

# 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

## Plans Are Ablaze for a Bigger and Better Portland VegFest on May 11-12

By Jill Schatz, Membership Coordinator, Northwest VEG

**V**EGFEST: A COMPASSIONATE LIVING FAIR is growing bigger at our new venue (Benson High School) but will be as friendly and welcoming as in past years. Join in this fun, thoughtful and tasteful celebration of food and community! We'll eat lots of fabulous food; hear renowned speakers discussing health, environmental and animal welfare issues; and learn the secrets of some of the best chefs in the Northwest. New or expanded features this year include more book and product sales, local restaurants providing awesome meals, video screenings and Veg 101 sessions. We hope to provide professional on-site daycare as well.

One confirmed speaker of particular interest is John Robbins, author of *Diet for a New America*, *The Food Revolution*, and *Healthy at 100: The Scientifically Proven Secrets of the World's Healthiest and Longest-Lived Peoples*.

Additional speakers include Dr. T. Colin Campbell, author of *The China Study*, Dr. Caldwell Esselstyn, author of *Prevent and Reverse Heart Disease*, and Jonathan Balcombe, author of *Pleasurable Kingdom*.

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Blossoming Lotus at VegFest 2006

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## Robert Cheeke Brings Power Lift to Northwest VEG Board

By Charley Korn, E-Bits Editor

**T**HE NORTHWEST VEG BOARD HAS APPROVED the addition of Robert Cheeke, who joins the board as our new Outreach Coordinator.

"Northwest Veg is the largest vegetarian organization in Oregon, and I saw board participation as a great opportunity to be more influential in reaching the public with the veg message, as well as helping to unite Portland's large veg community," said Robert.

After moving to Portland from Corvallis last year, Robert organized two events, the Vegan Vacation and the Vegan Holiday Festival. The Vacation drew both members of Roberts' global Vegan Body Building network and Portland-area resi-

(Continued on page 3)

## Vegetarian House Goes Almost Vegan

By Peter Spendelow, President, and Jill Schatz, Membership Coordinator, Northwest VEG

IT MAY LOOK THE SAME, BUT THERE'S SOMETHING entirely new going on at **Vegetarian House**, a restaurant featuring Chinese food, with an emphasis on faux meats based on gluten or soy. The first sign of a change is in the window: a "Meat Free Zone - Vegan" sign from [all-creatures.org/mfz/index.html](http://all-creatures.org/mfz/index.html). The restaurant's philosophy has always been that a vegetarian diet is more than a dietary choice; it helps maintain health, cultivates compassion, and sustains a livable environment. To further that end, Vegetarian House has been working with suppliers for some time, to replace dairy and egg byproducts found in some of their faux meats with vegan alternatives. Since late last fall, owner and Chef Ping Chao has proudly been showing off the labels on his bulk faux meats, which now say "vegan" and list ingredients to support the claim. Now the only non-vegan item on the menu is the Fried Veggie Crab Rangoon appetizer, which uses cream cheese. Also, Ping Chao has only been able to get his suppliers to change the bulk veggie meats he uses in the restaurant. Some of the smaller consumer sizes he sells to the public in the freezer case in front still contain whey.

Vegetarian House was Northwest VEG's first business partner, continuing to this day, and we've enjoyed a long and satisfying relationship with them. They've brought in extra staff to accommodate our dineouts, given us great advice on menu items we should sample, and have been a hit with our transitional vegetarian family members and friends. They're also open on holidays — what a great Thanksgiving hangout! Don't miss the all-you-can-eat, inexpensive lunch buffet for only \$6.50 (weekdays, 11 am to 2:30 pm) or the regular menu with a great variety of flavorful healthy food made with meatless plant proteins, natural spices, and vegetable seasonings. VH is in Chinatown at 22 NW 4th Ave., Portland; it's open daily, 11 am to 9 pm. Call (503) 274-0160 or visit [www.vegetarianhouse.com](http://www.vegetarianhouse.com).

