

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 and Renowned Chefs Will Highlight Vegan Holiday Festival

NORTHWEST VEG IS PLEASED TO JOIN WITH **ROBERT CHEEKE** of Vegan Bodybuilding and Fitness and numerous other groups to sponsor the 2006 Vegan Holiday Festival on November 18. Everyone from the merely curious to vegan is welcome to attend and will find easy and simple steps to eat and live in a more sustainable and compassionate manner. The event will take place from 11 am to 6 pm at Lincoln High School Cafeteria, 1600 SW Salmon Street, in downtown Portland. There will be a \$5 admission at the door.



Howard Lyman

The Vegan Holiday Festival will feature world-renowned speakers, plus a wide variety of exhibitors. Participating non-profit groups will offer information on nutrition and health, exercise, cooking and baking, the environment, and proactive steps for a promising future. Holiday themed and animal-friendly products and services including crafts, gifts, and food will be available.

Speakers and presenters include "Mad Cowboy" **Howard Lyman**, a 4th-generation cattle rancher turned vegan activist; author and vegan chef **Beverly Lynn Bennett**; author and professional triathlete **Brendan Brazier**; culinary expert Chef **Al Chase**; raw food Chef **Ani Phyo**; animal rights advocate **Matt Rossell** of In Defense of Animals Northwest; and chefs from Blossoming Lotus Café.

Robert Cheeke, president of Vegan Bodybuilding & Fitness, aims to present the Vegan Holiday Festival as a celebration and alternative to the unthinking cruelty that goes on in food and clothing production for the Holiday Season. His vision is to uplift, inspire, educate and motivate people to make healthier and more compassionate food and lifestyle choices.

Portland was recently voted as the #1 Vegan-Friendly City in North America by PETA, and was placed #2 by *VegNews*

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Magazine. The vegan community has been growing in Portland, with a number of new vegan restaurants and stores opening in just the past year.

Vegan Holiday Festival co-sponsors: Blossoming Lotus, *VegNews Magazine*, Vega, Veganopolis, Food Fight Grocery, Proper Eats Market & Café, In Defense of Animals Northwest, *Herbivore Magazine*, and Northwest VEG.

Eat Your Veggies!



Beverly Lynn Bennett

(Continued on page 2)

Ask Christine About Vegan Baking via the NW VEG Website

THE NORTHWEST VEG website, www.nwveg.org, is now a portal through which to converse with a prolific Bay Area vegan baker, **Christine Dickson, Ph.D.** A link on the home page takes visitors to information about vegan baking and ways to contact Christine. In the near future, it also



Christine Dickson, PhD, with friend

may contain videos of baking demonstrations. Further, tele-classes may be arranged that would allow participants in the Portland area to bake something while Christine provides guidance in real time.

Christine gave up dairy and eggs 3 years ago and has since been on a mission to reinvent traditional baking techniques and practices.

"I forced myself to think outside the box, to throw away everything I ever knew about baking. I no longer followed recipes. I conducted experiments, something I was well suited for as a trained researcher. My test sample became my non-vegan friends and family. I forced them to taste every new creation until one day they said, 'this dessert is great!' Later came the most exciting comments, 'this dessert tastes better than the original,' and 'this can't be vegan it is too moist and rich.' Although I still have thousands of desserts to re-invent, I am ready to share my kitchen-tested secrets with you.

"It's all about giving people options. Most people don't know they can enjoy sinfully rich desserts without cream, butter, and eggs. That's why I volunteer to teach people how to bake cholesterol-free and low-in-saturated-fat desserts at home. Even if you never baked before, my recipes are simple and easy to follow."

Contact Christine with your baking questions at christine.e.dickson@gmail.com or (415) 383-7949.

Take Action on Urgent Issues via NW VEG Web Page

THE NORTHWEST VEG WEBSITE NOW FEATURES A LIST of actions you can take relevant to our mission. Just go to the home page — www.nwveg.org — and click on the picture of the lion on the left side. Currently, the list includes two issues that call for action:

Sea Shepherd Conservation Society has embarked on their most ambitious campaign to date—to raise \$3 million to purchase a second vessel that will join their flagship, Farley Mowat, in their upcoming Whale Defense Campaign this December in Antarctica, where the Japanese intend to kill over a 1,000 whales including endangered humpback and fin whales in violation of international conservation law. The campaign, called Operation Leviathan, will raise funds to purchase a ship that can match the speed of the Japanese whaling fleet which is determined to slaughter more than 1,000 whales in the Antarctic Whale Sanctuary.

