

July/August 2007

Volume 25

The NW VEG Thymes

www.nwveg.org

503.224.7380



The mission of Northwest VEG is to educate and empower people to make vegetarian choices for a healthy, sustainable, and compassionate world.

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THE NORTHWEST VEG BOARD OF DIRECTORS

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Tammy Russell
tammy@nwveg.org

If you are interested in writing for the newsletter, contact Tammy to discuss your ideas.

Looking for Informed Debate? Join the Northwest VEG BOOK CLUB!

By Barrett McInnis, Contributing Writer

I WAS VEGAN IN A BUBBLE. ALTHOUGH I had been a practicing vegan for seven years, until recently I was unaware that a fierce debate was raging over just how vegan you can be.

I became vegan as a gift to a friend; I stayed vegan because I did not want to support the factory farming industry. That was enough for me. But as I came to know more vegans, read more books and got involved in some of the countless blogs and websites out there, I became aware of additional questions I needed to address. There was a dialog in which I was not participating.

I began asking myself, aren't all vegans on the same page? That led to further questions: Do I consider myself an animal rights activist, an Abolitionist or a Welfarist? What specifically are the larger implications of my choices? Am I helping animals by encouraging people to go vegetarian or is that not enough? Am I being an ethically consistent vegan and what exactly does that mean? Can vegans from different philosophical ideologies work together? What are some of the challenges facing the vegan movement?

I have often been described as a contrarian, but as my awareness grows I find more value in discussion than being the resident pugilist. As a vegan it is never difficult to conjure an emotional argument in support of your views, but when facing those not necessarily sym-

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Master Vegetarian Program Taking Shape

By Peter Spendelow, President, Northwest VEG

Registration is now open for the Master Vegetarian Program this fall, and as of the end of June the class is over half full. The program is designed for people who want to learn more about how our food choices affect our health, the environment, and our relationship with animals—and how to incorporate that learning into their daily lives.

The Master Vegetarian Program is patterned after the very successful Master Gardener and Master Recycler programs, and is being co-sponsored by Northwest VEG and People's Food Co-op. Classes will meet for two hours per week on Tuesday nights starting September 18 and ending November 6. Two field trips will be included in the course, at least one of which will be on a Saturday. As part of the program, attendees will be subsequently expected to provide at least 16 volunteer hours to a nonprofit group involved in the issues discussed in the program. People completing the classes and the volunteer hours will be awarded a Master Vegetarian Certificate following completion.

There will be an overall class coordinator, and one or two knowledgeable guest instructors will teach each class. For the nutrition and health part of the program, some of the guest instructors will include Tammy Russell, a registered dietitian who taught the nutrition portion of the Veg 101 program at VegFest in May, Dr. Sussanna Czeranko, Dr. Ole Ersson,

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Walk for Farm Animals Set for Late September

By Cathy Monroy, Coordinator,
Portland Walk for Farm Animals 2007

GET YOUR WALKING SHOES ON, YOUR SPIRITS HIGH, AND your voice ready for this year's Farm Sanctuary Walk for Farm Animals 2007. Last year's Walk proved a fantastic success because of vegans and vegetarians like you, so let's do it again this year. Farm Sanctuary is a national nonprofit organization promoting the advocacy, rescue, and rehabilitation of farm animals who have been abused and neglected across the country. The group educates those who do not understand the plight animals undergo as a food source, as well as working diligently to change the cruel farming practices that face animals. Our show of support gives a voice to those who cannot speak, so let's shout out to the rest of Portland what we know as the right thing to do for our beautiful, furry and feathered friends.

Here are the details of this year's event:

When: Saturday, September 29, 2007

Time: 9 am registration; 10 am walk begins

Where: Blossoming Lotus, 925 NW Davis St.

Registration: \$10

Coordinator: Cathy Monroy

Please visit Farm Sanctuary's website, www.farmsanctuary.org to sign up. Look for WalkForFarmAnimals.org at the bottom of the home page on the left. You can also follow the link and set up a page for others to sponsor you through First Giving.

If you would like to call me to sign up or have more questions, even better! My phone number is 503-778-0223 (cell). I will call you back promptly.

I will be setting up a table throughout the summer at various locations promoting the event, as well as posting flyers, so if you'd like to help out, let me know! Also, if you would like to help out the day of the event, please contact me. I will need it!

Thank you for your support. The animals need us. Our environment needs us. Let's spread the word.

