

CANADA Earthosaver

Healthy People. Healthy Planet. Published by EarthSave Canada.

MARCH / APRIL 2005

www.EarthSave.bc.ca

Fish – A good choice?



By Melonie Hackman

Many health-conscious consumers have increased their fish consumption in recent years due to the much published health benefits of omega-3 fatty acids and as a low fat alternative source of protein. There has also been the perception that the ocean would provide an endless supply of seafood and that fish farms would provide the fish species most affected by the increased demand. These beliefs are being challenged as the fish supply declines and health risks mount.

Omega-3 is part of the group of essential fatty acids that are associated with the prevention and treatment of major illnesses such as heart disease, stroke and possibly cancer. The U.S. Food and Drug Administration (FDA) proclaimed fish oil helps to prevent stroke, heart attack, angina, blood clots, maintains the elasticity of artery walls, and may also reverse existing atherosclerosis (fatty deposits on artery walls). It has been estimated that 85% of the Western world's population is deficient in omega-3 fatty acids and it has been noted that vegetarian diets, in particular, tend to be lower in omega-3.

Despite these health benefits, there are

also health concerns associated with fish and fish oil supplements. Increased levels of mercury in the body are a serious concern as mercury is associated with learning/behavioral problems in children, memory loss, tremors and other health problems in adults. With the leading source of mercury exposure being dietary fish consumption, Richard Mass, professor of environmental science at the University of North Carolina, stated that 33% of people who ate four or more servings of canned tuna per month exceeded the recommended guidelines set by the U.S. FDA for mercury content in food. Ingestion of pesticides and oxidation products are also associated with increased fish consumption. Lower quality fish oil supplements are also at risk for mercury, pesticide and other contaminants.

Fish population is declining at an alarming rate. The causes are many: more ocean fishers with more effective fishing gear have increased their catches by 400% between 1950 and 1994; fishing methods that damage the seafloor, such as dragging nets, destroy where the fish feed and breed and regrowth does not rebound quickly

enough to sustain new fish; and continued growth of human population along coastlines, with the associated increase in pollution, have all contributed to the rapid decline in fish supply. In December 2004, the Royal Commission on Environmental Pollution (RCEP) reported that the continuous

overfishing in the U.K. could result in a marine disaster similar to the one that has occurred in the Grand Banks of Newfoundland, where cod stocks were drained in the early 1990s due to relentless overfishing. The North Sea's cod stock is currently at 46,000 tons; the minimum acceptable level is 150,000 tons. It has been recommended that cod fishing be banned in all affected areas in the U.K. for the next year. Many other fish species are in a comparable predicament.

Farmed fish is not a good alternative to wild fish either. Because wild fish are used as a food source for farmed fish, fish farms contribute to the overall depletion of the ocean. Net pens, a common fishing method used on fish farms, create further problems as concentrating thousands of fish in a small area creates tons of feces that pollute the water. The resulting diseases spread rapidly from fish to fish. Antibiotics and other drugs are then introduced to the environment to cure the diseases, resulting in drug-resistant disease organisms.

With declining fish supply, the questionable quality of farmed fish, and the essential dietary need for omega 3 fatty acids to maintain good health, what is the solution? Alternative food sources rich in omega-3 fatty acids such as tofu, flax, soybean oils, hemp, nuts and canola. For those who continue to eat fish, the *Citizen's Guide to Seafood*, put out by the Sierra Club of Canada's British Columbia chapter, or the *National Seafood Guide 2005*, from the Monterey Bay Aquarium, can assist the consumer to make more sustainable, healthy choices.

Melonie Hackman is a volunteer at the Edmonton Humane Society.


