

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

VegFest: A Compassionate Living Fair is Set for March 18

By Jill Schatz, Membership Coordinator, Northwest VEG

SAVE THE DATE AND PLAN TO ATTEND NORTHWEST VEG's 2nd annual VegFest, timed to promote the **Great American Meatout**, a 20-year-old international educational campaign. We're bringing together information and resources to inform our local community on positive steps toward a more compassionate, earth-friendly lifestyle. While much of our planning is still in the works, we have secured a new and larger venue — the **First Unitarian Church** in downtown Portland.



The church's Community for Earth group will be partnering with us as a sponsor, as will (once again) **In Defense of Animals**. The local publishers of **Natural Awakenings Magazine** again will help with graphic design. More potential sponsors and donors will be invited to participate in the coming weeks. We're currently looking for lots of volunteers (see accompanying article), and encouraging everyone who attends to bring along family and friends. Here's a preliminary list of what attendees will enjoy:

- **Free Food Samples** - with **Field Roast**, **Turtle Island** and **Sun Flour Baking** coming on as early donors. We'll have a wide variety of natural foods, veggie fun food and

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Old and New Tasty Veg Options Encourage Diners and Shoppers

By Charley Korn, President, Northwest VEG

MANY OF US WERE SADDENED TO SEE THE demise of the vegan restaurant **Calendula** and the change of ownership at **Sun Lotus**, ending its vegetarian status. Yet we are encouraged by the opening of the vegetarian **Blue Moose** at 4936 NE Fremont St. (our January dine-out will take place there on Jan. 14 at 1 pm ... see Upcoming Events, page 3, for details). In addition, we look forward to the opening of **Bay Leaf**, an Asian vegetarian restaurant at 4768 SE Division St.

Blossoming Lotus, a vegan café that opened this year at 925 NW Davis St., was reviewed by Christina Melander in *The Oregonian* on Dec. 30, as a "cheap eats" selection. Her praise included descriptions of the chefs' vegetable patés and soft tacos. "The parfaits, soups and sandwiches are notable for their taste and texture rather than nutritional merit alone, which extends the

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"un" meats and "un" dairy products for everyone to taste.

- **Five Great Speakers** - including our friend, **Howard Lyman**, the "Mad Cowboy" and former cattle rancher turned vegan educator; and nutritionist and educator **George Eisman**, compliments of **Farm Sanctuary**.
- **Cooking Demos** - from renowned local chefs, sharing their secrets for quick, tasty and satisfying entrees, sides and desserts.
- **Fabulous Information and Displays** - all with a positive focus and provided by a wide range of nonprofits focusing on compassion, health, environmental and social issues.

Look for more festival details coming soon to the Northwest VEG website at www.nwveg.org and later in the March/April newsletter. And if you'd like to join the fun and camaraderie in planning the event, feel free to contact Jill Schatz: jill@nwveg.org. 🌍

Northwest VEG Member Profile: Nicole Bowmer

Name/city/age/occupation: Nicole Bowmer / Portland / 29 / Program Assistant for a nonprofit

Northwest VEG volunteer? Editor of E-Bits and special events volunteer

Diet? Full-time vegetarian and part-time vegan (working towards full-time)

When did you become vegetarian, and why?

It's been a step-by-step journey for me. I stopped eating red meat at 14 because I became more and more bothered by the fact that no one could tell me what those hard white things were that I was always biting into in my hamburgers. (I had my guesses, and I didn't like to think about them.) I continued to eat fish until I attended a lecture by the founder of the Sea Around Us Project, which works to raise awareness about the tragic depletion rates of entire marine ecosystems around the world. I gave up my rare instances of eating chicken thanks to Northwest VEG, which is where I first saw *Peaceable Kingdom* (documentary film by Tribe of Heart) and learned about the environmental impacts of the meat industry as a whole.

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Making the World a More Peaceful Place

By Carol Merrick, Secretary, Northwest VEG

MANY OF US WHO CARE ABOUT MAKING THE world a more peaceful place for all beings often start the New Year by composing resolutions or making intentions. We do it for ourselves, our family and friends, the animals, and the planet. May I suggest in 2006 you consider getting more involved with Northwest VEG. Last March at our first VegFest: A Compassionate Living Fair, we attracted nearly 300 people. This year we would like to double or triple our attendance, **and we need your help now.**

Many involved in the Northwest VEG leadership are now organizing various aspects of the VegFest but we need help on our committees that are looking for sponsors, exhibitors, speakers, food demonstrations, food sampling, publicity, finding volunteers for the day, and children's activities. **Do you have a few hours a month between now and March to help us?** If so, please contact us by email (marsha@nwveg.org, jill@nwveg.org) or call (503) 224-7380 to leave a message. We also will need many volunteers on March 18, the day of our VegFest, so please let us know if you can help then, too.

