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On a WFPB Lifestyle? [Click Here ...](#) [What to Eat and What Not to Eat](#)

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**Save the Dates for 2024 Gatherings at Riverbend:**

January 11	April 11	July 11	October 10
February 08	May 09	August 08	November 14
March No Gathering	June 13	September 12	December 12

**THEORY AND COOKING CLASSES**

***SIGN UP FOR DEBBIE WADDELL'S THEORY AND/OR COOKING CLASSES  
-YOU WON'T REGRET IT-  
HER SIGN UP SHEET WILL BE AT OUR MONTHLY GATHERINGS.***

Continuous thanks to **Debbie Waddell** for her commitment to educating our members through theory and cooking classes.

**DEBBIE CAN BE CONTACTED AT: [acupunctdeb52@gmail](mailto:acupunctdeb52@gmail)**

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**DON'T FORGET TO VISIT OUR WEBSITE!**

**OUR RESOURCES, TOOLS, GUIDES, SOCIAL MEDIA LINKS, MINI COOKBOOKS, AND PAST NEWSLETTERS CAN BE FOUND ON OUR WEBSITE.**

**[www.wholefoodplantbasedclub.com](http://www.wholefoodplantbasedclub.com)**

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Thank you, Nini Conner, for your presentation on how tea is produced and processed.

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**50/50**

**We are now offering a 50/50 drawing at gatherings. Participation contributes to supporting club supplies and initiatives. Tickets are offered at the door and winners are announced after lunch and before our question & answer session. Half the collected donations will go back to the club and the other half of donated funds will be split between 2 or 3 winners depending on the amount of the pot. Join in on the fun each month and "Best of luck to all participants! May the odds be in your favor!"**

**(Must be present to collect)**

***Continuous thanks to Cathy Ochs for helping with fundraising for our club.***

**DO YOU HAVE AN IDEA FOR A FUNDRAISER? Contact Cathy at: [cathyochs@att.net](mailto:cathyochs@att.net)**

## **COMING ATTRACTIONS...**

### **July:**

Colin Sharpe will present “Choosing and Using Your Kitchen Cutlery.” He will talk about the different types of kitchen knives and the purpose for each one.

### **August:**

VHA President Peter Russell, will talk about the certified organic farm he owned in New Hampshire. He will discuss blueberry growing, as well as the Shared Harvest Gardens.

**September:** Debbie Waddell will demonstrate how to make her Veggie Sushi.

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***Continuous thanks to Chris Nader for securing speakers and presenters for our club.***

DO YOU HAVE A TOPIC YOU WOULD LIKE TO BE CONSIDERED?

CONTACT CHRIS NADER: [chrisn734@gmail.com](mailto:chrisn734@gmail.com)

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## **GLOBALLY RECOGNIZED MASTERMINDS**

Mark your calendars for **Dr. Klaper** who will be speaking in The Villages on Saturday, October 26, 2024. Ticket sales will be available at a later date on Eventbrite.

### **About**

Dr. Michael Klaper is an experienced physician, an internationally-recognized teacher and sought-after speaker on diet and health. In addition to his clinical practice and private consultations with patients, he is a passionate and devoted educator of physicians and other healthcare professionals about the importance of nutrition in clinical practice and integrative medicine.

He resolutely believes that proper nutrition – through a whole-food, plant-based diet – and a balanced lifestyle are essential for health.

For interview requests and media inquiries, please reach out to [info@doctorklaper.com](mailto:info@doctorklaper.com)

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**Continuous thanks to Paul Himes for securing world-renowned speakers for our club.**

DO YOU HAVE A SPEAKER YOU WOULD LIKE TO BE CONSIDERED?

CONTACT PAUL HIMES: [tpaulhimes@gmail.com](mailto:tpaulhimes@gmail.com)

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### **NEED A SPEAKER FOR YOUR CLUB OR ORGANIZATION?**

If you need a speaker for one of your clubs or organizations, **Diane Bray** has a very interesting and informative talk about her vast knowledge regarding how closely diet and health are interconnected. She has a wonderful story about how changing her way of eating changed her Life. Diane's inspirations will create a spark for members of your organization while they listen, learn, and explore ideas on how they can incorporate her suggestions into their own journey towards a better living experience. She provides a wealth of information and references and we are very appreciative for the time she spends educating others.