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Letters to the Editor

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

To the Editor:

I have several comments in response to Kathy Nowak's article *Natural Alternatives to Sugar* in the most recent EarthSave newsletter. First of all, the recommendation of Stevia extract as a safe alternative to sugar is irresponsible. The active chemicals produced by Stevia (*Stevia rebaudiana*) are a group of diterpene glycosides called steviosides, and they are approximately 200 times sweeter than sugar. There is not currently enough information on the safety of steviosides to recommend them for human consumption, which is why Stevia extract has been rejected as a food additive in Canada, the USA, and Europe (although it has been approved, and is widely used in Japan). While steviosides themselves have not been shown to be toxic, they may be converted into another compound called steviol, by enzymes in the liver as well as bacteria in the intestine. Steviol has repeatedly been shown to be mutagenic (meaning that it damages DNA), in well controlled scientific studies. For technical details, see Pezzuto et. al. (Proc. Natl. Acad. Sci., 1985, 82:2478-2482).

Secondly, I take issue with the author's claim that aspartame can cause a wide range of serious health problems, "and even death." While such claims can be found all over the internet, and from a variety of other sources, they are not supported by scientific evidence or common sense. Aspartame is a dipeptide methyl ester, made up of the two amino acids aspartate and phenylalanine. Amino acids, joined together in long chains, are what make up proteins. So aspartame can be thought of as a very short protein. When aspartame is ingested, it is rapidly broken down by enzymes in the digestive tract into aspartate, phenylalanine and methanol. The first two of these, as previously mentioned, are amino acids that are present in virtually all of the proteins in our diet. The third component, methanol, is where a theoretical health risk arises, because it can be metabolized into formaldehyde, which is highly toxic. However, the quantity of methanol produced, even from relatively large amounts of aspartame, is miniscule. In fact, a cup of tomato juice contains more than 3 times as much methanol (85 mg) as a can of diet soda (24 mg).

If one is going to use an artificial sweetener, aspartame is one of the best tested and safest. Some other artificial sweeteners, such as saccharin and cyclamate, have been shown to be carcinogenic and should definitely be avoided. Personally, I avoid aspartame because I don't like the taste of it, and I feel that artificial sweeteners are unnecessary; why not simply use sugar in moderation?

Ian Garber
Vancouver, BC

Response from Kathy Nowak:

Thanks, Ian, for your thorough explanation of how aspartame breaks down in the body; however, I still have my concerns with it, as there are many studies showing that aspartame does contribute to a list of health problems. I was not aware of some of the dangers you mentioned of consuming stevia and thank you for informing our readers of this. I still would not recommend artificial sweeteners as there are many natural unrefined options available, which I mentioned in the last newsletter. I agree, that if sugar is to be eaten, make sure its in moderation, or make sure its raw and unrefined.

To the Editor:

When I was first introduced to EarthSave, I thought, "such nice people working for such an important cause." But I suspected more behind the scrimping and saving and mailing: a secret world for dues-paying EarthSavers only. Something dark and rather depraved, actually (and I don't just mean speed-dating). I imagined mysterious rites in an inner sanctum, with robed insiders rhyming off spooky invocations to nature spirits and pagan goddesses. I pictured carrot-juice and tofurkey bacchanals complete with midgets, circus dogs, and sex slaves. A mind-control cult, in other words – just like in the media. I knew I had to join up for two reasons. One, to expose the dark underbelly of the local environmental scene in a hard-hitting editorial cartoon. And two, for the sex slaves.

Imagine my disappointment after joining the organization and discovering it is really is nice people working for an important cause, with the occasional low-key social event. Either that or I've had my memory erased.

"Letters" continued on page 5...



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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.

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Alison Cole

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Advertising

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

True Cost of a Burger... News from the World Vegetarian Congress in Brazil

By Sally Errey, RHN

What do a senior research scientist from Kings College London, a legal prosecutor from Sao Paulo, a missionary from Bolivia, a Japanese university professor, a physician from Toronto, a Jamaican raw foods chef and an international politics lecturer from California all have in common? They were all participants of the World Vegetarian Congress (WVC) held in Florianopolis, Brazil in 2004.

