



**Calgary
Vegetarian Society**

Rocky Mountain Vegetarian

Spring 2006 • Volume 3, Issue 1

Our Mission

The mission of the Calgary Vegetarian Society is to promote the health, ethical, environmental, humanitarian, and spiritual benefits of a plant based diet bringing together vegetarians in the City of Calgary and surrounding area for a common cause

"Mad Cowboy" Returns to Calgary

The Calgary Vegetarian Society is proud to announce the return of the "Mad Cowboy", Mr. Howard Lyman, to Calgary. Mr. Lyman is one of the world's most famous and respected vegetarian speakers, and his presentation promises to be informative and entertaining. He will be screening his new documentary and presenting a lecture May 25 at the Plaza Theatre. The documentary, directed by Michael Toblas, tells the story of Howard Lyman as he undergoes the transformation from fourth-generation farmer and cattle rancher to staunch advocate of veganism and organic agriculture. An excerpt of his story from his website (www.madcowboy.com):

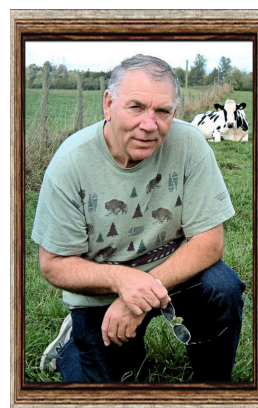
"One day, Howard Lyman found himself in a hospital bed confronted with the very real possibility that he would spend the rest of his life in a wheelchair. A tumor on his spine with a one-in-a-million chance of its surgical removal gave him sufficient pause to reflect on what it was that really mattered to he and his wife, Willow Jeane. Howard's 'dark night of the soul' liberated him from then on. He saw that he had been caught on a vicious treadmill that was destroying everything he believed in: his parents' organic farm, the animals, the trees, the grass, his marriage, his livelihood, and his health. At over 300 pounds, this former football player had assumed that heavy animal protein

and lots of greasy yellow fat was essential to his well being. But now, from his hospital room, staring at the obese, self-doubting human being that Howard Lyman had become, he awakened to a more conscious way of thinking. He vowed to turn around his life and his ranch.

The journey led him into the world of organic agriculture, veganism, politics (he nearly won a House seat, undermined at the last minute by a bank that deliberately co-opted Montana's most visible vegetarian), and his discovery, early on, of a disease new to history called bovine spongiform encephalopathy, BSE, or mad-cow."

Howard Lyman gained fame when his appearance as a guest on The Oprah Winfrey Show in 1996 prompted Oprah to declare on national television she would never eat hamburger again and led to both Howard and Oprah being sued for libel by the National Cattlemen's Beef Association.

He is president of Voice for a Viable Future and past president of both the International Vegetarian Union and EarthSave International. Mr. Lyman lives in Washington State with his wife Willow Jeane.



Where:
Plaza Theatre
1133 Kensington Rd SW

When:
Thursday, May 25, 2006
7:00 pm - Documentary Screening
8:00 pm - Discussion
9:00 pm - Intermission with book and DVD sales
9:30 pm - Second showing

Cost is \$10.00 per person (members and non-members)

Visit Howard's website to find out more:
www.madcowboy.com



Potlucks - Vegan & New Raw Food!

Vegan Potlucks are usually held on the first Sunday of each month and Raw Food Potlucks are usually held the third Sunday of each month. Our potlucks are located at CO-OP Midtown Market which is located at 1130-11th Ave SW in the Community Room found on the upper level (turn left as you enter the store and go up the stairs). Doors open at 5:00, food at 5:30. Food gets you in! Please remember to bring your own plates & cutlery.

Further event details at our Website:
www.calgaryveg.com/eventsalndar.asp



President's Message - Richard Selin

Welcome to the Spring edition of the Rocky Mountain Vegetarian. Spring is a season of rebirth and an apt time to see what new life can be breathed into the Society this year.

I joined the CVS in early 2003 after moving here from BC. In the three years since, there have been some superficial changes, but at its core the Society is much as it was back then. Our main communal activity remains the potluck, with Saturday morning drop-ins and restaurant dine-outs offering additional opportunities to get together. We continue to operate a dynamic website that links vegetarians throughout the Calgary area and beyond.

However, in a city that is

young and growing rapidly, the CVS has shrunk in size from its peak and has an older demographic. Part of this may be explained by the fact that society is much more accommodating of vegetarians than it was even ten years ago. In a world where meat substitutes are available at any grocery store, bookstores have entire shelves devoted to vegetarian books, and a wealth of information can be found online, people don't have the same need to join a vegetarian society as they had in the past. People's lives are also much busier these days it seems, and having the time to join a society and partake in its activities is a luxury many can't afford.

