

The NW VEG Thymes



Vegetarian Education & Empowerment Group

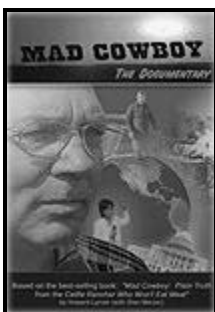
THE MISSION OF NORTHWEST VEG IS TO EDUCATE AND EMPOWER PEOPLE TO MAKE VEGETARIAN CHOICES FOR A HEALTHY, SUSTAINABLE, AND COMPASSIONATE WORLD

HOWARD LYMAN

RIDES INTO PORTLAND TO SCREEN MAD COWBOY: THE DOCUMENTARY

by Carol Merrick, Secretary, Northwest VEG

HOWARD LYMAN'S NEW FILM, *MAD COWBOY: The Documentary*, is a must-see film for anyone who cares about food safety and sustainable agricultural practices in our country and throughout the world. Most people know Lyman from his appearance on the Oprah Winfrey Show in 1996 when he discussed Mad Cow Disease, revealing that the meat from some cows was being fed to other cows. Winfrey announced on the show that she would not eat another burger. *Mad Cowboy* illustrates how Lyman, a 4th generation rancher/farmer, became one of the world's most widely traveled activists promoting a vegetarian diet. Lyman discusses the history of U.S. animal practices concerning mad cow disease, and explains why he and Winfrey were sued by a group of Texas cattlemen.



Northwest VEG will host the premiere showing of *Mad Cowboy: The Documentary* at 7:00 pm on September 27, at the First Congregational Church, 1126 SW Park Ave., in downtown Portland. Lyman will be present to answer questions from the audience. A donation of \$5 at the door is requested, but no one will be turned away.

Lyman believes that it's crucial to find balance in

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RE-THINKING THE "MEAT MARKET" EXAMINING THE MESSAGE IN ERIK MARCUS' NEW BOOK

Courtesy of VegNews (May-June 2005)

ERIK MARCUS' NEW BOOK, *MEAT MARKET: Animals, Ethics and Money*, radically redefines what it means to be an effective animal advocate in the 21st century by outlining a brave new vision: to expose animal agriculture by enrolling vegan activists in a new animal movement he calls "dismantlement."

Don't miss seeing Marcus discuss his new book at 7:30 pm on Thursday, Sept. 29, at Powell's Bookstore, NW 10th Ave. & W Burnside St., Portland. This free event is co-sponsored by Powell's and Northwest VEG.

Marcus argues that attention must be turned

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HOWARD LYMAN

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all aspects of life and to change the way people think and feel about food. In the film, many experts are interviewed: scientists, activists, farmers, ranchers, doctors, and consumers on every side of the issues. One segment features John Strauber, Executive Director of The Center for Media & Democracy, who states, "The most eloquent critics about what animal agriculture has become are long-time farmers and ranchers, like Howard Lyman. People who grew up farming and milking cows are horrified to see animals turned into mechanical devices."

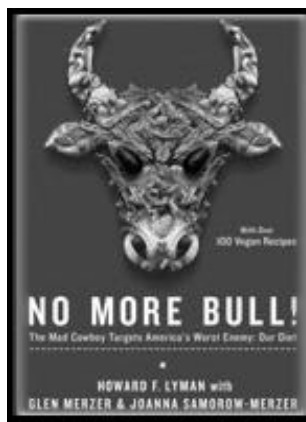
Lyman's film takes us into animal food production facilities where we can judge for ourselves what U.S. factory farm practices do to the animals and to the people who work there.

A former food inspector for the USDA discusses the abuses he witnessed and policies that often put consumers at risk.

