

VSDC NEWS

THE NEWSLETTER OF THE VEGETARIAN SOCIETY OF DC

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Jan/Feb/Mar 2012

Founded in 1927, the Vegetarian Society of DC is the oldest, existing, local vegetarian society in North America.

VSDC has over 700 members in Virginia, Maryland, and DC.



Member, International Vegetarian Union



PO Box 4921
Washington, DC 20008
202 362 VEGY
www.vsdc.org

Raising Vegan Kids

By Jessica Almy, co-coordinator (together with Marya McQuirter) of VSDC's children's playgroup

Bringing up a vegan certainly isn't as difficult as it once was. Not only do countless books and online resources exist, but dietary variations have never been as mainstream as they are now. Kids are kosher, nut-free, dairy-free, vegetarian, and yes vegan - and many teachers and parents don't bat an eye.

Still, raising healthy vegan children presents a challenge in a culture that's as sick as ours. Dr. Michael Greger - the force behind nutritionfacts.org - recently reported on a published research study in which the mothers of 2,000 preschoolers were asked to rate the quality of their children's diets. The vast majority of these mothers - more than 80 percent - insisted that their children's diets were "good," but when researchers compared the children's diets to the USDA's healthy eating guidelines, only 0.2 percent of the children actually had a "good" diet.

The healthy eating guidelines, while certainly not describing an optimum diet, characterize a diet based on whether there's sufficient intake of fruit, vegetables, and grains - including orange and dark green vegetables and whole grains - as well as whether there's excess sodium, saturated fats, or calories from added fats and sugar. The standards

are lax from a whole-foods vegan perspective. To get the maximum score in the vegetables category in 2005, for example, a child consuming 1,200 calories per day would only need to eat 1.6 cups of veggies. Imagine how bad preschoolers' diets really are, when 99.8 percent of them studied didn't have a "good" diet by this standard!

So while we're experiencing growing acceptance in the wider community, parents feeding their kids healthy, plant-based foods routinely find themselves isolated from other families. Not only do other families consume meat, dairy, and eggs, but they're not eating enough of the foods that promote good health. Our kids are eating plants while their friends are eating junk.

Fortunately, the Vegetarian Society of DC offers a children's playgroup where our kids can play with other vegans, and where vegan parents can offer each other support, advice, and friendship. We meet on the second Saturday of each month, and our activities range from visits to playgrounds and vegan restaurants to physician talks and craft projects. The playgroup is open to all families who are vegan, vegetarian, or exploring a veg diet. Learn more by coming to a playgroup - all of our events are listed on VSDC's vegan meetup forum.

We hope you and your family will join us!

Interview with Colleen Patrick-Goudreau

Colleen Patrick-Goudreau is an award-winning author and vegan chef who inspires countless people with her somewhat unique approach to activism. The Vegetarian Society of DC (VSDC) was fortunate to have Colleen speak at VegFest a few months ago, and we recently were able to interview her to find out more about her own values and how she works to help others make a difference. Interviewed by Robin Patalon.

VSDC: Tell us about your road to veganism.

Colleen: I grew up eating everything. Like most kids, I was innately compassionate, and my parents encouraged this compassion. I loved birds, but I was also being fed birds. I simply didn't know; it's how my parents fed me (and how their parents fed them). But there was a place in me that didn't like it.

I stopped eating land animals after reading *Diet for a New America* (John Robbins). This book started me on a journey that led to more reading and learning.

When I read *Slaughterhouse* (*Slaughterhouse: The Shocking Story of Greed, Neglect, and Inhumane Treatment Inside the U.S. Meat Industry*, Gail A. Eisnitz), which was painful and eye-opening for me, I became vegan.

VSDC: Tell us about the journey that took you from an English major in college to an author, outstanding cook, and public speaker.

Colleen: Writing is my passion and I always knew I

continued, see Interview, page 5

The Vegetarian Society of the District of Columbia, Inc. (VSDC), is a non-profit organization whose mission is to promote the benefits of vegetarianism through educational and social activities throughout the Washington DC metropolitan area. VSDC welcomes people wherever they are on the path toward an all plant-based diet. Membership is open to vegetarians & non-vegetarians. Contributions are tax-deductible.

A vegetarian is a person who lives on a diet free of meat, fish, and fowl, with or without dairy products and eggs. A vegan lives on a diet free of all animal products whatsoever. VSDC is a member of the Vegetarian Union of North America, the International Vegetarian Union, and the North American Vegetarian Society.

VSDC News, the official newsletter of the Vegetarian Society of the District of Columbia, is published quarterly on recycled paper using soy-based ink. The views expressed herein are not necessarily those of the editors or VSDC. The content of VSDC News is not intended to provide personal medical advice. Medical advice should be obtained from a qualified health professional.

VSDC News recognizes that its readers are interested in vegetarianism for a variety of reasons – including personal health, personal beliefs, animal rights, concern for the environment, and world hunger – and that not all readers share all these reasons. VSDC News seeks to provide information and a forum for discussion of all facets of vegetarianism. Except as explicitly noted, VSDC News is not copyrighted and may be reprinted in whole or part if credit is given to this newsletter and any identified author.

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The Vegetarian Society of the District of Columbia, Inc., is governed by an elected Board of Directors:

- Meredith Clayton** – Recording Secretary
- Saurabh Dalal** – President, Treasurer
- A.R. Hogan** – Historian
- Diane Payne** – Vice President, Volunteer Coordinator

These volunteers also coordinate essential VSDC work:

- Melody Cherry** – Newsletter Coordinator
- Caroline Cherry** – Brochure Distribution Coordinator
- Paige Doster** – Database Coordinator
- Sonal Goda** – Thanksgiving Coordinator
- Del Hardesty** – Veg “Out” Coordinator
- David Herring** – Newsletter Team, GreenRewards, Webmaster
- Yassir Islam** – Assistant Webmaster
- Danielle Kichler** – E-mail Coordinator
- Marya McQuirter** – Children’s Playgroup Coordinator
- Robin Patalon** – Newsletter Contributor
- Patricia Powell** – Membership and Mail
- Beth Preiss** – Book Club Coordinator
- Sanjay Shantaram** – Newsletter Layout Coordinator
- Ava Taylor** – Social Events Coordinator
- Merlene Alicia Vassall, JD** – AANG Coordinator
- Chelle Folts Winslow** – Graphics Contributor
- Peggy Wu** – Summer Picnic Coordinator
- Elizabeth Yoder** – Veg Line Coordinator

VSDC News accepts prepaid advertising from responsible businesses, organizations, and individuals that relate to the concerns and interests of our readers. All ads must be camera ready. VSDC reserves the right to refuse any ad. Rates (subject to change) are per issue with a 25% discount for annual placement (buy 3, get 1 free):

Business-card size (3 ½”w x 2”h)	\$50
1/6 page (3 ½”w x 3”h)	\$75
¼ page (3 ½”w x 4 5/8”h)	\$90

Call 202-362-VEGY, box #2, or email editor@vsdc.org for more info.

