

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 .

Compassionate Thanksgiving Potluck Set for Nov. 18

Please join us for a celebration of our blessings and the bounty of veg food at 5 pm, Sunday, Nov. 18th at a SE Portland location. After the meal we'll be treated to a screening of heartwarming vignettes from "The Future of Food." More event details, including event address, will be provided with your registration confirmation. We ask that attendees register early and bring especially generous potluck dishes to share. Northwest VEG will supply dessert and beverages. And what would our Compassionate Thanksgiving be without a scrumptious organic, vegan dessert offering from **Chef Al Chase?** But there's more... **Proper Eats Café** will be supplementing our delicious choices with a special sampling of two vegan entrees!

Please bring a vegan (or vegetarian) main dish, side dish, salad or bread, a card listing its ingredients in dark ink and clear print, and plates and utensils for your use. If you come by yourself, figure the amount to serve 8-10; increase the amount by four servings for each additional person in your party/family. Northwest VEG events are alcohol-free.

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Compassionate Thanksgiving Nov 18

Vegan Diet Can Reverse Chronic Illness

by Carol Merrick, Northwest VEG Board Member

"Two-thirds of all deaths in the United States are due to chronic illness," said **Ole Ersson, M.D.**, at the October Northwest VEG potluck. Dr. Ersson is certified in family medicine and is a Corrections Health Physician for the Multnomah County Health Department. His talk, "A Vegan Approach to Chronic Disease Prevention," first explained that leading causes of death in the U.S. are heart disease, cancer, stroke, and respiratory disease. Chronic illness accounts for 1.7 million deaths each year. New cancer cases in 2006 for men include 234,460 for prostate cancer, and for women, 212,920 for breast cancer. Other highly occurring cancers include lung, colon and rectum.

The suffering and limitations to people are staggering. Over 90 million people live with chronic illness, and the cost was \$1.6 trillion dollars in 2002. These diseases have escalated in the last 50-100 years partly because we are eating differently. Today most people eat too many calories because we have cheap, high calorie food laden with sugar, fat and refined carbohydrates. The result is that the obesity epidemic has surged throughout our country, with two thirds of adults now obese or overweight.

Dr. Ersson reviewed chronic diseases starting with macrovascular complications such as atherosclerosis. High blood cholesterol causes fatty plaques to develop, which narrow arteries. This results in coronary and peripheral vascular disease as blood flow to vital tissues is restricted. Plaques can rupture, leading to a heart attack or stroke. Risk factors include high blood pressure, smoking, and obesity — but the damage

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Volunteer Spotlight — Cathy Monroy

by Barrett C. McClinnis, Northwest VEG Board Member

You may have recently heard about **Cathy Monroy's** spectacular efforts organizing the Walk for Farm Animals, which takes place each year to support **Farm Sanctuary**. Everyone at Northwest VEG is tremendously appreciative of Cathy's efforts, her 'can do' attitude and sparkling energy. She is tireless in her efforts and an inspiration to us all. Thanks, Cathy!



Cathy Monroy is all about peace.

How long have you been veg and why?

I have been a veg for 12 years. I learned the sacredness of animals, then realized I was eating the very friends I loved and respected so much, so the very day I broke up with my devoted meat-eating partner, I went veg.

What's on your dinner plate?

Last night butternut squash soup, ciabatta olive bread, spinach salad with veggies from

our garden. Yummy!

How has being veg impacted you life?

Because I am a vegan, the health benefits are astronomical. I rarely get sick, I have tons of energy, my mental outlook on life is clear. I know what I am doing for myself and the time I put in to organizations that support animal welfare is so positive and life-affirming. I wish others could understand that what they eat affects their health not only in the present but future.

What has been your most inspirational volunteering experience?

I used to volunteer at a pig sanctuary in Redlands, CA. I brought a young student of mine there to meet 30 wonderful pigs, along with horses, a peacock, a turkey, and a few ostriches. Children see animals for who they are so much clearer than adults. My young student, a kid from a gang-riddled neighborhood, bonded so wonderfully with the animals. I hope he becomes veg someday.

What is something about you that people should know?

People should know that I always hope for the best in everyone. I don't like the idea of giving up on people when they don't meet an expectation. Also, I collect smashed pennies from all over the US. I have over 130.

The Volunteer Spotlight is our way of giving thanks to the many people who contribute their time to Northwest VEG and enable us to continue in our outreach efforts. As an all-volunteer organization, we literally could not do it without your help.

VEGAN DIET *Continued from page 1*

cannot occur without high blood cholesterol. In Oregon, by the time adults reach 55-64 years old, 48% have high cholesterol.

Dr. Ersson also discussed common chronic diseases such as diabetes, hypertension, cancer and osteoporosis.

Throughout the world, type 2 diabetes rates are rising.