Protect Your Rights to Speak Out for Animals. In September, the U.S. Senate unanimously passed the Animal **Enterprise Terrorism Act (AETA)**, a bill that will severely increase the penalties for some common types of legitimate social advocacy. The bill's language is vague, making it difficult to determine how broad its reach may be. This bill will be voted on in the U.S. House of Representatives in early November.

For more information about these issues, visit <http://www.nwveg.org/takeaction.html>. On this page you also will find contact information to submit an action to be considered for posting.

VEGAN HOLIDAY FEST *Continued from page 1*

Public transportation to the festival: The Kings Hill/Salmon Street MAX stop is two blocks west of Lincoln High School, with trains running every 10 minutes. Tri-Met busses 15, 18, 51, and 63 pass nearby.

Volunteer help needed: To find out about volunteering at the Festival and receiving free admission, contact Peter at Jill@nwveg.org or (503) 297-8435.

More information: Visit www.veganholidayfestival.com or contact Robert Cheeke at (541) 231-6269 or robert@veganbodybuilding.com.

Compassionate Thanksgiving Celebration is Sold Out

In record time, Northwest VEG has sold out its 4th Annual Compassionate Thanksgiving Celebration in November. The Northwest VEG Board will consider a larger venue, two potlucks, or a catered event next year. If you have reservations and have a change of plans that will prevent you from attending, or if you don't have a reservation and would like to be put on our waiting list, please contact Jill@nwveg.org or call her at (503) 297-8435.

Animals' Intrinsic Value Explored at National Animal Law Conference

By Carol Merrick, Northwest VEG Secretary

THE THEME FOR THE 14TH ANNUAL NATIONAL ANIMAL Law Conference held October 13-15 at Lewis and Clark Law School was "Market Revolution: Recognizing Animals' Intrinsic Values." **Jim Mason's** keynote address explored the idea that animals' lives are important to our eco-system, to the animals themselves, and essential for the development of the human mind. Jim Mason, attorney, author, speaker, journalist, environmentalist, and activist, wrote his first book *Animal Factories* with Peter Singer in 1980. Mason's latest book with Singer is *The Way we Eat: Why Our Food Choices Matter* (Rodale Books, 2006).

During most of humanity's existence, Mason stated, we have lived near or with animals, as do many aboriginal cultures today. Our relationship with animals changed with the development of animal domestication. According to Paul Shepard, biologist and ecologist, animals are "hard-wired into our brains," and they have fed our minds' evolution in positive ways. Shepard wrote *Thinking Animals: Animals and the Development of Human Intelligence* in 1978, among other works. The theory Shepard and others such as Mason describe is inspired by the understanding/belief that humans are here to protect all living things, not to dominate and subjugate for human benefit. We are here to learn from the animals and evolve with them.

Mason offered evidence of animals' importance: Since the beginning of time, our art has often been focused on animals. In the caves of pre-history, many animal pictures have been found. Animals are similar to us in their basic needs (food, water, shelter) and unlike us in other ways. Our dreams often include animals, so they appear to be imbedded in our psyche. Our language reflects our interactions with animals and incorporates such terms as mousy, badgered, and beastly, to name just a few. People love to watch animals, and children often "play" animals when they are young. Native tribes have high regard for animal totems. Many members consider themselves kin to the wolf,

edge aspects of animals' abilities that we admire, i.e. their strength, speed, and care of their young.

With people's growing awareness, Mason summarized, many people are recognizing that animals are a much more important element in the world than we ever imagined for our species. As awareness grows, people often recognize the similarities between the slavery of people and slavery of animals. Research has been neglected and overlooked concerning the vital human need for animals. Many of the attorneys attending the National Animal Law Conference endorse the need for many areas of research concerning animals, their behavior, and their future existence.

In addition to the Animal Rights Conferences in California and Washington, DC (and other events in the US), the annual conference in Portland is an opportunity to learn, network, and understand the litigation processes concerning animals throughout the world. The quality of speakers, subject matters, and presentations describing the latest legal battles to protect animals is impressive and informative. As most vegetarians/vegans know, improving the lives and liberating animals is not so much an uphill endeavor but *up-mountain*.