President’s Corner

By SAURABH DALAL

We hope you had a relaxing and enjoyable holiday season and wish you the very best in 2012. Although the country and the world today face considerable political apathy and ill will, economic turmoil, social unrest, and numerous other problems, an understanding and belief among many people across the globe that each of us can be involved in genuine and positive changes, individually and for society at large, can go a long way in restoring sanity, hope, and meaningful prosperity for the many. Our choices of diet, lifestyle, and the worldview we embody and promote are largely within our individual control and these can become the foundations of collective strength and goodwill. And people coming together selflessly for a noble, common purpose, in small and large ways, is exactly what VSDC is about.

I’d like to cite the example of Wikipedia - the free, online, collaborative encyclopedia - and the way it has transformed how so many humans learn and think. Would anyone have guessed a decade ago that an unpaid, loosely organized, geographically dispersed, and constantly changing group of people could challenge vogue corporate ventures and long-standing giants and render them obsolete? Well Wikipedia did exactly that. And I believe the principles and methods are similar to what VSDC does and can leverage further, albeit on a much smaller scale. There is synergistic energy, strong connection, and greater empowerment when many people come together as volunteers in promoting an important set of causes like with vegetarianism.

So for 2012, you’ll see continued emphasis on planning and analysis, reflection, and some pushing-of-the-envelope from the team of VSDC organizers. In a very positive and welcoming manner, we’ll continue to work on attracting more people to choose and advance a vegan way of life which is so vital for the world today. Not only will we concentrate on the ‘Why’ but also on the ‘How’, as well as providing the support structure with constant interaction and networking. And we’ll do this with a broad set of activities that we believe will appeal to a wide and diverse group of people.

Your support to our mission is essential, in whatever way you can help our team of volunteers. Please step forward, and feel free to contact me at president@vsdc.org; we’ll all benefit.



*Are you interested in a
vegan companion?
Friends of Rabbits
has many for adoption!
Please visit:
www.friendsofrabbits.org*

Newsletter Deadlines

Do you have an article or letter to the editor or just wish to comment on VSDC News? Contact editor@vsdc.org or leave a message at 202-362-VEGY box #2. The deadline for the Apr/May/June 2012 issue is Mar 1. Anyone wishing to write a longer article should consult well before that final date. VSDC reserves the right to edit or refuse material. Announcements and activities may require approval by the VSDC Board and therefore require additional time.

New Members

Mike & Melinda Beard, Barb Bond, Debra Cruz, Holly Davis and Family, Joselyn DiPetta, Joan Gasten Epstein, Vataris Evans, Patrick Ferryman, Laurel Gowen, Kathleen Jablonski & Mark Guagliardo, MyKalee McGowan, Kimberly Moffatt, Oskar Mosquito, Daniel Nelson, Kenneth Nero, Emily Perkins, Sabina Poinelli, Ted & Page Pratt, Margaret Rasor, Gabriela Salazar, Martha Sarjeant-Williams, Ruth Schimmel, Cathlene Scoblionko, Ralph Silver, Antoinette Y. Smith, Bill Suite, Dewey White, Gary Whitten.

VSDC Volunteer Corner

The Vegetarian Society of DC is able to remain active in the community because of individuals like you who are committed to the success of VSDC by spreading the veg message and organizing social functions for members to network.

We need you to insure the continued growth of VSDC and its ability to offer educational and social events in our community. It only takes a few hours monthly. If you have the time and commitment to take on a coordinator role please let us know. Contact VSDC's volunteer coordinator by email: volunteer@vfdc.org. We'd love to talk with you!

Restaurant Coordinator:

Coordinates VSDC restaurant visits at vegan and vegan friendly restaurants in the DC Metro area for VSDC members and members of the VSDC vegan Meetup. The restaurant visits are monthly events and scheduled 3-months in advance. The Coordinator selects the date and restaurant of choice. Notifies the VSDC Newsletter Editor, Meetup and Facebook Coordinators via email of the scheduled events in order to be published. The restaurant Coordinator monitors the RSVP's, makes a reservation with an approximate headcount and meets and greets the folks at the restaurant.

Tabling Coordinators:

VSDC is searching for two individuals to share the responsibilities of the Tabling Coordinator. The Tabling Coordinator is a critical VSDC volunteer role. The Tabling Coordinator transports and sets-up the tabling/booth equipment along with supplies at events (e.g., Green Festival, DC VegFest); keeps a schedule of upcoming VSDC tabling events; coordinates with the volunteer and literature coordinators; breaks down the table/booth and transports equipment and supplies back to storage.

Meetup Coordinator

IT Coordinator

Social Networking Coordinator

For additional information please email volunteer@vfdc.org or call the Veg Line at 202-362-VEGY (8349) and select mailbox #2.

Join the DC Vegan Meetup Group



Meetup.com is a worldwide phenomenon that brings people together around a particular topic, initially through the internet. VSDC sponsors the DC Vegan Meetup Group which promotes VSDC's and related

groups' activities in the DC area. Meetup.com is free, so register today and join over 1,200 like-minded individuals on the DC Vegan Meetup Group at www.meetup.com/vegan-28.

Thank You

- to Melody Cherny for taking on the role of Newsletter Coordinator in Fall 2011. Melody's energy and ideas will help transform the newsletter into a more dynamic tool to inform and engage people.
- to Danielle Kichler for having coordinated Restaurant Visits since 2005. Danielle is stepping down from that role after many years of dedication and timeliness. She will continue as VSDC's Email Coordinator.
- to Paige Doster for accepting the role of Database Coordinator. Paige has stepped in and quickly assumed the responsibilities as well as consolidated a few of the interface roles.
- to Meredith Clayton and Sonal Goda for having performed the role of Database Coordinator for several years and various links of the database to other important VSDC functions.
- to Chelle Folts Winslow for volunteering her Graphics skills to VSDC. Chelle has great creativity and experience that will truly help VSDC with our messaging, presentation, and appeal.
- to Ava Taylor for taking on the role of Social Events Coordinator. Ava has creative plans for new activities for all our members and will lead regular VSDC Events & Outings.

to the following volunteers who participated in the preparation and/or volunteered at the VSDC booth during Vegtoberfest on October 9, 2011: Saurabh Dalal, Diane Payne, S. Rammy Ramesh, C. Blake Squitieri

to the following volunteers who participated in the planning and/or volunteered at the VSDC Life-Affirming Thanksgiving Celebration on November 24, 2011: Shawn Adams, Shirley Austin, Gail Becker, Eric Blank, Robin Corbett, *Saurabh Dalal, Jim Fain, Rebecca Fanning, Katie Foreman, *Sonal Godal, David Herring, *AR Hogan, Carrie Kendrick, Alfreda Layne, Bethany Martin, Catherine Martin, Karen Martin, Robert Mroczek, Patricia Powell, Allen Payne, *Diane Payne, Luke Reynolds, Cathlene Scoblionko, Tracy Skalitzky, Eden Stern, Marjorie Stern, Ava Taylor, Martha Williams, Sandra Woods, Peggy Wu, Elizabeth Yoder

to the following businesses who generously donated product and gift certificates offered as door prizes and winners of the drawings during VSDC's Life-Affirming Thanksgiving celebration on November 24, 2011:

