at Permaculture events.

In conclusion, edible landscapes and Permaculture design can provide many benefits to vegetarians in support of their ideals and the many similarities in aim create many opportunities for cooperation between the two distinct movements.

Harold Waldock, a Permaculture designer since 1994, creates edible landscapes. He was a featured speaker at this year's Taste of Health. The Vancouver Permaculture Network www.alternatives.com/vpn is offering an Urban Permaculture Course on September 18th and 19th, 2004 with instructor Gregoire Lamoureux.

Ask Nancy

EarthSave Past President, Nancy Callan, answers your veggie related questions



Q: I'd prefer to get my coconut milk fresh and avoid the use of cans. But what comes out of the coconut does not even resemble what I buy in the cans. What do they do in the processing to get it so thick?

A: The liquid that comes out of the coconut is not coconut milk, but rather coconut water or coconut juice. It can be refreshing in a mixed drink, with pineapple, for example. Coconut milk actually comes from the flesh of the coconut. To make it, you first need to pierce the dark eyes of the coconut and drain that juice. Some cooks recommend baking the coconut for 30 minutes at this point. Then crack open the coconut and remove the coconut meat from the shell. Place all the coconut in a food processor and grind it. Then place the small pieces of coconut on a piece of cheese cloth in a bowl. Pour enough boiling water over the coconut to cover it. Gather the cheesecloth together and squeeze the coconut. What comes out first is what is called coconut cream. This is the extract with the highest fat content, often used in desserts. Subsequent squeezings will release the milk. I've also used my Champion juicer to get even more milk than with this traditional method.

Compared to the canned variety, fresh coconut milk tastes and smells, well, fresh! But making it is time consuming and with the price of coconuts, flown in from another ecosystem, will not save you a lot of money either. If you're satisfied with canned coconut milk, my personal favourite is Aroy, because of the consistently high quantity of coconut cream. I dilute it with water, if I'm using it in a curry; that makes it somewhat more economical. Coconut is thought to have tremendous healing properties and is a great substitute for cow's milk in just about any recipe.

Q: What is the difference between mineral water and spring water and what is this new virtual water?

A: The only difference between Mineral water and Spring water is the higher amount of dissolved mineral salts in Mineral water. Both must come from an underground source, which is not a public water supply, and can't be changed in any way by chemicals.

Virtual water, however, is not actual water. Born out of the marriage of environmental conservation efforts and economic thinking, the term "virtual water" refers to the water that was used in the production of an agricultural or industrial product. Water is a valuable commodity and importing it to areas where shortages exist is not practical. In water scarce countries, government programs that restrict exportation of water-intensive products and encourage their importation can address these shortages in a more

"GMOs"...continued from page 1

with themselves, I have no idea.

New viruses are being made every day in labs around the world. The vast majority are benign. But what about the rare dangerous one that gets out and wreaks havoc with us or one of our planetary co-inhabitants. Because living creatures multiply, rare events can quickly spin out of control. Who knows when an ill-conceived GMO might collapse a whole ecosystem? Who knows when a killer virus may be unwittingly unleashed?

Things You Can Do

- ◆ Buy organic food. Organic food is by definition GMO-free.
- ◆ If you must buy conventionally-grown crops, buy those that are not genetically modified. Peas, for example, are unlikely to be GM; conventional corn probably is. You can learn more about this at www.truefoodnow.org/shoppersguide/
- ◆ Write your MP, the Prime Minister and the Agriculture Minister. Tell her or him that you want labeling and strict regulation.
- ◆ Let your local supermarket manager know that you're not buying the GMOs. If we all do this the supermarkets will respond. Again True Food Now has useful resources for this: www.truefoodnow.org/supermarkets

Dave Steele has a PhD in Genetics and Molecular Biology from Emory University. As a genetic scientist at Cornell University in the 1990s, he designed and built the first artificial mitochondrial gene, but refused to patent it. An outspoken social justice activist, he is currently on the research faculty of the University of British Columbia. He was a featured speaker at the Taste of Health, earlier this year.

cost effective manner.