Some places in the world, including much of Europe, have more laws enacted that protect and give animals some basic rights and reduce their suffering. Ninety-eight percent of the suffering occurs to farm animals; in the US alone, 10 billion animals are killed for food every year. This number ex-

cludes fish and the animals that die in production. During every hour that passes, 1 million birds, pigs, and cows are killed in this country. This is a staggering number and a staggering amount of suffering.

There are many things people or activists can do to help educate the public and advocate for the animals. There are many organizations in the Portland/Vancouver area that support liberating or treating animals humanely, including Northwest VEG. If you care about the animals, you can join one or more of the organizations and contribute your time and money. When we join together, we accomplish more than we can imagine. To quote John Robbins, author of *Diet for a New America* and *Healthy at 100*, "May all be fed, may all be healed, may all be loved."



Jim Mason & Carol Merrick at the Animal Law Conference

"The impact of countless hooves and mouths over the years has done more to alter the type of vegetation and land forms of the West than all the water projects, strip mines, power plants, freeways, and subdivision developments combined."

—Philip Fradkin in *Audubon*, National Audubon Society, New York

Northwest VEG Encourages Mentoring Budding Vegetarians and Vegans

By Michael Labhard, Contributing Writer

TO MENTOR SOMEONE MEANS TO SERVE AS A TEACHER OR trusted counselor. Northwest VEG is about many things, including providing a place for vegetarians to socialize and serving as a source of mentorship for others in the vegetarian ethic.

Mentoring requires consideration of the whole person in the holistic sense. The mentor leads by example. The mentor demonstrates, not how to eat a vegetarian diet, but the joys of living as a vegetarian. It is through being a positive influence on every aspect of the lives of others that we can exercise our greatest strengths.

Northwest VEG would like to encourage our members to volunteer as mentors, both within our veg community and beyond. If you are involved in a mentoring relationship we would love to hear about it. Your expertise could provide us with valuable insights as Northwest VEG explores how we can formalize a mentoring program. Please contact Michael Labhard at mentor.20.mlabhard@spamgourmet.com.

We can accomplish nothing without the support of others. If there are going to be vegetarians in the future it is only because the vegetarians of today passed it on. Pass it on through mentoring. Learn more about mentorship opportunities at www.mentors.org/about_what.asp. Here is a recent example that may be of interest and illustrates the opportunities available:

Subject: SUN Extended Day Cooking Instructor - Positions at Southwest Middle Schools

Love to COOK? Enjoy teaching others to COOK? Want to make a difference in kids' lives? Neighborhood House SUN Schools are seeking qualified individuals with experience teaching culinary arts to participate in the SUN Community School extended day classes located at Jackson Middle School and/or Robert Gray Middle School. We are looking for individuals to teach these after school cooking classes during fall term classes, which begin the week of October 16, 2006, and run through the week of December 11, 2006. Opportunities to continue through the winter and spring terms are also available. The cooking class at Jackson SUN Community School this term is Wednesdays, 3:45-5:00 pm. The cooking class at Gray SUN Community School is Thursdays, 3:50-4:50 pm. Applicants may apply for both of these schools (schools are close in proximity in Southwest Portland), or applicants may apply for one school. Requirements and Qualifications:

- Experience teaching culinary arts
- Ability to relate well to middle school students

- Organization, dependability, and punctuality

Compensation: \$15/hr.

Location: Jackson Middle School campus (10625 SW 35th Ave.) and/or Robert Gray Middle School campus (5505 SW 23rd Ave.).

If interested please submit a letter of interest and a resume to: Sarah Greenstein, Neighborhood House Jackson SUN School Site Coordinator, or call (503) 544-6009 with questions.

Holiday Gift-Giving Made Easy! VegNews Magazine Teams up with Northwest VEG

GIVE FRIENDS, FAMILY, OR YOURSELF A DOUBLE PRESENT that informs and uplifts for an entire year. **New** Northwest VEG members who are not *VegNews* subscribers are eligible to receive a free 1-year subscription to this inspiring, resourceful and information-filled magazine. Each edition is filled with vegetarian news, events, recipes, book reviews, the best veg products, travel tales, interviews, celebrity buzz and much more—a \$20 value. Plus, Northwest VEG members receive discounts at a variety of great restaurants and veg-friendly businesses as well as a warm welcome into our veg community.