Andrew Kimbrell, Executive Director for the Center for Food Safety, discusses food disparagement laws that make it illegal, in some states, to say negative things about certain food products, such as meat. Over 100 years ago, the U.S. Supreme Court gave corporations personhood



Howard Lyman will screen his new documentary film and field questions on Sept. 27.



rights, and with the new food disparagement laws, the result is expanded commercial free speech while at the same time diminishing personal free speech. Even though Lyman and Oprah won their lawsuit in Texas, the trial succeeded in curtailing media coverage on critical issues, such as mad cow disease.

Dr. Neal Barnard, President of the Physicians Committee for Responsible Medicine, and Alex Hershaft, President of the Farm Animal Reform Movement (FARM), are also interviewed. Both men inspire people to make more conscious choices concerning their food and other consumer products. In spite of the food industries' power, this film confirms that one person can make a difference and make the world a kinder place.

Lyman also has a new book, *No More Bull!*, in which he targets America's worst enemy: our diet. With an update on mad cow disease, an eye-opening discussion of the link between Alzheimer's and meat consumption, and a raucous dissection of the folly of high-protein diets, *No More Bull!* makes the case for a plant-based diet, clearly and powerfully. Featuring more than 100 vegan recipes from friends of Lyman, noted cookbook authors, award-winning chefs — and easy-to-follow tips for those transitioning to a vegan or plant-based diet — *No More Bull!* could be the book that changes your life, or the life of someone you love.

At the Sept. 27 Portland event, the DVD of *Mad Cowboy: The Documentary* and *No More Bull!* will be available for purchase. 🌍

Carol Merrick is an organizer, writer, and secretary of Northwest VEG. She has been a medical technician, a chief biological research technician, and a workshop facilitator. She's a graduate of The Evergreen State College in Olympia.

For more information about Howard Lyman, visit his website, www.madcowboy.com

MEAT MARKET—ERIK MARCUS

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away from meat's overplayed "devastating effects" on humans and the environment and focused instead on exposing the industry's cruelty.

"For too long, animal protectionists have pushed the wrong messages," Marcus writes. "Overstated claims have cost us credibility."



A fair number of animal activists will disagree with this thinking, as well as with Marcus' argument that "side issues," such as vivisection and hunting, should be avoided if the goal is to save the most animals possible. Many activists believe vivisection and hunting are issues that allow people to find common ground and help them move forward with behavioral change.

Still, Marcus' key point is that animal agriculture "has something to hide." Activists must therefore "stick relentlessly to exposing cruelty on farms," he writes, "and seeking out the audiences who are most likely to respond." That, he says, means high schools and colleges, so that young people learn the truth about how farmed animals are treated.



Erik Marcus, author of *Meat Market*

The book also includes essays by activists who are doing the sort of work Marcus feels is the future of the animal rights movement.

Whatever your thinking is, *Meat Market* includes much that cannot be ignored. 🌍

ACT FOR A COMPASSIONATE, SUSTAINABLE WORLD: JOIN NORTHWEST VEG'S ACTIVIST TEAM

Looking for a way to make a positive difference that fits into your busy schedule? Join NW VEG ACT, our new email Activist Team. Sign up, and you'll receive periodic email notices about local, state and national issues for which you can use the power of your pen, your passion & your voice to educate, influence and empower others for a more compassionate, sustainable planet. The action alerts that you'll receive will address issues related to animals, people and the planet. Many will relate to food issues, but we want our circle of concern to include other issues of compassion and sustainability, as well. You can also send in alerts of your own.

For more information, and/or to join NW VEG ACT, contact Marsha, Education/Outreach Coordinator at marsha@nwveg.org. 🌍

"Agribusiness companies tell us that animals in factory farms are 'as well cared for as their own pet dog or cat.' Nothing could be further from the truth. The life of an animal in a factory farm is characterized by acute deprivation, stress, and disease. Hundreds of millions of animals are forced to live in cages or crates just barely larger than their own bodies. While one species may be caged alone without any social contact, another species may be crowded so tightly together that they fall prey to stress-induced cannibalism. Cannibalism is particularly prevalent in the cramped confinement of hogs and laying hens. Unable to groom, stretch their legs, or even turn around, the victims of factory farms exist in a relentless state of distress."