## Food Fight! Offers Exclusively Vegan Groceries — and Fun

PORTLAND'S **FOOD FIGHT!** VEGAN GROCERY RECENTLY JOINED Northwest VEG as a business partner. Since Northwest VEG started in 2003, Food Fight! has donated product or sold it at cost to support various Northwest VEG events. The unique grocery is an all vegan, Mom & Pop, convenience store offering "junk food," jerkies, chocolates, sodas, snacks, fake meats and cheeses, etc. There are also plenty of staple goods, books and magazines, stickers and buttons, and other random stuff to satisfy all your vegan wants and needs, as long as those needs don't include fresh fruits and vegetables. In addition to offering myriad products, business owners Chad Miller and Emiko Badillo have organized frequent events such as author appearances, eating contests, and numerous benefits for animal rights causes.



Chad Miller and Emiko Badillo, owners of Food Fight!

Please stop by and support the ONLY vegan grocery in Portland — and in Oregon for that matter. Check out Food Fight on line at [www.foodfightgrocery.com](http://www.foodfightgrocery.com). Visit the actual store at 4179 SE Division St. in SE Portland. It's open from 10 am to 8 pm every day. Call them at (503) 233-3910.

## Vegness on the Edge of Town

By Charley Korn, E-bits Editor

NEXT TIME YOU'RE NEAR CLACKAMAS TOWN CENTER, CONSIDER STOPPING AT **MILKY WAY TEA & PASTRY**, THE ONLY vegetarian joint in the area. This 5-year-old café specializes in bubble tea and bagel sandwiches of all types. At first glance, they appear to be very meaty, like the choices at a typical deli, but closer inspection reveals they are all veggie "meats." The owner, Ken Tsai, says, "By nature vegetables are a cleaner source of food. Cleaner food means healthier food. Healthier food means a healthier world." Vegans will find limited choices, however, considering that all the mock meats served at Milky Way contain whey, a milk protein. A tasty vegan option is the toasted veggie sandwich containing various veggies and cream "cheese."

Milky Way is open daily at 9895 Sunnyside Rd. in Clackamas, just east of I-205 on the north side of Sunnyside, near an Izzy's Pizza. Call (503) 652-7875 for more information.

## ROBERT CHEEKE *Continued from page 1*

dents for a couple of weeks of summer fitness and fun. The Holiday Festival last November attracted 1,000 people to see speakers, chefs, and exhibitors. Robert will organize these events again this year.

Growing up on a farm, Robert saw firsthand how farm animals are treated and killed. His sister, an animal rights activist at the time, inspired him to become vegetarian for ethical reasons at the age of 15. A year later he cut out all animal products, establishing a vegan lifestyle he has continued for 10 years. Robert showed early interest in competitive sports and aspired to become a professional wrestler. When that path did not develop, he pursued training in massage and was hired as a massage therapist on a cruise ship. He continued to work on cruise ships internationally, though his work shifted to leading activities for children. Robert transitioned from sea to land and took up bodybuilding. In the years that followed he entered competitions, was featured in magazines including *Flex* and *VegNews*, and launched Vegan Body Building.



In addition to his volunteer work for Northwest VEG, Robert serves on the Organic Athlete board and works as a sales rep for Vega, a vegan nutrition company. Robert is currently co-coordinator of the 2007 Portland VegFest, along with Peter Spindelov and Jill Schatz.

The board is excited to welcome Robert — and the energy, enthusiasm, and leadership skills he brings to the team! While the mid-fiscal year appointment of Robert is allowed under the Northwest VEG bylaws, all Northwest VEG members will have an opportunity to vote for Robert in the June 2007 election. Learn more about Robert at [www.veganbodybuilding.com/article/2](http://www.veganbodybuilding.com/article/2).

