

The East Tennessee  
**VEGETARIAN VOICE**

The Newsletter of the Vegetarian Society of East Tennessee  
**SUMMER 2006**

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## In the Footsteps of Gandhi

by Bob Grimac, editor

Perhaps the greatest of the modern day spiritual leaders, and the 20<sup>th</sup> century's foremost vegetarian, is Mohandas K. Gandhi, more commonly known as Mahatma, "great soul." Responsible for achieving independence for his native India through years of nonviolent opposition to the British, Gandhi was nominated for the Nobel Peace Prize four times. So great was Gandhi's influence that in late 1999 TIME magazine named him the runner-up Person of the Century, just behind Albert Einstein (also a vegetarian), who said of his contemporary, "I believe that Gandhi's views were the most enlightened of all the political men in our time. We should strive to do things in his spirit, not to use violence in fighting for our cause, but by non-participation in anything you believe is evil."

Gandhi was born on October 2, 1869, in the northwest Indian state of Porbandar, where his father served as prime minister. Gandhi was betrothed at age nine, married at 13, and at 19 traveled to England to study law at University College. In 1893 Gandhi established his law career in South Africa, a nation he called home for 21 years. It was also the place where Gandhi, and tens of thousands of other Indians, faced daily acts of abuse and discrimination at the hands of the ruling white minority. As that nation's first "colored" lawyer, Gandhi fought injustices with marches, articles, letters, boycotts, and community meetings. In the face of beatings and arrests Gandhi and his followers practiced *ahimsa*, "having no ill feelings for any living being, in all manner possible and for all time."

Upon returning to India, Gandhi began a long struggle for India's

independence from Great Britain, adding fasting and prayer to his system of nonviolent resistance, called *satyagraha*. When independence was achieved after World War II, Gandhi fasted further to end the religious violence, Hindu versus Muslim, which erupted in his new nation. On January 30, 1948, Gandhi was assassinated by the gunshot of a religious extremist.



Photo from *The Vegetarian*, June 13, 1891.

Though Gandhi is known for his struggle for human rights, there was a parallel, but quieter, struggle for the rights of animals, as well. From birth, Gandhi was a "cultural vegetarian"; he grew up in a Hindu household where meat eating was unheard of. According to the Laws of Manu, one of the Hindu sacred texts, "without the killing of living beings, meat cannot be made available, and since killing is contrary to the principles of *ahimsa*, one must give up eating meat." Jainism, another prominent religion in Gandhi's home

region, also espouses strict vegetarianism and restrains from using any products made from the slaughter of animals.

In his youth, however, Gandhi experimented with eating meat, as did others who thought that the British diet must be superior, since the Brits ruled India. But Gandhi gave up his secret meat consumption after one year for fear of displeasing his mother, to whom he was very devoted. Later, before departing for England, Gandhi vowed to his mother to not touch wine, women, or meat.

While attending law school in London, Gandhi read a book by Henry Salt entitled, "A Plea for Vegetarianism," which completely convinced him of the righteousness of his diet. "From that day forward," Gandhi wrote in his *Autobiography*, "I may claim to have become a vegetarian by choice," and the spread of vegetarianism "henceforward became my mission." At the age of 21 Gandhi began writing for England's vegetarian newspapers.

In 1906 Gandhi took a vow of *brahmachrya*, a giving up of sexual activity. But he also adopted a greater restraint of his palate. One should consume just enough food to meet the body's requirements and no more, he believed, and the diet should be healthy and well-balanced. "The body was never meant to be treated as a refuse bin, holding all the foods that the palate demands," said Gandhi. According to author Sunita Pant Bansal in *LifePositive* magazine, "he believed that a man becomes what he eats, and that spiritual progress demands that we cease to kill our fellow creatures to satisfy our bodily wants."

