



VIGOR

Vegetarian Information Group of Rochester

February 2010



Please bring:

- ④ A dish to share without any animal products. This includes meat, poultry, fish, eggs & dairy products (please look out for minor ingredients such as chicken broth, gelatin, casein or other animal based byproducts).
- ④ The recipe of the item you are sharing.
- ④ Your own place setting and a beverage.

Why no dairy or eggs, aren't they vegetarian?

It's true that many vegetarians choose to eat these products. VIGOR's mission is "to promote healthy, earth-friendly, and compassionate living through plant-based food choices." We therefore encourage dishes to be made from plant-based foods only. *(Also, so many of our active members are vegan that a cheese or egg dish may not be eaten and then we would feel bad).*

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New Potluck Dates & Times for 2010!

Get out your calendar and write these down.

The library is back by popular demand.

Wednesday, February 24th, 6:30PM

*Rochester Public Library, Meeting Room B
(on the 2nd floor behind the periodicals)*

Blending cashews makes a great cream sauce.
Kati Berg will do a demonstration.

Wednesday, March 24th, 6:30PM

*Rochester Public Library, Meeting Room B
(on the 2nd floor behind the periodicals)*

Short presentation on using the amazing
Chia seed by Julie Eyrich

Wednesday, April 7th, 6:30PM

*Rochester Public Library, Meeting Room B
(on the 2nd floor behind the periodicals)*

Get ready for spring greens with a green
smoothie demonstration by Jaben Kitson

Wednesday, May 26th, 6:30PM

Outdoors at the Quarry Hill Pavilion

Wednesday, June 23rd, 6:30PM

Outdoors at the Quarry Hill Pavilion

Wednesday, July 28th, 6:30PM

Outdoors at the Quarry Hill Pavilion

Wednesday, August 25th, 6:30PM

Outdoors at the Quarry Hill Pavilion

We hope you can join us. We are back at the library on Wednesdays though at an earlier time, 6:30PM. We will try for the 4th Wednesdays of each month, but there are exceptions. In the summer we will be outdoors at the Quarry Hill Nature Center.

2009 Year In Review:

We have much to be proud of. So many people contributed time and money to organize the following:

Rochesterfest '09

In our 6th year at Rochesterfest with an all volunteer crew, we served approximately 100 people each day of the festival. Selling in total:

- ④ 194 Portobello Burgers
- ④ 144 Grilled Tofu Cajun Wraps
- ④ 158 Oat Pecan Burgers
- ④ 112 orders of Pekora Fries
- ④ 50 orders of Fresh Salad

Total Sales for the week: \$5191.75

Rochesterfest went so well that that our committed volunteers decided to start a booth at "Thursdays On First".

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Thursdays On First '09

VIGOR gave away 3,330 free sandwiches & soda (2880 Oat Pecan Burgers & 450 Boca Chik'n Patties) last summer at Rochester's weekly downtown street fair. The \$18K cost was covered entirely by a generous private donor. We were able to set up 6 times over the summer thanks to our hard working volunteers, the Good Food Store for their catering, and of course our sponsor!

Customers donated \$3,888.00 to VIGOR during this event.



Our booth at Thursdays On First had a consistent line all day as people waited to try the Backroom Deli's delicious homemade Oat Pecan Burgers.

Vegetarian Literature Given Free in '09

- ④ 7,250 Vegetarian Starter Kits by PETA (*People for the Ethical Treatment of Animals*)
- ④ 1750 Vegetarian Starter Kits by PCRM (*Physicians Committee for Responsible Medicine*)
- ④ 3,000 Stickers with a "veggie" message
- ④ 200 "Chew on This" DVDs by PETA

Potlucks

We tried new locations and times, but we will be returning to the familiar haunts of the library. (See page 1). We had cooking demonstrations, including grilling tofu, making green smoothies, curry and sprouting. If you have a recipe you'd like to demonstrate at a potluck please call Kati at 259-1490 to get on the calendar.

Catering Vegan Food for Other Events

Through a donation from Veg Fund (www.vegfund.org) and help from HyVee catering, VIGOR facilitated a fully vegan catered event at a fundraiser for the "War Kids Relief" organization at the Rochester Art Center.

New Additions in '09

We now rent a storage locker to store our regular supplies for catered events such as Thursdays on First. We own 2 grills, a large tent (which will be beautifully painted for 2010!), and other supplies to make these events possible.