## Coronary Health Improvement Project (CHIP) Offered Locally

THE CORONARY HEALTH IMPROVEMENT PROJECT (CHIP) IS designed to substantially lower high levels of blood pressure, blood sugar, cholesterol, heartburn, angina and to lessen depression. It facilitates the reversal of narrowed arteries. The program's goal is to facilitate disease reversal by lowering blood cholesterol, triglyceride and blood sugar levels by reducing excess weight, lowering high blood pressure, enhancing daily exercise, and by eliminating smoking. Risk factor levels are carefully assessed before the educational intervention begins, immediate following the completion of the 40-hour educational program, and again after 3 and 12 months.

"If implemented on a national scale, the CHIP program could improve the health status of people in North America more than all the efforts of modern technological medicine combined," says Caldwell B. Esselstyn Jr., MD, Preventive Cardiology Consultant, who will present at the Portland VegFest on May 12. This world-class program is conducted through North America and beyond. Thousands have been helped. You can be one of them the class will be held in Vancouver, WA, and in other Portland-area locations this spring. Fees are \$225/person or \$325/couple. Call Karen at (360) 326-8996 for more information about the Vancouver program. For other locations visit [www.sdachip.org/locations](http://www.sdachip.org/locations).

## Help Control Animal Overpopulation

THIS YEAR IS THE SIXTH ANNUAL TOM AND MOM CAT Special, a collaborative event of numerous animal groups, which targets low-income cat guardians. It continues until St. Patrick's Day and is intended to get the jump on breeding season. It is held in conjunction with many other Spay Day events that started in February (National Spay and Neuter Awareness Month).

In addition, donations are needed to cover the additional expense of the spay surgery. As more funds become available for this program, more spays and neuters can be performed. Please consider making a tax-deductible contribution. Send checks to Indigo Rescue, P.O. Box 554, Beaverton, OR 97075. Note "Spay Day" in the memo field of the check.

For more information, visit [www.spayoregon.org](http://www.spayoregon.org) or contact Indigo Rescue at (503) 626-7222, or [spay-day@spayoregon.org](mailto:spay-day@spayoregon.org).

**"But for the sake of some little mouthful of flesh we deprive a soul of the sun and light, and of that proportion of life and time it had been born into the world to enjoy."**

— Plutarch (c. 46 – 127 A.D.)



# Activist Overcomes Fears to Share Veg Message One on One

By Jessica Dadds, Contributing Writer

I'VE ALWAYS THOUGHT THAT ONE OF THE MOST EFFECTIVE ways of educating the public about factory farming and a vegetarian/vegan diet is one-on-one outreach. For years I felt too shy to do this on my own, and I had a hard time finding others who were interested in joining me. Then, this past October, I decided to put my insecurities aside and become more active for the animals. I joined Vegan Outreach's Adopt A College program and soon after headed to a local university with my tote bag full of Vegan Outreach literature.

I was pretty nervous at first; the thought of being out alone approaching strangers was somewhat intimidating. However, I found that once I got out there, my fears were quickly reduced and I actually found myself to be quite outgoing, knowing that each booklet I distributed could possibly end up saving many animals. And, out of the hundreds of people I've approached, I have received only a small handful of negative comments. I've had very positive conversations with a few of the people who commented on what I was doing, especially those who asked why I was focusing on animals when there are people in the world who need our



Jessica Dadds hands out Vegan Outreach literature on SE Hawthorne Blvd.

help. I believe I left them with a different impression of animal activism and perhaps changed their view of vegetarian/veganism and opened them up to the idea. This would not have occurred had I not been out there.

Though there have been a few negative comments, I have actually had more people thank me for doing what I'm doing and have even had people say to me, "I want to go vegetarian now" and "I've cut down on my meat consumption after receiving a pamphlet earlier this semester." For those who say they're already

vegetarian/vegan or would like to cut animal products from their diet, I offer them Vegan Outreach's *Guide to Cruelty-Free Eating* (which includes recipes) and a Northwest VEG Dining Guide.