Gandhi wrote that the devotee of *ahimsa*, or nonviolence, "shuns to the best of his ability the destruction of the

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## VEGETARIAN VOICE

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Society of East Tennessee  
P.O. Box 1974  
Knoxville, TN 37901  
865-681-7691  
www.vegsocty-east-tn.org

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Joining our Volunteer Staff is new VSET member, Viveca Park, a certified webmaster, who will be updating and maintaining our website. She has been doing web design since 1999 and has created many websites for churches, fitness newsletters, etc. Her current internet-based business, Invitations Galore, which prints quality invitations and coordinating accessories for parties, weddings and other celebrations, is also one of our newest vendors offering a 10% discount to VSET members.

### Listserv

If you would like to be added to our listserv and receive updated news and announcements, please contact [laurabroderick@mindspring.com](mailto:laurabroderick@mindspring.com)

### Our Mission

Founded in 1980, the Vegetarian Society of East Tennessee is a non-profit, educational organization dedicated to promoting vegetarianism in Knoxville and the region. Our goal is to provide information about the many positive aspects of vegetarianism, including those of health, nutrition, animal welfare, the alleviation of world hunger, and the preservation of the natural environment.

### How to Join

The Vegetarian Society welcomes anyone seeking a healthier and more compassionate lifestyle to join our organization, vegetarian and non-vegetarian alike. Annual dues are \$15 per individual; \$10 per student or senior; \$25 per family; \$25 per individual for two years; and \$40 per family for two years. Please mail check or money order to us at the address above, and you will receive a membership card in the mail within ten days.

### Newsletter Design

Barbara Lamm 865-688-0643  
[BarbLamm@aol.com](mailto:BarbLamm@aol.com)  
[www.GreenNeighbor.com](http://www.GreenNeighbor.com)



## From the President Laura Broderick

Welcome to our summer issue. VSET had a busy spring with several outreach events. In March, The Great American Meatout in Market Square was full of vendors, varied veggie food, live music and hundreds of folks enjoying the event during the sunny day. We gave out lots of literature and made over \$100 profit. The VSET booth sold veggie hot dogs, Mary's tamales and chili to top them. Jack Neely of MetroPulse wrote that he enjoyed our veggie version of a Knoxville classic: tamales with chili. As our largest public event, the steering committee was tired but pleased as the day wrapped up after 7 pm.

At Earthfest in April, our booth gave out over 500 pieces of literature and spoke to folks who had questions about vegetarianism. This was not intended as a fundraiser for us, but as outreach we got a lot of exposure.

During the Vestival Festival in South Knoxville, we made about \$120 in sales in veggie chili hot dogs. While other veggie meals were available, ours were popular among the cheapest eats there. We were glad for the money since the literature table was slow.

Also during the spring, we were sorry to lose Kim Stewart from our board after years of service. We already miss her organization, drive and unfailing great ideas. Thank you Kim for all the great work and good times and best of luck with your new endeavors! We will also miss John Mayer as he pursues a college degree. We thank him for his long hours of creative website work and the colorful logo on our homepage. We know he will do wonderfully in school, he aced his requisite courses!

This summer I was happy to visit The Front Porch Restaurant in Cosby with their delicious veggie meals and bluegrass music. While in their area, I asked about vegetarian restaurants and found nearby The Bean Trees Cafe, which also had veggie meals. What a great surprise! During your summer travels, remember to ask about vegetarian meal choices, and support the restaurants offering us the healthy choice

## UPCOMING EVENTS



### Sept. 3 Vegetarian Cooking School Postponed

"First Sunday" cooking class & potluck postponed one week due to Labor Day holiday.

### Peaceful Protest, Saturday, Sept. 9, 11AM -12 noon

Join a peaceful protest against the KFC restaurant at 4200 Chapman Hwy. in Knoxville to raise awareness about the cruelty these birds endure every day. Plenty of signs available.

### Vegetarian Cooking School, Sunday, Sept. 10, 6 PM

Our regular monthly cooking school will be held at the Tennessee Valley Unitarian Universalist Church (TVUUC), 2931 Kingston Pike, just west of the UT campus. Our featured chef will be announced on our listserv. Cost, \$2 for members; \$3 for non-members. A potluck supper follows about 6:45 PM. Brochures & free information available.

