



Canada

Earthsaver

Healthy People. Healthy Planet.

Published by Earthsave Canada.

JANUARY / FEBRUARY 2006

www.Earthsaver.bc.ca

Scientist Looks into the Blood Type Diet

By Dave Steele, PhD

Many people think “I’m type A, so I’m a natural vegetarian,” or “I’m type O. I need to eat meat.” They’ve read Peter D’Adamo’s *Eat Right 4 Your Type* and they want to do what’s right for their bodies.

And, if D’Adamo is to be believed, your blood type has immense consequences for your personal health and well-being. It determines the foods you can safely eat and the diseases to which you are susceptible. You need to take blood type into serious account and adhere to a strict diet with limited choice, tailored to the blood in your veins. If you’re Type O, for instance, you should eat meat but avoid wheat. Type A’s should eat wheat but avoid meat. A bit of nightmare if you’re cooking for a family with varied blood types.

Fortunately, however, blood type has none of the consequences D’Adamo describes. His arguments are based on demonstrably false premises and wild extrapolations. There is virtually nothing in his books that merits paying any heed at all. A quick analysis of his basic tenets illustrates the point:

Tenet 1: Blood types are comparatively new and reflect the rise of agriculture

According to D’Adamo, Type O is the ancient, ancestral blood type. It’s the blood type of hunter-gatherers – of meat eaters, that is. Type A blood, on the other hand, arose perhaps 15-25,000 years ago along-

side the development of plant agriculture. People with this blood type are adapted to eating grains and beans. They would do better on a plant-based diet. It goes on, but there’s really no point. Peter D’Adamo doesn’t know what he’s talking about.

Blood types are much, much older than D’Adamo would have you believe. The ABO blood types arose millions of years ago – long before the first humans walked this earth. There are gorillas and horses and cats and mice with Type A, Type B, or Type AB blood. Some (not cats, though) have Type O. Genetic studies have shown



What Diet Type Are You?

- Type A
- Type AB
- Type B
- Type O
- It’s all bogus

that Type A blood is the oldest. The gene for type B is a variant on the Type A gene. Type O, far from being the ancestral gene that D’Adamo claims, is a mutant in either or both of the Type A and Type B versions of the gene.

Your blood type, by the way, amounts to only a minor variation in the last sugar on a long chain that is expressed on **continued on page 2**

Being Right Can Be Wrong

By Anthony Fulker

“I’m a (title/label of your choice) and you’re not. That makes me better than you because you are an ignorant, selfish, short-sighted idiot who doesn’t care about anything but yourself and your limited point of view. You are wrong, and I am right and that is all there is to it.”

This could very well be the emotionally charged internal translation that so many of us make when we are faced with an apparent-

ly outspoken individual who holds a belief that differs from our own. It is not necessarily what was said, and most probably is not the intended message of the other person, but all too often it is the message we receive.

“I am a vegetarian, and therefore I know this better than you....” Oops, sorry about that...I left the translation scrambler on. What I really want you to hear is that I once held a worldview where I felt OK with my choice to consume animal products and that when I was faced with a vegetarian who wanted to explain why that was their choice I

suffered from this unfortunate condition of internal translation error brought on by my various defenses. My most common symptom of this condition was an urgent desire to run from the vegetarian, and my most common action was to push back against what they were telling me with all my, and I must modestly say, awesome, rationalization skills.

Now this situation is not exclusive to the timeless vegetarian versus omnivore debate, but rather is universal among humans holding different views or beliefs,

continued on page 6



Letters to the Editor

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

Dear Earthsave,

Thanks for coordinating an incredible vegan dinner on November 17th at Central Bistro. It was our first Earthsave dine-out evening and our first all-vegan seven-course meal and we were totally thrilled with each dish. The dishes were wonderfully creative and beautifully presented.

Looking forward to attending more of these events.

Thanks again,
Marie Lembesis

EARTHSAVE READERS GROUP

If you have an interest in reading thought-provoking books on our diet's relation to health, the environment and animals, please contact Denise or Cylia at readers@earthsave.bc.ca.

This year, discussions will be held alternately in members' homes and at various vegetarian-friendly restaurants in the Lower Mainland. The books chosen are available, usually at reduced cost, at the EarthSave Bookstore, 2150 Maple Street, Vancouver, with an additional 10% off for EarthSave members.