- Busboys and Poets, www.busboysandpoets.com
- Conscious Corner (Great Sage & Roots Market), www.consciouscorner.com
- Earth Friendly Products (ECO), www.ecos.com
- Edward & Sons, www.edwardandsons.com
- Hyatt Regency Bethesda, www.bethesda.hyatt.com
- Lotus Vegetarian, 703-378-6888, www.lotusvegetarian.com
- Pangea Vegan Products, 800-340-1200, www.veganstore.com
- *Rose City Chocolates, 877-431-0927, www.rosecitychocolates.com
- Ruby Roth, That's Why We Don't Eat Animals, www.wedonteatanimals.com
- Vegetable Garden Restaurant, 301-468-9301, www.thevegetablegarden.com
- Vitamix, 800-848-2649, www.vitamix.com
- Vegetarian Resource Group, 410-366-VEGE, www.vrg.org

*Rose City Chocolates in addition to the prize for the drawing donated a two-piece box of chocolates for all 270 guests attending the Life-Affirming Thanksgiving celebration.



Local Vegan TV Show



Will Tuttle and Jorge Mera in solar powered RV.

For over a year, VSDC member and active vegan Jorge A. Mera has a TV show called "Healthy Food Happy You" at FPA Channel 10 in Fairfax, VA. His show is dedicated to promoting the benefits of a vegan diet. He also has segments related with the benefits of yoga and other physical activities that help to keep our body healthier. The guests who have appeared on his show include: Tracye McQuirter (author of "By Any Greens Necessary"), Saurabh Dalal (VSDC President), Dominique Hoffman (nutritionist), Sharon Greenspan (Nutrition Coach and Board Certified Health Practitioner), Cherylyn L. Tompkins (Eco-Conscious Lifestyle Maven), Merlene Vassall (author of "The Vampire and the Vegan"), and Stephanie Hall nutritional coach and raw vegan chef. Excerpts from each past episode, numerous food demonstrations, interviews, and coverage of events including each VSDC Thanksgiving celebration since 2008 can all be found on www.HealthyFoodHappyYou.com.

More information about his TV show and the transmission schedule can be found at his website and he is always looking for volunteers to be part of his project, especially in front of the camera. You can contact Jorge at jorge@HealthyFoodHappyYou.com. Jorge has spent time and his own resources working on his TV show with the satisfaction of sharing the benefits of a whole foods, plant-based diet as is his reward. Jorge is an independent electrical contractor and part of the VSDC Green Rewards program.



Madeleine & Will Tuttle, Karen Davis, Saurabh Dalal, Diane Payne at Life Affirming Thanksgiving. Photo by Adam Montemurro.

Recipe: Shepherd's Pie

Recipe by Sarah Matheny of Peas and Thank You (peasandthankyou.com)
Makes 4-6 servings



Ingredients

- 1/2 c. onion, chopped
- 2 ribs celery, sliced
- 1 c. chopped carrots
- 2 T. flour of your choice (whole wheat pastry, oat, etc.)
- 1 c. vegetable broth
- 1 c. leftover gravy
- salt and pepper to taste
- 1/2 teaspoon poultry seasoning
- 1 c. frozen peas
- 2 c. diced leftover cooked Tofurky*
- 1-1 1/2 c. leftover Roasted Garlic Smashed Potatoes
- 1/2 c. non-dairy (i.e. Daiya) or organic cheddar cheese

*substitution ideas:

- One 14 oz. can of chickpeas, drained and rinsed
- 2 c. prebaked tofu, cubed
- 2 c. broccoli florets, lightly blanched
- 2 c. crumbled tempeh, cooked up in the pan with your veggies
- 2 c. leftover cooked grains, i.e. wild rice, quinoa, millet, etc.

Directions

1. Preheat oven to 400 degrees.
2. Place a large skillet over medium high heat after lightly spritzing it with cooking spray or oil. Add onion, carrot and celery and sauté for 4-5 minutes, until veggies are tender.
3. Sprinkle in flour and poultry seasoning and stir until vegetables are evenly coated.
4. Pour in vegetable stock and heat until thickened, stirring constantly.
5. Add leftover gravy, peas, and chopped Tofurky (or substitute) and heat through.
6. Pour filling into a casserole dish that has been lightly sprayed with cooking spray or oil.
7. Top with mashed potatoes.
8. And sprinkle with cheese.
9. Bake for 25-30 minutes, until bubbly and cheese is melted

Think occasionally of the suffering of which you spare yourself the sight.
- Albert Schweitzer

Interview, *continued from page 1*

wanted to do something meaningful with it. In graduate school, I decided that I wanted to use my skills as a way to educate others and to help animals. I wasn't sure what I would do, but I kept asking myself how I could use my talent to make a difference. When the opportunity arose to write Joy of Vegan Baking, things came together.

I take so much time to research and write out every single word in my podcast episodes and public lectures, because I want my message to be clear and accurate.

VSDC: Unfortunately, vegans still have a reputation with some people for being intolerant and perhaps a bit militant. You have a unique approach to both activism and animal advocacy. You manage to convey your message with compassion and truthfulness.

Colleen: I went through the same process that many new vegetarians and vegans do. I was frustrated and angry. But I realized that my real goal was not to be right, but to be effective. I try to be truthful and empathetic, not judgmental. Remember that this is a journey for most of us and we should guide others on the journey. We need to remember where we came from .

VSDC: If you could ask everyone to make one small change in their daily habits, what would it be?

Colleen: Start with dairy. As a society, we accept that it's OK to drink the milk of another animal, but you simply can't get away with the inherent violence and exploitation that exists in the dairy industry.

Our thanks go out to Colleen for meeting with us and for everything she does. Please listen to her podcast, "Food for Thought," or read one of her books (*Joy of Vegan Baking, Vegan Table, Color Me Vegan, Vegan's Daily Companion, The 30-Day Vegan Challenge*).



Colleen Patrick-Goudreau and Melody Cherry at DC VegFest. Picture by Greg Cherny.

Reflecting On A Truly Life-Affirming Thanksgiving by Sonal Goda

The VSDC Life-Affirming Thanksgiving held on November 24, 2011, was a huge success, attended by 50 more people than in past years, for a total of 270 attendees! The gourmet vegan food, company of like-minded people, and speech on how we can all choose to rise above the violence to animals in society reminded us of aspects in our lives for which to be thankful.

We introduced several new recipes into the menu this year, leaning toward a heartier menu, which was well-received. Recipes from cookbook authors Ann Gentry, Colleen Patrick-Goudreau, Dreena Burton, and Tracy McQuirter were used. For the first time, the dips and spiced cider drink recipes were provided to the Hyatt, as well as a new tofu-tempeh patty. Each year, we introduce some changes to the menu in the hope that the majority of items will satisfy the varying palettes.

