



VIM News

Vegetarians in Motion

Tuesday, October 9, VIM Meeting

6:30 p.m. - Potluck Supper - Please bring a dish to pass (*with no meat, poultry, fish, meat broth or gelatin*) that will serve 8-10 people, plus your own plate, silverware and cup. To be considerate of vegans and people with food allergies, please label dishes if they contain eggs and/or dairy products. Recipes are appreciated. Non-vegetarians are always welcome!

Admission: \$2 for members, \$4 for non-members, no charge for children

7:30 p.m. - Ann Alexander, senior attorney for the Chicago office of Natural Resources Defense Council, will present *God's Green Word: The Biblical Mandate for Creation Care*. Before joining NRDC, Ann was environmental counsel for the Attorney General of Illinois. She also serves on the Board of Directors for Restoring Eden.

For more than three decades NRDC has fought successfully to defend wilderness and wildlife and to protect clean air, clean water and a healthy environment. Visit www.nrdc.org.

Meetings are held in the Social Hall of Our Savior's Lutheran Church, 3300 Rural Street, Rockford. Please use the main entrance on Corbridge Lane.

Calendar

Tuesday, November 13
6:30 p.m.

VIM meeting. **Jeanie Burke, R.D.**, *Cooking Demonstration - Jeanie's Special Pasta Salad with Fresh Herbs*

Sunday, November 18
4 p.m.

Thanksgiving Dinner at Cliffbreakers. Guest speaker: **Lucille Marchand, M.D.**, *Health & Healing: Nourishing the Body, Mind and Spirit*. Please see insert.

Tuesday, December 11
6:30 p.m.

VIM meeting. **Holiday Desserts** demonstrations by members. Volunteers needed! Please call Carol at 815-397-5579.

October 2007
Rockford, IL

VIM Board

Carol Burmeister

Gerri Elswick

Tyrone Johnsen

Will Laesch

Sunil Nanayakkara

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Questions? Call
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Getting Complete Nutrition

Getting complete nutrition is simple. Start by building your meals from legumes, grains, vegetables and fruits. Be sure to include a multiple vitamin containing B12.

Protein: Beans, vegetables and grains provide plenty of protein, even without combining them in any particular way. Beans, spinach, broccoli, asparagus, mushrooms and soy products are especially protein-rich.

Iron: There is plenty of iron in leafy green vegetables, beans and other legumes.

Calcium: This is found in leafy green vegetables, such as broccoli, kale and collards, and also in beans. Because diets rich in animal products cause the body to lose calcium, a person on a vegan diet may need less calcium to stay in calcium balance.

An additional diet consideration: People who have diabetes or pre-diabetes should choose foods that have a low Glycemic Index (GI), which means the foods that turn to sugar more slowly and cause less of a rise in blood sugar levels. Sugar, of course, has a high GI, as do white and wheat breads, most cold cereals, watermelon, pineapple and baking potatoes. Enjoy pumpernickel and rye bread, old-fashioned oatmeal, sweet potatoes, beans and most fruits. (www.nutritionmd.org)

This & That

*Help fight hunger!
Participate in the CROP
Hunger Walk
Sunday, October 21*

The CROP Hunger Walk will be held Sunday, October 21, at the Riverfront Museum Park. The funds raised will help alleviate local and world hunger. Registration at 1 p.m.; Walk at 2 p.m. For more information, call Stanley Campbell, 815-964-7111, or Carol Burmeister, 815-397-5579.

Wangari Maathai, the first African woman to win the Nobel Peace Prize (2004) for “her contribution to sustainable development, democracy and peace,” is the author of *Unbowed: A Memoir* (\$14.95). She founded Kenya’s Green Belt Movement in 1977, which mobilized thousands of women to plant trees to restore the country’s indigenous forests. Her book is a remarkable story of courage, faith and persistence.

Conference for Conscious Living, Saturday, November 3, is a daylong celebration of animal advocacy, health and sustainability at the University of Chicago. EarthSave Chicago, VegChicago and the University of Chicago Vegan Society are sponsors. Howard Lyman and Farmer Harold Brown will speak. Hours: 9 a.m.—4 p.m. Tickets are \$40. Visit Earthsavechicago.com for infor-

11th Annual Thanksgiving Dinner

Join us for this outstanding event! **Chef Philippe Forcioli’s** elegant holiday feast, the warm atmosphere and attentive service promise to make this Thanksgiving dinner very special. And a new feature this year—**Ryan Rydell, guitarist**, will provide music while we dine.

The VIM Board is pleased that **Dr. Lucille Marchand** has accepted our invitation to be the guest speaker. She is a professor at the University of Wisconsin’s Medical School; she is board certified in family medicine, palliative medicine and holistic medicine. Several days a week she does integrative medicine consultations at the P. Carbone Cancer Center. **Health and Healing: Nourishing the Body, Mind and Spirit** is the title of her presentation.