Held every two years and co-ordinated by the International Vegetarian Union, the World Vegetarian Congresses have been bringing vegetarians together for close to 100 years. Originally, the first meeting was hosted by Germany. Fourteen other countries sent their support to those attending the first Congress. Nearly a century later, in 2004, the WVC was attended by over 600 people from 32 countries. Its popularity may be due to the pull of the spectacular scenery of Southern Brazil, but it turns out there were more aspects than the scenery to look into. Holding a vegetarian event in beef-eating Brazil seemed a little unusual, but by delving deeper, the evolving popularity of the Brazilian Vegetarian Society starts to make sense.

Damning new environmental facts came to light when the Center for International Forestry Research released a comprehensive report in April 2004.

- Brazil has the world's largest commercial cattle herd and soon may be the biggest exporter of beef in the world. [1] This has led to a frightening increase in deforestation due to the growth in international demand for beef.
- Cattle ranching, which is assisted by generous government subsidies, is the greatest single factor in Brazil of de-forestation (38-73% contribution to "altered forest area"). [2]
- Area of deforestation rose from 41.5 million hectares in 1990 to 58.7 million in 2000. [3]

In this time, Brazil has lost an area of forest twice the size of Portugal. Deforestation due to cropland has also increased dramatically. The new croplands are mainly to grow soy – not to feed vegetarians – but to feed cattle. This has increased the demand even more for Brazilian beef, as it is fed purer food and has lower risk of Mad cow disease (ie. farmers are not feeding cattle rendered animal parts). For every one hectare of cropland, there are almost 6 hectares of cattle pasture. Even logging and crop production come nowhere near the damaging effects of beef production. Factors such as the elimination of foot and mouth disease, the reduced risk of mad cow disease, currency devaluation making the beef incredibly cheap for international buyers, and huge government subsidies to beef farmers have sent beef production and sales through the roof. But at what cost? Unless urgent action is taken, the Amazon will probably lose an additional area the size of Denmark over the next eighteen months.

On the Congress literature is written "For a vegetarian world – For people – For animals – For the planet". Often we forget that eating plant foods is more than just a healthful diet and an animal friendly lifestyle – our dietary habits have a huge impact on the environment and this is where we all can make a difference. With these new environmental threats, Brazilians are beginning to sit up and take notice, hence the popularity of a vegetarian society, not just for health and for the animals, but for their precious natural resources.

Brazil is also known for its "churrascaria" – where up to 18 different types of meat are barbequed and served in huge quantities. So what are the vegetarians, the professor, the lawyer, the doctor, the missionary and the researcher to eat whilst in Brazil? Here's just a sampling from one of the decadent buffet meals served at the Congress.*

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Pizza with rocket greens and sundried tomatoes, pumpkin lasagna with almond slices, coconut curry with soy, traditional Brazilian black beans, vegetarian sushi with nori and cabbage wraps, potato and corn croquettes, and broccoli soufflé with tomatoes. All were offered with large fresh salads accompanied by an assortment of nuts, seeds and dressings, such as beetroot and pumpkin cream.

Dessert presentations included: guava and passion fruit ice-cream, chocolate nut rolls, fruit cream parfait, strawberry and chocolate crepes, plum and fresh fruit mousse, bananas dipped in chocolate, Brazilian style sago cooked in sweet red wine.

* all dishes are vegan – containing no animal products.

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Next year's Congress will be held in the sunny seaside destination of Goa, India and the 100th anniversary will be hosted once more in Dresden, Germany. The Congress is usually held in October or November to celebrate World Vegetarian Day (October 1st). For more information visit the International Vegetarian Union's website. www.ivu.org

Author of Staying Alive! Cookbook for Cancer Free Living (www.stayingalivecookbook.com) and Rooibos Revolution (www.rooibosrevolution.com), Vancouver nutritionist Sally Errey was a presenter at the 2004 WVC.