January: *Becoming Vegan: The Complete Guide to Adopting a Healthy Plant-Based Diet*, by Vesanto Melina and Brenda Davis

February: *The Ten Trusts: What We Must Do to Care for the Animals We Love*, by Jane Goodall and Marc Bekoff.

March: *How to Go Further: A Guide to Simple Organic Living*, by Frank Condon.

Check the Earthsave website under Events – Readers Group, or check the EarthSave Forums for details.

Both Earthsave members and non-members are welcome to attend; however, a \$2 donation is requested from non-members to help defray costs. Attendance is free to members.

Best wishes for a Healthy and Happy 2006! Enjoy this issue of the Canada Earthsaver with our new, updated look and thought provoking articles on the health, ethical and environmental consequences of our food choices. Please pass this copy on to a friend when you are finished reading it.



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

"Scientist Looks into the Blood Type Diet"

...continued from page 1

the surface of your cells. People with Type A blood have one kind of sugar at this end; people with Type B have a different kind. People with Type O blood can't add that last sugar, so their chain is one sugar short. It is to sugar chains like these that proteins called lectins bind. Hence, D'Adamo's second tenet:

Tenet 2: Lectins in foods bind to specific ABO blood types and this binding affects circulation and cell function

As stated just above, lectins are nothing more than proteins that bind to complex sugars. According to D'Adamo, different lectins bind to different blood types. And when they bind, they do damage. The problem with his argument, though, is that while some lectins can indeed bind to blood group molecules, they do so irrespective of blood type. They simply bind to those long sugar chains without regard to what the very last sugar is. There are very, very few that are ABO-specific and even fewer in our foods.

Wheat germ agglutinin, soybean lectin, and lectins from chick-peas and rye all cause blood to agglutinate (clump together) in the test tube. Whether the blood is Type A or B or AB or O, high concentrations of these compounds can cause blood cells to stick together. No matter what your type, you should probably avoid injecting yourself with large quantities of these proteins. No need to worry about eating them, though. Lectins are pretty much destroyed in the gut. Only people with allergies to them need worry at all. For the vast majority of us, whatever our blood types, they're no problem. And, despite D'Adamo's latest claims, allergies, too, have nothing to do with your ABO blood type.

So, don't worry about your blood type when you're preparing your next meal. Peter D'Adamo's theories are based on an evolutionary history that never occurred and on molecular effects that aren't relevant. And don't worry about his claim that people with Type O blood live much longer than Type A's, either. That, too, has no basis in fact. Numerous studies, following thousands and thousands of people have found no correlation whatsoever between blood type and longevity. Blood type matters when you are getting a transfusion. Otherwise, you need not concern yourself at all.

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. Please submit your material by e-mail to newsletter@earthsave.bc.ca

Editor

Nancy Callan

Production

Alison Cole, Intelliga Productions

Contributors

Nancy Callan, Bonny Do, Anthony Fulker, Brandy Humes, Chuck Levin, Dave Steele

Advertising

Advertising space is available in *Canada EarthSaver* — please contact the office for current rates. Circulation 2000.

Book Review: Meat Market

by Erik Marcus

By Chuck Levin

Erik Marcus's *Meat Market* is a welcome addition to the movement's collection of thought-provoking books. But almost uniquely, it focuses on the unimaginably cruel plight of farmed animals, and suggests strategies – discussed under the rubric “dismantlement” – of attacking and eliminating the necessarily heartless animal agriculture industry that perpetrates the suffering.

Meat Market begins with an affecting recap of the deplorable practises used in the regular course of animal agriculture business, which may serve as an excellent reference. (“Dad, just read the first 48 pages.”) The book is well-researched with ample footnotes, and includes supplementary activist essays displaying examples of different forms of individuals' effective advocacy on behalf of non-humans.

Marcus minces no words when attacking the animal agriculture industry for its polemical dishonesty, its outright lies, and its abuse of power. Nor, however, does he serve as an apologist for much of the AR movement's overall management and strategic decision making. (“...some large groups steadily drain the movement of cash, yet accomplish next to nothing for animals.”; “America's animal protection movement is made up mainly of progressives – and progressives are generally lousy at building effective organizations.”) Ouch!

