

Events in the greater Vancouver, Washington area!

March 2018

News Flash! Reschedule of February's NW Veg Potluck

The February potluck was scheduled for February 20th had to be postponed due to weather. The new date is March 9th (Note the date which is a Friday) at the Unitarian Universalist Church of Vancouver (UUCV) on 4505 E. 18th St., Vancouver, Washington 9866. You can come for the potluck at 6:30, the presentation at 7:30, or both.

The presentation this month is "Recycling in Washington". Washington has one of the highest recycling rates in the country, but contamination of recyclables, coupled with China's recently implemented ban on importation of post-consumer plastic and unsorted paper, has resulted in loads of recyclables piling up, and not enough buyers to use all that material. Learn more about this. Following our potluck, Rich McConaghy and Julie Gilkerson of the City of Vancouver solid waste and recycling program will join Peter Spendelow of the Oregon Department of Environmental Quality (and Northwest VEG Co-President) to talk about recycling, and when it makes sense and when it doesn't make sense to recycle.

This should be a very interesting presentation as many of us have seen the stopping of many items we are used to recycling.

Complete Health Improvement Program (CHIP):

The CHIP program is coming back to Vancouver. Dr. John Gobble will be presenting CHIP in Vancouver, Washington this Spring. Contact John Gobble at (503) 652-5070 or Sara O'Leary at (360) 253-4082.

Website = <https://www.LifestyleMedicineInc.com>

Events:

Vancouver Vegan Happy Hour (NW Veg - Meet-up):

The Vancouver Vegan Happy Hour is a monthly gathering of like-minded individuals who are newly vegan, vegan for many years, and aspiring vegans.

Our February happy hour will be on March 14th, the 2nd Wednesday at the Bleu Door Bakery at 2411 Main St. in Vancouver from 5-8 pm.

We are working on the number of chairs (we had only 36 chairs last time), so you need to RSVP early.

RSVP at Meet-up at this link:

<https://www.meetup.com/Viva-la-Vegan/events/247062207/>

NW Veg Vancouver Potluck (nwveg.org):

See the note at the top of the overview about the re-schedule of the February event.

The March potluck is scheduled for Thursday, March 29th and will be held at the Unitarian Universalist Church of Vancouver (UUCV) on 4505 E.18th St., Vancouver, Washington 9866. You can come for the potluck at 6:30, the presentation at 7:30, or both.

This month's presentation is a movie viewing called "The Science of Fasting". Young biologists from the University of Southern California have overturned conventional wisdom and used molecular biology to demonstrate the powerful effects of fasting. This research as well as research in Russia and Germany suggests a wide-ranging potential, which

could include treatments for the disease of the century, cancer; as well as other health issues like diabetes, hypertension, and obesity. If these scientists are right, maybe our approach to disease and treatment will need a rethink.

This is a 54-minute move so it will be a little bit later getting out than usual.

Seventh Day Adventist Vegan Supper Club (Potluck):

The Seventh Day Adventist Church - Whipple Creek holds a monthly vegan potluck at their church, located at 302 W 179th in Vancouver, Washington. They hold their event every second Sunday of the month at 5 PM. This month the date is March 11th.

Bring your favorite vegan dish to serve 10-12, bring a copy of the recipe, and come enjoy great food, vegan cooking tips, and fellowship. The potlucks normally have a theme and this month is Italian.

In addition, there will be a discussion on the pros and cons of different sweeteners.

Other Resources:

Facebook ([Vegan Couv](#)):

There is another vegan resource that being a local Facebook site called "Vegan Couv". Check them out, as they are very good about sharing information. This is a great resource for supporting each other in finding vegan items, sales, and just supporting each other. I am a regular poster on that page.

Animal Sanctuaries:

We have 2 Animal Sanctuaries in Washougal. They are:

- Odd Man Inn Animal Refuge, 2852 Skye Rd, Washougal, WA 98671, <https://oddmaninn.org/contact-us/>
- Refarm Sanctuary, <https://www.refarmsanctuary.org/>

We encourage you to check them out.

Free the Elephants Conference:

There is a conference and fundraiser coming up for freeing the elephants but it is being held in Portland.

1) There is a Bake Sale fund raiser on March 11th at the Cherokee Rose Inn at 2924 SE Alder Street in Portland. It runs from 1-4. Cherokee Rose Inn is a Vegan Bed & Breakfast in Portland.

2) is the conference which is discussed in detail at the following link: <https://www.freetheelephants.org/>

Local and national resource list:

We have a listing of local and national resources that are available to you. I can email a copy to you (see address on bottom of this list) or you can view a similar list on the NW Veg website at <http://nwveg.org/>

Latest vegan news and information:

The following news stories and more are available from the Plant Based News site at: <https://www.plantbasednews.org/>

- Starbucks to add Vegan Hazelnut Mocha drink March 1.

- Februdairy – The Dairy Industry’s failing fight against vegans.
- Video, Why Dairy is Unhealthy – Debunking Industry Myths.
- More stories and information available from the Happy Cow website at: <https://www.happycow.net/blog/>
- E-Book, 9 Steps for easy Vegan Travel.
- Travel, Airplane meals. Useful information on how to make flying easier for vegans.
- Travel, Veg Travel Links.

Note:

We have added our mailing information to NW Veg mail list as it is too large for me to handle through normal email functions and they have a tool that is made for that function. If you would like to be added to the email listing you can go to the NW Veg website at <http://nwveg.org/>

or send a email to info@nwveg.org and include your name, email, zip code, and if desired your phone no and where you heard about NW Veg.

Or you can contact us at weaverjohnw@gmail.com and we will add you so you can be posted on what is happening.

John & Donna Weaver