[1] Reuters, April 1, 2004 Report: Cattle riding herd over Amazon Deforestation faster than thought, tied to beef exports, <http://www.msnbc.msn.com/id/4647710/>

[2] Barbier, et al., 1991, Rates and Processes of Amazon Deforestation Michael H. Glantz, Amara Tandy Brook, and Patricia Parisi 17 July 1997 Environmental and Societal Impacts Group- National Center for Atmospheric Research

[3] "Hamburger Connection Fuels Amazon Destruction.", Center for International Forestry Research, 2004

Review: Peaceable Kingdom

By Meredith Jane Hunt

Tribe of Heart's documentary, *Peaceable Kingdom*, asks viewers how current factory farm practices can be justified given that the treatment of farm animals, while perfectly legal, is so undeniably cruel. This film advocates a reawakening of both human conscience and compassion. It suggests that this can be achieved through reconnecting to the innate affection most people have for animals (not just pets) which is often stifled or discouraged in a modern consumer society.

Some of the film's main subjects are farmers who have come to terms with their moral conflicts about a life they've always known. Giving viewers a unique perspective about the people who raise and slaughter animals for food, the film asks the question, "what if the things you were taught don't make sense anymore?" With sensitivity, it explores the pain and estrangement they face when they question the ethical implications of commercial farming.

The film is centred on Farm Sanctuary, a once derelict farm located in upstate New York. Owners Lorri and Gene Bauston,

who started out rescuing "downed" animals in their run down VW Van, founded the sanctuary in the mid-80s. Now it is home to some fortunate animals such as, among others, Frey, a crippled, buck toothed goat and Rosie, a dairy cow suffering from chronic mastitis and therefore no longer "of use". These animals are, as Gene Bauston puts it, "the ambassadors of their kind".

The sanctuary seems a place of healing and serenity not only for rescued farm animals but for people too. This peaceable environment is juxtaposed against unsettling footage of the abominable conditions in factory farms, where animals live in absolute terror and darkness. These gut-wrenching images are furthermore set to melancholic songs, such as Moby's "Why Does My Heart Feel So Bad?"

The film's subjects all have their own reasons for visiting the sanctuary, whether it is their own isolation and disconnection from modern society at large or from their immediate communities. There is a common thread among the visitors to Farm

Sanctuary and that is finding solace from their pain in the company of these animals and the natural environment.

Fourth generation farmer, rancher, feedlot operator, Howard Lyman now tours the world promoting veganism. Unable to deny the consequences of his livelihood, he shares his incredible yet alienating transformation whereby he walks away from his highly successful cattle farm. Lyman offers a provocative perspective on the inherent health and environmental implications of commercial farming, specifically the use of countless chemicals to maximize production and minimize economic loss.

Harold Brown, a stoic farmer, undergoes his own transformation at the sanctuary. Taught that farm animals are there for people's use and that it is the "natural cycle" of things, Brown buried his pain from childhood. His healing only begins when he meets a cow named Snickers, whom he adopts and goes on to learn a life-altering lesson from.

And so this theme goes, people from all walks of life, not only farmers, visit this unique place to bond with the animals that they are taught to see as commodities. The sanctuary embodies hope for change and even draws parallels to other struggles in history, namely slavery and the Civil Rights Movement.

Peaceable Kingdom is a cogent film for all, from animal rights activists to factory farmers alike. Though it is replete with powerful and unsettling images, it does not so much demonize but rather appeals to the compassion and empathy in all people. Finally, it aptly demonstrates what a few individuals who care can achieve when they, as Lorri Bauston puts it, "turn their sorrow into action". As is eloquently stated in the film's opening, "all the darkness in the world cannot put out the light of one candle".