But while Marcus' judgments concerning the AR movement are sure to fuel more internal discord within the movement, the movement can hardly afford not to have its practises challenged. Obviously, if any individual or organization had already discovered the key to winning over the public and eliminating animal agriculture as we know it, *Meat Market* would be unnecessary. But when more than nine BILLION harmless animals per year in the US alone are confined, mutilated, tortured, and killed at the hands of one all-merciless species needlessly for food, we must carefully listen to all intelligent and thoughtful viewpoints rather than digging in our organizational heels out of stubborn pride, lest we continue to ride a fast train to nowhere.

Marcus describes the AR movement as comprised of three distinct categories – the vegetarian, animal rights, and animal welfare movements. But the animal agriculture industry is powerful enough to survive the threats posed by all three. We need, he argues forcefully, a fourth movement – “dismantlement” – that takes the offensive and seeks to affirmatively usher animal agriculture out of existence.

How can we topple the giant? By building huge numbers of allies whose motivation for joining the dismantlement movement is rage or dismay over the information provided them. While public outreach is no stranger to the AR movement, Marcus argues that its message has been garbled and ineffective. “The argument

against factory farming needs to be simple, easily understood, and primarily focused on the miseries suffered by farmed animals.” In contrast, the movement's arguments, he writes, are often overstated, and may too often be refuted or ignored by those with an entrenched interest in eating meat.

While some will argue that he overstates his case, Marcus' endpoint is nonetheless compelling. To date, as a whole, and despite certain narrow, albeit important, victories and improvements, the movement has indeed failed in significant regard: Consider, for example, that in 1970, three billion meat chickens were slaughtered in the US, whereas in 2000, more than eight billion were slaughtered. (In comparison, the annual slaughter of a “mere” 120 million pigs – many times the number of victims of Nazi Germany – sounds comparatively trivial). Because of the move from small, family-run, local agricultural production to massive factory farming, the public no longer understands the toll on the animals that occupy their plates, and because animal agriculture operates outside most people's consciousness, they have little incentive to ask questions.

Marcus is an optimist. He believes the industry can be toppled, and has the chutzpah to tell us how. Yet he is not an abstract idealist, but a dreamer with his feet on the ground who understands the need for a carefully planned, more strategic, long, bitter campaign. Can we afford not to listen?

Meat Market is available from the Earthsave library.



radha eatery & ascent magazine present

the ESSEN project

Sunday January 28, 7pm

728 Main St

Take part in art: feed and be fed by a dining companion in the company of others doing the same.

For more info, or to participate in this playful & meditative performance art action, contact Victoria at essen@ascentmagazine.com

If you'd love to come for dinner at radha (and feed yourself), call 604-605-0011 to reserve.

Consumer Guide to Soy Milk









By Brandy Humes and Bonnie Do

This article is not intended as a promotion of soy products but as an informal reference guide for those who enjoy soy beverages, or are considering introducing them into their diet, and are a little confused about the choices. (Current literature claiming soy to cause cancer or any other health problems is based on research that remains scientifically inconclusive. Soy remains a good source of protein that is still a staple in many diets around the world).

ADDITIONAL COMMENTS:

- Fortified is the claim that additional ingredients are included in the product as supplements, or to aid in the absorption of vitamins and minerals.
- Various brands offer unsweetened and low fat varieties.
- For those unfamiliar with the term, "Kosher Parve" signifies no dairy or meat products used.

*All products tried were the plain sweetened varieties.