None of this is cause for concern if the members believe

the CVS is meeting their expectations. The Society does accomplish a great deal given our small membership and limited resources. Still, I wonder if we can't be doing more to serve vegetarians in the Calgary area. We are not doing a good job of attracting younger members, and our paid membership of 40 or so is a small fraction of the 1000s of vegetarians that exist in a city the size of Calgary.

I would be interested in hearing your ideas of how to make the Society more vibrant and relevant to Calgary vegetarians. Let's see if we can collectively spring forward with new life this year and make a good CVS even better!

Pass It On and Spread the Word!

When you are finished with this copy of the Rocky Mountain Vegetarian why not pass it on to a friend, a family member, a neighbour or a co-worker? You could also pin it to a bulletin board (always ask permission first), leave it in the doctor's office, ask your local library or community center to post it. This helps get the word out to others that Calgary has a proud and thriving vegetarian society. Thank you!

New Newsletter Editor - Jessica Freeborn

I am joining you this Spring as the editor of your Calgary Vegetarian Society quarterly publication "Rocky Mountain Vegetarian". I'll be helping to bring to you some of the most current events and information for vegetarians and others alike.

My journey to vegetarianism has been brief. February, 2005 I changed my eating habits to Vegan. The challenge was to take it one day at a time. I joined the Calgary Vegetarian society, went to Saturday coffee / tea, and I went to a few potlucks. I journeyed 3 months as a vegan. Then I began to eat

vegetarian since I was having difficulty knowing what exactly I needed to eat for optimal nutrition.

Then I met Diana Stoeveelaar who introduced me to eating raw and I've since been trying and studying the various selections of raw foods. I've also turned to organic sources of produce without blowing my budget!

A big part of my support has been through the Calgary Vegetarian Society. To join the Calgary Vegetarian society see our registration form on page 4. Thank you for this inspirational opportunity!

Here's one of my favourite raw vegan recipes from Victoria Boutenko:

Kiwi-Banana-Celery

4 ripe kiwi
 1 ripe banana
 3 stalks of celery
 2 cups of water

Blend until liquid smoothie.

Try any combination of fruits and leafy greens in your (power) blender for an easy breakfast that's packed full of vitamins, minerals, and proteins your body needs.

*To learn more visit:
www.rawfamily.com*

Soy What? - Richard Speiss

What is Soy Isolate and should I care? The short answer is that Soy Isolate is what is left over from the Soy after the oil has been removed. Manufacturers use soy isolates in infant formula, nutritional supplements, meat and dairy products, and meat analogs.

The long answer has to do with how the Soy Isolate is created in the first place. One of the largest uses of Soy is for its oil. In order to extract the oil you can put the beans under pressure to extract the oil. This is not a very efficient process and it leaves a lot of oil behind. When you see a product that says "expeller pressed oils"

you know that the oil was extracted mechanically. This is why "expeller pressed oils" tend to be a little more expensive. They have to use more Soy beans to get the same amount of oil.

But that means that some of the oil is not extracted and goes to waste. In order to get even more of the oil out of the Soy most commercial processes subject the Soy remains to high temperatures and hexane (which is a petroleum derivative) or other solvents. But what should we do with the soy that remains after removing the oil? The resulting "defatted" meal is

then mixed with an alkaline solutions and sugars to separate the fibers. It is then precipitated and separated using an acid wash. The results are then neutralized with an alkaline solution and spray dried at high temperatures to produce a high protein powder. It is this powder that is then used in the various products you have come to know.

It is generally advised to eat less processed foods these days so even though Soy is good for your health, it is still important to know that not all Soy is equally as good. You need to make the decision if you want food that has been processed with solvents and other chemical baths.



Veggie Dine Outs

Held at a different local restaurant each month. A great way to meet other vegans and vegetarians and enjoy fine dining in the Calgary area. See page 4 to see where dine-outs are this issue .

NOTICE!

If you wish to attend any of our dine outs please RSVP by phone 261-9628 or by e-mail info@calgaryveg.com so that we can inform the restaurant of how many people will be attending. Thank you!

