

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

Walking for Farm Animals on Sept. 29

By Cathy Monroy, Contributing Writer

If animals could speak, we would all be vegetarians. Well, it's time to talk the talk AND walk the walk! Farm Sanctuary's Walk for Farm Animals 2007 is approaching, and we need you to help do your part. Farm Sanctuary is a national organization, dedicated to rescuing,



rehabilitating, and providing abused farm animals a safe haven for the rest of their lives. But the organization goes

beyond that—it works to educate people concerning the horrible lives animals succumb to as factory farming commodities. The organization also educates people on the incredibly negative effects of factory farming on the environment, an aspect the environmental community has not focused on nearly enough.

Once you register for the walk, set a goal for yourself. It might be to raise \$100. Perhaps you know of three non-veg friends who are considering moving toward an animal-free lifestyle who you can involve.

Events at Lighthouse Farm Sanctuary Warrant a Trip South on I-5

THE LIGHTHOUSE FARM SANCTUARY, home to more than 150 formerly abused and neglected animals, is having a Yard Sale and Open House on Sept. 8 from 9 am to 3 pm at its new permanent home located at 36831 Richardson Gap Rd., Scio, OR, 75 miles from Portland. You will find farm items, household items such as a washer and dryer—and other goodies. While you're there, take a tour of the farm, feed the animals, and enjoy the beautiful country setting.



Later in September, head to the farm for its annual celebration of Farm Animal Awareness Week. The 5th Annual Wine and Music at the Farm will take place on Saturday, Sept. 22, from 4 to 7 pm. This is the Sanctuary's major fundraiser for the animals, so your financial support is appreciated. An admission charge of \$15 per person will be used to help support the farm's continuing efforts to improve the lives of the resident animals. Volunteers will give tours of the Sanctuary from 4 to 5 pm, and there will be a brief presentation about the Sanctuary and how you

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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 through Sept. 30.

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, contact (971) 645-4352, (866) 836-4215, or www.watermelonwebworks.com.

Recipe of the Month: Peppered Pumpkin and Potato Ragout

Vegetarian Times: January 1, 1998

Ingredients (for 4 servings)

- ◆ 1 Tbs. olive oil
- ◆ 1/2 cup chopped onion
- ◆ 2 cloves garlic, minced
- ◆ 2 cups cubed fresh pumpkin
- ◆ 1 cup cubed potato, unpeeled
- ◆ 1/2 tsp. salt
- ◆ 1 tsp. freshly ground black pepper
- ◆ 1/2 tsp. crushed red pepper flakes or to taste
- ◆ 1/2 tsp. ground white pepper
- ◆ 3 cups vegetable stock or canned broth
- ◆ 1 cup peas, fresh or frozen, thawed

Directions

1. In large pot, heat oil over medium heat. Add onion and garlic and cook, stirring often, until onion is soft, about 5 minutes.
2. Add pumpkin, potato, salt, black pepper, red pepper flakes and white pepper, and toss to coat with oil. Stir in stock and bring to a boil. Reduce heat to a simmer and cook until pumpkin and potato are tender, about 20 minutes. Add peas and cook just until peas are tender, about 5 minutes. Serve hot.

LIGHTHOUSE EVENTS *Continued from page 1*

can help the animals. You can listen to the music of Nick Ignelzi's Butte Creek Ramblers, enjoy some wine from local wineries, and taste great vegetarian and vegan appetizers. A handmade quilt will be raffled off, and an auction will feature items such as baskets of goodies, planters of flowers, sponsorships of animals, items from our on-line store, and sessions with a massage therapist. RSVP by Sept. 17 for this adult-only event (sorry, the farm cannot accommodate pets or children at this event). For more information about either of these events, call (503) 394-4486 or email info@lighthousefarmsanctuary.org. You may also inquire about upcoming volunteer opportunities on Saturday mornings.

"In fact, if one person is unkind to an animal it is considered to be cruelty, but where a lot of people are unkind to animals, especially in the name of commerce, the cruelty is condoned and, once large sums of money are at stake, will be defended to the last by otherwise intelligent people."