—Humane Farming Association

VOLUNTEER OPPORTUNITIES BIG AND SMALL!

Northwest VEG needs volunteers to table at the Vancouver Peace and Justice Fair on Saturday, Sept. 24. Two hours shifts begin at 9 am and end at 5 pm. It's sure to be a fun day. Help is also needed in the planning of next spring's Compassionate Living Fair. If you are interested in participating on the committee, we need you!

For more information or to volunteer, contact Maggie Raczek, Volunteer Coordinator, at volunteer@nwveg.org or (503) 493-2358.

Upcoming Events

Sept. 10 (Saturday), 6:00 pm - 7:30 pm: Veg Dine-out

Each month, Northwest VEG members and friends dine at a restaurant that offers tasty veg options. This month's restaurant is business partner Vegetarian House, 22 NW 4th Ave., Portland. Enjoy delicious Chinese appetizers and main dishes from a completely vegetarian menu. Please RSVP the number in your party (required) to dine-out coordinator Ardis at roar214@earthlink.net by Sept. 7. Please join our group promptly at 6:00; if your plans change, contact Ardis prior to Sept. 10. If you have concerns about accommodations for children or disabilities, call the restaurant at (503) 274-0160.

Sept. 16 (Friday), 6:00 pm – 8:30 pm: Northwest VEG Board Meeting

Each month, the Northwest VEG board meets to discuss upcoming events, new possibilities, volunteer needs, budget, membership, and other concerns. Decisions are made based on consensus, with board members voting to decide certain matters. Northwest VEG members who are interested in becoming more active in the group are welcome to attend the board meetings. Please contact (503) 224-7380 or info@nwveg.org if you would like to attend.

September 18 (Sunday), 5:00 pm - 7:30 pm:

Northwest VEG Vegetarian Potluck

Join us at the Friends Meeting Hall, 4312 SE Stark in Portland. We'll start with a vegetarian potluck followed by Sue Aberle, R.D., discussing the nutritional value and healthfulness of the many vegan and vegetarian packaged foods containing processed soy beans. To fulfill the ever-increasing demand for meatless and dairy-free foods, the food industry has developed mock meats and cheeses, meatless burgers, dairy-free ice creams and a variety of other packaged foods using soy as a base ingredient. Sue, a Northwest VEG member, will discuss the other ingredients in these packaged food and how much soy is healthy. She is a registered dietitian specializing in many areas including weight management, food allergies and sensitivities, disease management, and children's nutrition. Please bring a vegan (no animal-derived

ingredients) or vegetarian (no meat or seafood) main dish, salad or dessert, a card listing its ingredients, and plates and utensils for your use. If you come by yourself, dish should serve 4-6; increase the amount 4 servings for each additional person in your group. A donation of \$2 – \$5 is requested to help defray the cost of renting the venue. Call (503) 224-7380 or email info@nwveg.org for more information.

Sept. 27 (Tuesday), 7:00 pm: Howard Lyman Visits Portland to Screen **Mad Cowboy, The Documentary**

Howard Lyman, fourth generation cattle rancher and author of *Mad Cowboy: Plain Truth from the Cattle Rancher Who Won't Eat Meat*, will show his new documentary film and speak at the First Congregational Church, 1126 SW Park Ave., Portland. A donation of \$5 at the door will be requested, although no one will be turned away for lack of funds. For more about Howard Lyman, check out <http://www.madcowboy.com>.

Sept. 29 (Thursday), 7:30 pm: Erik Marcus speaks on Meat Market: Animal, Ethics, and Money

Erik Marcus, author of *Meat Market: Animals, Ethics and Money*, will discuss his new book, including the advantages of vegetarian eating and how easy it is to make the switch. He also will address why the animal protection movement has failed to win significant progress for animals, and how the movement could be restructured to produce rapid social change. This free event will take place at Powell's Bookstore, NW 10th Ave. & W Burnside St., Portland. To learn more about Erik, visit <http://www.erikmarcus.com/index.php>.