People who have this type of diabetes have high blood sugar from eating too much and not getting enough exercise. Symptoms can be abnormal thirst and frequent urination. Obesity is often linked to this disease, but it's

possible to be obese and not diabetic. Hypertension, characterized by blood pressure greater than 140/90, is often called the "silent" killer because it can be asymptomatic. It can lead to macrovascular diseases and kidney failure. Three of the most common and deadly cancers

are breast, prostate, and colon cancers. Out of these, colon cancer has the strongest association with diet. Osteoporosis rates are also rising and because women have a lower bone mass than men, rates are higher for women. Diet is a factor for several reasons including eating too much protein, which results in a negative calcium balance — calcium is taken from the bones to restore the body's calcium balance.

The recommendations to prevent these chronic diseases include a diet high in fiber, composed of whole foods (rather than processed foods), low in refined fats, low in refined carbohydrates (like sugar and white flour), low in dietary cholesterol, and low in total calories (to maintain a healthy body weight). In other words: whole foods, primarily or 100% vegan. Other healthy lifestyle choices would include not smoking, getting plenty of physical activity, avoiding excessive sodium and alcohol intake, and reducing stress. Dr. Ersson concluded by saying, "You can stop chronic diseases in their tracks with healthy lifestyle choices."

To view Dr. Ersson's presentation, go to: http://nwveg.org/mastervegetarian/fall2007/Vegan_Chronic_Disease_Prevention.pdf



Ole Ersson, M.D.



THANKSGIVING *Continued from page 1*

Due to limited seating and the cost of our extra holiday food, pre-registration with payment is required. For more information, and registration forms, contact Jill Schatz at jill@nwveg.org or (503) 297-8435.

Friendly Bike Tour Offers Uncommonly Good Experience

by Maren Souders, Contributing Writer

The week before Labor Day, I took a bicycling and camping trip hosted by a local progressive company called **Common Circle**. I want to share my experience, and encourage other Northwest VEG-ers to consider taking one of their trips, because the meals included in the package are 100% vegan, mostly organic and locally sourced, and delicious!

My tour went to the Oregon coast and back, along roadways carefully selected to maximize safety and scenery. We stopped nearly every day to do service projects at various sustainability-focused nonprofits, including organic farms, a community land trust, and a rural food bank.

I was really impressed with the diversity of the participants on the tour. There were about 25 of us, plus about five guides. We ranged in age from early 20s to late 70s. There were only three of us from Portland; the rest came from all over the US and Canada. There was a mother-daughter team from New Jersey, a honeymooning couple from Michigan, several friends from a Canadian University... and many more interesting folks. I was also impressed by the diversity of previous bicycling and/or camping experience. One participant had never biked more than ten miles in one day before. (The trip definitely challenged her, and I'd recommend training a bit more, but she made it). Another had biked all the way across Canada the previous summer.

The food really impressed me. It was camping food, of course, nothing gourmet, but it was filling and delicious and often incorporated fresh produce from the farms we visited. We had stews, coconut curries, chili, vegetable-quinoa combos — even spelt pancakes with a local fruit compote one morning! The company provided a biodiesel-powered support-and-gear van, and tents for us all. I rented my bike from them, which they recommend. It included a rear-view mirror, odometer/speedometer, patch/toolkit, and puncture-resistant Kevlar tires.

One of the highlights of the trip was camping on the beach at Cape Lookout state park for two nights. It was so beautiful! Many of us went hiking during the day, and there was a sea kayak excursion offered for an additional fee.

As a bike commuter and around-town cyclist, I was challenged physically, but not overwhelmed. We rode a total of 185 miles, and I felt very accomplished when I realized I had biked over the Coast Range Mountains! Portland's hills don't intimidate me much anymore.

If you want to learn more, visit www.commoncircle.com. The prices are very reasonable, and the company offers both early-bird and (at least sometimes) 2-for-1 specials. In addition to the Oregon Coast Sustainability tour, they offer an Oregon permaculture tour, a Hawaii sustainability tour, and (coming soon) some tours in California. A word to the wise: If you do sign up, be sure to use a credit card for their online form, not a debit card, because they do not warn you before they run the charges, and my account got overdrawn. Other than that one snafu, I heartily recommend these tours!



Maren Souders, standing third from left, and fellow Common Circle cyclists

Veggie Social Workers Save the Planet

Are you a social worker who follows a vegetarian or vegan diet and sees your choices as consistent with social work values? Are you interested in meeting with like-minded individuals who support dietary and lifestyle choices that impact the well-being of individuals and society? We can get together and act according to our principles. We might have fun trying. A group is in the works. Please contact Casadi Marino, LCSW, CADC III, veggiesocialworkers@gmail.com, 503-722-6573 (office phone).

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 Kornis: (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 soft serve with purchase through Dec. 31.

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.

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.

Please support our business partners!

Food Fight! Vegan Grocery, 1217 SE Stark St., Portland, offers "junk food," jerkies, chocolates, sodas, snacks, fake meats and cheeses, etc. Plenty of staple goods, bulk foods, nacho bar, books, magazines. Call (503) 233-3910 or visit 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. 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.