### Social at the Falafel Hut, Wednesday, Sept. 15, 6 PM

Join us for Middle Eastern delights in the UT area ---- members get a free almond cookie with a \$5 purchase. 601 James Agee Street, at Clinch Ave, Tel. 522-4963.

### Knoxville Whole Life & Wellness Expo, Sept. 23 & 24

Dozens of businesses and organizations with natural health, spirituality, & peaceful-living messages. Quality Inn-North, 6712 Central Ave. Pike, exit #110 off I-75. Tel. 386-1562. Admission \$5 or five canned food items; sponsored by Knoxville Perspectives.

### Vegetarian Cooking Schools, Sunday, Oct. 1 & Sunday, Nov. 5

6 PM at the TVUUC, followed by a potluck supper.

### Vegetarian Thanksgiving Feast, Sunday, November 19, 6 PM

Our biggest event of the year! Time and place to be announced.

# My Kitchen My Story

by Bob Grimaldi, editor

## Nutrition FAQ

Lee Murphy, MS-MPH, RD, LDN  
Community Nutritionist  
Knox County Health Department

### All About Terrin Kanoa

If America elected a Miss Vegetarian USA, Terrin Kanoa would have been crowned queen long ago. Not only is Terrin bright, cheerful, wise and wonderful, she's been a vegetarian for 26 years, and a vegan (abstaining from eggs or dairy products) for 23 years.

Terrin grew up in Tampa, Florida, but was raised by carnivores. "I grew up in a hamburger-helper household," she said. "I have bad memories of mom's homemade meatloaf."

Terrin first heard about not eating meat in a discussion about Seventh Day Adventists at the age of 12. Seven years later she shared a dorm room at Maryville College with Elizabeth Richardson (who had spent time at The Farm, a vegetarian commune near Summertown, TN), and Terrin was quickly convinced.

"First I gave up red meat, then poultry, then fish. Three years later I became a vegan," she explained. She first started to cook for her pets, to give them a healthy alternative to commercial petchow. Then, when Terrin met her partner Billy Freeman 15 years ago, her cooking really took off because Billy was already so handy in the kitchen, she explained.

On the 16-acre south Knox County property they have lived on for the past 13 years (Freenoa Farms, it's called), the duo has developed a diet that I would describe as divinely healthy and devilishly delicious.

"I like brown rice, sushi, soy milk, and tofu," she explains. "I use lots of spices, lemons, and ginger." On hot summer days Terrin's been enjoying fruit smoothies, green tea, and, in the evenings, a homemade beer. On July 9 Terrin showed the Vegetarian Society how to marinate and bake tofu, and brought a tofu chocolate pie for dessert. Billy brought a big pot of spicy bean soup that was worth lining up for.

When Terrin isn't cooking, she's working to place abused and neglected teens into foster homes in her job as a social worker. Other passions include hiking (she's part of a group of female hikers called the Maiden Voyagers), gardening, and feeding hummingbirds. "I've just gradually grown to appreciate the hummingbirds and the fact that they are just here for a few months," she said.

### ~~~~ Recipe for Life ~~~~~ from the Kitchen of Terrin Kanoa

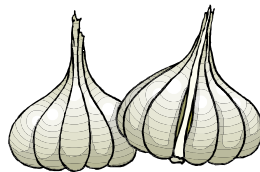
#### Marinated Baked Tofu

Terrin demonstrated this delicious dish at our VSET meeting on July 9.

**Step One:** Slice one pound of firm tofu into thin slices and cut each in half. Place slices on clean, dry towel and cover with another towel and set out to dry for several hours (in the sun speeds the process).