- Check out **VegNews** at www.vegnews.com.
- **NW VEG** memberships start at \$20 for individuals, \$35 for families; download forms or join through PayPal at www.nwveg.org/Membership.html. Or see form on page 7.

Featured Talks from Portland VegFest Now Available on CD

DID YOU MISS VEGFEST LAST MARCH OR WOULD YOU like to hear the outstanding talks by our featured speakers? Howard Lyman, 4th-generation cattle rancher turned vegan activist and author, discusses "Eating the Earth, A Bite at a Time." Author George Eisman, RD, discusses "The Health Benefits of a Meatless Diet and Dairy's Connection to Breast and Prostate Cancer," and Bo Rinaldi, writer, activist, and owner of Blossoming Lotus Café discusses "Ancient Food, Super Food, and the Future of Food."

The 1-hour CDs are \$5 apiece or all three for \$10. Include \$2 for mailing and handling. Please make your check to Northwest VEG and send to Linda Sant'Angelo, Treasurer, 24305 NE Elkhorn Road, Brush Prairie, WA 98606.

UPCOMING EVENTS

Nov. 8 (Wednesday), 7 pm - 9 pm: Free Screening of Earthlings at PSU

Northwest VEG will partner with Food for Thought Cafe and In Defense of Animals to show *Earthlings*, a feature length documentary about humanity's dependence on animals (for pets, food, clothing, entertainment, and scientific research). *Earthlings* will be shown on at the Multicultural Center, Room 228, Smith Center Student Union located on SW Broadway between Harrison and Montgomery, on the Portland State University campus. There is no cost, and light refreshments will be served. Due to numerous graphic scenes of cruelty to and slaughter of animals, this film is not recommended for children under 12.

Nov. 11 (Saturday), 10:00 am – 12:30 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. 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.

Nov. 11 (Saturday), 6 pm - 7:30 pm: Portland Veg Dine-out

Each month, Northwest VEG members and friends enjoy vegetarian cuisine at a restaurant that offers tasty veg options. This month we'll meet at Pirates Tavern, 2839 NW St Helens Rd., Portland, (503) 222-6603. The vegan menu includes mock chicken, marinated baked tofu, and burgers/fries/shakes, and organic beers and wines. Please RSVP the number in your party (required) to Ardis at ardis@nwveg.org or call (503) 224-7380 by Nov. 8. If your plans change after you RSVP, please let Ardis know before Nov. 11.

Nov. 18 (Saturday), 11 am - 6 pm: Vegan Holiday Festival — See article in this newsletter, page 1.

Nov. 19 (Sunday), 4:30 pm - 7:30 pm: 4th Annual Compassionate Thanksgiving Celebration Sold out.

Dec. 9 (Saturday), 1 pm - 2:30 pm: Portland Veg Dine-out

Each month, Northwest VEG members and friends enjoy vegetarian cuisine at a restaurant that offers tasty veg options. This month we'll meet at the North Portland location of Laughing Planet, 3765 N Mississippi Ave. Creative burritos, along with vegan soups (three choices daily) and cookies. Fresh juices and smoothies round out the choices. Please RSVP the number in your party (required) to Ardis at ardis@nwveg.org or call (503) 224-7380 by Dec. 6. If your plans change after you RSVP, please let Ardis know before Dec. 9.

Dec. 16 (Saturday), 2:00 pm - 3:30 pm: Michael Greger to Address Bird Flu & Infectious Diseases

Michael Greger, MD, from New York, will talk at the Legacy Good Samaritan Hospital Community Conference Room, 1040 NW 22nd Avenue in Portland. He is Director of Public Health and Animal Agriculture at The Humane Society of the United States and an internationally recognized lecturer on public health issues. The title of his talk is "Surviving The Next Pandemic: Bird Flu and Other Emerging Infectious Diseases." His latest book, "Bird Flu: A Virus of Our Own Hatching," was released in October 2006. This talk is free and open to everyone, especially the medical community.

