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Portland VegFest Celebrates Six Years of Food, Fun, and Community

Oregon's largest annual vegetarian festival is now expanded to two days and features a prestigious roster of best-selling health and wellness authors.

Location: Oregon Convention Center, 777 N.E. MLK Blvd., Portland, OR 97232

Date: Saturday & Sunday, September 18 & 19, 10 a.m. to 6 p.m.

Admission: \$5 at the door. Free for children 10 and under.
A printable \$1-off coupon is at www.portlandvegfest.org
Go eco-friendly. Take TriMet. \$1 discount on admission when valid Tri-Met fare is presented.

General Information: www.portlandvegfest.org or (503) 746-8344

Portland VegFest is celebrating its sixth anniversary on the weekend of September 18-19 with an exciting lineup of speakers at the Oregon Convention Center.

VegFest celebrates and promotes sustainable, compassionate and healthy food choices and lifestyles. Started in 2005 by Northwest VEG, a local nonprofit organization, the annual festival has become Oregon's premier vegetarian food and education extravaganza, thanks to the overwhelmingly positive support of exhibitors, sponsors, and the general public.

Headlining speakers for 2010 will include the following:

- **Brenda Davis, R.D.**, nutritionist and co-author of seven books, is a leader in her field and an internationally acclaimed speaker. She has worked as a public health nutritionist, clinical nutrition specialist, nutrition consultant and academic nutrition instructor. Brenda is a past chair of the Vegetarian Nutrition Dietetic Practice Group of the American Dietetic Association. In July 2007, she was inducted into the Vegetarian Hall of Fame.
- **Dr. Michael Greger** is a physician, author, and internationally recognized professional speaker on a number of important public health issues. Dr. Greger has lectured at the Conference on World Affairs, the National Institutes of Health, and the International Bird Flu Summit, among countless other symposia and institutions, and was invited as an expert witness in defense of Oprah Winfrey at the infamous "meat defamation" trial. Currently Dr. Greger proudly serves as the Director of Public Health and Animal Agriculture at the Humane Society of the United States.
- **Dr. Michael Klaper** graduated from the University of Illinois College of Medicine in Chicago in 1972. As Dr. Klaper's medical career progressed, he began to realize that many of the diseases his patients brought to his office were made worse, or were actually caused by the high fat, overly processed Standard American Diet. Dr. Klaper believes strongly that proper nutrition and a balanced lifestyle are essential for health, and in many cases make the difference between healing an illness or merely treating the symptoms.
- **Dr. Milton Mills** is a graduate of Stanford University School of Medicine and an internist practicing at Fairfax Hospital in Virginia and at free clinics in Washington, D.C. He became interested in the connection between diet and health when he went vegetarian as a teenager. His prescription for patients is likely to include some dietary advice: go vegetarian. Dr. Mills doesn't limit his message to his patients. He takes it to audiences around the country as well, speaking at hospitals, churches, and community centers.

- **Gordon Saxe, M.D., Ph.D., M.P.H.** is an Assistant Professor in the Department of Family and Preventive Medicine and a member of the Moores Cancer Center at the University of California, San Diego. Dr. Saxe's research has focused on the role of diet and lifestyle factors in breast and prostate cancer. His current research focuses on whether adoption of a plant-based diet, reinforced by stress reduction, can slow the progression of recurrent prostate cancer.
- **Christopher Weber, Ph.D.** is Assistant Research Professor of Civil and Environmental Engineering and member of the Green Design Institute at Carnegie Mellon University in Pittsburgh, PA. Dr. Weber's doctoral research at Carnegie Mellon involved the connections between international trade, economic growth, and the environmental and climate impacts of household consumption in the U.S. and China. His current research interests involve climate change and the use of life cycle assessment and economic modeling in business and government policy.