BRAND	 Fortified* Soy Beverage		 Organic Fortified* Soy Beverage	 Fortified* Soy Beverage		 Extra (Fortified)	 North America	
COMPANY PROFILE	Soya World Inc., a Vancouver-based company, which is co-owned by Dairy World (now called Saputo) *The authors of this article were notified Dec. 5/05 that Soya World Inc. is no longer jointly owned by Dairy World/Saputo.	Soya World Inc.	Soya World Inc.	White Wave Foods Inc., which is owned by Dean Foods, who also owns approx 24 dairy companies (two are organic).	Canadian family-run business, based in Vancouver, BC.	Privately owned.	Vitasoy International Holdings Inc. (Headquartered in Hong Kong with branches and factories in China, Australia and North America),	Pacific Foods of Oregon, Inc.
INGREDIENTS	Soy Protein, lists mono and di-glycerides which are normally derived from animal fat, sweetened with Cane Sugar.	Non-GMO soybeans, sweetened with cane sugar. *Organic and non-organic sold	Organic Whole Soybeans, sweetened with Organic Evaporated Cane Juice. *Certified organic	Whole Organic soybeans, sweetened with naturally milled Organic Evaporated Cane Juice. *Certified organic	Non-GMO soybeans, sweetened with cane sugar. *Organic and non-organic sold	Organic Soybeans, Naturally Malted Organic Wheat and Barley Extract, contains Kombu Seaweed, Sea Salt. *Certified organic	Organic Whole Soybeans, sweetened with Cane Juice (Dried), contains Barley Flour, and Salt. *Certified Organic in North America	Whole organic soybeans, sweetened with natural cane sweetener, contains sea salt. *Certified organic
TASTE	Light "beany" flavour. Uneven consistency making the texture feel slightly "chalky." Leaves a slight aftertaste.	Distinct "beany" flavour. Thin consistency (similar to rice milk).	Light "beany" flavour. Uneven consistency making the texture feel slightly "chalky."	Light "beany" flavour. Slight aftertaste. Good as additive for cereals and beverages but noticeable change for those used to milk.	Distinct "beany" flavour. Thin consistency (similar to rice milk).	Slight "wheaty" flavour. Thin consistency.	Light "beany" flavour. Thin consistency.	Subtle flavour. Creamy consistency.
PRODUCTION PROFILE	Various processing plants across US and Canada, including Vancouver, BC.	(See So Good)	(See So Good)	Produced using wind power technology.	Soybeans are processed in Vancouver.	Soybeans are processed in Michigan.	Soybeans are processed in Ayer, MA.	Goal is to be environmentally neutral by 2007. Recycles over 40 tons of cardboard a month and have reduced packaging to a minimum. Cardboard used in most of their product cases averages 59% recycled materials. Packaging used requires no refrigeration until after opened. Last year they converted over 6.5 million pounds of soy by-product into reusable feed.
GREEN PROFILE	-	-	-	Produced using wind power technology.	Locally manufactured.	Soy fibres are converted into food for animals, whose manure is composted and sent back to the organic soybean growers to be used as fertilizer. No pesticides or herbicides used on their properties. Uses fuel-efficient technologies. Widespread recycling including printer cartridges, old computers, plastic wrap, etc. All printing done with soy-based ink. All cleaning products used are 100% biodegradable and contain no harmful ingredients.	-	-
ORIGIN OF SOYBEAN	Canada and US.	(See So Good)	(See So Good)	Canada, and Brazil.	Canada/Ontario.	American organic soybean growers.	Canada and US (for their North American products).	US and Canada.
COMMENTS	Also manufactures soy-based frozen desserts.	Formulated to appeal to the Asian market. Thinner consistency than most other soy milks, but no added gums, thickeners, or oils to change the consistency, which makes for a more natural drink. Unsweetened variety is very good for soups. Some might find the taste overpowering as an additive. Makers of Pete's Tofu products.	100% gluten-free and suitable for people with Celiac disease. Available in drinking boxes. Link to Earthsave Canada on webpage.	Used by Starbucks. They also market flavoured soy creamers and soy yogurt in the US.	Specially formulated to appeal to the Asian market. Thinner consistency than most other soy milks, but no added gums, thickeners, or oils to change the consistency, which makes for a more natural drink. Recommended as a beverage rather than as an additive. Unsweetened variety is very good for soups. Have no affiliations with dairy companies. All products Kosher-certified.	Good for cereals and as a beverage. Kosher parve.	Good as a beverage on its own. Some might find the taste overpowering for cereals or beverages. Enriched ("Complete") variety available. Available in drink box sizes.	Excellent as an additive for cereals and beverages. Recommended for those who don't like the "beany" flavour and want milk-like properties. Kosher Parve. Gluten free, wheat free, low sodium. Produces almond, oat, and multigrain milks as well. Sells animal-based products.

Ask Nancy

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



Question: The only animal product I eat is eggs, to make sure to get enough B12. I certainly don't want to support factory farming. What's the difference between "free range" and "free run" eggs and which one is the more humane choice?