**Step Two, the Marinade:** In the blender combine:

- \* one-fourth cup cold-pressed safflower oil;
  - \* one-fourth cup liquid aminos;
  - \* 2 tablespoons miso;
  - \* one-half cup red or white wine
- (or, you can use water or sweet juice instead);
- \* juice of one lemon;
  - \* several cloves of garlic, pressed (to taste);
  - \* Other optional ingredients for marinade are 2 teaspoons grated ginger, one-fourth cup basil leaves, or one-fourth cup tomato paste.



**Step Three:** Place tofu in marinade and let set overnight or all day, shaking up a few times. Preheat oven to 300 degrees. Place tofu pieces on lightly oiled cookie sheets making sure they are thoroughly coated in marinade. Bake for about an hour or until browned, checking every 15 minutes or so to make sure they do not burn.

**Q.** *I am constantly reading that certain foods are considered cancer fighting, like blueberries. But how many servings a day would actually make a difference?*

**A.** The latest dietary guidelines call for 5-13 servings of fruits and vegetables a day, depending on one's caloric intake. For a person who needs 2,000 calories a day to maintain weight and health, this translates into about 9 servings, or 4½ cups per day. The ubiquitous "5-A-Day" message has now even been changed to "Eat 5 to 9 A Day" by the National Cancer Institute to encourage more produce consumption for health benefits. Specific fruits and vegetables may protect against specific types of cancer—for example, tomatoes may help protect men against prostate cancer. However, all fruits and vegetables are clearly an important part of any good diet. Almost everyone can benefit from eating more of them, but variety is as important as quantity. No single fruit or vegetable provides all of the nutrients you need to be healthy. The key lies in the variety of different fruits and vegetables that you eat.

**Q.** *As a child I heard that eating carrots would improve one's eyesight. Now mine is on the decline. Are there any nutritional factors involved? Are there any foods that will help?*

**A.** Eating plenty of fruits and vegetables can keep your eyes in good shape. You may have learned that the vitamin A in carrots aids night vision. Other fruits and vegetables help prevent two common aging-related eye diseases as well—cataracts and macular degeneration—which afflict millions of Americans over age sixty-five. Free radicals generated by sunlight, cigarette smoke, air pollution, infection, and metabolism cause much of the damage that contributes to eye disease. Dark green leafy vegetables contain two pigments, lutein and zeaxanthin, that accumulate in the eye. These two appear to be able to snuff out free radicals before they can harm the eye's sensitive tissues. In general, a diet rich in fruits, vegetables, and whole grains appears to reduce the chances of developing cataracts or macular degeneration, as well as otherwise contributing to good overall body health.



## In the Society

# VSET member Chell Pfeffer will be missed

By Patricia Adams & Linda Capps

The Vegetarian Society lost a great member this year in the passing of Michelle (Chell) Pfeffer. Chell was so energetic and sincere when it came to environmental issues and spent countless hours doing field research that has actually changed the way trees are tested for pollution. She developed a way to test saplings without actually pulling them out of the ground, leaving them rooted for future growth and, consequently, benefiting the planet with oxygen and root systems.

Her impact in the vegetarian area was devoted to showing the public how factory farming and cattle grazing have disastrous effects on our land and, ultimately, our future.

Chell lost her battle with leukemia on February 21, 2006. Chell was (and still is, through our memories of her), one of the rare ones who truly make a difference in this world and set such a wonderful example for the rest of us to follow.

To honor Chell, VSET has created the Michel Pfeffer Vegetarian Advocacy Award. Local glass artist and friend of VSET, Janette Kennedy has created a magnificent work of art to symbolize the award. The first award was presented to Chell's family at Meatout in March. The Pfeffer Award will be presented each year to a person who has made significant contributions to the promotion of vegetarianism in our area. The winner will be selected from your nominations. Details of the award will be presented at our annual Thanksgiving potluck, and nomination forms will be available at the annual event and online from November through February.

We will miss you, Chell. Thanks for all you did.

## In the Footsteps of Gandhi

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tinest creature." When he spoke to the Vegetarian Society of England in 1931, he said that he would not eat meat even in the face of death. "If anybody said that I should die if I did not take beef-tea or mutton, even under medical advice, I would prefer death."

