

# SHORT Stories

A HILL OF BEANS • WOMEN AND HIV  
THE DIRT ON ORGANIC GROWING • TIBETAN CHRISTMAS IN WATERLOO

## Happy cookers

They came to the infamous former Kentucky Fried Chicken shack on King Street in Waterloo bearing crock pots and corn stalks and pumpkins on that balmy October afternoon. A hearty group armed with their best bean concoctions, their loveliest legume stews, they squared off to win the palates of patrons (not to mention 200 clams) at the annual Ethel's Lounge chili cook-off.

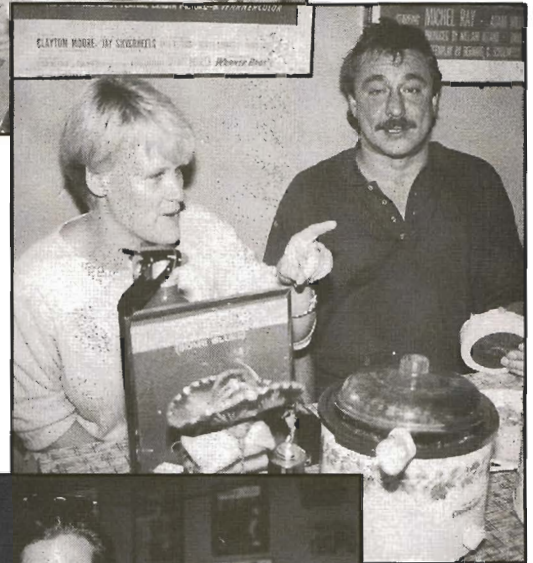
WholeLife was there, with a lean, meatless number – tofu carefully concealed in a tasty coating (but not deep fried) and replete with fresh vegetables, every bean in the pantry plus a secret blend of herbs and spices. It can be tricky business trying to sell meat-eaters on the merits of a chili sans carcass, but our offering (which included hunks of thick, dark bread on the side) was well-received – and wasn't a lone voice in a ground beef wilderness either. Sarah Beers of Waterloo did well with a hot little vegan dish containing a secret ingredient she revealed only to WholeLife contributing illustrator Timm Vera (maple syrup).

Sadly, our chili didn't win, but our display was a big hit. Our table-top animal rights protest (including a naked Barbie with a placard reading, "I'd rather go naked *and* hungry than eat Glenn's chili") won a prize but no kudos from Ethel's owner Glenn Smith, a devout consumer of animal flesh.

In the end, last year's winner prevailed. Mary Ann McLaughlin (top photo, right) has the chili recipe to beat next year, and we'll be back. In the meantime, we're having a little cook-off of our own. Send or fax us your favourite vegan chili recipe by November 30 and help other WholeLife readers stay warm this winter. We'll publish our selections in the January/February issue of WholeLife. Have fun! Win prizes! Write or fax today!



Left: Mary Ann McLaughlin (right, with friend Eileen Richard), was this year's Ethel's Lounge Chili Cook-off winner. Sarah Beers (below with cook-off competitor Jocko Piotrowski) helped the vegan cause with her meatless entry – and lots of tips for new vegetarians.



Photos by Irene Gesza



Send us your best vegan chili recipe and win good prizes. We'll publish our selections in the next issue of WholeLife. Send entries to: 87 Benton St. Unit C. Kitchener, ON N2G 3H3 or fax: 742-1852. Deadline is Nov. 30/98.

WholeLife helper Ronda Lobsinger (above) dropped her ladle to get a handle on chili aficionado Frank Casimiro from Sugarland, Texas. In Texas, Casimiro says, they too have themes for their chili cook-offs: they drink a lot of beer. (Left) John Short, president of Waterloo's Media Focus Group, messes with WholeLife illustrator Timm Vera who messes with our display's naked Barbie.