Oct. 8 (Saturday), 6:00 pm - 7:30 pm: Veg Dine-out

Each month, Northwest VEG members and friends dine at a restaurant that offers tasty veg options. We will enjoy vegan pizza at Kalga Kafé, 4147 SE Division, Portland. Please RSVP the number in your party (required) to dine-out coordinator Ardis at roar214@earthlink.net by Oct. 5. Please join our group promptly at 6:00; if your plans change, contact Ardis prior to Oct. 8. If you have concerns about accommodations

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UPCOMING EVENTS

Continued...

for children or disabilities, call the restaurant at (503) 236-4770.

October 16 (Sunday), 5:00 pm - 7:30 pm: Northwest VEG Vegetarian Potluck

Join us at the West Hills Unitarian Universalist Fellowship, 8470 SW Oleson Road in Portland for our monthly vegetarian potluck. Following the meal, Northwest VEG board members will review activities and successes in the past year and respond to members' questions. Vegan cake will be served to celebrate the 2-year anniversary of our founding. Please bring a vegan (no animal-derived ingredients) or vegetarian (no meat or seafood) main dish, salad or dessert, a card listing its ingredients, and plates and utensils for your use. If you come by yourself, figure the amount to serve 4-6; increase the amount 4 servings for each additional person in your party/family. Call (503) 224-7380 to leave a message to be contacted for more information — or email info@nwveg.org.

October 17 (Monday), 6:00 pm:

Free Screening of **Peaceable Kingdom**

Don't miss this free screening of *Peaceable Kingdom* at the Hollywood Library, 4040 NE Tillamook St., Portland. Do animals raised for food have emotional lives and family bonds? What happens to farm kids when they are asked to take the lives of the animals they've cared for? Why would a factory farmer leave his profession to become an animal advocate? At a time when the public is more concerned than ever about the health and environmental problems associated with large-scale factory farming, *Peaceable Kingdom* explores another angle of this unfolding story: the interconnected life journeys of farm animals, former farmers, and animal rescuers struggling against an out of control industrial system. For more about the film, visit <http://www.tribeofheart.org/pk.htm>.

Nov. 20 (Sunday), 5:00 pm - 7:30 pm: Northwest VEG

Compassionate Thanksgiving Celebration

Join us at the Trinity United Methodist Church, 3915 SE Steele St., Portland, for our Second Annual Compassionate Thanksgiving Celebration. Following the meal, entertainment will be provided. DETAILS WILL BE ANNOUNCED IN EARLY OCTOBER.



SHOP YOUR LOCAL FARMER'S MARKET

EXCHANGE VEG RECIPES AT HOLIDAY RECIPE SWAP

Looking for a tasty new holiday recipe? Never know what to fix for your veggie or carnivorous friends visiting for the holidays? Tired of traditional Thanksgiving fare? Save your spot now for Northwest VEG's first Holiday Recipe Swap on Saturday, Nov. 5, at 6:00 pm! The location will be Cascadia Commons Co-housing Community Common House, SW 94th, Portland.



It's simple: bring a vegetarian (preferably vegan) dish that has been a success at a past winter holiday meal. It should yield at least 30 small sample size- portions. In addition, bring 30 copies of the recipe. Then you'll sample all the delicious dishes and take home copies of the recipes you especially liked to add to your cadre of yummy holiday ideas. Drinks provided. For more information, and/or to RSVP (required - spaces limited!), contact Marsha, Education/Outreach Coordinator, at marsha@nwveg.org or (503) 296-0640.

MEMBER DISCOUNTS & BUSINESS PARTNERS

MEMBER DISCOUNTS

Northwest VEG members can enjoy savings at participating businesses. Please have your membership card with you when you request the discount. If you have any comments or questions, contact Charley Korn: charley@nwveg.org or (503) 288-1503.