"Nothing's changed my life more. I feel better about myself as a person, being conscious and responsible for my actions and I lost weight and my skin cleared up and I got bright eyes and I just became stronger and healthier and happier. Can't think of anything better in the world to be but be vegan."



— Alicia Silverstone

Northwest VEG Board of Directors Starts a New Fiscal Year

THE ELECTION OF BOARD OF DIRECTORS IS CONDUCTED each June, and those elected serve a 2-year term. Our fiscal year starts on July 1 and ends June 30 of the following year. Jill Schatz, Peter Spendelow, Linda Sant'Angelo, Maggie Raczek, and Marsha Rakestraw completed their terms as directors on June 30, 2007. Jill, Peter, and Linda chose to be candidates for reelection, were accepted by the voting membership, and will start another 2-year term. Maggie and Marsha chose not to be candidates for reelection. Candidate Robert Cheeke was appointed director in February and has been elected this June. Candidate Barrett McInnis was elected this June.

Cindy Koczy, Carol Merrick, and Don Merrick continue as directors with terms ending June 30, 2008. At the July Board meeting, the Board deliberates to designate officers for the new fiscal year from among the reconstituted Board. On behalf of the new Board, all members, and all friends of Northwest VEG, we wish to extend a grateful "thank you" to Maggie and Marsha for their many years of dedicated work as directors.

Each month, the Board meets to discuss upcoming events, 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.

Board of Directors (as of July 1, 2007)

Peter Spendelow, President
Don Merrick, Vice President
Linda Sant'Angelo, Treasurer
Carol Merrick, Secretary
Jill Schatz, Membership Coordinator
Robert Cheeke, Outreach Coordinator
Cindy Koczy
Barrett McInnis

Macaroon Madness Kicks Off at Blossoming Lotus

The vegan, organic café that shares space with Yoga in the Pearl is a superb destination on summer days and nights. In addition to the fantastic menu and daily specials, Northwest VEG members will receive a free macaroon with every purchase from July 1 through September 30. Visit Blossoming Lotus (925 NW Davis Street) seven days a week from 7:30 am to 10 pm.



Lesser Known Portland Veg Haunts Worth A Visit

By Katharine West, Contributing Writer

AS ANY LOCAL VEGETARIAN WILL TELL YOU, WE IN PORTLAND are blessed with a vibrant veg scene. In addition to such dedicated veg fixtures as **Blossoming Lotus** (925 NW Davis), **Pirates Tavern** (2839 NW St. Helens Rd), **Veganopolis** (412 SW 4th), and **Vegetarian House** (22 NW 4th), many local non-veg establishments (think **Vita Café**, 3034 NE Alberta, and **Paradox Palace Café**, 3439 SE Belmont) are well known for enthusiastically catering to animal-friendly diners. In addition, my decidedly unscientific survey of vegetarian acquaintances revealed a handful of lesser-known (at least to me) haunts that I'm assured are well worth your while.

Proper Eats Market and Café (8638 N. Lombard) gets high marks for its organic vegetarian and vegan cuisine, healthy market, AND live music, First Amendment movie nights, and local art. **Laughing Planet** (four Portland locations) is another great bet, with a wide variety of vegetarian and vegan burritos—and they'll even add vegan "cheese" and "sour cream"! **Jam on Hawthorne** (2239 SE Hawthorne) has some of the best vegan scrambles in town, and **The Farm** (10 SE 7th) will wow you with its locally grown, organic vegan-friendly fare. Check out the dineout page at nwveg.org for more recommendations—or the happy-cow.net Portland section—and by all means submit your own favorites if they're not already listed!

MASTER VEG PROGRAM *Continued from page 1*

Robert Cheeke, who will be giving a presentation on sports nutrition. Peter Spendelow (Ph.D. in Zoology) will be presenting information on the environmental effects of food choices and also on animal behavior and consciousness. An Organic Certifier from Oregon Tilth has also been invited to present information on organic standards, and an organic farmer will demonstrate how organic agriculture works. On issues of treatment of farm animals, we have invited speakers with very diverse backgrounds, including a local animal rights organization and also a professor from the Oregon State University Animal Sciences faculty. We will also have cooking demonstrations and presentations on vegetarian lifestyle and activism.

To register for the program, please email Susan Hanson at Susan@nwveg.org or call (503) 521-1941. Susan will let you know if there is still space available. Then you can send her your name, email address, mailing address, and phone number, along with a check payable to Northwest VEG. Registration is \$50, or \$25 for students and low income.