Dec. 17 (Sunday), 5 pm – 8 pm: Northwest VEG Vegetarian Potluck

Please join Northwest VEG at the West Hills Unitarian Universalist Fellowship, 8470 SW Oleson Road in Portland. We eat shortly after 5 pm and at 6:30 Michael Greger, MD, will present a talk titled, "Surviving The Next Pandemic: Bird Flu and Other Emerging Infectious Diseases." Please bring a vegan or vegetarian 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. For more info contact (503) 224-7380 or info@nwveg.org. A donation of \$2-5 is suggested to help cover the cost of the room rental.

Changes on the Portland Veg Front

Blossoming Lotus Café (925 NW Davis St.) now serves sit-down dinners. In mid-November, they will start serving beer and wine. Coffee is free with breakfast before 9 am. Hours are 7:30 am – 9 pm, daily.

Earthbound Vegan, which started downtown and later moved to SE Hawthorne, has closed.

Veganopolis (412 SW 4th Ave.) recently changed its hours to 10 am – 7 pm, Mon-Fri, and 9 am – 5 pm on Saturdays.

The India Chaat House (804 SW 12th Ave.) is now open every day to satisfy your craving for a huge plate of food. Hours are 11 am – 7 pm, Mon-Sat, and noon – 7 pm on Sundays.

Pirates Tavern (2839 NW St. Helens Rd.) is officially open, having celebrated with a big party on Nov. 1. Hours are 4 pm – 11 pm, Sun-Thurs, and 4 pm – 1 am on Fri-Sat.

Red & Black Café (2138 SE Division) dropped its last remnant of animal flesh from the menu and is now 100% vegetarian. Hours are 7:30 am – 11 pm, Mon-Fri, and 8 am – 11 pm on Sat-Sun.



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.

Albina Green, 5128 N Albina Ave., Portland, (503) 546-3183. Vegan options include creative salads and pasta with pesto sauce. 10% discount

Blossoming Lotus Café, 925 NW Davis St., Portland, (503) 228-0048. Creative organic offerings include soups, sandwiches, rice bowls and baked treats. Free 2-ounce soft serve with purchase.

Blue Moose Café, 4936 NE Fremont St., Portland, (503) 548-4475. Home-baked muffins, vegan pancakes, hearty sandwiches, soups and chili. 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 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 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.

Natural Awakenings Magazine, (866) 488-5490, Portland@naturalawakeningsmag.com. Local magazine provides insights and information to improve the quality of life physically, mentally, emotionally and spiritually. 20% discount on advertising.

Kandie Virchenko, Independent Consultant, Arbonne International, www.kandie.myarbonne.com. Discover a health, wellness and beauty company that offers products that are Certified Vegan and never tests on animals. All of our anti-aging and skin care products are herbally and botanically based. Contact Kandie at kandie@myarbonne.com.

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Editor: Tammy Russell, tammy@nwveg.org. *If you are interested in writing for the newsletter, contact Tammy to discuss your ideas.*

Reintroducing the Seeds of Change:

How a Classic Can Motivate Our Current Society

by Joel Simon, Contributing Writer

FEW BOOKS IN HISTORY TRULY DEFINE AN ERA, BUT **Rachel Carson's** *Silent Spring* (1962) is one such example. The crowning significance of her story was not so much the facts she provided, but rather the perfect timing in the delivery of her piece. Similarly, **Upton Sinclair's** *The Jungle* (1906) was published when society was ripe for a change. Perhaps history will soon repeat itself and a piece of writing will challenge the status quo and define the current movement toward harmonious living. Carson eloquently lays the thesis in the first few pages, "Nature has introduced great variety into the landscape, but man has displayed a passion for simplifying it." The stories that follow describe the ignorance that existed and grotesque misuse of extremely harmful chemicals. Carson dramatically sculpted her story to deliver the greatest effect possible; however, the raw facts alone would have been sufficient in proving her point and the validity of her struggle. In spite of all this, the true beauty of *Silent Spring* is its proven relevance—even half a century later.