According to author Keith Akers, who once spoke to our own vegetarian society, Gandhi viewed moral commitment as essential to the vegetarian cause. He observed that those who became vegetarian for moral reasons remained vegetarian for life; those who eschewed meat merely for health reasons were often not as committed, he discovered.

"Spiritual progress does demand at some stage that we should cease to kill our fellow creatures for the satisfaction of our bodily wants," Gandhi once said.

In Tennessee we have a special opportunity to learn from the life of Gandhi: the M.K. Gandhi Institute for Nonviolence is located in Memphis, on the grounds of Christian Brothers University. In Memphis the Mahatma's grandson, Arun Gandhi, carries on the work of *babu* (father, as many Indians called Gandhi). I hold a fond memory of Arun speaking in Maryville in the early 90s at a large Methodist church on the subject of world peace.

Today, many corners of the globe have erupted in violence, leading to death and untold suffering of people and animals. Though we may feel powerless to stop world conflicts, we do hold the power of the fork: the power to kill animals, or to let them live in peace. If you are considering adopting a vegetarian diet, ask yourself, "What would Gandhi do?"



## Vendor Discounts for 2006

The following establishments offer a 10% discount To VSET members, unless noted otherwise.



- **Calypso Cafe**, 7805 Montvue Center Way by WestTown Mall, 670-1444; Caribbean cuisine; healthy vegetarian/vegan choices - sandwiches, Cuban beans and rice, specialty corn muffins, desserts and more.
- **Invitations Galore**, 693-6541/ (888)734-8444, Quality invitations and coordinating accessories for parties, weddings, anniversaries, graduations, and more. eEmail VivecaPark@InvitationsGalore.com, 15%
- **Adopt-A-Pet**, 6720 Kingston Pike, 584-0496
- **Barley's Taproom**, 200 E. Jackson Avenue, 521-0092
- **Charlie Peppers**/Campus, 716 20th Street, 525-8669 and West location @ 252 Morrell Avenue, 291-9453
- **China Garden Buffet**, 5156 Clinton Highway, 688-2816
- **China Pearl**, 11248 Kingston Pike (Farragut), 966-6937 & 6450 Kingston Pike (Bearden), 588-7815
- **Emperor's Nearly New Clothes**, 6710 Morganton Rd, Greenback, 856-2229
- **Falafel Hut**, 601 15th Street, 522-4963 free almond cookie w/ \$5 purchase)
- **Front Porch**, Rte. 321, Cosby, TN, (423)487-2875
- **Green Hills Grille** (Western Plaza), 4429 Kingston Pike, 558-0091
- **Gypsy Hands Healing Arts**, 711 N. Central Ave, 522-5829
- **Jalisco**, 453 Park 40 N. Blvd. (Cedar Bluff), 690-1967
- **Jenny's Design, Inc.**, Oriental Arts, Jewelry, 927-9698
- **Kashmir**, 711 17th Street, 524-1982
- **King Tut's**, 4123 Martin Mill Pike, 573-6021
- **Massage for Health Center**, 681 Morganton Sq., Maryville 380-0298, 660-5063; 35%
- **Nama Sushi Bar**, 135 South Gay Street, 633-8539
- **Rama's Indian Imports**, 8044 Ray Mears Blvd., 690-9561(10% off spices; 5% off groceries)
- **Salsaritas**, West Hills Shops/Kingston Pk, 100 Jack Dance Dr, 671-6426 and Shops at Turkey Creek, 10919 Parkside Dr, 690-0486
- **Savelli's**, 3055 Sutherland Avenue, 521-9085
- **Sitar** (dinner only), 6004 Kingston Pike, 588-1828
- **Stefano's Pizza**, 1937 Cumberland Ave, 522-4151; 20%
- **Sunspot**, 1909 Cumberland Avenue, 637-4663

PLEASE DON'T EAT  
THE ANIMALS