For more information on the program, visit: www.nwveg.org/master_vegetarian_program.shtml.

Restaurants to the Rescue

WHEN NORTHWEST VEG NEEDED FOOD SAMPLES FOR THE VEG 101 section of VegFest, four restaurants came to the rescue, including some on very short notice: **Nicholas Restaurant**, **Blue Moose Café**, **Kinta Restaurant**, and **Laughing Planet Café**. Each dish provided by these establishments included a combination of grains and legumes along with other veggies, and all were absolutely delicious! Nicholas Restaurant donated Mjadra, a blend of lentils and rice. Blue Moose donated two salads, one with black beans and quinoa, the other with black eyed peas and brown rice. Kinta donated "Wonderous Noodles," rice noodles with soybean sauce. Laughing Planet donated a new dish with barley, quinoa, and lentils. Altogether, the food was plentiful, healthy, and incredibly good! All of these restaurants went out of their way to help us as needed. We thank them for their support of our event and of vegetarianism in general, and wish them continued success! Check out the dineout page at www.nwveg.org for details on these generous restaurants. And don't miss the July 14 dine-out at Kinta! (see page 5 for RSVP info)

BOOK CLUB *Continued from page 1*

ing your conclusions, philosophical and factual arguments can be invaluable, and dialog is essential. In examining our beliefs, our notions of right and wrong, we come to better understand our own opinions. It is one thing to think that yours is the most compelling argument or believe you are 'right'; it's quite another to articulate your case so someone who disagrees still sees your point. By debating our views, we learn.

As my appetite for informed debate grew, I was discouraged to find more vitriol than dialog. My solution is to start a discourse by starting a book club.

If you're interested in dialog, in exploring your personal philosophy in depth and in asking yourself challenging questions, you are encouraged to join this book club. In the interest of promoting thorough and fruitful discussions, I propose reading six books over the course of 12 months. During this year-long period, we will meet monthly or as often as the group decides. I am anticipating a dense discussion and would like to meet twice for each book. The first three books I would like to read are, *The Way We Eat: Why our Food Choices Matter*, Peter Singer and Jim Mason; *Rain Without Thunder: The Ideology of the Animal Rights Movement*, Gary Francione and Erik Marcus; *Meat Market*. The rest we will choose together. I envision this book club as a friendly forum in which every voice is equally important and every opinion is welcome.

As you enjoy the long days of summer, consider participating in this book club, which I would like to start this fall. Those interested in joining or with suggestions, please contact Barrett McInnis at bmccinnisnwveg@gmail.com.

MEMBER DISCOUNTS & BUSINESS PARTNERS

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.

Blossoming Lotus Café, 925 NW Davis St., Portland, (503) 228-0048. Creative organic offerings include soups, sandwiches, rice bowls and baked treats. Free macaroon 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, 049 SW Porter, Portland, (503) 552-1555 x 1570. Food cart serving home-style 100% organic dishes, vegan soup daily. 10% discount

Dreamers Café, SW 5th Ave. near Oak and Stark, Portland. Falafel, wraps, "not" chicken parmesan sandwich and "not" buffalo wings. Lunch (till 3:30 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.

Tao of Tea, 3430 SE Belmont St., Portland, (503) 736-0119. 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.

Veggielicious, 3315 SE Hawthorne Blvd. Food cart serving mock meat and mock egg menu items like the "Big Mock," chili dogs, and eggless egg salad sandwich. Vegan! 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.

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!

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. Hours: 10 am – 8 pm daily.

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.

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.

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.

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

The Vita Café serves up mostly vegetarian, vegan, and organic cuisine for breakfast, lunch and dinner. Open daily at NE Alberta Street and NE 31st Ave. Contact Vita about Catering or anything else at (503) 335-8233, www.vita-cafe.com. 10% discount for Northwest VEG members.

Watermelon Web Works, LLC's mission is to meet the web design, marketing and hosting needs of small, socially conscious businesses and individuals. Watermelon has donated hosting of the Northwest VEG website since 2003. To learn about how Watermelon can develop or enhance your site, call (971) 645-4352 or (866) 836-4215, or visit www.watermelonwebworks.com.