Virtual water trade policies could, in future, result in significant economic changes world-wide. Canada, with 9% of the world's fresh water supply, would be the sort of country from which others would be looking to import the most water-intensive agricultural products, such as beef. The question remains, though, as to whether the countries most hit by water scarcity would be the ones able to afford such imports.

According to the International Water Management Institute (IWMI), in developing countries, meat-eaters consume the equivalent of about 5,000 litres of water a day compared to the 1,000-2,000 litres used by people on vegetarian diets. A worldwide shift towards a more plant-based diet would go a long way towards addressing water shortages.

Thanks and Welcome

Our thanks go out to outgoing EarthSave Potluck Coordinator, Cheney Cawkwell. Cheney came to us in September 2003 with excellent qualifications, as project coordinator of the Good Food Box, and having run the first ever vegetarian restaurant in Saskatoon. We wish her all the best in her future endeavours and hope that her excellent public speaking skills will not be lost to EarthSave in future! Thanks again, Cheney.

Elli Taylor, our new Potluck Coordinator, comes from a background of working for environmental non-profits. She has just finished a project working in Eastside elementary schools teaching children to grow food, use school gardens, and think critically about media messages concerning food. She has joined EarthSave with a deep dedication to helping make this world a healthier place for subsequent generations.

Elli is currently seeking key potluck volunteers, as well as featured speakers. (Volunteering at potlucks gives you a reason to circulate and meet more people!) She can be reached by emailing potluck@earthsave.bc.ca or by phoning 778-828-9785.

Restaurant Review: Sejuiced

1954 West 4th Avenue, Vancouver

by Anita Norman

If you haven't been to Sejuiced yet, you've been missing out. With an all vegetarian menu and many vegan options, they serve breakfast, lunch and dinner as well as a large array of health juices and smoothies. The food is served in an elegant display that is not only appealing to the eyes, but also to the taste buds. They have taken the time to develop unique, flavourful recipes that use only the freshest ingredients. My personal favourite is the soup and salad. The soup of the day changes all the time and I've never been disappointed by the flavour. The salad includes greens, red peppers, zucchini, cucumber and assorted nuts and seeds sprinkled on top topped with a dressing that is better than anything I've had before. Their burgers are also very tasty and plentiful. I won't even get into my favourite juices since they are all so good, but I

would recommend the Super Energy. It is a harmonious combination of pineapple, lime and fresh mint. I don't think there is anything on their menu that isn't healthy.

Sejuiced has only been open for about half a year, yet it seems to always be busy. Prices are very reasonable for the portion sizes. The atmosphere is casual and the service is friendly. It is definitely a restaurant with potential to be around for a long time and perhaps even with a few locations around the lower mainland. I know I'd appreciate that.

So go ahead and get seduced by Sejuiced.

Sejuiced is one of EarthSave's newest Health Partnership Program members, at which EarthSave members get a 10% discount.

EARTHSAVE HALLOWEEN PARTY

When? Saturday, October 30th **What time?** 9pm

Where? Truffle Café, 118 West 6th Ave., Vancouver

Cost? \$2 for members, \$5 for non-members, all entrance proceeds go to EarthSave.

Costumes? Optional, but there will be great prizes for the best costumes.

Parking? Free covered parking is available at the rear of the building and on the street. A couple blocks from Main or Broadway busses.

Bring a friend to our most happenin' event of the year! Meet new friends. Chat. Groove to the deep-house musings of local favourite, DJ Trademark. He'll be spinning soulful background beats throughout the evening – think Sade with a dance beat, soft jazz-influenced hip hop, sultry bass lines and non-intrusive melodies. Beer and wine will be available, as well as delicious snacks.

Earn Money For EarthSave!!

BUYING or SELLING a HOME?

Allow me to represent you

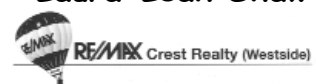
16 years experience - Recipient of Realtors Care Award 2002 for community service.
Always collecting donations of goods for the needy.