I have been a volunteer for Northwest VEG since its inception and I previously helped to organize another veg group. Why do I do this? My passion is fueled because I care about the animals, the state of the world and the health of us all. Since I became a grandmother, I have a particular investment in the future. At times when I get overwhelmed by all that needs doing, I recall Helen Keller's quote: "Because I am one, I can't do everything, but because I am one, I can do something."

I receive many gifts from my involvement with Northwest VEG. I am associated with a group of caring, intelligent, creative people, I learn more about food issues every month, and after hearing Howard Lyman and Erik Marcus last September, I realize that the work that I do for Northwest VEG is some of the most important work I have ever done in my life. I am blessed and rewarded constantly. If you want to add to your life, please consider being a more involved part of our community. 🌍

UPCOMING EVENTS

Jan. 14 (Saturday), 1:00 pm - 2:30 pm: Veg Dine-out Each month, Northwest VEG members and friends dine at a restaurant that offers tasty veg options. Join us for lunch at **Blue Moose Café**, a vegetarian restaurant at 4936 NE Fremont St., Portland, opened recently by Sheila Gilronan, who previously ran Dog's Dig Vegetarian Deli in Old Town. The menu features home-made soups, chili and hearty sandwiches. Please RSVP the number in your party (required) to Ardis at roar214@earthlink.net by Jan. 11. If your plans change after you RSVP, please let Ardis know before Jan. 14.

Jan. 15 (Sunday), 5:00 pm - 7:30 pm — Northwest VEG Vegetarian Potluck Join us at the **Multnomah Friends Meeting Hall**, 4312 SE Stark St. in Portland for our monthly vegetarian potluck. Following the meal, Pete Prasarttongosoth, owner of Vege Thai, will present a vegan Thai cooking demonstration. Please bring a vegan (no animal-derived ingredients) or vegetarian (no meat or seafood) main dish, salad or dessert, a card listing its ingredients, and plates and utensils for your use. If you come by yourself, figure the amount to serve 4-6; increase the amount 4 servings for each additional person in your party/family. Call (503) 224-7380 to leave a message to be contacted for more information — or email info@nwveg.org. If you can volunteer to help at the potluck, contact Maggie: volunteer@nwveg.org.

Feb. 11 (Saturday), 6:00 pm - 7:30 pm: Veg Dine-out Each month, Northwest VEG members and friends dine at a restaurant that offers tasty veg options. Join us for dinner at **Iron Horse Restaurant**, 6034 SE Milwaukie Ave, Portland. In addition to its standard menu, this cozy Mexican restaurant offers an entirely vegan menu upon request. Please RSVP the number in your party (required) to Ardis at roar214@earthlink.net by Feb. 8. If your plans change after you RSVP, please let Ardis know before Feb. 11.

Feb. 18 (Saturday), 6:30 pm - 8:00 pm: Vancouver Veg Dine-out Join Northwest VEG members and friends for a dine-out in Vancouver, Washington. **Casa Grande**, a Mexican restaurant located in a charming 100-year-old Victorian house, offers a separate vegetarian menu,

including squash enchiladas and spinach tamales. The address is 2014 Main St. in downtown Vancouver. Please RSVP the number in your party (required) to dine-out coordinator Becky at nwveg@comcast.net by Feb. 15. Please join our group promptly at 6:30; if your plans change, contact Becky prior to Feb. 15. If you have questions about accommodations for children or disabilities, call the restaurant at (360) 694-7031.

Feb. 19 (Sunday), 5:00 pm - 7:30 pm — Northwest VEG Vegetarian Potluck Join us at the **West Hills Unitarian Universalist Fellowship**, 8470 SW Oleson Road in Portland for our monthly vegetarian potluck. Following the meal, a panel discussion will focus on fair trade food products, including coffee and chocolate. Panel participants will include **Alistair Williamson of Equal Exchange**, and **Northwest VEG member Michael Labhard**. Free samples of **Equal Exchange** products will be available. Please bring a vegan (no animal-derived ingredients) or vegetarian (no meat or seafood) main dish, salad or dessert, a card listing its ingredients, and plates and utensils for your use. If you come by yourself, figure the amount to serve 4-6; increase the amount 4 servings for each additional person in your party/family. Call (503) 224-7380 to leave a message to be contacted for more information — or email info@nwveg.org. If you can volunteer to help at the potluck, contact Maggie: volunteer@nwveg.org.