UPCOMING EVENTS

July 14 (Saturday), 6:30 pm – 8:30 pm: Kinta Restaurant Veg Dine-out

Belmont street is waiting for you, as well as Kinta, the restaurant of healthy, organic cuisine with luscious noodles and curries, soups, and fresh vegetables of your choosing, all cooked with Malaysian flare. Fun cocktails of unique blends available. Kinta is located at 3450 SE Belmont St. Ordering will be conducted with separate checks to make our dine-out a smooth, laid-back event. To RSVP, contact Cathy at monroycathy@hotmail.com or (503) 206-7183 by July 11. We will be limiting the number of patrons to 20, so secure your seat early!

July 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. 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. Northwest VEG potlucks are alcohol-free events. 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) 224-7380. A donation of \$2-5 per person is suggested to help cover the cost of the room rental. After the meal, a facilitated discussion will provide an opportunity to express suggestions, compliments, and/or criticisms of Northwest VEG.



PLEASE NOTE: access to the location may still be restricted due to the road upgrade, in which case you may get there via Taylors Ferry Road (coming from I-5) or Hall Blvd. coming from the east or west; from any of the above turn north on Washington Drive, accessing Oleson about 1/2 block from the venue's entrance. We do advise you to have a map handy!

August 19 (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. Presentation/discussion to be announced. See July 15 potluck for directions and details about what to bring.

Northwest VEG /OrganicAthlete Bike Rides

July 14 (Saturday), 10 am; July 22 (Sunday), 10 am; Aug. 11 (Saturday), 10 am; Aug. 26 (Sunday), 10 am
Join a small group of Northwest VEG and OrganicAthlete members for a fun, slow-paced group bike ride. The distance is 20 miles or less, with a rest stop around the halfway point. We leave the ride route open to match the ride to the skill level of the riders. The stops are usually at a coffee shop that has vegan options. Meet at the Hawthorne Bridge Fire Station, under the east side of the Hawthorne Bridge. If you have any questions, or suggestions for routes or stops please send us a note at portland@organicathlete.org.

Recipe of the Month: Bryanna's Avocado, Tomato and Whole Grain Salad

From: veganfeastkitchen.blogspot.com

1 cup wheat kernels (sometimes referred to as "wheat berries") (OR you can use rye, spelt, or kamut kernels)
3 cups water
1/2 tsp dried thyme
1/2 tsp dried basil
1/2 tsp salt
4 sundried tomato halves (NOT IN OIL)
1/2 large avocado, or 1 small peeled and pit removed, diced
Juice of 1 lemon (2 Tbs)
1 small red bell pepper, finely diced
1 small onion, chopped and covered with boiling water for 10 minutes, then drained (OR use raw chopped red, sweet, or green onion)
1 medium tomato, diced
1 clove garlic, crushed
1/4 cup fresh chopped herbs: parsley, basil, oregano, cilantro, etc.
1 Tbs extra virgin olive oil
1 tsp balsamic vinegar
1/2 tsp salt

Wash the wheat or other grain kernels. Add the water, dried herbs, 1/2 teaspoon salt, and the sundried tomatoes. Bring to a boil, then reduce heat to very low and simmer, covered, until tender. This can take from 1-2 hours. Alternatively, pressure cook for 45 minutes.

Drain off any extra liquid (save to use in soup stock). Put cooked kernels in a bowl. Chop the sundried tomato and add back to the cooked grain. Add the olive oil, vinegar, crushed garlic, and last 1/2 tsp. salt. Mix thoroughly. (Up to this point, the salad can be prepared ahead and held in the refrigerator for 1-2 days).

Add the red bell pepper, onion, and tomato. Toss and add the fresh herbs. Toss the diced avocado in the lemon juice. Add to the salad and mix in gently. Serves 4

Nutrition (per serving, made with wheat): 242.4 calories; 28% calories from fat; 8.1g total fat; 0.0mg cholesterol; 522.0mg sodium; 542.4mg potassium; 40.7g carbohydrates; 8.8g fiber; 4.2g sugar; 31.9g net carbs; 6.3g protein; 4.7 WW points.

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 or renew at the \$35 level or higher and get a free year of *VegNews Magazine!*

Please circle your choice of membership level:

- \$20 for Individual \$50 for Steward \$_____ Additional Donation
- \$35 for Family \$100 for Sustainer _____ I prefer not to receive *VegNews* free (\$35 level or higher)

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**
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 Northwest VEG Charge my Visa Master Card
 c/o Linda Sant'Angelo Card # _____
 24305 NE Elkhorn Road Expiration date: _____
 Brush Prairie, WA 98606 Signature _____

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

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