—Leo Tolstoy

Volunteer Spotlight —

Dan Robinson

by Barrett C. McInnis, Co-Volunteer Coordinator

DAN ROBINSON, PICTURED HERE WITH HIS CAT CASH, has been a volunteer with Northwest VEG for several years. He has been a great help to the organization and is always there when we need him. Dan has been described as a man with the "patience of a saint" who "appreciates good food and company." Our former volunteer coordinator, Maggie Raczek said that Dan "was always a willing, enthusiastic, flexible volunteer that I could count on." Here is your chance to learn more about this exceptional Northwest VEG volunteer!



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WALK FOR FARM ANIMALS *Continued from page 1*
Or your goal may be to begin your lifelong pursuit of activism right here, the day of the walk. Your support, your voice, your dedication benefit the animals whose destiny is a dinner plate.

Please join me and other animal activists as we march through the streets of Portland on Saturday, Sept. 29, letting the voices of animals be heard. Our unified goal is to educate and inspire. We will graciously hand out flyers. We will chant and show our support for an organization that deeply loves and advocates for the lives of animals, especially those animals that are so callously looked upon as a product rather than living, breathing, feeling beings.

When: Saturday, Sept. 29, 2007; 9 am registration; 10 am walk.

Where: Blossoming Lotus, 925 NW Davis St. Portland
Registration: for \$10 you will receive a Walk for Farm Animals t-shirt, designed by Berkeley Breathed

Contact: Cathy Monroy at portland-oregon@walkforfarmanimals.org or go to www.farmsanctuary.org and find "Our Other Websites" on the left side of the home page. Look for www.walkforfarmanimals.org then look for 2007 Walk location page and find Portland. You can register online, or contact me to register: (503) 778-0223. Farm Sanctuary has set up an easy way to have friends and family sponsor you through First Giving, www.firstgiving.com. Here, you can set up a fundraising page that is easy and informative.

UPCOMING EVENTS

September 8 (Saturday): 9 am to 5 pm: Vancouver Peace and Justice Fair

The Vancouver Peace and Justice Fair works to build community among grassroots peace and justice groups in Southwest Washington and to highlight common goals. Location: Esther Short Park, 8th and Columbia, downtown Vancouver. For more information visit: www.vancouverpeaceandjusticefair.org. To volunteer, contact volunteer@nwveg.org.

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

Join Northwest VEG at the Trinity United Methodist Church at 39th SE and 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. Northwest VEG potlucks are alcohol-free events, and we start eating about 5:15 pm. After the meal, Northwest VEG Board Member, Robert Cheeke, will talk about nutrition for the vegan athlete. Robert is a nationally known vegan body builder. He is associated with many vegan athletes throughout the country, and even the world, in promoting athletic fitness through vegan nutrition. 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.

September 22 (Saturday), 10 am – 6 pm: Green Sprouts Organic Baby & Family Fest

Green Sprouts is a fun, festive and educational event for the whole family that celebrates and promotes the nurturing of life through nature. From pregnancy to childhood, parents can explore eco-friendly, community-involved, natural, and healthy options to raising their families. Location: Peninsula Park in North Portland. For more information visit: <http://www.redirectguide.com/GreenSprouts>. To volunteer with Northwest VEG, contact volunteer@nwveg.org

September 29 - Walk for Farm Animals: Get your walking shoes on, your spirits high, and your voice ready for this year's Farm Sanctuary Walk for Farm Animals 2007. See article in this newsletter, page 1.

September 28-30 (Friday – Sunday): National Animal Law Conference

The National Animal Law Conference will be held at Lewis and Clark College September 28-30. This year's theme is Building Bridges: Strengthening the Animal Advocacy Movement. Speakers such as Paul Shapiro and Courtney Dillard will discuss factory farms and many animal issues. The cost is \$150, and registration is due Sept. 14. For more information, call (503) 768-6795 or visit www.lclark.edu/org/saldf.