**Continuous thanks to Diane Bray for investing her time, energy, and passion into promoting the values of our WFPB club.**

Diane can be contacted at: [dianekbray@gmail.com](mailto:dianekbray@gmail.com)

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### **WFPB DOCUMENTARY DISCUSSION GROUP**

Whether you are just thinking about going WFPB (Whole Food Plant Based) or have been doing it for a while, you are welcome to join in the discussion...

#### How it works...

- Every two weeks you will be assigned a movie to watch.
- You are encouraged to take notes on parts that stand out for you.
- We will then meet on Zoom and share our notes, thoughts, etc. (those who want to share - no pressure)
- We will also have an opportunity to share where we each are on our WFPB Journey (ask questions, give input, etc.)

*Please note that you do not have to share if you don't want to. You can just come and listen.*

**Discussion club is on Tuesday evenings, twice a month, from 7 pm - 8 pm Eastern.**

**Continuous thanks to Jacki Rose for her commitment to creating meaningful and educational experiences for our members.**

Contact: Jacki Rose [www.WFPBFun.com](http://www.WFPBFun.com)

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Member, **Debbie Waddell**, contributed...

**Is Soy Bad for You?**

<https://www.forksoverknives.com/wellness/is-soy-bad-for-you>

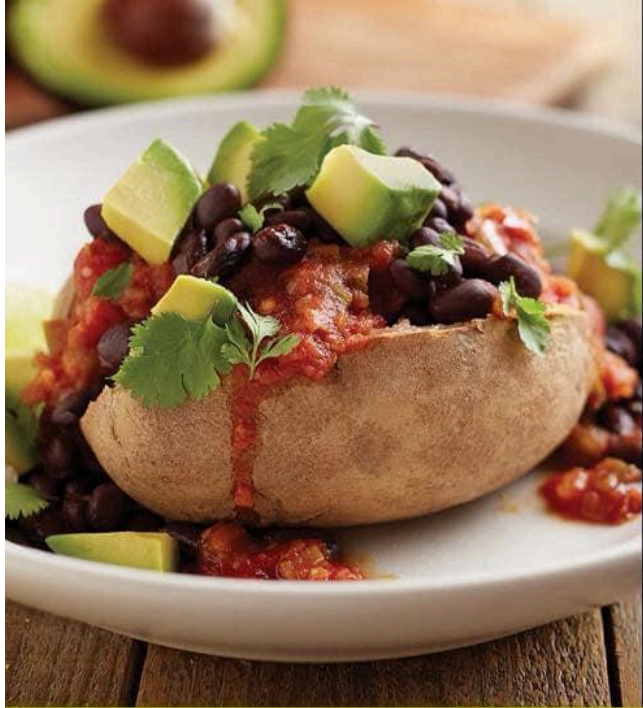
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Member, **Diane Bray**, contributed...



**PEOPLE ARE FED BY THE  
FOOD INDUSTRY, WHICH  
PAYS NO ATTENTION TO  
HEALTH, AND ARE  
TREATED BY THE HEALTH  
INDUSTRY, WHICH PAYS  
NO ATTENTION TO FOOD.**

*-Wendell Berry*



**“WE’RE SAYING YOU’VE GOT A CHOICE: YOU CAN CHANGE YOUR DIET TO THERAPEUTICALLY MEANINGFUL CHANGE OR YOU CAN TAKE A STATIN. **DRUG OR DIET.**”**