VSDC was pleased to have Dr. Will Tuttle (www.willtuttle.com) as our guest speaker for the event. His powerful words reminded veg'ns of why they became veg in the first place and also expounded on the deeper significance of a vegan way of living. For some, the illustration may have been too graphic, but for the approx. 1/3 of attendees who were not vegetarian, it provided some strong reasoning on why the choice is so vital. A few people actually indicated that they had decided to make a change in their diet as a result of this talk!

There were 261 adults, 7 children, and 2 babies in attendance at the Bethesda Hyatt Regency's Crystal Ballroom. Evaluations were filled out by 102 people. The ratings were high, similar to past years. On a scale of 1 to 5, the food was rated 4.44, speaker 4.19, acoustic guitar 4.41, exhibitors 4.39, door prizes 4.40, Bethesda location 4.51, Hyatt service/atmosphere 4.45, and VSDC event organization 4.71.

The local organizations that tabled at the event provided a wonderful range of resources and information to attendees. There was an exciting Vitamix prize draw at the event this year as well as other prizes that included a Hyatt stay

*continued, see **Thanksgiving**, page 8*



VSDC Thanksgiving Food & Attendees. Picture by Dewey White.



VSDC Thanksgiving Attendees. Picture by Tracy Skalitzky.

Upcoming VSDC Events

For a list by date, see the back page of the newsletter. In the event of inclement weather or other unforeseen circumstances, changes in VSDC activities are announced on the Veg Line (202-362-VEGY). More information on recurring activities can be found at www.vsd.org.

Special Events

■ VSDC Planning/Board Meeting

The next two meetings will take place on Thursdays, Feb 16 and Apr 19.

The VSDC Planning/Board meetings are tentatively scheduled and will be held in a central, metro-accessible location in DC. All members are invited to attend; if interested, please call the Veg Line (202-362-VEGY, box #2) or email president@vsdc.org one week in advance. We will respond to confirm location, date, and time.

■ VSDC Tabling at NBC Health & Fitness Expo Sat/Sun, January 14 & 15, 9 am to 6 pm Washington DC

The annual NBC4 Health & Fitness Expo will be held on the weekend of January 14 & 15 (9am - 5pm) at the Washington Convention Center. The educational and fun-filled event will include free health tests, screenings, food and other demonstrations, and fun activities. For more details about the overall event, see www.nbcwashington.com.

This is one of VSDC's most exciting tabling events where we reach tens of thousands of people. We need about 15 volunteers to assist us over the weekend for 2 or 3 hour time slots. VSDC volunteers hand out literature, answer questions, sell books, and present a positive image. No specific skills or knowledge are required. Please volunteer your time by emailing volunteer@vsdc.org or calling the Veg Line at 202-362-VEGY (box #2) at least 1 week in advance; include your name, day and time you prefer to volunteer, and contact information (email and/or phone number very clearly please). VSDC will reply as soon as possible. Thanks!

■ Jazz Social at Sala Thai (Bethesda MD) Saturday, Jan 28, 6:30 pm

As part of the new VSDC Events & Outings, this first event, open to all, is a combination of jazz and socializing with fellow vegans / vegetarians while enjoying some delicious Thai food. We'll meet at 6:30pm to take our seats and order. Sala Thai (4828 Cordell Ave. Bethesda, MD; www.salathaidc.com) has a number of options for vegans/ vegetarians. Since there is no cover charge for the band, please be prepared to order food and/or beverages, and to add 30% - a rule of thumb for covering tax and tip. (We will ask for separate checks, but this isn't always possible.) Remember to tip the band if you like the music, too! Location: Bethesda Metro (red line); free public parking is also available on weekends. Only 15 people will be possible for this group event so RSVP asap but by Wed, Jan 25; email: socialevents@vsdc.org.

VSDC Group Events

VSDC's many different subgroups host monthly or bi-monthly social and educational events. So that all may enjoy, VSDC requests that food at all events be vegan (no meat, fish, fowl, eggs, dairy products, honey, etc.). Information about VSDC events can be found on the VSDC website (www.vsd.org) and also the DC Vegan Meetup Group (www.meetup.com/vegan-28), which provides an easy way to RSVP.

Book Club

The VSDC Book Club is celebrating 20 years of great reading! You just have to read half the book to join the discussion. For the location, email Beth at bookclub@vsdc.org or leave a message for her on the veg line (202-362-VEGY option 2) at least a week before the meeting. The VSDC Book Club usually meets the last Wednesday of each month at 7:30 pm at a vegetarian restaurant (in DC, Maryland, or Virginia). We read fiction and nonfiction, in alternating months, with books chosen by participants. For more information, including everything we have read, visit www.vsd.org/book.html.

■ Wednesday, January 25 at 7:30 pm Straight Man by Richard Russo

Set in "a squabbling English department at a small rural college. Big budget cuts are rumored. Each department chair has been told to provide a list of those who will lose their jobs. His department believes that Hank has prepared such a list, but he hasn't and won't. Instead, he goes on television and spontaneously jokes that he will kill the campus geese until the administration gives him his budget. When a goose really is killed, Hank becomes the prime suspect." --Library Journal

■ Wednesday, February 29 at 7:30 pm The Tiger: A True Story of Vengeance and Survival by John Vaillant

"John Vaillant provides an unforgettable true account of a lethal collision between man and beast in a remote Russian village during the late 1990's. At its core, The Tiger is the story of a desperate poacher who picked the wrong tiger to accost. Yet it engages the reader on political, socioeconomic, and conservation fronts in order to explain how the stage was set for a deadly showdown." --Amazon Best Books of the Month, August 2010

■ Wednesday, March 28 at 7:30 pm When the Killing's Done by T.C. Boyle

"Boyle (The Women) spins a grand environmental and family drama revolving around the Channel Islands off Santa Barbara in his fiery latest. Alma Boyd Takesue is an unassuming National Park Service biologist and the public face of a project to eradicate invasive species, such as rats and pigs, from the islands. Antagonizing her is Dave LaJoy, a short-tempered local business owner and founder of an organization called For the Protection of Animals. . . ." --Publishers Weekly Starred Review

African-American Networking Group

The African American Networking Group (AANG) meets bimonthly for camaraderie, mutual support, and shared interests in vegetarianism and other topics. All are welcome to join in on the fun. Are you on the email list? Send a note to aang@vsdc.org to receive announcements. AANG activities will be posted on the Meet Up site.

VSDC Children's Playgroup

VSDC has re-launched the Children's Playgroup with Marya McQuirter as the coordinator. Marya will help ensure the youngest members of our community have fun, creative, and educational activities to reaffirm their diets and lifestyles. Contact Marya for more information (family@vsdc.org or 202-372-5804). You can also check the DC Area Vegan Meetup calendar for details.