Portland VegFest will also feature a full slate of cooking demonstrations. Confirmed presenters include the following:

- **Chef Al Chase** has been in the food business for over three decades and is considered one of the premier vegan chef educators in North America.
- **Jennifer Cornbleet** is an internationally recognized raw food chef and instructor, and the author of the best-selling *Raw Food Made Easy for 1 or 2 People*. She is a faculty instructor at Living Light Culinary Arts Institute in Fort Bragg, CA and serves on the board of directors of the Conscious Health Institute.
- **Debra Daniels-Zeller** is an instructor of seasonally inspired vegetarian cooking classes whose recipes and articles appear regularly in numerous healthy living magazines. Her just-released cookbook, *The Northwest Vegetarian Cookbook*, features 200 recipes highlighting the flavors of Oregon and Washington.
- **David Gabbe and Wendy Gabbe Day** are a dynamic father-daughter duo. David is a local cooking instructor and speaker at numerous health symposiums and conferences. He is also the author of five books. Wendy, a vegetarian since birth, is a coordinator for local nonprofit Northwest VEG, a vegan cooking instructor, and author of an upcoming vegan "sweets" cookbook.
- **Pete Prasarttongosoth** is the owner of the popular Vege Thai restaurant located in SE Portland.
- **Alan Roettinger** was a private chef to the rich and famous for 25 years. He is also the author of the recently released cookbook *Speed Vegan*.
- **Chef Tal Ronnen**, New York Times bestselling author of *The Conscious Cook*, became known nationwide as the chef who prepared vegan meals for Oprah Winfrey's 21-day vegan cleanse.

As in years past, Portland VegFest will feature an "Ask the Experts" table and an exhibition room where attendees can enjoy **FREE samples of delicious food and drink** from local, regional, and national companies. Also back by popular demand will be a wide variety of informative classes taught by the following:

- **Pulin Modi** is the Action Team manager in PETA's International Grassroots Campaigns Department. He coordinates PETA's work with local animal rights activists and groups around the world, teaching them the ins and outs of organizing protests, distributing informational leaflets, and coordinating educational events.
- **Rae Sikora** is a renowned humane educator and co-founder of the Center for Compassionate Living.
- **Kyle Vincent** is a critically-acclaimed singer-songwriter and ardent environmentalist who has worked with some of the biggest names in music. He is among a select group of individuals chosen to be trained by former Vice President Al Gore to give his climate crisis slide show presentation, and is an officially sanctioned presenter of The Climate Project and The Alliance for Climate Protection.
- **Dr. Richard Heitsch**, medical director of the Integrated Medicine Group in Northeast Portland, has over 10 years experience in Functional Medicine and a Master's Degree in Public Health. He is trained as a surgeon and holds vast experience in general and trauma surgery as well as sports medicine and rehabilitation.

Portland VegFest Sponsors

VegFest is organized by Northwest VEG with generous sponsorship support from the following companies:

Event Sponsor: Integrated Medicine Group, TriMet, VegNews, Portland Tribune

Gold Sponsors: Bob's Red Mill, Dave's Killer Bread, Manitoba Harvest, Turtle Mountain

Silver Sponsors: Book Publishing Company, Luna & Larry's Coconut Bliss, Equal Exchange, Pulmuone Wildwood/Emerald Valley, ReDirect Guide, Theo Chocolate, Toby's/Genesis, Turtle Island Foods



About Northwest VEG

Northwest VEG is a nonprofit 501(c)(3) organization that supports healthier, more sustainable, and compassionate food choices. Northwest VEG offers an array of educational and social events throughout the year in Portland, with additional outreach in Vancouver, Washington.

Members of the community who would like to incorporate more healthy options into their diets can enroll in the Veg 101 series, which provides six weeks of classroom instruction on plant-based cuisine and nutrition. In partnership with the National College of Natural Medicine and People's Food Co-op, Northwest VEG also offers a nine-week Master Vegetarian Program that covers the environmental and epidemiological impact of our food choices.

For more information, visit www.nwveg.org.