EarthSave Speaker Series

presents

Carol J. Adams'

Sexual Politics of Meat Slide Show

EarthSave Canada is proud to present one of the most prolific authors on vegetarianism, Carol J. Adams. Author of close to 100 articles and many books (including *The Sexual Politics of Meat*, *The Pornography of Meat* among others), Adams is particularly interested in the interconnections among forms of violence against human and nonhuman animals. Her thought provoking slide show explores the way popular culture presents images of race, gender, and species to further oppressive attitudes. Get ready to have your beliefs challenged and the way you look at things forever changed!

Date: Thursday, March 31st, 2005

Time: 7:00pm

Location: Room A130, Langara College, 100 West 49th Avenue, Vancouver

Fee: By donation (suggested donation \$5)

Parking is available in the parking lot for \$2.



Ask Nancy

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



Q: What on earth is vegan porn and why would vegans support pornography anyway?

A: In fact, *Vegan Porn* has nothing to do with pornography. Not surprisingly, with a name like *Vegan Porn*, the website garners its share of hits. A link on the home page takes you to the most common search strings (“family guy porn”, “porn games”) that brought googlers to the site. And, as many unsuspecting web-surfers have no doubt discovered to their dismay, there is no nudity on the site whatsoever. What is it, a vegan trap?

Veganporn.com began in 2001 as the brainchild of a 30-something Toronto bank employee and vegan, who goes by the pseudonym Herman Thrust. If that name sounds familiar, you may have come across the irreverent and always entertaining “Thrust Report” in the Toronto Vegetarian Association’s newsletter *Lifelines* or the “Porn Again News” in *Herbivore* magazine. “The world is a depressing place,” says Thrust, “we wanted to show the lighter side.” At the same time, he is very clear about the desire to educate the (unsuspecting?) public about the consequences of food choices.

As you peruse the site, you might notice that all products for sale in the web store are quoted in US dollars. Could it be there is actually an American market for Canadian t-shirts with racy vegan slogans like “Tofu makes me horny”? Customers are assured that orders are sent out next business day from their “arctic stronghold in deepest darkest Canada.” According to Thrust, the products are mainly shipped to America, England and Australia and haven’t really caught on in Canada yet.

If the combination of veganism and humour weren’t unusual enough, this tie in with sex is truly novel. The website encourages active proselytising of strangers on the dating front, urging “The next time you’re in a bar/grocery store/church/jail and someone catches your eye, don’t dismiss them automatically because of that chicken wing in their hand. Just walk up and give them one of these cards: “Want Some? Go Vegan. Then We’ll Talk.” On the back of the card: “By cutting out animal products, you’ll not only feel better about yourself, the animals and the environment, you’ll also get a shot at a date with me.”

Some may insist that using sex to sell is just the wrong approach to persuade people about veganism. But that may depend on whom you are trying to reach. The site’s forum has over 3000 registered users, with over 500 having logged on in the past month. Google alone sends thousands of unique visitors per day. There are as many successful approaches as there are reasons why people change their diet. Kudos to Vegan Porn for showing us yet another.

Review: Serenity Natural Foods

**3347 West 4th Avenue, Vancouver
604-739-9777 www.kloppmagic.ca/serenity**

By Loyda Arneson

Serenity Natural Foods’ owner, Heather Lockhart, fell in love with cooking after she became a vegetarian to be healthier. Her change in diet led to a change in career: she went to cooking school and opened Serenity Café in January 2004. Today she is busier than ever with her deli style café and her catering business.

I went to Serenity for dinner on a Friday night, and despite a continuous stream of customers, the staff took the time to answer my many questions regarding ingredients. They were also glad to suggest dishes that fulfilled my stringent requirements: vegan and wheat free.

To complement their excellent service, Serenity has tailored a menu for people on special diets, which specifies the items that are free of lactose, gluten, wheat, or sugar, and those that are vegan.