GLBT Veg "Out" Group

The GLBT Veg "Out" Group is a social group for the GLBT vegetarian community. We hold events on the second Saturday in the DC metro area. GLBT stands for gays, lesbians, bisexuals, and transgender. However, the group is open to everyone, and everyone and anyone is encouraged to attend. groups.yahoo.com/group/vegout. Reservations for restaurant visits will be for VSDC. Please let Del (vegout@vsdc.org) know if you RSVP and find out you will be unable to attend an event. Thanks! Come out and meet your local GLBT vegetarians!

■ **Toscana Organic Italian Restaurant**
Saturday, January 14, 6:00pm
2300 Clarendon Blvd., Arlington, VA 22201

Toscana Green is an organic Italian restaurant with a large selection of vegan items including pizza. Toscana is less than a block from the Courthouse Metro station. Please RSVP by January 10 to Del at vegout@vsdc.org or 703-721-2928. Please give your name, how many people are coming, and either a phone number or e-mail address. For more information, visit toscanagrill.info. Two blocks from the Court House Metro.

■ **Cafe Green Restaurant**
Saturday, February 11, 6PM
1513 17th Street N.W. Washington D.C. 20036

Please join VegOut at this organic vegan restaurant in DC. They have many popular items from Java Green, reworked, like a mango kale salad, and a vegan max sandwich and many new unique dishes including Sweet Potato Gnocchi in Creamy Sage Sauce to the "Steak and Cheese" sub. Cafe Green is two blocks east of the Dupont Circle Metro. For more information visit www.javagreencafe.com. Please RSVP by February 8 to Del at vegout@vsdc.org or 703-721-2928. Please give your name, how many people are coming, and either a phone number or e-mail address.

■ **Lotus Vegetarian Restaurant - GreenRewards Participant!**
Saturday, March 10, 6:00 pm - 8:00 pm
13872 Metrotech Drive, Chantilly, VA

Lotus Vegetarian (www.lotusvegetarian.com) is a mostly vegan Chinese restaurant with organic salads, soups, burgers, smoothies and dinner entrees including veggie chicken with cashews, veggie beef with snow peas, savory eggplant, and Ma Po organic tofu. Please RSVP by March 7 to Del at vegout@vsdc.org or 703-721-2928. Please give your name, how many people are coming, and either a phone number or e-mail address. VSDC members, remember to bring your GreenRewards Discount Card to save 10%. Sorry, no metro nearby.

Restaurant Visits

■ **Restaurant Visit to Toscana Grill**
Saturday, January 7, 5:00 pm
2300 Clarendon Boulevard, Arlington, VA, Virginia 22201

Toscana Grill (www.toscanagrill.info) is a bright, open-space Italian restaurant near Courthouse Metro with an interest in eco-friendly dining and veg-friendly menu. Vegetarian, vegan, and raw items are clearly marked. The vegan meats are from Match Meats, and the restaurant offers deserts from Vegan Treats. Use the elevator exit from Courthouse, turn left, and Toscana Grill is there. Everyone will order on their own and pay directly to the restaurant. To reserve seating, RSVP to resvisits@vsdc.org or the Washington DC Area Vegan Meetup by Wednesday, January 4.

■ **Restaurant Visit to Dama Restaurant**
Saturday, February 4, 5:00 pm
1505 Columbia Pike, Arlington, VA 22204

Dama Restaurant is an Ethiopian restaurant in Arlington, not far from the Navy Annex. It has a variety of vegan dishes, including ones that are traditionally meat-based but made vegan (such as their seitan tibs). Ethiopian dining is communal, with a number of people dining from one platter, using their hands, scooping up the food with a teff-based bread called injera. Everyone will order on their own and pay directly to the restaurant. To reserve seating, RSVP to the Washington DC Area Vegan Meetup by Wed, February 1.

■ **Restaurant Visit to Loving Hut**
Saturday, March 3, 5:00 pm
2842 Rogers Drive, Falls Church, VA 22042



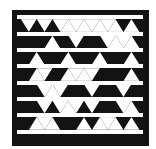
Loving Hut (www.lovinghut.us or lovinghut.us/fallschurch_01) is a worldwide chain of vegan restaurants, each with its own menu. The outlet in the DC area location is in Falls Church, off Lee Highway behind a 7-Eleven. It is not easily reached by public transportation, but the 3A and 3B buses do pass by. They opened a few months ago and are still listed as a "soft" opening. Everyone will order on their own and pay directly to the restaurant. To reserve seating, RSVP to the Washington DC Area Vegan Meetup by Wed, February 29.

Singles Group

The VSDC Singles Group events will be publicized on the DC Vegan Meetup Group (www.meetup.com/vegan-28). Singles events are open to singles of ALL orientations! Email singles@vsdc.org for more information.

(Please note that VSDC is looking for a dedicated and dynamic volunteer to take on the role of Singles Coordinator. Please contact volunteer@vsdc.org if you're interested in any way.)

Press water out... let flavor in.
 No more plates, weights, paper towels.

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The Gourmet Food Press. Presses tofu, cheese, macrobiotic salads, veggies and more!

GREAT GIFT!

www.TofuXpress.com

Made and assembled in U.S.A.

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VSDC Book Club Turns 20!

The Vegetarian Society of DC Book Club held its organizational meeting in February 1992. This is the same year Bill Clinton and Al Gore were elected President and Vice President. Now Clinton is nearly vegan to improve his heart health, and Gore has recognized that factory farming contributes to global warming. And the VSDC Book Club is still going strong, having read 220 books on a wide variety of topics.

VSDC member Linda Bernal started the book club and turned the group's coordination over to Beth Preiss in the 1990s. The format has remained the same, with meetings held the last Wednesday of every month at 7:30 pm (except during holidays) and books chosen by vote. The group alternates between fiction and nonfiction, and reads everything from classics to contemporary. Often the books feature animals and vegetarianism, and the group enjoys finding veg-related themes in traditional literature.

The VSDC Book Club is included in "The Book Club Cookbook," by Judy Gelman and Vicki Levy Krupp, which pairs suggested reading with recipes. Beth's recommendations in the book: *Disgrace* by J.M. Coetzee and *Interpreter of Maladies* by Jhumpa Lahiri.

Anyone can participate in the VSDC Book Club by reading at least half the book and RSVPing to bookclub@vsdc.org or on the DC Area Vegan Meetup website. Meetings are held at vegetarian restaurants. Everything the group has read over 20 years is listed at www.vsd.org/book.html. Check the calendar listing for the upcoming books, and join us for some great reading, eating, and conversation.

In Search of...

VSDC is reaching out to our members and community to assist us in finding donated office/storage space. We would like to find space to accommodate our needs to conduct meetings, cooking demonstrations, educational/social activities and general storage. If you or anyone you know (i.e. church, employer, organization) can help in this endeavor, please contact Diane at vp@vsdc.org.