Answer: When you consider that caged battery hens usually have less than the size

of a sheet of letter paper to move around on and never see the light of day, it's fair to say that free range and free run chickens live a marginally more humane existence. Free run chickens live uncaged within the barn. Free range chickens have access to the outside, weather permitting. There is no guarantee that

either bird has not had the front third of their beak sliced off with a hot blade, to control the cannibalistic pecking that overcrowding can lead to.

Having to breathe the caustic smell of ammonia is another consequence of chickens' overcrowded living conditions. Male chicks, unnecessary to egg production, are usually macerated to death right after birth. Should a hen become injured or sick, the choice between calling in a vet or purchasing a replacement chick for under a buck is a no brainer. Neither hen lays more than about 500 eggs before being sent to slaughter, at a mere 70 to 110 weeks of age. When the bottom line is the primary consideration, there is no feasible way to treat these animals as anything other than commodities.

Your concern about getting enough B12 is reasonable. With the exception of algae, plant foods generally contain no B12. Fortified foods and sublingual B12 tablets are alternative sources of B12.

Even when it comes to baking, there are plenty of alternatives to eggs that involve no cruelty. Baked goods can usually be made with a bit of extra baking soda and a splash of vinegar to activate it. Commercial egg replacers, like Ener-G, are another option. For burgers and loaves, mixing 1/3 cup of ground flax seeds with one cup of water and letting it stand will give you a mucilaginous substance (yes that's an actual word) that offers the binding capacity of an egg. Sticky rice is another good binder.

If you still choose to eat eggs, make sure the eggs you buy say both free range and certified organic, to ensure minimum standards of care have been met. Locally, Rabbit River Farms was awarded the 2001 VanCity Ethics in Action Award for Business for their commitment to the humane treatment of their birds.

“Being Right Can Be Wrong”

...continued from page 1

so please do not get hung-up on any one set of issues when exploring your own understanding of this terrible disease of communication.

By the way, the end result of my automatic response was that my conversion to a lifestyle that was more congruent with my true nature was postponed by my defensiveness and this was because I did not want to admit that I might be wrong.

If you want me to hear what you have to say, truly hear, do all that you can to not make me wrong. Then I will probably actually hear you and real communication can ensue.

My change to vegetarianism, and ultimately veganism, came gradually with the ongoing gentle encouragement of vegetarians of various stripes who so obviously were congruent with their actions and their choices and who respected me in spite of the fact that mine were different than their own. They let me be OK while being my friends and companions and staying true to their own beliefs. Once I realized that I did not need to defend my choices to them in order to be all right I was able to ask them about why they made the choices they did and actually hear their answers without tripping into a defensive position. I was able to explore their weird and subversively inviting world of plant based foods, animal rights, veggie health lore, and so on. I discovered that it felt right to me. This was not a mental exercise, it was not about being convinced by others, it was about feeling congruent within myself by seeing it realized in the lives of others whom I respected and who respected me. One of the communities that supported me through this process was Earthsave Canada, where I found individuals who welcomed me as I explored vegetarianism and who did not make me feel somehow inadequate or wrong because I was not yet a vegetarian myself.

Whether the issue you are trying to present is vegetarian or omnivore, conservative or liberal, fast or slow, up or down is irrelevant if the lines of communication are damaged by built in defenses. We never know what will trigger another person's trans-

lation scrambler, but we can take extra care not to set it off. Whether deliberately or not, whether justified or not, our desire to share our perspective and ideas with others is never served well if we make the person we are trying to communicate with wrong. We need to find ways to communicate that give others room to be OK with where they are and invite them to explore our perspectives, choices, beliefs, without feeling overly defensive. We want to make it possible for others to ultimately feel good about what we are sharing, and we need to stay open to hearing why they may not yet accept our perspective without making them wrong for their current perspective.

As an omnivore I could not be pushed to vegetarianism, and my realization that it was appropriate for me came quicker when I did not feel like I had to defend the fact that I thought I was a good person already. I was a good person. I was just a good person who was selectively blind to the fact that I was not congruent with my inner desires, and who was very good at rationalizing why that was OK. When people appeared to attack my rationalizations head on, it only made me more defensive and in no way served the discussion.

