



Hi Friends!

Lots of "plant based buzz" on in the community with the release of The Game Changers on Netflix last month (currently the best selling documentary of all time on iTunes). If you haven't seen it already, steal 2 hours from your schedule and pay a meat eating loved one to watch with you if necessary! We are working on co-organizing more viewing parties at Modo Yoga and at MAC with Dr. Lakhanpal, MD as guest speaker (website now up and running <http://www.plantbaseddoctor.ca>) You can see pics of our past events [HERE](#).



There is a new vegan chef in town, Fraser Fitzgerald of the [Planted Fork](#). Check out his upcoming events [here](#). Fraser has agreed to do a demo at a future meet up so stay tuned for a confirmed date. Also the Empowered Vegan has started a plant based catering business...Check out the [menu](#). Earth Shake in Dundas closed but will open again soon as the city's newest plant based restaurant TBA.

[Energetically Alive](#) ([energeticallyalive@gmail.com](mailto:energeticallyalive@gmail.com)) and [Veggies of Hamilton Burlington](#) ([hamiltonveg@gmail.com](mailto:hamiltonveg@gmail.com)) are 2 local vegan groups organizing community events. Feel free to reach out to find out more. My son and I had a great time at Energetically Alive's Thanksgiving Potluck last month. Also, we will be working with Green Cuisine Cooking School ([website](#)) offering plant based cooking classes for meat eaters at a very reasonable rate. There are still a few spots left in December.

## WHAT'S COMING UP?

**Sun, Nov. 17, 1-3pm**

**[Bring a Friend Potluck and Cooking Demo](#) (Guest Presenter Raw Foodist Jan Richards)**

**Location: Burlington Public Library Alton**

Sun, Nov. 24 Vegan Christmas Market (Kitchener) [More info](#)

Sun, Dec 8 WFPB (no oil) Potluck (Oakville) [More info](#) - WFPB Mississauga Group is our sister group.

Sat, Dec 14 Vegan Christmas Market (Toronto) [More info](#)

**Sun, Dec 15, 1-3pm**

**[Christmas Cooking Demo and Holiday Potluck Social](#) (Guest Presenter Holistic Nutritionist Loren Valvasori)**

**Location: Strata Montessori School**

Thur, Dec 19 Vegevents Inc presents a Holiday Social [More info](#)

**MORE FUN TO COME IN 2020!!**

Jan 19 Burlington Potluck (Transitioning to WFPB using PlantPure toolkit)  
Jan 27 A Prayer for Compassion screening/potluck in London [More info](#)  
Feb 16 Hamilton Potluck (Guest speaker plant based Gastroenterologist Dr. Subhas Ganguli)  
Feb (Dates TBA) Dinner with a Doc (with Dr. Neeraj Lakhanpal)  
Mar 7 Walk with a Doc (with Dr. Neeraj Lakhanpal)  
Mar 8 Dr. Greger speaking in Toronto meet up  
Mar 15 Burlington Potluck (What is the Healthiest Diet - 15 minutes video)  
April 19 Hamilton Potluck (and Cooking Demo?)  
May 2 Veg Fest Hamilton  
May 17 Burlington Potluck (Guest Speaker: Picky Diet)

As your co-organizers, we aim to lead by example and provide the most up-to-date information on plant based nutritional science. To this end, I (Amanda) graduated in Sept 2019 from the Plant Based Nutrition Certificate Program offered by the T. Colin Campbell Centre for Nutritional Studies and eCornell. And I am so proud of Becki for winning a scholarship for the same course which she will begin in Feb 2020. Anyone interested in getting more involved with future events or wanting to help spread info about our group please contact me at: [plantpurehamilton@gmail.com](mailto:plantpurehamilton@gmail.com)

Health is Wealth,  
Becki Westover and Amanda Lakhanpal

**\*\*NOVEMBER'S RECOMMENDED RECIPE\*\***

<https://sweetsimplevegan.com/2016/01/3-ingredient-vegan-pancakes/>