The Vegetarian Resource Group's Guide to Food Ingredients is now available on iPhone, iPod touch, and iPad! And it's free! Perfect for deciphering ingredient labels while you are on the go, the Guide lists the uses, sources, and definitions of 200 common food ingredients. It also states whether the commercial source of the ingredient is vegan, typically vegan, vegetarian, typically vegetarian, typically non-vegetarian, or non-vegetarian. Go to the Apple store and search for keywords 'vegan ingredients' or 'vegetarian ingredients.' Printed copies of the Guide are also available on the VRG website for a small cost. For more information, visit www.vrg.org.

Ready to get vegelicious?

Learn how to shop for, plan, and cook tasty, Lhealthy vegan meals from a 15-year "veteran vegan" who loves good food!

Customized to meet your individual needs. I look forward to hearing from you!

www.veryvegelicious.com; 301-922-6223

Thanksgiving, *continued from page 5*

package and chocolates by Rose City. The acoustic guitar performances by Stephen Svoboda added a lovely tone to the afternoon, as people socialized. This was the third year that online registration was available and about 70% of the guests used it, similar to 2010. Printed name tags were provided to guests for the first time this year. We will further improve requests for seating so we make the process smooth and easy, and are reviewing other suggestions from the feedback for incorporation.

The event was publicized in the Washington Post. Over 140 pictures of the event are available on our meetup site - www.meetup.com/vegan-28. VSDC sincerely thanks the guests and the many volunteers for helping to make this event a success once again!

Calling All Runners

Join Team VSDC in the Run for the Animals hosted by Poplar Spring Animal Sanctuary in May 2012 (a Sunday TBD). Runners of all levels are encouraged -- only the top two or three times for men and women count, so no need to worry if you're not a fast runner; the more the merrier! Team VSDC is searching to create the largest and most motivated team who will also have the most fun. Please email VSDC Team Captain Luke Reynolds if you're interested: run@vsdc.org. As Poplar Spring Animal Sanctuary releases details of the upcoming event, Luke will contact you. (Please remember that all participants must pay a registration directly to Poplar Spring Animal Sanctuary which benefits the sanctuary and their residents and you can indicate Team VSDC as your affiliation.)

"The Vampire and The Vegan is a great read. Merlene Alicia Vassall draws us into the darker side of human nature while cleverly showing us a more compassionate way of living."

Jonathan Balcombe, Author of *Second Nature* and *Pleasurable Kingdom*

Pearl, a temptress vampire, discovers that the blood of her next would-be victim, Salaam, lacks that certain something she craves – necromantic energy that comes from eating meat. Yet he may offer her something that she needs even more... Through fast-paced prose peppered with surprises, *The Vampire and The Vegan* explores the complex relationship between a carnivore and her food. By Merlene Alicia Vassall. Paperback, 180 pages. \$13.00. Available at online retailers.

thevampireandthevegan

Get Chapters 1-3 free at www.vampireandvegan.com

VSDC GreenRewards™ Discount Program

Your VSDC membership brings you valuable discounts in the Washington metro area! Show your VSDC membership card to save money on vegan products and services. Please be sure to let participating businesses know if the VSDC GreenRewards™ program has motivated you to use their services more often. Tell your friends about restaurants, products, and services you've enjoyed, and let them know that they can earn discounts by joining VSDC. Visit www.vsdc.org/greenrewards.html for updates and more information.

Art Gallery Grille

1712 I (Eye) St., NW, Washington, DC
202-536-3380; artgallerygrille@hotmail.com;
World menu: Lebanese, Mexican, French, Italian, hummus, spinach pie, vegetarian pizza, super veggie sub, lentil salad, Mexican salad, etc. **10% discount** for dinner only, excluding alcoholic beverages. Handicapped accessible. VISA, MC, AMEX, DISC. Daily: 7:00am - 10:30pm. Farragut West Metro

Avalaura's Healing Center

9196 Autoville Dr., College Park, MD
301-675-8723; avalaura@avalaura.com;
www.avalaura.com
Avalaura's Healing Center uses natural and holistic health care to balance the mind, body, and spirit. Services include spiritual counseling, life coaching, reiki, aromatherapy, hypnotherapy, chakra balancing, and more. **10% discount** on all products (no limitations). **Free 30-minute consultation** via phone or in person (for new customers, one time only). VISA, MC, Checks, PayPal (via Internet). Services are by appointment only. College Park Metro

Flow Yoga Center

1450 P St., NW, Washington, DC
202-462-3569; flowyogacenter@yahoo.com;
www.flowyogacenter.com
Flow offers over 40 classes per week, including yoga, pilates, Afro-Brazilian dance, and more! Beginners welcome. Join us and find your Flow! **\$5.00 discount** off any class pass for first-timers. One per customer. VISA, MC. Dupont Circle Metro, U Street Metro

Gail's Vegetarian Catering

11307 Elkin St., Wheaton, MD
301-949-7602; catering@gailsvegetarian.com;
www.gailsvegetarian.com
Gourmet vegan cuisine emphasizing natural, organic ingredients. Full-service catering is available for social and business events of any size. Cakes for all occasions. **10% discount** on menu for a catered party of 30 guests or more. Checks.

Great Sage – Organic Green Cuisine

5809 Clarksville Square Dr., Clarksville, MD
443-535-9400; gm@great-sage.com; www.great-sage.com
Top-quality all-vegan restaurant using fresh, organically grown produce. Menu is influenced by flavors and styles of many cultures. Offers an array of entrees for those with special dietary needs. **10% discount**. VISA, MC, AMEX, DISC. Tu-Th, Su: 11:30am - 9:00pm, Fr-Sa: 11:30am - 10:00pm, Mo: Closed, Full bar; Brunch on Sunday; Live music Thursday evenings.

Green Earth Travel

7 Froude Circle, Cabin John, MD
301-229-5666; info@greenearthtravel.com;
www.greenearthtravel.com
Green Earth Travel, LLC, is the one-stop service for vegetarian and environmentally friendly travel. **\$25 discount** per person off a land package valued at \$500 or more. One time only. VISA, MC, AMEX, DISC, Checks.

ImportHome, LLC

888-211-3776; admin@importhome.com;
www.importhome.com
ImportHome, LLC, sells automatic soy milk makers that make soy, almond, rice, and other nondairy milks in 16 minutes at 10% of the cost of packaged brands from supermarkets. **\$10 discount**. Write "VSDC" on your check or type "VSDC" during online checkout. VISA, MC, AMEX, DISC, Checks.

Institute for Performance and Potential

1054 31st Street, NW, Suite 210, Washington, DC
202-944-9888; www.PerformanceAndPotential.com
Plant-based nutritional counseling, chiropractic and physical rehabilitation in Georgetown. **10% discount** off initial consultation. One time only. Handicapped accessible. VISA, MC, AMEX, Checks. Mon-Fri: 7am - 7pm. Foggy Bottom Metro.