The salads, artfully displayed in a refrigerator case, are made with organic ingredients whenever possible. There are only a few strictly vegan main courses, but they are affordable and, the ones I tasted, flavourful. The custom-made sandwich they prepared for me, with grilled tomatoes, peppers, and mushrooms, turned out excellent. The exotic tofu, coconut, and curry entrée is worth going back for. Another vegan entrée I’d try next time is the roasted vegetable pie. You could also make a meal of either the soup of the day (usually vegan) or a vegetable side dish.

Of the vegan choices for dessert, the one I got was worth my trip from Richmond: The rice flour chocolate cake was truly delightful. I plan to try one of their fruit smoothies or a vegetable juice on a future visit.

Serenity’s menu is not entirely vegan, but the excellent service and the great taste are enough to compel true vegans to come back again and again. Vegans may also want to buy their frozen entrees, use their catering services, or order vegan cakes.

“Letters” ...continued from page 2

On a more serious note, the environment and sustainable living is the ur-issue of our time, and that’s not going to change anytime soon. Politics, economics, and all other human activities are just a thin film on the river of life. If global environmental issues aren’t addressed in a serious way, all the other debates are beside the point. I’m glad to be part of the EarthSave family, its a kind of community that is local with a global inflection... a good template for other urban centres, perhaps?

33rd level Grand EarthSave Wizard Geoff Olson

Plenty of Notice!

The next EarthSave Annual General Meeting will be held at the June 12th, 2005 potluck at 6pm, at 2150 Maple Street in Vancouver.

Soaking... Getting More From Your Food

By Adele Voth, RHN

In the past, various traditional methods people used to improve the quality and safety of food included drying, sprouting, culturing, sour leavening, fermentation, and soaking. Today, for many, the concept of pre-soaking plant foods such as whole grains, legumes, raw nuts and seeds is unfamiliar, as are the reasons for doing so. These whole foods, packed with nutritional goodness, also contain anti-nutrients, such as enzyme inhibitors, which can strain digestion, reduce and even inhibit the absorption of certain essential minerals (for example, calcium, iron, zinc, magnesium).

What does presoaking do? It transforms food in beneficial ways by starting the sprouting process, which increases some of the nutrients, neutralizes enzyme inhibitors (such as phytic acid), softens hard fibres, making food not only digest and absorb better, but taste better too!

How to presoak? Here are some basic soaking guidelines: Whole grains: overnight or 8-12 hours. Discard soak water, then add less water (about half) for cooking. Legumes: overnight or 12 hours (lentils, whole dried peas less; garbanzo, soy longer). Change water before cooking. Some of the enzymes and trisaccharides, which can cause gas are released during soaking. Nuts and seeds: overnight. Dry and either eat raw or roast on low heat. Fats and protein also become more digestible.

This really doesn't take more time; in fact, you will save time as food cooks faster when presoaked. A little planning and habit is all that is needed: place food for the evening or next day in water in the pot you will then use for cooking. Simple!

SPEED SOCIALIZING!

Finally, by popular demand, speed socializing has arrived! For those over 25 with an interest in the environment, animal welfare and/or nutrition, come out and meet 49 other diners, interested in making new friends, platonic or otherwise. Bring a friend, but be prepared not to sit together. Fun activities will foster opportunities for a brief talk with everyone else in the room. Pre-registration is required.

Date: Thursday, April 21st

Location: Greens and Gourmet, 2582 West Broadway, Vancouver

Time: 7:30pm



Price: \$10 for non-members (\$8 for members) plus variable buffet price. (Buffet is pay by weight vegetarian with a \$10 minimum and an overall 20% discount for speed socializers.)

To register, follow the instructions on page 7 for Dine-outs.

Meet Like-minded Singles - Try EarthSave's Speed Dating!

Come out and support a great cause and meet 8-12 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.