Now I am a vegan, and I know better. I know that I am right – I am right about what is right for me. I cannot know what is right for anyone else. I can be clear about what I would like to see happen and that includes a world in which everyone can express their love and compassion through all their actions. I imagine that that would mean we would live in a world where everyone was vegetarian, but here is the thing, it is my belief and it is not my place to make it anyone else's. But I sure am going to share it with those who are interested and make dang sure that it is reflected in my actions and choices. Who knows, maybe if I live the message and share it respectfully and compassionately it will not get too garbled in the translation and some of you will feel comfortable exploring it with me.

To get the latest news on Earthsave and other related events, and interesting articles on food issues related to health, the environment, and animals, simply visit www.earthsave.bc.ca/elists.html to join.

BUYING or SELLING REAL ESTATE?

It's a busy market – let me help you with the process!

TRUSTED BY CLIENTS TO BUY & SELL OVER
40 PROPERTIES IN 2005

Laura-Leah donates a portion of her
earnings to NGOs (including Earthsave)

PLEASE CALL LAURA-LEAH @ 604.551.9297
IF YOU WANT TO BUY OR SELL A HOME

please support a 'cruelty-free' world



RE/MAX
Crest Realty (Westside)
Each Office Independently Owned and Operated

Laura-Leah Shaw
604.551.9297

www.laura-leah.com

Members' News & Special Events

UPCOMING MONTHLY VEGAN POTLUCKS

Date: Sunday, February 12th at 6pm
(doors open at 5:30)

Speaker: Anthony Fulker

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

Cost: Free to members; \$3 for non-members

Everyone must bring a vegan dish with 8 servings – both homemade and store bought food are acceptable. Please bring an ingredients list.

There are prizes for the best dishes. Visit www.earthsave.bc.ca/events/potluck.html or call 604-736-4636 for more info.

Would you like to be part of the Potluck volunteer team? Volunteers get to eat first and receive a complimentary raffle ticket. For more information on potluck volunteering, please contact Maura, Potluck Coordinator, at 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.

Visit our website at www.earthsave.bc.ca and check out our Internet Forums. Discuss issues related to the ethical, environmental and health consequences of our food choices.

UPCOMING DINE-OUTS — OPEN TO ALL!

Saturday, January 21st at 7pm
Everybody Loves Veggies
555 West 12th Avenue, City Square Mall food court, Vancouver

Come and join 49 other diners in a treed courtyard setting in the City Square Mall, as the mall remains open after hours for our first Slovak dine-out. (Bring your own plate if you wish to avoid the Health Department's mandated paper plates.) We'll start with sauerkraut soup with mushrooms, smoked tofu and tofurky sausage – served with red pepper & green onion biscuits. Baked potato and mushroom cakes with fresh tomato & cucumber salad and soy sour cream will follow. The entree will be stuffed peppers and vegetable goulash. For dessert, we'll have a millet square with warm apple - cinnamon compote. Price: \$15/member (\$18/non-member)

Thursday, January 26th at 7pm
"What's Your Story?" Social Mixer
Greens and Gourmet Restaurant
2582 West Broadway, Vancouver

What's Your Story? A social mixer for all those currently eating or transitioning towards eating a plant based diet. To register, send an email to dineout@earthsave.bc.ca with **Social Mixer** in the subject header and your name and phone number in the body of the email. You must also send a one line

true story about yourself that others wouldn't automatically guess is you, to be placed on a game sheet without your name. Participants will try to find the person attached to that story. Price: \$8/member (\$10/non-member) plus minimum \$10 meal for the pay-by-weight vegetarian buffet.

Thursday, February 9th at 7pm
Nuba Cafe
322 Hastings Street West, Vancouver

Nuba promises to make this a feast to remember. A Lebanese feast will be served consisting of hummous, baba ghanooj, Tabouleh mjadra, full medames, falafel, najib's delicacy (cauliflower), veggie hushwi, roast potatoes, hot sauce, tahini, organic brown rice, and whole wheat pita. Limit of 20 people. Cost is \$19/member (\$22/non-member)

Friday, February 24th at 7pm
Serenity Natural Foods Cafe, 3347
West 4th Avenue, Vancouver

We'll have the whole cafe to ourselves for an intimate gathering at one of Earthsave's favourite restaurants. Lots of opportunity to get up and socialize. We'll start with spinach salad with raspberry vinaigrette, followed by tomato and fresh basil soup. The entrees will be fettuchinni alfredo and butternut squash curry. Dessert will be apple strudel.