Life Essence Massage

15417 North Oak Court, Bowie, MD
301-275-3201; wtlw430@aol.com
Rid your body of toxins, eliminate neck pain, and decrease backaches and headaches with regular body massages. Stress management therapy. Swedish, deep tissue, and aromatherapy massages. **\$10 discount** off of first massage. Checks.

Litestars - The Healthier Quick Bistro

2101 L Street, NW, DC
202-293-0281 www.litestars.com
The Healthier Quick Bistro, Litestar's menu includes controlled portions, healthy and tasty food, and introduces a uniquely different approach. The stars of the menu are gourmet salads, soupdriinks®, and tartlets. Litestars also offers many vegan and vegetarian options. **10% discount**. Handicapped accessible. VISA, MC, AMEX, DISC, GWorld 2.0 card. Mon-Fri: 7am - 8pm, Sat-Sun 10am - 6pm (brunch 10am - 3pm). Foggy Bottom Metro, Farragut West Metro

Lotus Vegetarian Restaurant

13872 Metrotech Drive, Chantilly, VA
703-378-6888; www.lotusvegetarian.com
The all-vegetarian (vegan friendly) Lotus (located next to Lowe's) has over 60 food items and 20 beverages, including brown rice and noodle dishes, sushi, tea/coffee, sodas, organic juices, smoothies, and desserts. Sea salt is used – no MSG. Vegans should check to identify which dishes contain eggs (especially desserts). Lunch specials as well as entrees typically between \$8 and \$11. **10% discount** (not combined with other discounts). MC, VISA, AMEX. Open 7 days

Loving Hut Restaurant

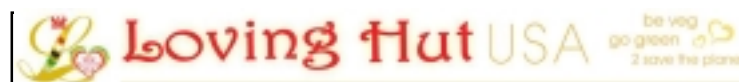
2842 Rogers Drive, Falls Church, VA
703-942-5622 www.lovinghut.us/fallschurch_01/
New all-vegan, family-owned restaurant that is created with a vision that all beings can live in peace, love and harmony with each other and the planet. Inexpensive with great vegan desserts. **10% discount**. VISA, MC, AMEX, DISC, Closed Wed; 11am - 9pm 6 days a week (Not easily Metro accessible.)

Mark's Kitchen

7006 Carroll Ave., Takoma Park, MD
301-270-1884; www.markskitchen.com
A busy neighborhood restaurant serving wonderful food for vegetarians and omnivores. There are many vegetarian (mostly vegan) selections and fresh fruit and vegetable juices. Handicapped accessible. **10% discount**, show VSDC card when ordering. VISA, MC, AMEX, DISC M-F: 9:00am - 9:00pm, Sa: 8:00am - 9:00pm, Sun: 8am - 8pm. Takoma Park Metro

Mera Contractors, LLC

P.O. Box 69, Mt. Rainier, MD 20712
202-829-1093; mera@mercontractors.com;
www.mercontractors.com
Any type of electrical work: remodeling, heavy-ups, equipment installation, indoor and outdoor lighting, intercom systems, access control systems, surveillance cameras, and alarm systems. Serving MD, VA, and DC. **Free estimates**. **10% discount** on service calls. **5% discount** on electrical installations. Checks.



The all-vegan restaurant, Loving Hut in Falls Church VA, is a family-owned restaurant that is created with a vision that all beings can live in peace, love and harmony with each other and the planet. It is an invitation to gourmet cuisine made with wholesome, vegan ingredients, and it offers an accessible starting point for those making the noble transition to a plant-based diet. Loving Hut is located at 2842 Rogers Drive, Falls Church, VA 22042. Contact info: 703-942-5622 * fallschurch_01@lovinghut.us * http://lovinghut.us/fallschurch_01/

On-Line Health and Wellness Premier Member Discounts

404-505-0033;
www.HealthAndWellnessFundraiser.gnld.net
 Optimize your health for life with organic wholefood nutritional supplements and products, exclusively by Golden Neo-Life Diamite International (GNLD), including pleasant-tasting, nutrient-rich Aloe Vera Juice Energy Drink. **25% off single and 31% off case orders.** Discounts apply ONLY to orders requested using "CONTACT" button online as instructed for group members. Reference VSDC when ordering. VISA, MC, DISC.

Options For Health™

Serving the greater Washington DC area. 301-928-0212, 877-465-4836; Ronit@OptionsForHealth.net; www.OptionsForHealth.net
 Try the world's first Food-Grade Certified Organic skin care and personal care products, cosmetics, vegan probiotic super food, and more! No synthetic chemicals or alcohol. Vegan and vegetarian/no animal testing. Ask about discounts! **Free catalogue and consultation.** **10% discount.** VISA, MC, AMEX, Checks.

Robeks – Fruit Smoothies & Healthy Eats

1615 Rockville Pike, Rockville, MD
 4523 Wisconsin Ave, NW, Washington, DC 20016
 MD: 301-770-5040, DC: 202-244-1784;
omgx2LLC@comcast.net
 Healthy eats including vegetarian salads, wraps, soups, fruit smoothies, and juices. Handicapped accessible. **10% discount.** VISA, MC, AMEX, DISC. M-F: 7:00am - 9:00pm, Sa: 9:00am - 9:00pm, Sun: 9am - 6pm. Twinbrook Metro.

Sarah's Heart of Cooking

410-818-0878; sarah@soulseedart.com; coming soon: www.heartofcooking.com
 Personal chef and in-home catering services specializing in vegetarian, vegan, and other special diets. Uses organic and whole foods whenever possible. Call for **free consultation**; **10% discount** for new customers only. Checks.

Saran Cuisine

5157 Lee Highway, Arlington, VA
 703-533-3600; saranfoods@hotmail.com; www.sarancuisine.com
 Vegetarian North and South Indian cuisine. Banquet hall with capacity to serve 125, full dining. Handicapped accessible. **10% discount**, excluding alcoholic beverages. VISA, MC, AMEX, DISC, Checks. Daily: 11:00am - 10:00pm. Ballston Metro, East Falls Church Metro

Sticky Fingers Bakery

1370 Park Rd., NW, Washington, DC
 202-299-9700; orders@stickyfingers.com; www.StickyFingersBakery.com
 Vegan bakery offering delicious cookies, cakes, cinnamon buns, and muffins, as well as sandwiches, potato salad, and more – all egg- and dairy-free! Mail order and gift certificates, too! **10% discount.** VISA, MC.
M-F: 7:00am - 7:00pm, Sat: 8:00am - 7:00pm, Sun: 9:00am - 5:00pm. Columbia Heights Metro

Sunflower Vegetarian Restaurant

2531 Chain Bridge Rd., Vienna, VA
 703-319-3888; 6304 Leesburg Pike, Falls Church, VA
 703-237-3888
www.crystalsunflower.com
 Chinese, Japanese, and Continental dishes. Macrobiotic meals and tea. Almost 99% vegan, including desserts and organic foods. Handicapped accessible. **10% discount.** VISA, MC, AMEX, DISC. M-Sa: 11:30am - 10:00pm, Sun: Noon - 10:00pm. Vienna Metro

Sushi Chalet

323 Muddy Branch Rd., Gaithersburg, MD
 301-948-7373;
 Main entrées are vegetarian and vegan sushi (no fish). Focus on using only vegetables and fruits (no meat products). **10% discount.** VISA, MC, AMEX. Daily: 11:30am - 3:00pm & 5:00pm - 10:00pm. Handicapped accessible.

