

# V Alaska Vegetarian Society Newsletter

February 2012

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## ***Becoming Vegan Deepened My Consciousness***

*Father Fred Bugarin's Vegan Story*

I grew up in the Philippines and moved to Alaska in 1963 when I was 14 years old. I was ordained a priest in 1975 in Anchorage. I am currently serving at St. Anthony's Catholic Church in Anchorage, having completed 6 years in Kodiak and 9 years as a missionary in Southern Philippines.

I care deeply about issues of peace and justice, so what I've learned about the production of food from animal sources affected me profoundly. I take a holistic approach to spirituality which includes care of the earth and all life forms. How could I support practices that cause so much suffering, waste and indiscriminate destruction of both plant and animal species? But I'm getting ahead of myself . . . Let me start from the beginning.



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## **A Deeper Look**

*by Delisa Renideo*

## **LEARNING--IT NEVER ENDS**

As a young child, I believed that only children were learning all the time. "Grown-ups" already knew everything. Boy, was I wrong . . . thankfully! But sometimes we wish we could ease up on the constant learning. I know I feel that way when I get a new cell phone or computer program. Inwardly, I groan, "Oh no, here we go again. . . another big learning curve." (Okay, so Charlie says sometimes it's outwardly, too!)

We all understand that technology changes rapidly and that we have to keep learning to even begin to keep up with it. But we may not realize that even such things as nutritional science are changing, and it's a good idea to make an effort to keep up with it.

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## **Nutrition Nuggets: The Magic of Onions** *by Delisa Renideo*

We're on the trail of magical plant foods. In November, we looked into the magic of micronutrients. In December, we checked out the magic of mushrooms. This fascinating trail continues as we now explore the magic of onions.

When I say onions, I really mean everything in the onion family, including garlic, chives, shallots, scallions, and leeks. These vegetables are all in the allium family, and besides adding wonderful enhancements to the flavor of almost any recipe, they also contribute magical qualities to our health. Our medieval ancestors knew about this and recognized that if they had an infection, they would get well faster if they ate onions and garlic.



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## **News & Events** *(click on the title text to for more information)*



### **February Film will be "Digestion Made Easy" –**

**Feb. 11, 2012, 7-9 p.m. at Dayspring Enrichment Center in Wasilla**

• **Next AVS Potluck - Feb. 25, 2012, 6-8:30 p.m. at the Palmer Public Library**

• **Next Series of Vegan Cooking and Nutrition classes start in March. Register early to get the early bird price. Go to [www.yestolife.info](http://www.yestolife.info) for more information and registration.**

## **Recipe of the Month: Healthy Salad Dressings**

**[Snappy Salsa Dressing](#)**

**[Blueberry Dressing](#)**