When? Friday, March 18th

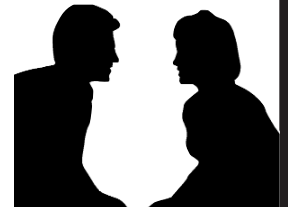
Ages? 35-45 (women) & 35-50 (men) at 7:00pm; 25-35 (women) & 20-35 (men) at 9:00pm

Where? 2150 Maple Street, Vancouver

Cost? \$20 members, \$25 non-members - includes a glass of wine and appetizers (paid upon registration by cash, cheque or credit card).

How to register? Call 604-736-4636 and leave a message for the Speed Dating Co-ordinator to return. For more details, please visit our website: www.earthsave.bc.ca/events/speed_dating.html

What happens at the event? You will meet 8-12 other singles for 6 minute dates. Contacts are facilitated afterwards by the organizers. At least one match is guaranteed, or you will be offered a free entry at a future event.



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*exp 6/30/05

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Members' News & Special Events

UPCOMING VEGAN POTLUCKS

Date: Sunday, March 13th at 6pm

Speaker: Harold Waldo, presenting on "An Introduction to Permaculture and Edible Landscaping: Creating the Vegetarian Cook's Garden Paradise"

Sponsor: Laura-Leah Shaw of Re/Max Crest Realty 

Date: Sunday, April 10th at 6pm

Speaker: Sharon Slack, www.cityfarmer.org, presenting on "Organic Food Gardening"

Sponsor: Organica Gardening Company 

Location: 2150 Maple Street (at 6th Avenue), Vancouver

Cost: Free to members; \$3 for non-members (Everyone must bring a dish containing no animal products) Visit www.earthsave.bc.ca/events/potluck.html

Volunteer Opportunity:

The potluck volunteer team meets on the Thursday prior to the potluck from 7-8:30pm. While at the potluck, volunteers get to eat FIRST! For more info, contact Silvia at 604-879-3886 or email: potluck@earthsave.bc.ca

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.

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 VEGAN DINE-OUTS — OPEN TO ALL!

Wednesday, March 9th at 7pm

Sejuiced

1958 West 4th Avenue, Vancouver

First course: Caramelized Leek and Lentil Soup, served with our special organic rye bread and vegan herb spread. Second course: *Sejuiced* Winter Rainbow Salad (organic baby greens, red and yellow pepper, cucumber, carrot, green apple, corn, figs, hemp and sunflower seeds); Raw Sprouted Tortilla, made of fresh vegetables and pumpkin paté. Third course: Man-go Delight (couscous or basmati brown rice, vegetables, chick-pea and tofu cooked in delicious mango sauce). For dessert: house special Dvash cake and chai.

Price: \$19 inclusive (\$16 for members)

Saturday, March 19th at 7pm

Everybody Loves Veggies

555 West 12th Avenue, City Square Mall, Vancouver

Come and join 49 other diners in a treed courtyard setting in the City Square Mall for the most unusual dine-out in years, as the mall remains open after hours for our group. Bring your own plate if you wish

to avoid the Health Department's mandated paper plates. *Everybody Loves Veggies* is a little known fully vegan family run business with a heart that deserves our custom. Take a look at this creative, healthful menu:

Appetizers: Gingered squash soup with wild rice, served with flax and sesame homemade crackers. Baked millet balls made from broccoli, red peppers and greens onions, with a green sauce. Three salads: Slovak potato salad, a mung bean quinoa salad with lemon-tahini dressing, and a grated beet, zucchini and sesame rice noodle salad. Main course: Shepherd's pie with a millet crust, topped with an olive-chive mushroom sauce and marinated tofu and zucchini on the side. For dessert: apple-date strudel served with soy ice cream.