Calendula Café, 3257 SE Hawthorne Blvd., Portland, (503) 235-6800. Organic fine cuisine in historic Queen Anne Victorian home. Dinner, weekend brunch, closed Mondays. Vegan! 10% discount.

Divine Café on SW 9th Ave., near Washington Street, (503) 314-9606. Count on tasty tofu-rice salad, delicious soups and much more. Lunch only, closed Sundays. Vegetarian! 10% discount.

Dreamers Café, SW 5th Ave. near Oak and Stark, Portland. Falafel, wraps, "not" chicken parmesian sandwich and "not" buffalo wings. Lunch (till 4 pm), weekdays. Vegetarian! 10% discount.

Integrated Medicine Group, 163 NE 102nd Ave. Bldg. V, Portland, (503) 257-3327. 15% discount on supplements, all of which are vegan.

Kalga Kafé, 4147 SE Division, Portland, (503) 236-4770. Organic international cuisine including Thai and Indian; vegan pizza, too. Open nightly for dinner. Vegetarian! 10% discount.

Mirador Community Store, 2106 SE Division, (503) 253-6558. Open daily, offering kitchen supplies, gifts, books. www.mirador-pdx.com. 5% discount.

Natural Awakenings Magazine, (866) 488-5490, Portland@naturalawakeningsmag.com. Locally published *Natural Awakenings* provides insights and information to improve the overall quality of life. 20% discount on advertising.

Paradox Palace Café, 3439 SE Belmont St, Portland, (503) 232-7508. Almost entirely vegetarian and very vegan-friendly, emphasis on organic produce. 10% discount.

Sun Lotus Café, 4505 SE Belmont St., Portland, (503) 236-6389. Enjoy soup, sandwiches, soy hot dogs and vegan pastries. Closed Sundays. Vegetarian! 15% discount of food items

Tao of Tea, 3430 SE Belmont St., Portland, (503) 736-0119; 2112 NW Hoyt St., Portland, (503) 223-3563. Enjoy vegan-friendly, organic, Indian, and Thai cuisine, as well as fine teas. www.taooftea.com. Vegetarian! 10% discount.

Vege Thai, 3274 SE Hawthorne, Portland, (503) 234-2171. The only vegetarian Thai restaurant in Portland; tasty curries and "not" meats! Vegetarian! 10% Discount.

Vita Café, 3024 NE Alberta St, Portland, (503) 335-8233. Modern ethnic meals, vegan comfort food ("chicken" fried steak, "fish" & chips), vegan pancakes. 10% discount.

BUSINESS PARTNERS

Businesses that meet our criteria can support Northwest VEG and receive publicity through our newsletter and website. To learn more about the partner program, contact info@nwveg.org or call (503) 288-1503. You may also visit www.nwveg.org/Membership.html.

Please support our business partners!

Vegetarian House offers a wide selection of unique and fresh Chinese style food — exclusively vegetarian. Open every day for lunch and dinner; buffet available on weekdays. Location: 22 NW 4th Ave., Portland. (503) 274-0160. www.vegetarianhouse.com

Integrated Medicine Group, 163 NE 102nd Ave. Bldg. V, Portland, OR 97220, (503) 257-3327, www.integratedmedicinegroup.com. Services include acupuncture, massage, Hyperbaric Oxygen Therapy, and intravenous delivery of nutrients and medications, among other therapies. Integrated Medicine Group offers Northwest VEG members a 15% discount on supplements, all of which are vegan.



"I will not eat anything that walks, runs, skips, hops or crawls. God knows that I've crawled on occasion, and I'm glad that no one ate me."

