

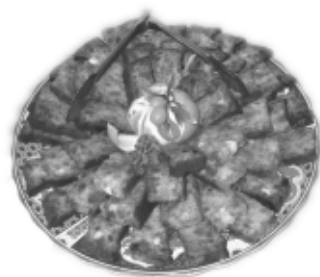
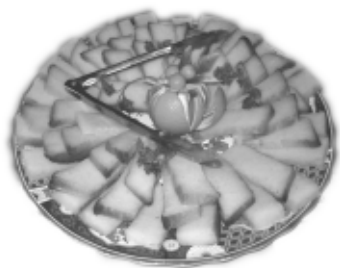
瑜珈鎮的第一個純素食饗宴

First VegFest Held in Ukiah

比丘尼恆音 文 BY BHIKSHUNI HENG YIN

周瑞芬 中譯 CHINESE TRANSLATED BY PRISCILLA YEH

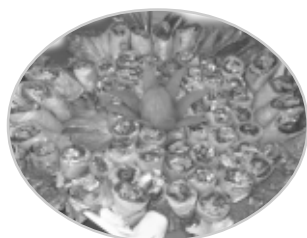
三月十六日上午十一點至下午六點在位於瑜珈鎮中心的「星期六下午俱樂部」舉行了瑜珈鎮的第一個純素食饗宴。本地的一些商店與愛護動物的組織提供許多種不含任何動物產品的食物、資訊、產品、抽獎獎品等。除了許多音樂、舞蹈表演以外，還有許多精彩的演講。



「大瑜珈鎮本地化」創辦人克利夫保林是第一位演講者，他的講題是「素食與大瑜珈鎮本地化之間的關聯」。接著整體論獸醫凱蒂赦麼思介紹，如何用藥草製造無毒的防跳蚤與扁虱的藥；作者暨整體論動物健康顧問珍愛桂蒂，提供轉化為素食者的三個簡單的步驟；國際生命之光的莎莉所麗亞分享生機飲食的好處。

放映「瘋狂的牛仔」是當天節目的高潮。這部影片是一部有關豪悟來門先生的記錄篇。豪悟來門先生原是一位祖傳四代的牧牛場主人，但是他現在完全不吃任何來自動物的食物。看完電影後，豪悟來門先生給了一場非常生動的演講。他告訴聽眾如果人類想要在這地球上繼續存活下去的話，所有的人必須在一代之內很快的改變他們的飲食習慣。他動人的演講內容詳見本期第37頁。

接著恆實法師先分享幾首提倡素



食的歌曲，然後開示「慈悲的飲食習慣」。在上述演講之間，更穿插了由培德中學學生表演的中國舞蹈與中國管旋樂、欽綺菀表演的、薔薇花蕾演唱的歌曲、伊莎白與愛瑪的合奏曲等等。很有趣的是兩位學生套上一隻乳牛的劇裝，穿梭於人群中，希望引發大眾愛護動物的慈悲心。

萬佛聖城、柏克萊聖寺、慈濟基金會與國際生機飲食協會的義工們所提供，三十多道美味的純素食——有中國、越南、馬來西亞、日本、印度、印尼、墨西哥、義大利與美國等

多國口味。培德中學的學生十五日下午就先去佈置場地，饗宴的當天又幫忙供應飲食、賣票、洗了數百個杯盤（為了響應環保，饗宴不用免洗杯、盤、刀、叉，以免製造垃圾）並負責善後清理打掃。雖然，事後覺得精疲

力盡，但同時很興奮，因為來了這麼多人。

珍愛桂蒂是CARE的發起人之一，帶著焯菟瑪麗亞——她去年八月拯救的食素大丹狗，一起迎接來賓，藉此向大家宣導素食與愛護動物的理念。她說：「希望大家了解素食對環保的重要性。」又說：「今天有這麼多具有慈悲心的人歡聚一堂，我非常欣慰能參與此以慈悲心為出發點的活動。」另一位來賓說，她很高興看到這麼多志同道合的本地人，代表各個不同的組織，聚集一堂交流並共享美食。有位來賓說看「瘋狂的牛仔」影片，並嘗了種種的純素食後，她決心要改變她的飲食習慣。瑜珈鎮純素食饗宴是CARE所舉辦的第一個活動。CARE是對動物慈悲、對地球尊敬的代詞，是2007年12月由一些瑜珈鎮的居民與幾位萬佛聖城的成員共同成立的愛護動物的一個新組織。



The first annual Ukiah VegFest, or vegan food fair, was held on Sunday, March 16, from 11 a.m. to 6 p.m. at the Saturday Afternoon Club in Ukiah, California. The event, which was attended by well over three hundred local Ukiah residents, offered a wide variety of vegan foods, as well as information booths, animal-friendly products from local businesses and organizations, a raffle, music and dance performances, and an exciting list of guest speakers.

The first speaker was Cliff Paulin, founder of Greater Ukiah Localization Project, who spoke on "The Connection between Plant-based Diet and Localization." Next, Katy Sommers, D.V.M., holistic veterinarian, shared how to make herbal, non-toxic flea and tick repellents. Jan Allegretti, consultant in holistic health care for animals and author, explained three easy steps to becoming a vegetarian for those interested in making the transition. Cherie Soria of Living Light International spoke on the health benefits of eating raw foods.



A highlight of the event was the showing of the film "The Mad Cowboy," a documentary about Howard Lyman, a fourth-generation

cattle rancher who won't eat any animal products. Mr. Lyman gave a dynamic presentation after the film, speaking about how it is critical to human survival on the planet that the people of the present generation change their diets quickly: carnivores can become vegetarians, and vegetarians can become vegans. He is convinced that most

Americans will become vegetarian in his lifetime (he is in his seventies), but he questions whether that will be soon enough. Please see page 37 in this issue for his compelling talk.

Rev. Heng Sure delighted the audience with



several vegetarian-inspired songs and a talk on "Compassionate Eating." Between speakers, the audience was treated to musical performances by the Chinese dance troupe and Chinese orchestra of Developing Virtue Secondary School, The Chinchillas, Rosebud, Isabelle Houthakker and Emma Crawford. Two students in a life-sized cow costume walked through the crowd and mooed at everyone.

More than 30 savory vegan dishes of various cultures (Chinese, Vietnamese, Malaysian, Japanese, Indian, Indonesian, Mexican, Italian, American) were served by volunteers from the City of Ten Thousand Buddhas, Berkeley Buddhist Monastery, Tzu Chi Foundation, and Living Light International. Students from Developing Virtue Secondary School helped set up



the event, served food throughout the day, sold tickets, washed hundreds of dishes (the earth-friendly event used reusable plastic plates, cups and utensils rather than disposable ones), and cleaned up afterwards. Everyone was exhausted but happy about the large turnout.

With Tila Marie, the vegetarian Great Dane she rescued last August, by her side, CARE Co-founder Jan Allegretti greeted visitors to the first-annual event that she hoped raised awareness for the vegetarian lifestyle as well as compassion to animals. "Vegetarianism is important for environmental concerns. We hope to raise awareness for that," Allegretti said. "There're so many compassionate people here. When people come together for something rooted in compassion it just makes me glad to be part of this community." One participant said it was wonderful to see so many like-minded local people sharing food and talk together, representing various organizations. Another participant commented that after watching "The Mad Cowboy" and trying vegan food, she was going to change her diet.

Ukiah VegFest was the first event presented by CARE: Compassion for Animals, Respect for the Earth, Mendocino County's newest animal advocacy organization co-founded in December 2007 by several Ukiah residents and a few members of the City of Ten Thousand Buddhas.