Thrive Yoga – Yoga That Moves You

1321-B Rockville Pike, Rockville, MD
 301-294-YOGA; www.thriveyoga.com
 Largest yoga center in the Rockville area with adults, kids, and teen yoga. Gorgeous nature-inspired setting. All levels of yoga. **Free first class (\$17 value) and intro special: 5 classes for \$55** (new customers only). VISA, MC, AMEX, DISC, Checks. Twinbrook Metro

The Vegetable Garden

11618 Rockville Pike, Rockville, MD
 301-468-9301; www.thevegetablegarden.com
 Specializes in vegetarian, vegan, organic, and macrobiotic cuisine, largely made from organically grown foods. Top ratings by *Self*, *Natural Living Today*, and *Vegetarian Times*. **10% discount.** VISA, MC, Checks. Daily: 11:30am - 10:00pm. White Flint Metro

The Vegetarian Resource Group (VRG)

PO Box 1463, Baltimore, MD
 410-366-8343; www.vrg.org
 A non-profit dedicated to educating the public on vegetarianism and health, nutrition, ecology, ethics, and world hunger. **10% discount** on VRG books. VISA, MC.

Veggie Gourmet

9302 Hallston Court, Fairfax Station, VA
 703-643-2713; VegGourmet@aol.com; www.veggourmet.wordpress.com
 Provides vegan cooking classes, demonstrations, and lectures on low-fat cooking with no dairy and no cholesterol. **\$5 off classes** held in Fairfax Station only. Not applicable in restaurant or natural food store classes and cannot be combined with the couples discount. Checks.



VeryVegeticious

PO Box 30021, Bethesda, MD
 301-922-6223; www.veryvegeticious.com
 Want to eat tasty, healthful vegan meals more often? Get a customized program including tours of veg-friendly food markets, assistance with meal planning and cooking, and an information folder and 6 months of support. **10% discount** for new customers. Checks. Hours by appointment.

Wellness Cafe

325 Pennsylvania Avenue, SE, DC
 202-543-2266; www.organiccafedc.com
 Juice bar and lunch buffet in a primarily vegetarian health food store with organic deli. Handicapped accessible. **10% discount.** VISA, MC, AMEX, DISC, Checks. Mon-Fri: 9am - 6pm, Sat: 11am - 5pm. Capitol South Metro

Yuan Fu Vegetarian Restaurant


798 Rockville Pike, Rockville MD
 301-762-5937
 Chinese vegetarian cuisine including meat and seafood alternatives as well as delicious and healthy vegetable dishes, such as veggie duck with basil and ginger pot, eggplant with spicy sauce, and Kung Pao beef. **10% discount.** Handicapped accessible.



Check out Vegan Action's website to see which companies are involved in this campaign and are proud to display the Certified Vegan logo.



Looking to adopt a pet? Search for adoptable pets and more at www.Pets911.com.



Did you know your Vegetarian Society of DC card offers you discounts all over DC, Maryland, and Virginia? Vidappe is a free iPhone/Android app that will alert you of all the VSDC membership discounts you can use in real-time. Get close to a discount, get an alert - "10% off at Robeks a block away." Check it out at Vidappe.com.

Classifieds

Looking For...Notable Vegetarians and Vegans for News Profiles

We would like to include profiles of and interviews with members of VSDC in upcoming editions of the newsletter. If you are interested or would like to suggest someone for this feature, please email editor@vsdc.org.

Get VeryVegalicious: This 15-year "veteran vegan" will teach you how to shop & cook like a pro in no time! www.veryveglicious.com; 301-922-6223. By appt only.

Get energy, eat better, and reduce stress. Anura Desai, Certified Health and Wellness Coach, offers customized tools for individuals to achieve positive health outcomes. www.desaihealthandwellness.com.

Text-only classified ads are available only to members in good standing. The fee is \$5 per 25 words or part thereof. Your first \$5 fee each year is waived.



Enjoy the rich salad bar - all vegetarian!
2157 P Street, NW, Washington, DC 20037

Yes! Being part of a growing local vegetarian community is exciting...

If this is a gift membership, please enter recipient information here -*

Name _____

Address _____

City _____ State _____ Zip _____

Phone (daytime) _____ Phone (evening) _____

Email _____

This is a Renewal Membership New membership Additional contribution to support outreach

If this is a gift membership*, your name and daytime phone _____

Membership Type - PLEASE CIRCLE ONE	1 Year	2 Years	3 Years	Lifetime
Individual	\$25	\$45	\$60	\$350
Student / Senior, Low Income	\$15	\$25	\$35	NA
Family / Organization	\$35	\$65	\$85	\$500
Total Membership from above table				\$ _____
Additional gift to support VSDC outreach (optional)				\$ _____
TOTAL check enclosed, payable to "VSDC"				\$ _____

I would like to help VSDC with: Newsletter Publicity Programs / Activities Tabling / Outreach

Other (please specify) _____

How did you hear about VSDC? Event (where?) _____ Brochures on display (where?) _____

Referred by friend VSDC Web site Other (please specify) _____

The following *optional* questions help us serve members (for gift memberships*, please describe recipient). CIRCLE:

Veg status Vegan Vegetarian Veg in the past, but not now Trying to become veg Non-veg and happy

Gender Female Male **Age** _____ **Ethnicity** African-American Asian-American Hispanic Caucasian Other

Please send form and check to VSDC, PO Box 4921, Washington, DC 20008. Thank you!

VSDC CALENDAR

January

January 7, 5:00pm

Restaurant Visit: Toscana Grill

January 14-15, 9 am to 5 pm

VSDC Table at NBC Health Expo

January 14, 6:00pm

GLBT Veg "Out" Group: Toscana
Organic Italian Restaurant

January 25, 7:30pm

Book Club: Straight Man

January 28, 6:30pm

Jazz Social at Sala Thai

February

February 4, 5:00pm

Restaurant Visit to Dama Restaurant

February 11, 6:00pm

GLBT Veg "Out" Group: Café Green

February 16, 7:30pm

VSDC Board / Planning Meeting

February 29, 7:30pm

Book Club: The Tiger: A True Story of
Vengeance and Survival

March

March 3, 5:00pm

Restaurant Visit to Loving Hut

March 10, 6:00pm

GLBT Veg "Out" Group:
Lotus Vegetarian Restaurant

March 28, 7:30pm

Book Club: When the Killing's
Done

Facebook: www.facebook.com/vegetariansociety.dc + Twitter: @vsdc



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Jan/Feb/Mar 2012

Vegetarian Society of DC
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