For each EarthSave related sale a donation will be made to EarthSave Canada.



*"Please Support A
Cruelty-Free World"*

Laura-Leah Shaw



604.551.9297

laura-leah@telus.net

Members' News & Special Events

UPCOMING POTLUCK

OCTOBER

On **October 10th**, we will be holding a vegan Thanksgiving dinner! Expressing gratitude for the harvest is a beautiful tradition. Come learn how to maintain your traditions without contributing to animal suffering. There will be a veggie turkey alternative for you to try. Please bring a dish in keeping with the seasonal harvest theme, such as a traditional Thanksgiving vegetable side dish or a dessert.

A presentation on turkey farming, a partial screening of *Peaceable Kingdom* (a movie that is making an impact!) and a brief discussion will follow the meal.

All potlucks begin at 6pm and are located at 2150 Maple Street at West 6th Avenue. Please bring a vegan dish to the potlucks (no animal products whatsoever, including honey, milk, etc), as well as a plate, cup, cutlery and serving utensil. Potlucks are vegan so that everyone from omnivore to vegan may partake. Potlucks are free for members and \$3 for non-members.

VOLUNTEER NIGHTS AT EARTHSAVE

Join other like-minded individuals every Thursday evening from 6:30-9:30pm at the EarthSave office, 2150 Maple Street (the SPEC building on 6th Avenue), to help with general office duties. It's a great way to get involved on a casual, drop-in basis and to meet new people.

EARTHSAVE YOUTH GROUP

If you are under 25 and a freegan or a vegan, a vegetarian, semi-vegetarian or veg-curious, come hang out with other like-minded youth concerned about the environment, animal welfare and personal health at our EarthSave Youth Group.

Come pull up a chair and hang with us in our very own corner of cyberspace, a virtual café of sorts at:
<http://forums.earthsave.bc.ca/>

Contact Ahlaam at
youth@earthsave.bc.ca for more info.

CLASSIFIED ADS

Ear, hand and foot reflexology certificate courses prepare you to practice reflexology competently - \$295.00. Professional and student clinics, books, charts, instructional video, etc. Pacific Institute of Reflexology
(604) 875-8818 or
www.pacificreflexology.com

UPCOMING VEGETARIAN DINE-OUTS — OPEN TO ALL!

Thursday, September 30th at 7pm
The Whip
209 East 6th Avenue, Vancouver

You'll think you've discovered a little known treasure when you experience *The Whip's* casual, funky atmosphere and gourmet flair. We will be having a three course meal. Starting with spinach, caramelized eggplant and raspberry vin salad followed by vegan risotto (seasoned spaghetti squash, broccoli, and walnuts topping a savoury coconut milk risotto). For dessert, a vegan chocolate torte in a filo pistachio shell. This dine-out will accommodate up to 50 people. Be there or be square.
Price: \$15 members; \$17 non-members

Sunday, October 17th at 7pm
Wild Garlic
2120 West Broadway, Vancouver

For those who prefer a quieter, more elegant atmosphere, you'll find *Wild Garlic's* white table cloths, classical music and expert service provide a pleasant dining experience. We'll be having organic mesclun with candied pecan and lemon-thyme vinaigrette to start. The main course will include tofu saté with teriyaki sauce, candied garlic with croustini, grilled Portobello mushroom with ginger balsamic and parsley oil, szechuan baby bok choy with chili and preserved black bean sauce, garlic mashed yams, buckwheat penne with sundried tomatoes, asparagus, mushrooms and tomato sauce. This dine-out will accommodate up to 25 people.
Price: \$17 members; \$19 non-members