October 6 (Saturday): Tour d'Organics

Join riders from Organic Athlete and Northwest VEG in this annual event! The ride begins and ends at the Natural Capital Center in downtown. The Tour d'Organics is a bicycle century featuring local, organic food and farms. The routes stop at local farms where riders can refuel from fruit straight from the field. The event features a gourmet post-ride meal catered by Blossoming Lotus. The cost for the 30-mile route is \$40, while the 65-mile route is \$50. Visit www.tourdorganics.com and click on Portland or call (707) 360-8511.

October 21 (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 and we start eating about 5:15 pm. After the meal, Ole Ersson, M.D., will talk about common diseases influenced by the typical American diet high in saturated fat, cholesterol, sugar, and refined foods. Many studies have shown that incidences of heart conditions, cancers, and diabetes can be dramatically lowered by adhering to a nutritionally rich, vegan diet. Ole serves as a physician for the Correctional Institutions under Multnomah County.

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.

VOLUNTEER SPOTLIGHT *Continued from page 3*

How long have you been veg and why?

As a child, I grew up in San Diego and spent many years visiting the world famous San Diego Zoo. My love of animals started there. It took me to the age of 41 and a good friend from work who asked why I would eat an animal if I loved them so much before I made the connection. That day I became vegetarian, and a few weeks later, after doing some research, I became vegan.

What's on your dinner plate?

Although my favorite food is a nice fresh salad with a variety of veggies, the dinner plate is usually a stir-fry with whatever veggies are in season over home made pasta or basmati brown rice.

How has being veg impacted your life?

After retiring from the Federal Government in 1992, I pledged to dedicate the remainder of my life in the service of animal rights. For me, veganism is about animal rights and preserving an environment that can continue to sustain life. Health benefits are just a bonus.

What has been your most inspirational volunteering experience?

My most inspirational volunteering experience is most often working at animal shelters and sanctuaries; locally at Cat Adoption Team. However, I also get great satis-

What is something about you that people should know?

I am the Founder and Operating Manager of the Animal Rights Resource Foundation (ARRF) as well as the Animal Rights Resource Center (ARRC). ARRC is an educational venue for promoting the issue of animal rights and ARRF is the funding venue for ARRC. I am currently constructing the web site www.veganlifestyle.org, which will have as one of its major focus points the issue of vegan cats developed on behalf of the Vegan Cat Institute, an organization created as a permanent memorial to my vegan feline son Teddybear. My vegan feline son Cash is the spokescat for the organization. I abhor politics and the posturing that goes with it. That being said, I am a lifelong Democrat who is very conservative politically. So I often disagree with the progressives and liberal Democrats who are prevalent in the various organizations in which I share membership.

The Volunteer Spotlight is our way of giving thanks to those who contribute their time to Northwest VEG and enable us to continue our outreach efforts. As an all-volunteer organization, we literally could not do it without your help. Contact volunteer@nwveg.org or (503) 224-7380 to learn how you can volunteer.

What Are Your Veg Favorites in Portland/Vancouver?

Among the many Portland-area veg options, we each have our favorites. Here we are going to find out the favorites of Northwest VEG members and friends so that others may perhaps discover something new. Although the results of the survey were to be announced in this issue of the newsletter, the deadline will be extended to invite more responses. Look for the results in the November/December Thymes. One name will be drawn randomly for a **\$25 gift certificate to Blossoming Lotus**, last year's readers' pick as the best restaurant. Please send in your favorites by Sept. 23, 2007. to Charley Korn, 1323 NE 77th Ave., Portland, OR 97213.

Please note your favorite for all or any number of the following categories:

1. Restaurant _____
2. Food Cart _____
3. Asian Restaurant _____
4. Mexican Restaurant _____
5. African Restaurant _____

6. Middle Eastern Restaurant _____
7. Restaurant serving vegan sushi _____
8. Restaurant for breakfast _____
9. Restaurant or food cart for lunch _____
10. Restaurant for dinner _____
11. Restaurant for raw food _____
12. Happy hour with vegan options _____
13. Tofu scramble _____
14. Vegan French Toast _____
15. Vegan pancakes _____
16. Non-dairy latte _____
17. Locally made vegan dessert _____
18. Vegan burger in restaurant _____
19. Vegan burger in grocery store _____
20. Grocery store _____

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**
 & send to:
 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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