Price: \$16/member (\$19/non-member)

Vegan Dinner and Murder Mystery!
Sunday March 5, 2006, doors open at 5:30pm. Dinner at 6 sharp.

The Orange Room
620 – 6th Street, New Westminster

Enjoy a gourmet vegan meal with dessert, while participating in a 40's murder mystery performance by the New West Regulars Theater Group. Listen for clues, question the characters and figure out "who done it". There's adventure, prizes and lots of fun for those brave enough to participate. Guests are encouraged to dress up in period costumes. Menu: Soup or Salad to start. Gingered sweet pea soup or organic greens with red wine vinaigrette. Entrees: Lentil, mushroom & walnut patty with a sherried mushroom gravy served with rosemary-roasted roots (potatoes, parsnips & carrots); Roasted Chinese BBQ tofu stuffed with red peppers served with saffron rice pilaf and baby bok choy in garlic sauce; and baked stuffed zucchini with tomatoes, onions, herbs and olives served with pasta in a tomato basil sauce. Dessert TBA. Beverages extra. Registration deadline February 15th. Price: \$30/member (\$33/non-member) Space limited. Pre-payment by credit card required.

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. Your registration is your commitment to attend. No shows may result in Earthsave being charged for your meal. NB: All meals are vegan; all prices include tax and tip.

EARTHSAVE'S Health

Partnership Program

10% discount to EarthSave Members (unless otherwise stated)

Vegetarian-friendly Eateries, etc.

BC Gelati	1102 West Broadway, Vancouver	604-733-2979
Best Bread Bakery Cafe	20635 Maple Crescent @ 207th, Maple Ridge www.BestBread.ca	604-465-4065
Best Quality Sweets & Restaurant	7260 Main Street, Vancouver	604-324-6677
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
Budgie's Burritos	44 Kingsway, Vancouver	604-874-5408
Dharma Kitchen	3667 West Broadway, Vancouver	604-738-3899
Everybody Loves Veggies	555 West 12th Ave., City Square Mall, Vancouver	604-873-4417
Green Cuisine	Market Square, 560 Johnson St., Victoria, BC	250-385-1809
Greens & Gourmet Vegetarian Restaurant	2582 West Broadway, Vancouver	604-737-7373
Happy Veggie World	378 - 13988 Cambie Rd., Richmond	604-278-5519
Hoodoo Ranch Organic Fruit	Box 155, Spences Bridge, BC	604-980-2217
Lotus Pond Restaurant	617 Johnson St., Victoria, BC	250-380-9228
Mylite Soya Foods Health Café	163 Keefer Street, Vancouver	778-322-8875
Nyala Restaurant	2930 West 4th, Vancouver	604-731-7899
OM Vegetarian Restaurant	3466 Cambie Street, Vancouver	604-873-6868
Paradise Vegetarian Noodle House	8681 10th Ave., Burnaby	604-527-8138
Planet Veg Restaurant	1941 Cornwall St., Vancouver	604-734-1001
Radha Yoga & Eatery	728 Main Street, Vancouver	604-605-0011
Rainbow Vegetarian Restaurant	2-8095 Park Road, Richmond	604-273-7311
Rebellious Tomato (2 locations; discount on pick-up only)	758 West 16th Ave., Vancouver 15th and Lonsdale, North Vancouver	604-707-4992 604-985-2244
Red Sea Café	670 East Broadway, Vancouver	604-873-3332
Sejuiced	1958 West 4th Avenue, Vancouver	604-730-9906
Serenity Cafe	3347 West 4th Ave., Vancouver	604-739-9777
Simply Vegetarian Restaurant	135-8291 Ackroyd, Richmond	604-278-0852
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
Transilvania Peasant Bread	3474 West Broadway, Vancouver	no phone
Vegan Choice Foods Inc. - Chi Cakes (vegan cheesecakes)	Ladner	778-88VEGAN (778-888-3426)
Veggie Delight Cafe	2280-8181 Cambie Rd., Richmond	604-276-2251