In Vegan Outreach's Adopt A College program, you choose one or more local colleges to leaflet. Students are more open to becoming vegetarian than are non-students, and by leafleting you are getting literature in the hands of people who might not approach a literature table. In one hour I can distribute 100-150 pieces of literature. It is estimated that 5 to 10 students go vegetarian for every 300 *Why Vegans* handed out. Vegan Outreach also estimates that if we can hand out 300 pamphlets per semester at each college, and the students we have convinced also convince one other person per year, the number of vegetarians would increase to over 10 million by 2014. If every animal advocate adopted one or two colleges, we could reach this goal. By convincing just a few people to go vegetarian every semester, you would be preventing the suffering of thousands of animals over their lifetimes.

Knowing what a difference I am making in such little time pushes me to go out again and again. I am excited to leaflet now, and my nervousness is barely noticeable.

To get involved in the Adopt A College program, or to help sponsor a leafletter, please visit <http://www.veganhealth.org/colleges>. Vegan Outreach also has an inspiring online discussion group for those participating in the Adopt A College program.

## **VEGFEST** *Continued from page 1*

This year's VegFest will be held on Friday, May 11 (evening only), and Saturday, May 12, from 10 am - 6 pm, at Benson High School, 546 NE 12th Ave., near the Lloyd Center in Portland, a short walk from a MAX stop.

**Keep up to date:** VegFest is still coming together, check on presentation schedules, lists of sponsors and exhibitors, plus much more by visiting the Portland VegFest website at: [www.portlandvegfest.org](http://www.portlandvegfest.org) or linking to it through the Northwest VEG website: [www.nwveg.org/index.html](http://www.nwveg.org/index.html).

**Support VegFest as an exhibitor or sponsor:** There is still an opportunity to join in as a food or nonprofit exhibitor. We're also anticipating more sponsors to join the ever-supportive Blossoming Lotus and Vega in hosting VegFest. Find out more at: [www.nwveg.org/portlandvegfest\\_exhibitors.htm](http://www.nwveg.org/portlandvegfest_exhibitors.htm). Contact Robert Cheeke at [PortlandVegFest@yahoo.com](mailto:PortlandVegFest@yahoo.com) or (541) 231-6269.

**Volunteer:** We will require a large number of dedicated volunteers working in shifts. Please contact volunteer coordinator Maggie Raczek at [volunteer@nwveg.org](mailto:volunteer@nwveg.org) or leave a message for her at (503) 224-7380.

## UPCOMING EVENTS

### **March 10 (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 It's a Beautiful Pizza, 3342 SE Belmont St., Portland, specializing in casein-free soy cheeze and vegan pesto pizzas. Pay upon entry; \$10 cash per person includes pizza and salad, drinks are on your own. The food will be pre-ordered. Please RSVP the number in your party (required) to Ardis at ardis@nwveg.org or call (503) 224-7380 by March 7. If your plans change after you RSVP, please let Ardis know before March 10.

### **March 18 (Sunday), 5 pm – 7:30 pm: Northwest VEG Vegetarian Potluck**

#### **March 18 (Sunday), approx. 6:30 pm - 7:30 pm: Northwest VEG Program**

Join Northwest VEG at the Trinity United Methodist Church, 3915 SE Steele, in Portland. 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 alone, figure the amount to serve 4-6; increase the amount 4 servings for each additional person in your party/family. For more information call (503) 224-7380 or email info@nwveg.org. If you can volunteer to help at the potluck, please contact volunteer@nwveg.org or call (503) 493-2358. A donation of \$2-5 per person is suggested to help cover the cost of the room rental.

**Ecological Footprints, Global Warming, and Food Choices - How What We Eat Affects Us All.** If you can't make the potluck, you're welcome to join as at about 6:30 pm when Northwest VEG President Peter Spendelow will lead the above presentation. Peter, a solid waste specialist with the State of Oregon's Department of Environmental Quality, will address key ecological issues of today (climate change, air and water pollution, resource utilization, habitat preservation) and examine how our diets affect all these issues.