Saturday, October 30th at 7pm
The Truffle Café
118 West 6th Avenue, Vancouver

The *Truffle Café* is an all new, little known, primarily organic vegetarian restaurant with a retreat-like atmosphere. Roasted butternut squash with ginger cinnamon swirl will be followed by parsnip, carrot and almond salad and candied rutabega and pecan salad. The main course will be a rattatouille and a Tofu Stroganoff with Wild BC Mushrooms. For dessert, vegan crepes filled with maple glazed pears. To drink, Salt Spring organic Columbian coffee or mulled apple cider. There will be a Halloween party following the dine-out, open to all.
Price: \$14 members; \$17 non-members

To register for any of these dine-outs, please send your full name and phone number as well as those of any guests you are registering to dineout@earthsave.bc.ca no less than 48 hours before the dine-out. If you do not have convenient internet access, you can also register by phoning 604-736-INFO (604-736-4636). Your registration is your commitment to attend. No shows may result in EarthSave being charged for your meal.

EARTHSAVE'S Health

Partnership Program

10% discount to EarthSave Members (unless otherwise stated)

B.C. - LOWER MAINLAND

Ayurvedic Center Inc.	5182 Victoria Dr., Vancouver	604-761-9442
BC Gelati	1102 West Broadway, Vancouver	604-733-2979
Best Bread Co. (No Discount - No delivery fee for first order)	Tri-City Area and Maple Ridge www.BestBread.ca	604-468-2504
Bodhi Choi Heung Vegetarian Restaurant	3932 Fraser Street, Vancouver	604-873-3848
Bo Kong (5%)	80-8100 Ackroyd, Richmond 3068 Main Street, Vancouver	604-278-1992 604-876-3088
Buddhist Vegetarian Restaurant	137 East Pender Street, Vancouver	604-683-8816
Empowering People	101-2145 W. Broadway, Vancouver	604-323-6669
Evergreen Vegetarian Foods	4166 Main St., Vancouver	604-879-3380
Everybody Loves Veggies	555 W. 12th Ave., City Square Mall, Vancouver	604-873-4417
Gaia Garden Herbal Dispensary	2672 W. Broadway, Vancouver	604-734-4372
Goddess Gift Gatherings (\$1 off reg. admission fee; 5% on related events)	Various locations, Greater Vancouver www.goddessgiftgathering.com	604-879-5867
Greens & Gourmet Vegetarian Restaurant	2582 W. Broadway, Vancouver	604-737-7373
Happy Veggie World	378 - 13988 Cambie Rd., Richmond	604-501-4878
Health Connection, The (15%)	Unit 2 - 2773 Barnet Hwy., Coquitlam	604-464-2723
Health is Wealth (5%)	4455 E. Hastings, Burnaby	604-298-0595
Healthy Green Wheatgrass (50% off first tray)	Home Delivery Service	604-879-2280
HOC Health Centre	112-250 Schoolhouse St., Coquitlam	604-520-6867
Kitsilano Hemp Company	2918 West 4th, Vancouver	604-730-1865
Levin, Tony - Massage Practitioner (\$5 off)	Vancouver	604-879-7776
Life Time Organics (10% on vitamins only, 5% on food)	2099 152nd Avenue, White Rock	604-541-0933
May 3rd Enterprises, Electrolysis & Ear Candling	2023B Hyannis Dr., North Vancouver	604-929-0694 earcandles@ad.com
My Private Chef, Organic Personal Chef Service	www.myprivatechef.ca	604-876-7759
Nordic Living Water Systems	904 Leovista Ave., North Vancouver	604-990-5462 or 1-888-644-7754
Nowak, Kathy - Nutrition Consultant	10-2495 Commercial Drive, Vancouver	604-251-6879
Nyala Restaurant	2930 West 4th, Vancouver	604-731-7899
Ocean Park Health Foods	12907 16th Ave., South Surrey	604-531-7011
OM Vegetarian Restaurant	3466 Cambie Street, Vancouver	604-873-6868
Pacific Institute of Reflexology	535 West 10th Ave., Vancouver	604-875-8818
Planet Veg Restaurant	1941 Cornwall St., Vancouver	604-734-1001
Rainbow Vegetarian Restaurant	2-8095 Park Road, Richmond	604-273-7311
Rainforest Reptile Refuge Society	1395 176th St., Surrey	604-538-1711