Health & Wellness

Ayurvedic Center Inc.	5182 Victoria Dr., Vancouver	604-761-9442
Empowering People	101-2145 W. Broadway, Vancouver	604-323-6669
Gaia Garden Herbal Dispensary	2672 W. Broadway, Vancouver	604-734-4372
Goddess Gift Gatherings (2 for 1 for first timers)	www.goddessgiftgathering.com	604-879-3886
Health Connection, The (15%)	Unit 2 - 2773 Barnet Hwy., Coquitlam	604-464-2723
Health is Wealth (5%)	4455 E. Hastings, Burnaby	604-298-0595
Interlude-Kripalu Massage	Victoria, BC andreakober@interludes.ca	250-514-6223
Johnstone, Stacy - Reiki Practitioner	845 Birch Ave., Kelowna, BC	250-763-4033
Kelpman Kelp Products	300-1497 Marine Dr., West Vancouver	604-926-3352
Lurie, Dr. Vince - Naturopathic Physician (discount on consultations only)	210-2678 West Broadway, Vancouver	604-736-3800
May 3rd Enterprises, Electrolysis & Ear Candling	2023B Hyannis Dr., North Vancouver earcandles@ad.com	604-929-0694
Nordic Living Water Systems	www.alivewater.net	604-990-5462 or 1-888-644-7754
Nowak, Kathy - Nutrition Consultant	Vancouver	k_nowak@ycom.com
Pacific Institute of Reflexology	535 West 10th Ave., Vancouver	604-875-8818
Raith, Dr. S. - Ayurvedic Consultant (20%)	2672 West Broadway, Vancouver www.ayuryogi.com	604-761-6537

Shiatsu Therapy with Colin Vankeith, RST	Vancouver	604-682-7339
Thai Body Work by Bernard Dalziel	332 East 4th Ave., North Vancouver	778-892-2834
Unique Nutrition Health Centre	2-555 West 12th Ave., Vancouver	604-872-8647
Wild Oil of Oregano	332 East 4th Ave., North Vancouver	778-892-2834

Natural Food Stores

Black Sea Health Foods	7054 Pioneer Ave., Agassiz, BC	604-796-3677
Crystal Veggies & Organics Ltd.	1107-4500 Kingsway, Burnaby	604-438-6186
Life Time Organics (10% on vitamins only, 5% on food)	2099 152nd Avenue, White Rock	604-541-0933
Ocean Park Health Foods	12907 16th Ave., South Surrey	604-531-7011
Organic & Natural Foods	4518 Dawson St., Burnaby 102-8160 Cook Rd., Richmond	604-484-2234 604-232-9292
Semperviva Natural Health Food Stores	2608 West Broadway, Vancouver	604-739-1958
Tree House Health Foods	100 Fort St., Hope, BC	604-869-5545
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

Cooking Classes & Personal Chef Services

Gill's Kitchen (cooking classes)	407-5760 Hampton Place, Vancouver	604-671-3384
My Private Chef, Organic Personal Chef Service	www.mypriatechef.ca	604-876-7759
Vadhwana, Gita - Ayurvedic Cooking Instructor	7437 Willard Street, Burnaby	604-522-1413

Home Delivery Services

Green Earth Organics (\$10 off first 3 deliveries)	1864 Triumph Street, Vancouver	604-708-2345
Healthy Green Wheatgrass (50% off first tray)	Vancouver	604-879-2280
Small Potatoes Urban Delivery	20% off new customer's first 4 orders, quote code # NFP5-209778	604-215-7783

Recreation & Vacatlons

Bonita B&B	9310 Elk Drive, Port Hardy	250-949-6787
Canadian Wilderness Ecotours	923 Catherine St., Victoria, BC	250-595-1835
Mandy & Me Trailriding	174 Bear Creek Rd., Kelowna, BC	250-769-5735

Environment

E-Ride	1703 West 4th Avenue, Vancouver	604-331-0555
Rainforest Reptile Refuge Society	1395 176th St., Surrey	604-538-1711
The Soap Exchange	1393A Hillside Ave., Victoria, BC	250-475-0033 250-475-0077

* Bold = New Addition

Support Earthsave Become A Member

Annual membership rates:
\$12 Student ● \$24 Senior ● \$36 Individual
● \$48 Family ● \$96 Corporate
 Phone the Earthsave office at 604-731-5885
 to become a member.

Donald Watson, founder of veganism, born on September 2, 1910, died recently, on November 16, 2005, at age 95. When interviewed at 92 he was pleased to report that he had lived thus far without resort to medication "either orthodox or fringe", and with hardly a day's illness. His parents were meat-eaters who did not enjoy particularly good health or long lives.