March 18 (Saturday), 10:00 am - 6:00 pm — VegFest: A Compassionate Living Fair Mark your calendar for this extraordinary **Northwest VEG** Portland event that will feature numerous speakers including **Howard Lyman** and **George Eisman, R.D.** A large variety of free vegan food samples will be available, and notable chefs will demonstrate delicious culinary creations. Location: **First Unitarian Church**, SW 12th Ave. & Main St., Portland. Admission: \$5. If you can volunteer to help organize this event and/or help on March 18, contact Maggie: volunteer@nwveg.org or (503) 493-2358. 🌍

"Think of the fierce energy concentrated in an acorn! You bury it in the ground, and it explodes into an oak! Bury a sheep, and nothing happens but decay."

— George Bernard Shaw

Vegan Health Study

Points to Common Dietary Deficiencies

By Tammy Russell, R.D., NW VEG Thymes Editor

RESULTS DOCUMENTED IN A CLINICAL summary have recently been shared with the public on the Vegan Health Study — a 900-subject study conducted over the past 7 years. Led by **Michael Klaper, M.D.**, the study, which solicited blood and urine samples as well as clinical interviews from study participants, strongly demonstrates how vegans should match their dietary convictions with nutritional knowledge.

People follow a vegan diet (no meat, dairy, or animal-derived foods) for a variety of reasons ranging from not participating in the slaughter of animals to health. It is a comfort to many to know that in addition to saving animals, a vegan diet is one of the healthiest on the planet. Recent studies have shown that vegan diets of-



Dr. Michael Klaper

fer protective effects against a number of chronic diseases and medical conditions, including cardiovascular disease, type 2 diabetes, and certain cancers, as well as some kidney disorders, immune-inflammatory diseases, toxin exposure, gastrointestinal diseases, and eye disorders.

It is thus startling to read the outcomes of the Vegan Health Study that report vegans to not only be at risk for multiple nutrient deficiencies, but to also be at risk for the very diseases they may be trying to avoid. The results of the study then beg the questions “what is it that vegans are or aren’t eating?” and “what changes should they make in their daily meal habits?” Luckily, in the context of the study report, Dr. Klaper does provide us with great tips for analyzing our diets and methods to institute the changes.

Firstly, the Vegan Health Study confirms that vegans who do not supplement their diet with Vitamin B12 are at a *definite* risk for deficiency. Vitamin B12, ascertained from any animal derived products or from improperly washed produce (still contains the remnants from animal GI system), vegans can be deficient for B12 as early as

6 months on the diet or up to 10 years. The health consequences of B12 deficiency are insidious and widespread. Symptoms of deficiency range from numbness and tingling in the peripheral nerves to depression and/or dementia in adults. The consequences for a B12 deficient pregnant or nursing woman can be severe and can lead to “failure to thrive” syndrome in the infant or impaired intellectual function.

The study authors contend that vegans are also at risk for deficiency of the following nutrients: iodine, calcium, iron, zinc, magnesium, essential fatty acids and branched chain amino acids. The report also indicates that vegans who omit these nutrients and have a diet rich in refined carbohydrates may be at risk for cardiovascular disease, hypertension, osteoporosis, and advanced tissue aging.

Vegans are advised by Dr. Klaper to follow the steps listed below for ensuring optimal nutritional status.

1. Make whole plant foods the foundation of your diet. Choose whole foods that are non-genetically modified and organically grown. Aim for a variety of colorful vegetables, especially leafy green vegetables on a daily basis. Also include fruits, legumes, nuts, seeds and whole grains as part of your daily regimen.

2. Minimize refined carbohydrates – both sugars and starches

3. Include a healthful intake and balance of essential fatty acids. Vegans have an inadequate intake of Omega-3 fatty acids such as DHA and EPA. Also, vegans do not consume enough alpha-linolenic acid (from flaxseeds, hempseeds, canola oil, walnuts and green vegetables), which converts to Omega-3 fatty acid in the body. Deficiency can lead to dry skin, low energy, increased risk for cancer, diabetes, osteoporosis, obesity, depression, asthma, lupus, inflammatory bowel disease, Alzheimer’s and psoriasis. Vegans need to take either 2 tsp of flaxseed oil daily (in their food) or 2 TB of ground flaxseed daily. Vegans can also take an algae-derived DHA supplement (300 mg./day, in “vegi-cap”), available at natural food stores. This is especially important for those with increased needs (e.g. pregnant or lactating women), or reduced ability to convert alpha-linolenic acid to EPA and DHA (e.g., people with diabetes or hypertension).