Raith, Dr. S. - Ayurvedic Consultant (20%)	2672 West Broadway, Vancouver	604-761-6537 www.ayuryogi.com
Sea Spray (Kelp Growth Supplement)	300-1497 Marine Dr., West Vancouver	604-926-3352
Sejuiced	1958 West 4th Avenue, Vancouver	604-730-9906
Semperviva Natural Health Food Stores	2608 West Broadway, Vancouver	604-739-1958
Shiatsu Therapy with Colin Vankeith, RST		604-682-7339
Simply Vegetarian Restaurant	135-8291 Ackroyd, Richmond	604-278-0852
Small Potatoes Urban Delivery (no percentage discount; \$15 off first order)		604-215-7783
Swagat Restaurant	1726 Davie St., Vancouver	604-688-9400
Sweet Cherubim (Restaurant Only)	1107 Commercial Drive, Vancouver	604-253-0969
Tachia Bakery and Deli	4111 Macdonald Street, Vancouver	604-731-7766
Thai Body Work by Bernard Dalziel	332 E. 4th Ave., North Vancouver	604-984-1260
Truffle Cafe, The	118 West 6th Avenue, Vancouver	604-873-5508
Unique Nutrition Health Centre	2-555 W. 12th Avenue, Vancouver	604-872-8647
Vadhwana, Gita Ayurvedic Cooking Instructor	7437 Willard Street, Burnaby	604-522-1413
West Pointe Organic Produce	2600 block of West 4th Ave., Vancouver	

OUTSIDE LOWER MAINLAND LOCATIONS

Black Sea Health Foods	7054 Pioneer Ave., Agassiz	604-796-3677
Canadian Wilderness Ecotours	923 Catherine St., Victoria	250-595-1835
Green Cuisine	Market Square, 560 Johnson St., Victoria	250-385-1809
Hoodoo Ranch Organic Fruit	Box 155, Spences Bridge, BC	604-980-2217
Interlude-Kripalu Massage	Victoria, BC	250-514-6223
Johnstone, Stacy - Reiki Practitioner	845 Birch Ave., Kelowna, BC	250-763-4033
Lotus Pond Restaurant	617 Johnson St., Victoria	250-380-9228
Mandy & Me Trailriding	174 Bear Creek Rd., Kelowna, BC	250-769-5735
The Soap Exchange	1393A Hillside Ave., Victoria	250-475-0033 250-475-0077
Tree House Health Foods	100 Fort St., Hope	604-869-5545

* Bold = New Addition

Support EarthSave — Become A Member

Annual membership rates:

\$12 Student \$48 Family
\$24 Senior \$96 Corporate
\$36 Individual

Phone the EarthSave office (Tues-Sat, 12-4pm) at
604-731-5885 to become a member.

Bodhi Choi Heung Vegetarian Restaurant

Bodhi Choi Heung Vegetarian

Restaurant located at 3932 Fraser Street. Serving traditional Buddhist style vegetarian food since 1990. Come sample over 200 vegetarian dishes. Open daily from 11:00am to 9:30pm. Rated Best Vegetarian Restaurant in *Vancouver Magazine's* 9th Annual Restaurant Awards. Call 604-873-3848 for reservations.

OM Vegetarian Restaurant

OM Vegetarian Restaurant has a unique variety of dishes from beancurd skin rolls to more simple house burgers. They even have chicken drum sticks, and cod, but don't worry they wouldn't harm the real thing. And don't pass on the egg free desserts, because they are to die for.
604-873-6868

The Truffle Café

The Truffle Café, located at 118 West 6th Ave, offers primarily organic ingredients, emphasizing ayurvedic, vegan and raw food options in a calm, retreat-like atmosphere. Truffle Café is currently seeking to fill volunteer openings for a part-time restaurant and gallery manager, two full-time kitchen staff trainees and a full-time waiter/greeter trainee.
604-873-5508