



VIM News

Vegetarians in Motion

Tuesday, September 11—VIM Meeting

6:30 p.m. - Potluck Supper: Please bring a dish to pass (*without 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. - Presentation by Daniel Nelson, owner of Chocolat by Daniel. He is a graduate of the prestigious Ecole Chocolat Professional School of Chocolate Arts in Vancouver, British Columbia and Valrhona's famous L'Ecole du Grand Chocolat in France. One of his secrets to good chocolate is that it is made with the best cacao beans and no sugar. Chocolat by Daniel, located at 211 E. State St., recently won the Heart of Rockford Award for a new business. For further information, visit www.chocolatbydaniel.com.

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

Upcoming Events

Saturday, September 8
10 a.m. – noon

“The Cooking Cardiologist” Food Demo & Presentation at Our Savior's Lutheran Church. See insert for details.

Tuesday, October 9
6:30 p.m.

VIM meeting: **Ann Alexander**, **“God's Green Word: The Biblical Mandate for Creation Care”**

Tuesday, November 13

VIM meeting: **Jeanie Burke, R.D.**, Cooking Demonstration

Sunday, November 18
4 p.m.

VIM's 11th Annual **Thanksgiving Dinner**, Cliffbreakers.
Speaker: **Lucille Marchand, M.D.**, **“Health & Healing: Nourishing the Body, Mind and Spirit”**

September 2007
Rockford, IL

VIM Board

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*Questions? Call
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Replace meat with soy or other vegetable protein in your diet. It takes eight times as much energy to produce a pound of meat as it does a pound of tofu.



This & That

VIM News via e-mail: If you would like to receive your newsletter via e-mail, please call 815-397-5579, or send a message to info@vimlife.org. Thanks!

PCRM Mall: Next time you shop online, start at www.PCRMmall.com. It features links to 13 online retailers such as Amazon.com, Clear Conscience, Pangea and Moo Shoes. A percentage of each purchase made goes to support the mission of Physicians Committee for Responsible Medicine.

Light the Night Walk: VIM member and leukemia survivor **Valerie Gibbons** asks your help in raising money for **The Leukemia & Lymphoma Society's Walk on September 20**. If interested in contributing, make a check payable to the Society and mail it to Valerie at 410 Paris Avenue, Rockford 61107. The Walk will be held at Davis Park at 7 o'clock. Valerie thanks you!

Will Tuttle, PhD, author of *The World Peace Diet: Eating for Spiritual Health and Social Harmony*, will give a lecture on his book in **Madison, Monday, October 8**, at Unity of Madison (608-221-1376—call for time), 601 Tompkins Dr., Madison 53716. He will stress the invisible connections between our culture, our food, and the source of our broad range of problems—and the way to a positive transformation in our individual and collective lives. www.willtuttle.com.

Tread Lightly on Mother Earth

The Live Earth Global Warming Survival Handbook offers 77 suggestions to reduce our carbon footprint. This handbook by **David de Rothschild** is the official companion to the Live Earth concerts. Here are just a few of the suggestions:

- Whenever possible, replace meat with soy or other vegetable protein in your diet. It takes eight times as much energy to produce a pound of meat as it does a pound of tofu.
- Replace your light bulbs with compact fluorescent bulbs. They use 75 percent less energy and last 10 times as long as incandescent bulbs.
- Downsize your car. Every extra 100 pounds a car weighs requires 2 percent more fuel to move it.
- Skip the bottled water. For every one million bottles of water that are manufactured and shipped to consumers, 18.2 tons of carbon dioxide emissions are pumped into the air.

Dr. Diehl Returns to Rockford

Dr. Hans Diehl will be back in Rockford for the next CHIP Program beginning October 8th. The goal of CHIP is to lower blood pressure and cholesterol levels, disarm type 2 diabetes and lose weight. Enroll before September 1 to take advantage of the early registration discount price of \$265. Or take the class again as a refresher course for only \$45. Call the CHIP office at 815-316-6361 for more information and to register. Also visit www.CHIPhealth.com.

CHIP is based on the foundation that, according to the U.S. Surgeon General, 75% of our Western diseases are lifestyle-related—our rich diet, our lack of exercise, our use of cigarettes, alcohol and caffeine, our stress level, and the quality of our support.

September Recipe

Italian Panzanella

1/4 cup red-wine vinegar
1/4 cup olive oil
Coarse salt and ground pepper
2 cans (15.5 oz.) cannellini beans,
3 cups large cubes country bread

1 pound plum tomatoes, cut into small pieces
1 cucumber, thinly sliced crosswise
1/4 medium red onion, very thinly sliced
4 ounces provolone cheese, diced (optional)
1/4 cup fresh basil leaves, torn

In a large bowl, whisk together vinegar and oil; season with salt and pepper.

Add beans, bread, tomatoes, cucumber, onion, and cheese (if using). Toss to combine. Cover and refrigerate at least 2 hours and up to 8 hours. Just before serving, stir in basil.

Thanks to Becki Goetz for sharing this wonderful recipe from Martha Stewart's website.

The Cooking Cardiologist

Dr. Richard Collins, nationally recognized as “The Cooking Cardiologist,” will present a dynamic cooking demonstration along with his plan for prevention and reversal of heart disease through changes in diet and lifestyle on **Saturday, September 8, 10-12**, Our Savior's Lutheran Church.

Dr. Collins, Director of Wellness at South Denver Cardiology Associates, is a leading authority in preventive medicine. He received his medical degree from the University of Nebraska and obtained his cardiology training at the Mayo Clinic in Rochester. During much of his medical career, he was an invasive, interventional cardiologist. In 1993 he decided to focus on prevention and reversal of heart disease; he served as director of the Dr. Dean Ornish Program for Reversing Heart Disease in Omaha.

The cost of \$8 per person includes a continental breakfast. Make reservations today by calling 815-397-5579.

Book of the Month

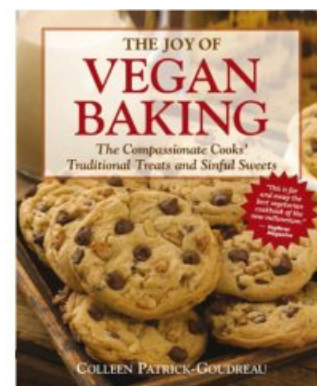
Vegan baking comes of age with **Colleen Patrick-Goudreau's** *The Joy of Vegan Baking: The Compassionate Cooks' Traditional Treats and Sinful Sweets* (Paperback, \$19.95, available October 1). Featuring 150 familiar favorites — from cakes, cookies and crêpes to pies, puddings and pastries — this book shows you just how easy, convenient, and delectable baking without eggs and dairy can be.

A seasoned cooking instructor and self-described “joyful vegan,” the author puts to rest the myth that vegan baking is an inferior alternative to non-vegan baking. She shows how easy it is to make and enjoy your favorite goodies such as Lemon Cheesecake, Blueberry Cobbler, Chocolate Almond Brittle, Strawberry Pie with Chocolate Chunks, and Chocolate Peanut Butter Cupcakes.

“A perfect blend of stories, photos and recipes.” - *VegNews Magazine*



“By mixing the right combination of laughter, fitness and healthy foods and supplements, we can enjoy a much longer and fulfilling life.” - Dr. Collins





P.O. Box 6943
Rockford, IL 61125

“When we cultivate the consequences of our food choices and conscientiously adopt a plant-based way of eating . . . we make a profound statement. We become a force of sensitivity, healing, and compassion. We become a revolution of one.”

- Will Tuttle, PhD
The World Peace Diet

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.