### **April 14 (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. Please RSVP the number in your party (required) to Ardis at ardis@nwveg.org or call (503) 224-7380 by April 11. If your plans change after you RSVP, please let Ardis know before April 14. Restaurant to be announced.

### **April 15 (Sunday), 5 pm – 7:30 pm: Northwest VEG Vegetarian Potluck**

Join Northwest VEG at the West Hills Unitarian Universalist Fellowship, 8470 SW Oleson Road in Portland. After the meal, our speaker will be Kyle Dittmer, Hydrologist/Meteorologist with the Columbia River Inter-Tribal Fish Commission. He will discuss trends in climate and streamflow for the last 100 years for select sub-basins co-managed by the Columbia Basin Treaty Tribes, the Warm Springs, Umatilla, Nez Perce, and Yakama. Current climate change is accelerating as evidenced with more extremes in the weather each year. 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 alone, figure the amount to serve 4-6; increase the amount 4 servings for each additional person in your party/family. For more information call (503) 224-7380 or email info@nwveg.org. If you can volunteer to help at the potluck, please contact volunteer@nwveg.org or call (503) 493-2358. A donation of \$2-5 per person is suggested to help cover the cost of the room rental.

### **April 21 (Saturday), 10 pm—10 pm: Earth Day 2007: Planting Seeds of Community**

Join Northwest VEG and scores of other nonprofits and exhibitors at City Repair's annual celebration of sustainability in the context of local involvement. Highlights include three stages of entertainment, a kids' village, and numerous displays of innovative, earth-friendly technologies. The free event takes place at Woodlawn Park, NE 13th Ave. & Dekum St. To learn more or volunteer to help with the event, visit [www.cityrepair.org/wiki.php/projects/earthday](http://www.cityrepair.org/wiki.php/projects/earthday).

#### **THE NORTHWEST VEG BOARD OF DIRECTORS**

Peter Spendelow, President  
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#### **EDITOR**

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

## 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) 297-8435. You may also visit [www.nwveg.org/Membership.html](http://www.nwveg.org/Membership.html).

*Please support our business partners!*

**Food Fight! Vegan Grocery**, 4179 SE Division St., Portland, offers "junk food," jerkies, chocolates, sodas, snacks, fake meats and cheeses, etc. There are also plenty of staple goods, books, magazines, stickers. Call (503) 233-3910 or visit [www.foodfightgrocery.com](http://www.foodfightgrocery.com). Hours: 10 am – 8 pm daily.

**Integrated Medicine Group**, 163 NE 102nd Ave. Bldg. V, Portland, OR 97220, (503) 257-3327, [www.integratedmedicinegroup.com](http://www.integratedmedicinegroup.com). Services include acupuncture, massage, Hyperbaric Oxygen Therapy, and intravenous delivery of nutrients and medications, among other therapies. 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. Visit [www.naportland.com](http://www.naportland.com).

**Vegetarian House** offers a wide selection of unique and fresh Chinese style food — exclusively vegetarian. Vegetarian House offers a fresh lunch buffet (weekdays, 11 am to 2:30 pm) and a regular menu with a great variety of flavorful healthy food every day (11 am to 9 pm). Location: 22 NW 4th Ave., Portland. (503) 274-0160. [www.vegetarianhouse.com](http://www.vegetarianhouse.com)

**Kandie Virchenko, Independent Consultant, Arbonne International**, [www.kandie.myarbonne.com](http://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](mailto:kandie@myarbonne.com).



For a VegFest experience prior to our own (see page 1), **visit Seattle** for one presented by Vegetarians of Washington, March 24-25. Speakers include Dr. Marilyn Joyce, author of *I Can't Believe It's Tofu!* More information at [www.vegofwa.org](http://www.vegofwa.org).