Unfortunately, although many of the harmful chemicals, such as DDT, that she described in her work were quickly banned from use, a few survived public scrutiny for continued application. All is not lost, how-

ever, as complete reformation cannot be expected from one generation. We need to look back on her work, and the strength of those who fought for eco-friendly legislation in a time when the environment was seemingly the least of our worries, and realize the fight still exists. Carson's book caused a mainstream uproar, but it takes the continued effort of future people to further the cause. Carson warns, "It is human nature to shrug off what may seem to us a vague threat of future disaster." Men are naturally most impressed by diseases which have obvious manifestations, demonstrating it is time for a new idea to reshape societal values before our arrogance leads us to our demise.

This is especially true in the meat industry, which 100 years later has not been significantly reformed from the unpleasant practices put forth in Sinclair's *The Jungle*. We currently have the resources and wisdom to bring necessary change; society simply needs a vehicle to start the reformation.

Volunteer Needed to Create MySpace Site for NW VEG

Northwest VEG is seeking a volunteer to create and maintain a Northwest VEG MySpace profile to expand our cyber presence and reach tens of thousands. If you are interested, please contact webmaster Charley Korn: charley@nwveg.org or (503) 288-1503.

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.

Join now and get a free year of *VegNews Magazine*! This offer is valid for new *VegNews* subscribers only and is not available for Northwest VEG membership renewals.

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: _____
Street: _____
City, State, and ZIP: _____
Phone: _____
E-mail: _____

Make checks payable to **Northwest VEG**

& send to:

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

or

Charge my Visa Master Card
Card # _____
Expiration date: _____
Signature _____

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



Recipe of the Month: Pumpkin Oatmeal Cookies

from *theppk.com*

prep time: 15 minutes | cooking time:
32 minutes | makes 4 dozen cookies

Equipment:

baking sheets
2 mixing bowls

Ingredients:

2 cups flour
1 1/3 cups rolled oats
1 teaspoon baking soda
3/4 teaspoon salt
1 teaspoon cinnamon
1/2 teaspoon nutmeg

1 2/3 cups sugar
2/3 cup canola oil
2 tablespoons molasses
1 cup canned pumpkin, or cooked pureed pumpkin
1 teaspoon vanilla

1 tablespoon ground flax seeds (optional)
1 cup walnuts, finely chopped
1/2 cup raisins

Directions:

Preheat oven to 350. Have ready 2 greased baking sheets.

Mix together flour, oats, baking soda, salt and spices.

In a separate bowl, mix together sugar, oil, molasses, pumpkin and vanilla (and flax seeds if using) until very well combined. Add dry ingredients to wet in 3 batches, folding to combine. Fold in walnuts and raisins.

Drop by tablespoons onto greased cookie sheets. They don't spread very much so they can be placed only an inch apart. Flatten the tops of the cookies with a fork or with your fingers, to press into cookie shape. Bake for 16 minutes at 350. If you are using two sheets of cookies on 2 levels of your oven, rotate the sheets half-way through for even baking. You'll have enough batter for 4 trays.

Remove from oven and get cookies onto a wire rack to cool. These taste best when they've had some time to cool and set. They taste even better the next day!

October Dine-out Explores Veg Offerings South of the Border

By Ardis Karr-Robak,
Northwest VEG Dine-out Coordinator

THE NORTHWEST VEG OCTOBER 14 VEG DINE-OUT TOOK place at **Casa Grande**, a charming turn of the century house in downtown Vancouver that opened in 1979. The restaurant features stained glass windows, a patio for outdoor seating and cozy dining rooms for groups on the second floor. Their separate vegetarian menu, which goes creatively beyond traditional Mexican fare, has a well-deserved reputation. Herb roasted vegetables fill the veggie burrito, enchilada, tamale and quesadilla. Enchiladas and tamales can also be stuffed with spinach. Signature meals include polenta and veggies, and the enchilada de cabaza made with winter squash, sunflower seeds and mole sauce. Animal- and fat-free beans can be ordered black or refried, and dishes can be made with or without cheese and sour cream. Flavors are mild with traditional items blending seamlessly with the more inventive combinations. A vegetarian lunch menu is available, items are always available a la carte, and beer, wine, margaritas and daiquiris are on hand to accompany your meal. Casa Grande is a comfortable, relaxed dining experience with appetizing, satisfying food served by a friendly staff.

Don't miss the next dine-out, scheduled for the evening of Nov. 11 at Pirates Tavern. See the Calendar in this newsletter for details, page 5.

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*