Further event details at our Website: www.calgaryveg.com/eventscalendar.asp

Codes of Conduct an Ethical Fashion Show

Date: May 11th 2006/Calgary
Title: Codes of Conduct, CUSO's Ethical fashion show

"Its hard to imagine, but every time we get dressed in the morning, we're donning clothing that, in all likelihood, was made by someone who's human rights were abused. Globalization has made it easy for companies to hide the dirty work of garment construction away in some of the poorest countries, where the push to get the lowest price to the consumer, and the highest profit to the share-holder, takes precedence over the health and well-being of the worker." Codes of Conduct, CUSO's ethical fashion show, will take place on May 11th at ArtSpace Gallery in Calgary and will not only feature clothing that respects people and the environment, but will also offer entertainment, education, and a fair and ethical marketplace too! For more information contact Traci Dunlop, (403) 283-2871

Space provided by
artspace
1235 26 Avenue SE
Doors open at 7:00
Show starts at 7:30

Tickets just \$10
Available from Cuso
205B-227 10th Street NW
and
Megatunes
932 17th Avenue SW

Codes of Conduct
an ethical fashion show

Entertainment & Music provided by:
DJ Shaman
Axe Capoeira
Lynn Otagundoye with Guerilla Funk Monster

Emcee:
David Ward (from CKUA)

Guest Speaker:
Adam Neiman
President of No Sweat Apparel

Food and Wine Available

Presented by
CUSO
For Information Call 283-2871

Fashions & Accessories provided by:
Broken Doll, No Sweat Apparel, Elements, Mountain Equipment Co-op, Just Shirts, Ummara Tropical Wear, Bopeniang, Ten Thousand Villages, Ayudamos Foundation and much, much more...

Sponsored by
cjsw
CALGARY 90.9 FM

Codes of Conduct - An Ethical Fashion Show

Where: ArtSpace 1235 26th Avenue SE
When: May 11th 2006
Cost is \$10.00
Tickets available at:
CUSO 205B 227 10th Street NW or
MegaTunes 932 17th Avenue SW

Calgary Vegetarian Society Events

VEGAN POTLUCKS
 Sunday, May 7, 2006
 (Asian)

Sunday, June 4, 2006
 (World Cup)

RAW FOOD POTLUCKS

Sunday, May 21, 2006
 (Favourite Raw Foods)
 "Raising Children,
 Raises Us" DVD

Sunday, June 11, 2006
 (Hawaiian Luau)
 "Breakthrough" DVD

DVDs after
 Rawesome Potlucks!

The following info. applies to
 ALL Potlucks:
 Doors open @ 5:00 PM
 Food served @ 5:30 PM

Location:
 CO-OP Midtown Market
 1130-11th Ave SW

In the Community Room
 located on the upper level

DINE OUTS
 @ 6:00 PM

The Sultan's Tent
 Wednesday, May 17th, 2006
 909 17th Ave SW

Mysore Place
 Wednesday, June 14th, 2006
 Bay 102/3, 4655A, 54 AveNE

Please RSVP!
Caroline 255-6358

CVS DROP-IN
 @ 10:00 AM

Every Saturday Morning
 (except long weekends)

CO-OP Midtown Market
 1130-11th Ave SW

In the Community Room
 located on the upper level

This is an informal get

together where you will have
 an opportunity to meet and
 chat with CVS members.

RAW FOOD CLASSES
With Diana Stoevelaar

"Italian Feast"
 Sunday, May 28th 1:30-3:30

"Rawsome Outdoor Foods"
 Sunday, June 25th 1:30-3:30

Class fees per person: \$45
 (includes sampling all foods)

To Pre-register contact:
 Diana Stoevelaar at 217-4525
 or diana_s@telus.net

VEGAN COOKING
CLASSES
With Darlene Blaney

"Breakfasts & Brunches"
 Thursday, May 23rd 7-9 PM

"Chinese Cuisine"
 Tuesday, June 20th 7-9 PM

Class fees per person: \$25

To Pre-register contact:
 Darlene Blaney at 288-9293
 or rdblaney@telus.net

Location of the above classes:
 CO-OP Midtown Market
 Community room upstairs
 @ 1130-11th Ave SW.

"MAD COWBOY"
Howard Lyman

Thursday, May 25, 2006
 @ 7:00 - 9:30 PM

Plaza Theatre
 1133 Kensington Rd SW
 \$10 admission

**For more information on
 Calgary Vegetarian society
 and other local events go to:**

**www.calgaryveg.com/
 eventscalendar.asp**

To find out more visit the Calgary Vegetarian Society online @ www.calgaryveg.com

Calgary Vegetarian Society Membership

Annual Dues (Check One) : () \$15 Individuals • () \$20 Family • () \$12.50 Students & Seniors

Please send cheque or money order, along with this membership form to:

Calgary Vegetarian Society
 Suite 505, 918 16 Ave NW, Calgary AB T2M 0K3
 Tel: (403) 261-9628 or (403) 283-7292
 E-mail: info@calgaryveg.com

Name:

Address:

City: Province: Postal Code:

Telephone: E-Mail:

() Please add me to your E-mail mailing list so that I will receive regular updates on CVS

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