# Exhibit of Art by Sue Coe Offers Insight Into Factory Farms

By Charley Korn, E-bits Editor

**T**HROUGH APRIL 16, THE PACIFIC NORTHWEST COLLEGE of Art features the illustrative art of Sue Coe, one of the most important animal rights artists on the planet. The PNCA exhibition includes work from her series "Sheep of Fools" (see picture) and "Hurricane."

Born in Britain, Coe moved to the US in 1972 and immediately began work as an illustrator for the op-ed page of the *New York Times*. Her drawings have since been included in *The New Yorker*, *Time*, *Newsweek*, *Rolling Stone*, *Mother Jones*, *National Lampoon*, and *Artforum*, among other publications.

Since 1986, Coe has devoted her energies increasingly to the defense of animals in industry, from factory farming to medical research and genetic engineering. Her dedication to animal rights began early; she grew up in a house adjacent to a slaughterhouse, with all of its associated sights and smells. From 1986 to 1992, Coe visited slaughterhouses in the United States, Canada, and England. Through associates who worked in the meat industry, she gained access to stockyard operations, a meatpacking plant, a free-range cattle ranch in Utah, dairies, egg factories, and Kosher and Muslim slaughterhouses. Although cameras and videos were forbidden, Coe's sketchbook was usually considered harmless. When she was not allowed to sketch she made notes.

Many of the Coe's images are gruesome and difficult to look at, depicting as they do practices employed in factory farms and slaughterhouses, practices that in many cases are unthinkable and well hidden in modern society. The victimization of animals is related to other issues, other situations of social and political oppression. The meat industry exploits its workers and pollutes the environment; its abuse of animals is a variation on the theme of the exploitation of the weak by the strong. In the words of Theodor Adorno, "Auschwitz begins whenever someone looks at a slaughterhouse and thinks: they're only animals."

Visit the show at 1241 NW Johnson Street in Portland. It is free and open every day from 9 am to 9 pm.



## 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. Enjoy discounts at various business in the Portland area (see page 6).

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**  
Street: \_\_\_\_\_ & send to:  
City, State, and ZIP: \_\_\_\_\_ Northwest VEG    or    Charge my    Visa    Master Card  
Phone: \_\_\_\_\_ c/o Linda Sant'Angelo    Card # \_\_\_\_\_  
E-mail: \_\_\_\_\_ 24305 NE Elkhorn Road    Expiration date: \_\_\_\_\_  
Brush Prairie, WA 98606    Signature \_\_\_\_\_

Thank you!

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

## Recipe of the Month: Butternut Squash Curry

*From the Veg-Feasting Cookbook*  
Serves 6

### INGREDIENTS:

1 cup dried unsweetened coconut, soaked in  $\frac{3}{4}$  cup warm water  
12 cloves garlic, chopped (about  $\frac{1}{4}$  cup)  
 $\frac{1}{2}$  - 1 Tablespoon Dijon mustard  
 $\frac{1}{2}$  teaspoon tumeric  
1  $\frac{1}{2}$  teaspoons salt  
2 medium onions, sliced  
 $\frac{1}{2}$  jalapeno pepper (include seeds to taste)  
 $\frac{1}{2}$  cinnamon stick  
5 pounds butternut squash, peeled, seeded and cut into 1-inch cubes  
1 (14-ounce) can coconut milk



### DIRECTIONS:

Place the coconut, garlic, mustard, peppercorns, tumeric and salt in a food processor or blender and blend briefly. Add the onions and jalapeno, and blend for a few seconds more.

Pour the mixture into a large deep skillet or Dutch oven, add the cinnamon stick and cook over medium heat, stirring frequently, for 5 minutes. If needed, add water to prevent sticking. Add the pumpkin to the sauce. Cover and cook until tender about 20 minutes, reduce the heat to low, and cook, stirring, until the coconut milk is heated and the flavors are blended, about 5 minutes. Adjust the seasonings to taste and serve.

### Northwest VEG

13376 SW Chelsea Loop  
Tigard, OR 97223

Phone: 503.224.7380

E-mail: [info@nwveg.org](mailto: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*