Price: \$17 inclusive (\$14 for members)

Sunday, April 3rd at 7pm

Wild Garlic

2120 West Broadway, Vancouver

Ambiance, service, quality, variety... *Wild Garlic* deserves 5 stars for our last dine-out there. Words fail! Preference

will be given to those who did not attend the last time. Take a look at this menu and judge for yourself: Chopped romaine with fresh pears and almond vinaigrette; fried tofu topped with julienne vegetables and sweet chili sauce; sauteed roasted garlic, chili pepper salsa on shiitake mushroom; portobello mushroom schnitzel with grilled asparagus with reduced balsamic and parsley oil; szechuan baby bok choy with chili and preserved black bean; garlic mashed yam; buckwheat penne with sundried tomatoes, asparagus, mixed mushrooms and roasted tomato sauce. This dine-out will accommodate up to 25 people.

Reserve early!

Price: \$20 inclusive (\$17 for members)

SPEED SOCIALIZING!

Thursday, April 21st at 7:30pm

Greens and Gourmet

2582 West Broadway, Vancouver

See the ad on page 6 for more information on this special dine-out event.

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 West 12th Ave., City Square Mall, Vancouver	604-873-4417
Gaia Garden Herbal Dispensary	2672 W. Broadway, Vancouver	604-734-4372
Goddess Gift Gatherings (first time - 2 for 1 admission)	Various locations, Greater Vancouver www.goddessgiftgathering.com	604-879-5867
Greens & Gourmet Vegetarian Restaurant	2582 West Broadway, Vancouver	604-737-7373
Happy Veggie World	378 - 13988 Cambie Rd., Richmond	604-278-5519
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
Levin, Tony - Massage Practitioner (\$5 off)	Vancouver	604-879-7776
May 3rd Enterprises, Electrolysis & Ear Candling	2023B Hyannis Dr., North Vancouver earcandles@aol.com	604-929-0694
My Private Chef, Organic Personal Chef Service	www.mypriatechef.ca	604-876-7759
Nordic Living Water Systems	904 Leovista Ave., North Vancouver or 1-888-644-7754	604-990-5462
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
Paradise Vegetarian Noodle House	8681 10th Ave., Burnaby	604-527-8138
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
Serenity Cafe	3347 West 4th Ave., Vancouver	604-739-9777
Simply Vegetarian Restaurant	135-8291 Ackroyd, Richmond	604-278-0852
Small Potatoes Urban Delivery	no discount; \$15 off first order	604-215-7783
Sprouts	6138 Student Union Blvd., UBC	604-822-9124
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 East 4th Ave., North Vancouver	604-984-1260
Transilvania Peasant Bread	3474 West Broadway, Vancouver	no phone
Unique Nutrition Health Centre	2-555 West 12th Ave., Vancouver	604-872-8647
Vadhwana, Gita Ayurvedic Cooking Instructor	7437 Willard Street, Burnaby	604-522-1413
Veggie Delight Cafe	2280-8181 Cambie Rd., Richmond	604-276-2251
West Best Vegetarian Market (discounted items & bulk packs excluded)	4834 Victoria Drive, Vancouver	604-323-2362
West Pointe Organic Produce	2625 West 4th Ave., Vancouver	604-736-2839

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	604-408-0281
Johnstone, Stacy - Reiki Practitioner	845 Birch Ave., Kelowna, BC	250-763-4033
Kripalu Massage	4201 Buckingham Palace, 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.

..... EarthSave Yoga

Long time vegan and Yoga Alliance certified instructor Heather Freeland can personally testify to the sense of inner calm and improvement in athletic endurance that are among the benefits of a regular yoga practise. The non-violent vegan lifestyle combines so naturally with a yoga practice and Heather is eager to share this knowledge with members and non-members alike. Classes are suitable for beginners, but even those who have been practising for a while will find the classes beneficial. Please bring your own mat. Any questions? Email Heather: heather@earthsave.bc.ca

When: Tuesdays, 7:30-9:00pm

Where: The SPEC building, 2 | 50 Maple Street (at 6th Avenue), Vancouver

First session runs April 5th to June 7th

First class - \$6 (\$4 for members)

Drop-in - \$12 (\$10 for members)

5 classes - \$55 (\$45 for members)

10 classes - \$100 (\$80 for members)