4. Assure an adequate protein intake (approximately 60 to 90 grams per day for vegan adults.) Vegans have a sub-optimal intake of proteins containing amino acids essential for growth (the “building blocks” of protein).

Vegans who do not consume enough sulfur-containing amino acids, particularly cysteine and methionine, may not be producing enough glutathione — a powerful antioxidant needed for quenching free radicals, which can accelerate aging and increase cancer risk.

Choose protein-rich foods – lentils, chickpeas, beans, tempeh, tofu, and other legumes, as well as nuts, seeds, and products made from them

5. Assure an adequate supply of trace minerals. Have generous servings of dark, green, leafy vegetables, legumes, nuts, seeds, root vegetables and fruits. Chew your food well to help break up the plant fibers and/or utilize cooking, grinding, juicing or pureeing in your food preparation.

6. Ensure a reliable source of vitamin B12.

To insure a reliable source of vitamin B12, vegans should include fortified foods such as rice-based and soy-based drinks, Red Star nutritional yeast (Vegetarian Support Formula) and certain cereals. Vegans should have at least two servings of these foods each day, aiming for a total of 3 mcg of B12. It is advised that vegans who feel that their B12 intake may not be sufficient (especially long-term vegans) should take a sublingual supplement (microdot) of approximately 2000 mcg B12 at least once a week

7. Keep sodium intake to not more than 2400 mg per day, and preferably around 1800 mg per day.

8. Eliminate trans fatty acids from your diet. Avoid products containing partially hydrogenated oils, margarine, and shortening.

9. Consider taking a multi-vitamin/mineral supplement.

10. Be sure to get a consistent reliable source of vitamin D.

Sunshine is the best way to get the active form of vitamin D and vegans should aim for 20-30 minutes of sun exposure on the face and/or forearms each day. Those living in cooler climates should rely on fortified foods and/or a vitamin D supplement.

11. Try to get 20 to 30 minutes of active, weight-bearing exercise, at least every other day.

12. For optimal health, a positive mental and emotional state is essential – and possibly more important than nutritional intake. Life is about more than avoiding disease and death. Get as much love, laughter and meaningful service into your daily life as possible. Make your life a reflection of your hopes, dreams and joys.

For more information about Dr. Klaper and his work, visit <http://www.vegsource.com/klaper>. Vegsource hosts, or has links to, many nutritionists who provide advice relevant to the concerns addressed in this article. 🌱



Old and New Tasty Veg Options

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food’s appeal to those who might ordinarily scoff at a vegan diet.”

Those of us with a sweet tooth will enjoy **RiseUp Doughnuts**, an all vegan and organic doughnut collective committed to cruelty-free living, DIY ethics animal rights, and community building. Look for regular deliveries to **Food Fight!** (4179 SE Division St.), Portland’s unique vegan grocery, also on line at www.foodfightgrocery.com. Other outlets include **Veganopolis**, **Back to Back Café**, **People’s Co-op**, and **The Daily Grind** grocery store. Speaking of Food Fight!, be sure to check out their hot sellers of late: Sjaak’s Organic Chocolate boxes, LiTa Smoked Duck (frozen), and cheesecake from **Sweetpea Baking** — all vegan, of course.

Nature Bake has introduced a new line of vegan cookies in four varieties. Find them at large **Fred Meyer** stores, **New Seasons Market**, and some co-ops. Check out www.naturebake.com.

For those of you with plans to head north this year, a new exclusively vegan pizza shop has opened in Seattle at 5500 University Way NE, (206) 343-1415. In addition to the many veggie options, faux meat choices include “Pepperoni,” “Canadian Bacon,” and “Sausage.”

For a complete listing of veg-friendly, vegetarian and vegan restaurants in the Portland-Vancouver area, visit www.nwveg.org/Dineout.htm. 🌱

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

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 entirely 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 only vegetarian Thai restaurant in Portland; tasty curries and "not" meats! Vegetarian! 10% Discount.

Vita Café, 3024 NE Alberta St, Portland, (503) 335-8233. Modern ethnic meals, vegan comfort food ("chicken" fried steak, "fish" & chips), vegan pancakes. 10% discount.

BUSINESS PARTNERS

Businesses that meet our criteria can support Northwest VEG and receive publicity through our newsletter and website. To learn more about the partner program, contact info@nwveg.org or call (503) 288-1503. You may also visit www.nwveg.org/Membership.html.