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

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.

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.

"As a spiritual family and a human family, we can all help avert global warming with the practice of mindful eating. Going vegetarian may be the most effective way to fight global warming."

— **Thich Nhat Hanh, Vietnamese Buddhist teacher**

Green Grocer Opens in Oregon City

by Casadi Marino, Contributing Writer

In October Gwen Goss opened **Green Grocer**, a natural foods store, at 891 Molalla Avenue in Oregon City. Goss also worked as part of the team that began the Oregon City Farmers Market. The store offers organic produce, bulk items, green cleaning products, and homeopathic remedies. The business includes a lending library, massage rooms for rent, and community bicycles for the borrowing. Although the store currently does not sell red meat, Goss has received numerous requests to carry meat. Goss does not buy meat for herself and is raising her daughter vegetarian. Should you be in the neighborhood, you may want to stop by the funky place, as Green Grocer is the only store of its kind in Oregon City. Hours are Mon-Sat, 9:30 am – 7:30 pm; Sun, 10:30 am – 6:30 pm. For more information, call the store at (503) 657-5977.

Northwest VEG is Hiring Part-Time Volunteer and Outreach Coordinator

After years of operating as an all-volunteer organization, Northwest VEG is ready to hire a part-time staff person. We are hoping to hire an enthusiastic and outgoing person to serve as our volunteer and outreach coordinator. The job will require an average of 15 hours per week, depending on current activities, and the applicant should be able to work from home.

If you are interested in applying for the volunteer/outreach coordinator position, visit www.nwveg.org/applic.htm for more information and to download an application. Completed applications must be submitted by Nov. 20 at 8 pm. Contact Barrett McInnis at (503) 222-0009 or bmcinnisnwveg@gmail.com for more information about this position.

VegFest 2007 CDs Available

Did you attend VegFest and miss one of our speakers because you were watching a cooking demo? Did you hear a talk and want to hear it again? Northwest VEG now has available copies of the following VegFest 2007 talks: **T. Colin Campbell, Ph.D.:** The China Study; **Kelly Peterson and Jennifer Hillman,** Humane Society of the United States; **Caldwell B. Esselstyn Jr., M.D.:** "Abolishing Heart Disease"; **Jonathan Balcombe, Ph.D.:** "Pleasurable Kingdom"; **John Robbins:** "Turning Pain to Passion".

The CDs cost \$5 each, or \$15 for the entire set. The entire series is also available on a single disk in MP3 format for \$10. Shipping will be a flat \$3 for any quantity, or you can pick up the CDs and avoid shipping charges at Northwest VEG potlucks. Order by sending a check and return address information to 533 NW Miller Road, Portland, OR 97229 or send an email to peter@nwveg.org. Thanks to Northwest VEG member Mel Reslor for recording the talks and producing the CDs.

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 check your choice of membership level:

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

Name: _____
 Street: _____
 City, State, & Zip: _____
 E-mail: _____
 May we contact you about volunteer opportunities with Northwest VEG?
 Yes No • Call me in a few months at _____

Make checks payable to **Northwest VEG** and 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: Herbed Winter Vegetable Roast

Serves 6 – Vegan

from *Vegetariantimes.com*

Thin-skinned delicata and butternut squash can be roasted without peeling. Serve this satisfying vegetable roast with brown rice, steamed bulgur, or polenta. Sprinkle leftovers with grated vegan cheese, and broil until bubbly for a delicious next-day dinner.

- 2 Tbs. olive oil, plus more for greasing pan
- 1 Tbs. chopped fresh rosemary
- 1 Tbs. chopped fresh basil
- 1 Tbs. chopped fresh thyme
- 2 cloves garlic, minced (2 tsp.)
- 2 delicata or 1 large butternut squash,
cut crosswise into 1/2-inch-thick rounds (2 1/2 lb.)
- 1 acorn squash, peeled and cut into 1-inch chunks (1 lb.)
- 2 medium carrots, cut on the diagonal into 1/2-inch thick slices (1 cup)
- 2 medium parsnips, cut on the diagonal into 1/2-inch thick slices (1 cup)
- 1 medium onion, cut into 1-inch-thick wedges



1. Preheat oven to 400°F. Lightly oil rimmed baking sheet or roasting pan.
2. Whisk together olive oil, rosemary, basil, thyme, and garlic in large bowl. Season with salt and pepper. Add delicata or butternut squash, acorn squash, carrots, parsnips, and onion; toss to coat. Spread in single layer on prepared baking sheet. Roast 45 minutes, or until vegetables are tender and beginning to brown, stirring every 15 minutes.

PER SERVING: 190 CAL; 4G PROT; 6G TOTAL FAT (1G SAT. FAT); 34G CARB; 0MG CHOL; 408MG SOD; 7G FIBER; 10G SUGARS

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