—ALEX POULOS

THE NORTHWEST VEG BOARD OF DIRECTORS
 Charley Korn, President
 Don Merrick, Vice President
 Linda Sant'angelo, Treasurer
 Carol Merrick, Secretary
 Marsha Rakestraw, Education/Outreach Coordinator
 Maggie Raczek, Volunteer Coordinator
 Jill Schatz, Membership Co-coordinator
 Peter Spendelow, Membership Co-coordinator

EDITOR

Tammy Russell, noemie1226@msn.com.
 If you are interested in writing for the newsletter, please contact Tammy to discuss your ideas.

DESIGNER

David Langton

VOLUNTEER MEMBERSHIPS AVAILABLE!

If you would like to be a member of Northwest VEG, and are currently a student or on a limited income, there is an option for you. Northwest VEG offers Volunteer Memberships in which giving your time to our organization can result in a membership, with all its perks. For more information, contact Maggie Raczek, Volunteer Coordinator, for details at (503) 493-2358 or volunteer@nwveg.org.

Join Northwest VEG!

Enjoy our supportive and friendly community of people interested in vegetarian food and issues. Educate yourself about the benefits of a healthy, sustainable, compassionate lifestyle.

Help bring awareness to the powerful impact of our food choice. Help us build a community making it convenient, fun and empowering to make vegetarian choices.

Please circle your choice of membership level:

\$20 for Individual \$50 for Steward \$_____ Additional Donation
 \$35 for Family \$100 for Sustainer

May we contact you about volunteer opportunities with Northwest VEG? • Yes • No • Call me in a few months

Name: _____ Make checks payable to **Northwest VEG** & send to:

Street: _____

City, State, and ZIP: _____

Phone: _____

E-mail: _____

Northwest VEG
 c/o Linda Sant'Angelo
 24305 NE Elkhorn Road
 Brush Prairie, WA 98606

Northwest VEG is a 501(c)(3) tax-exempt organization.

Recipe of the Month
Apple Crisp (Vegan)
from *Post Punk Kitchen*
(theppk.com)



For the topping
1 cup quick cooking oats (not instant)
1 cup flour
1 cup light brown sugar
1/2 teaspoon baking powder
1/2 teaspoon ground cinnamon
1/3 cup canola oil
3 tablespoon soy milk
1 teaspoon vanilla
1/4 teaspoon salt

Equipment:
9 x 13 baking dish (preferably glass)

Ingredients:
For the filling
4 lbs apples (I use Roma)
1/2 cup light brown sugar
1/2 cup sugar (I use Florida Crystals)
1/2 cup apple juice or water
1 tablespoon arrowroot powder (cornstarch will work too)
1 teaspoon ground cinnamon
1/2 teaspoon ground nutmeg
1/4 teaspoon allspice
1/8 teaspoon cloves
1/2 cup raisin (optional)

Directions:
Preheat oven to 350 F. Peel, core and thinly slice apples. Dissolve the arrowroot in the apple juice or water. Set aside. Place apples and raisins in the baking dish, add sugars and spices and combine everything well (you may need to use your hands to do this). Pour arrowroot mixture over everything. To prepare the topping, in a medium bowl, combine all dry ingredients. Add oil, soy-milk, and vanilla, mix well. Crumble topping over the apples. Bake for 45 minutes. Remove from oven and let cool at least 15 minutes before serving.



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Northwest VEG
13376 SW Chelsea Loop
Tigard, OR 97223

Phone: (503) 224-7380
E-mail: info@nwveg.org

VEGETARIANS OF NOTE

*Moby...Carl Lewis...Paul McCartney...Jane Goodall
Martina Navratilova...Alicia Silverstone...Hank Aaron
Amy Ray...Tom Petty...k.d. lang...Thomas Edison
Eddy Vedder...Alanis Morissette...Francis Moore Lappe'
Julia Butterfly Hill...Leo Tolstoy...Leonardo da Vinci
Albert Einstein...Natalie Merchant...Tom Cruise
Peter Gabriel...Tracy Chapman...Pamela Anderson
Tobey Maguire...Steve Martin...Natalie Portman*