2010 and Beyond:

As of this printing, we've decided to put our energies and volunteer power into Thursdays on First throughout the summer as an alternative to Rochesterfest's week long celebration.

Pay attention to the potluck dates and times, circumstances have made for some usual dates.

See the next page for opportunities for you to be involved.

Leadership and Volunteer Opportunities, Big & Small

- ④ Give away vegan food on “Thursdays on First”
- ④ Help set up or take down for “Thursdays On First”
- ④ Coordinate volunteers for special events
- ④ Organize potlucks
- ④ Be a greeter at a potluck
- ④ Help publicize VIGOR’s events
- ④ Help develop VIGOR’s website
- ④ Gratitude specialist (make sure everyone gets properly thanked ☺)
- ④ Stock magazine racks around town with free vegetarian starter kits
- ④ Handout literature at a special event or at a local school or church
- ④ Set up a display at a special event or at school or church
- ④ Teach a cooking class or do a demo at a potluck
- ④ Petition a local school to provide more vegetarian/healthy options
- ④ Organize a viewing of *Food Inc* or other pro-plant-based diet film
- ④ Organize a taste testing event
- ④ Contribute to the newsletter or website
- ④ Join VIGOR’s board of directors. Being a lacto-ovo vegetarian and supporting vigor events are the only requirements.
- ④ Chair a committee
- ④ Membership chair
- ④ Thanksgiving dinner chair (2010)
- ④ Rochesterfest chair (2010 or 2011)
- ④ Create your own position—you will have a great support team!

We need fresh ideas, energy and leadership!

Call Julie at 254-8349 or Jaben 273-5806 or Kati at 259-1490 for more information

The Vegetarian Resource Group Gives Two \$5,000 College Scholarships Each Year

The Vegetarian Resource Group awards \$10,000 in college scholarship money to graduating U.S. high school students who have promoted vegetarianism in their schools and/or communities. Vegetarians do not eat meat, fish, or fowl. Two awards of \$5,000 each will be given.

Applications must be postmarked on or before February 20, 2010 for current high school seniors.

Go to www.vrg.org for more information.

Another reason to volunteer if you are in middle school or high school! We have many opportunities to volunteer and lots of support if you’d like to organize new activities or outreach.

Oprah Features Vegan Alicia Silverstone & Film “Food Inc.”

We vegans and vegetarians may not be considered mainstream yet, but proof we are getting closer was Oprah’s episode on Jan. 21, 10.

Alicia Silverstone, vegan of 12 years and author of “The Kind Diet”, talked with Oprah on her show about how eating healthy changed her life for the better.

Also featured was Michael Pollan, author of “In Defense of Food”, the film “Food, Inc.” (www.foodincmovie.com), and owner of Chipotle fast food chains. The theme was that food isn’t what it used to be and that we need to start thinking more about it.

**Our mission is to promote healthy,
earth-friendly, and compassionate
living through plant-based food
choices.**

VIGOR is a 501(c)3 non-profit organization formed in January of 2001. To become a member and receive this newsletter send your name, address, phone number and/or e-mail address along with any comments or suggestions to:

VIGOR
PO Box 253
Rochester, MN 55903-0253

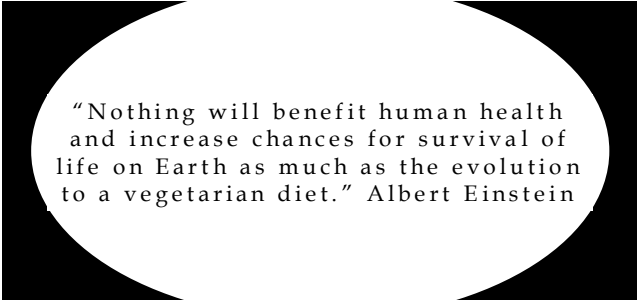
Membership: \$12 per year
Sponsoring Membership: \$25 per year
Additional contributions are welcome and will go directly toward education and outreach of vegetarianism.

**Visit our website
www.vigr.org
for more information.**

Vegetarian Information Group of Rochester
PO Box 253
Rochester, MN 55903-0253

Current VIGOR Board of Directors:

President: Kati Berg
Secretary: Julie Eyrich
Treasurer: Rolf Ylvisaker
Website & Special Events: Jaben Kitson



“Nothing will benefit human health and increase chances for survival of life on Earth as much as the evolution to a vegetarian diet.” Albert Einstein