We look forward to seeing you at Cliffbreakers. Invite a friend, and make reservations now!



Pumpkin Black Bean Soup

1 1/4 cups onion, chopped	1 (28 oz.) can diced tomatoes
4 garlic cloves, minced	4 cups vegetable broth
1 tablespoon canola oil	1 (15 oz.) can pumpkin
1/2 teaspoon black pepper	2 southwest black bean burgers
3 (15 oz.) cans black beans	Creamy horseradish sauce for garnish

Sauté the onion and garlic in oil until onions are translucent. Add pepper. Stir in beans, tomatoes, broth, pumpkin and chopped burgers. Simmer uncovered for 25 minutes until thickened. Garnish with a dash of creamy horseradish sauce (found in the condiment section of most grocery stores). Serve with hearty whole-grain bread. Makes 8 servings.

*This recipe was posted on www.southdenver.com by Dr. Rick Collins, The Cooking Cardiologist® who gave an outstanding heart-healthy cooking demonstration on September 8. This event was sponsored by VIM. Dr. Collins edited **Cooking with Heart**, a new cookbook that contains a collection of favorite recipes from physicians, staff and family of South Denver Cardiology Associates. Although this book has many vegetarian recipes, it also includes meat-based choices.*



MS Treated with Diet

Roy Swank, MD, PhD developed a sensible plan for balanced nutrition for **multiple sclerosis** over a 30-year period of research with thousands of patients. His groundbreaking research was originally published in 1972, revised in 1977 and again in 1987. His 1987 publication is **The Multiple Sclerosis Diet Book: A Low-Fat Diet for the Treatment of MS**. The scientific research published by Dr. Swank shows that if this disease is detected early, by following a low-fat, plant-based diet, there is a 95% chance of not dying of MS or its complications. Even people who have had the disease for a long time, and have already suffered severe damage, will slow the progression of MS after a change to a low-fat nearly vegetarian diet.

Dr. Swank served as the head of the Division of Neurology of the University of Oregon Medical School for 22 years. After studying the literature and reviewing the United Nations food intake survey throughout the world after WWII, it was obvious to him that MS and heart disease occurred in areas where large amounts of animal fat were consumed. Dr. Swank is now 98 years old! His pioneering work is left for a new generation of scientists to research.

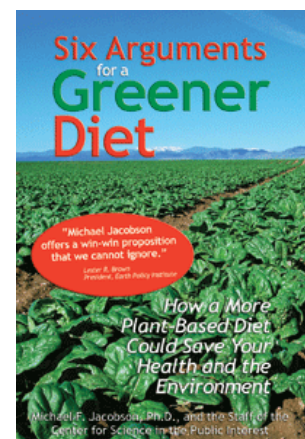
Book of the Month

In its latest book, **Six Arguments for a Greener Diet** (paperback, \$14.95), **the Center for Science in the Public Interest** has published a meticulously researched examination of scientific studies that finds that eating more plant foods and fewer fatty animal products can lead to extra years of healthy living. That same diet, says CSPI executive director **Michael F. Jacobson, PhD** leads to less food poisoning, water and air pollution, global warming, and animal suffering.

Americans consume over 1 billion pounds—and one trillion calories—of food each day. To produce the grains, meats and poultry, and fruits and vegetables that feed a country of nearly 300 million people, our agricultural system consumes enormous quantities of fuel, fertilizers, and tracts of land—not just for growing food for people, but mostly for feeding livestock. This book connects the dots between a healthy diet and a healthy planet. A web-based companion to the book, www.EatingGreen.org, allows consumers to take an animated tour of the food supply.

“People seeking to effectively treat MS and wanting to avoid progression of their disease need to eat a healthy, low-fat, plant-based diet as recommended by Dr. Swank.”

- Dr. John McDougall





P.O. Box 6943
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In a few decades, the relationship between the environment, resources and conflict may seem almost as obvious as the connection we see today between human rights, democracy and peace.

- Wangari Maathai

*Nobel Peace Laureate and author
Unbowed: A Memoir*

Time to renew? Please check date on label.

Members receive a 1-year subscription to VIM News and reduced admission fees to meetings. VIM was organized in 1988 to provide education and support for people interested in a vegetarian lifestyle. Meetings are held the 2nd Tuesday of each month (excluding July & August) at Our Savior's Lutheran Church, 3300 Rural Street, Rockford.

Membership Application

Enclosed is my check for annual dues: New Member Renewing Member

\$20 for Individual Membership

\$25 for Family Membership

\$15 for Student or Senior 65 or older

Name (s) _____

Address _____ City _____ State _____ Zip _____

E-mail address _____ Phone _____

Please make check payable to VIM and send to P.O. Box 6943, Rockford, IL 61125.