Please support our business partners!

Vegetarian House offers a wide selection of unique and fresh Chinese style food — exclusively vegetarian. Open every day for lunch and dinner; buffet available on weekdays. Location: 22 NW 4th Ave., Portland. (503) 274-0160. www.vegetarianhouse.com

Integrated Medicine Group, 163 NE 102nd Ave. Bldg. V, Portland, OR 97220, (503) 257-3327, www.integratedmedicinegroup.com. Services include acupuncture, massage, Hyperbaric Oxygen Therapy, and intravenous delivery of nutrients and medications, among other therapies. Integrated Medicine Group offers Northwest VEG members a 15% discount on supplements, all of which are vegan.

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Tammy Russell, noemie1226@msn.com.
If you are interested in writing for the newsletter, please contact Tammy to discuss your ideas.

Member Profile: Nicole Bowmer

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Nicole Bowmer

Favorite restaurant: I like Hot Lips Pizza because of their focus on supporting local farmers who practice sustainable growing methods. And they put anything from apples to potatoes to walnuts on their pizza. How great is that! I'm also a frequent supporter of the great tea, soups, and politics offered at Red & Black Cafe. Laughing Planet, Vege Thai and Blossoming Lotus are all great, too. That's just a short list.

Favorite veg-friendly vacation spot: I've never been, but I hope to go in 2006: Cuba! Organic produce is grown in more than 20,000 urban gardens in Havana alone.

Who would you most like to share a veg meal with, and why?

Rachel Carson. Her work created a tidal wave of awareness that inspired people to look differently at our relationship to this planet. The ripple effects continue to benefit everything and everyone that sprouts, swims, blossoms, crawls and walks above water and below.

Fondest veg food memory: The last Compassionate Thanksgiving Celebration (Nov. 20, 2005). I was surrounded by family and great people. That's tough to beat.

The one veg food you couldn't live without: Vegetables (broccoli, spinach and kale, in particular)

Favorite grocery: People's Co-Op (3029 SE 21st Ave., Portland)

If you were a veg food, what would you be and why? I'd be a sweet potato because I could be prepared in a variety of ways and offer plenty of nourishment and sweetness at the same time.

Favorite guilty pleasure food: Chocolate. Organic and fair-trade.

If you, or someone you know, would like to be profiled in an upcoming issue, email gnelson@spiritone.com.

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.

Please circle your choice of membership level:

\$20 for Individual \$50 for Steward \$_____ Additional Donation
\$35 for Family \$100 for Sustainer

May we contact you about volunteer opportunities with Northwest VEG? • Yes • No • Call me in a few months

Name: _____

Street: _____

City, State, and ZIP: _____

Phone: _____

E-mail: _____

Make checks payable to **Northwest VEG**

& send to: _____ or

Northwest VEG

c/o Linda Sant'Angelo

24305 NE Elkhorn Road

Brush Prairie, WA 98606

Charge my Visa Master Card

Card # _____

Expiration date: _____

Signature _____

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

New Local Project Will Help Develop Skills in Compassionate Communications

By Michael Labhard, Contributing Writer

VEGETARIANS AND VEGANS ARE FREQUENTLY confronted with the question, "Why don't you eat meat?" Like it or not, we are the unwitting ambassadors to a social revolution — for compassion is, oddly, very revolutionary. As such we are from time to time called upon to represent, not just our views, but to represent the vegetarian movement itself. At the same time, few of us have had the opportunity to practice answering the occasional question from a friend, let alone to act as the movement's representative.

Now we will have an opportunity to prepare to advance the vegetarian cause through a new program: **The Compassionate Communications Development Project**. The sole aim of this program is to provide a setting and resources for members of the community of people concerned about issues of compassion to learn to express

their compassionate views as effectively as possible.

The project will start with monthly meetings. Participants will have the opportunity to present speeches, conduct exercises designed to sharpen expres-

siveness, and stage mock debates with adversaries from special interests opposing compassionate viewpoints. Invited communications professionals, ethicists and other experts will participate in the teaching. If you are too shy to be a participant but you want to help, we even need members who are simply willing to be an audience for the active members. With luck what will come out of this will be a cadre of highly articulate spokespeople of all ages who can be called upon to move people toward greater compassion with the eloquence and persuasiveness.

Contact Michael Labhard to find out how you can get involved: michael@labhard.com. 🌐



Northwest VEG

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VEGETARIANS OF NOTE

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