***—Dr. David Jenkins, University of Toronto***



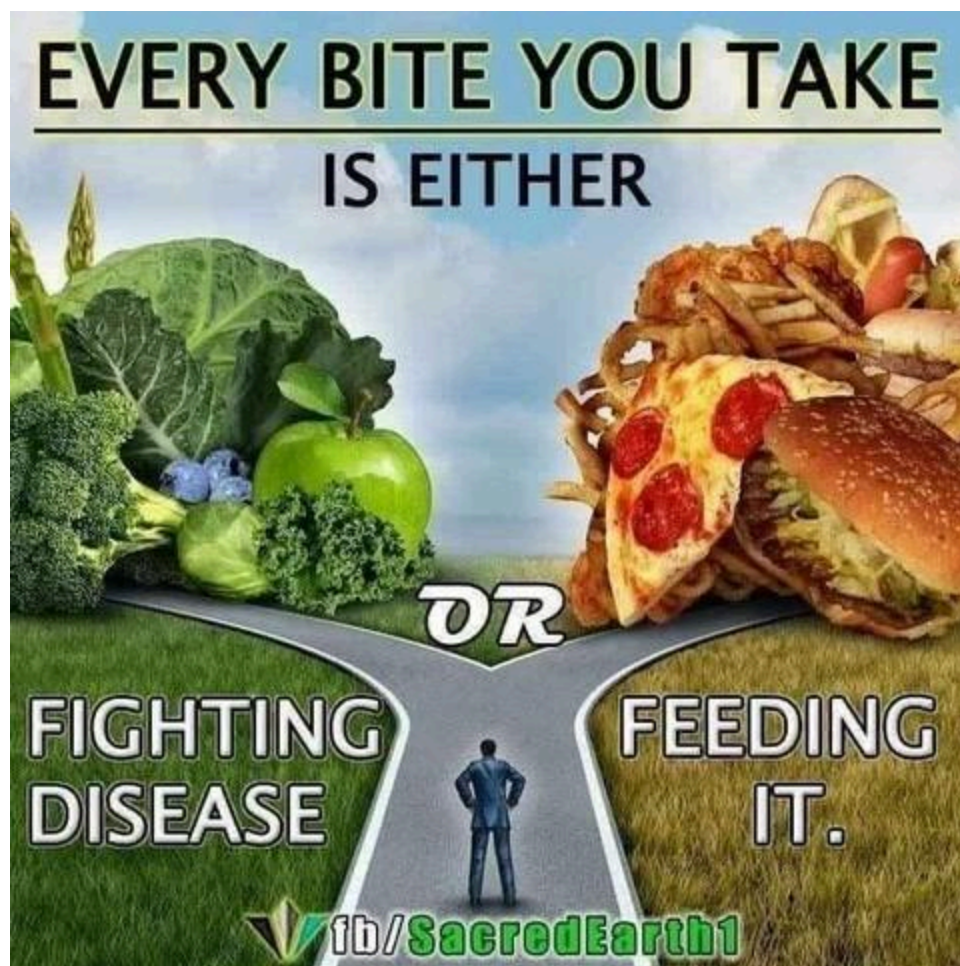
In the world of medicine, if I can put you on a pill,  
I can see you every 3 months for the rest of your life.  
That's how we make money in medicine.  
If I put you on a plant-based diet and you get better,  
I probably won't see you again.

*- James Benzie, MD*



FB/DavidAvocadoWolfe





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Member, **Joe Cunningham**, contributed...

Our monthly meetings at the Ezell picnic area continue to be successful and fruitful. New and seasoned WFPB club members share problems and possible solutions to continue on our path. We invariably follow Dr. Greger's writings and app discussing strategies on how to implement on a daily basis.

Looking forward to having more members join us.

**JOE'S GROUP WILL NOT MEET IN JUNE, JULY, OR AUGUST.**

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### **Volunteerism in the Works**

Over the past few months I have generated a list of club members who are willing to volunteer their time helping to extend our club offerings. Debbie Waddell has been given this list and will be in contact with those volunteers. Thank you in advance for those of you who will be stepping up to help. Some of the proposed opportunities are:

- Zoom Class for Support
- Cooking Classes
- Luncheon/Dinners Out
- Learning Caldwell Esselstyn's Program
- Life Style Coach
- Restaurant Campaign
- A Group similar to Joe's at a picnic area near Sumter Landing
- A Group similar to Joe's at a picnic area near Spanish Springs

If you are interested in volunteering alongside these individuals or you have another idea for an initiative – please see Debbie Waddell or email [thevillages.wfpb@gmail.com](mailto:thevillages.wfpb@gmail.com)

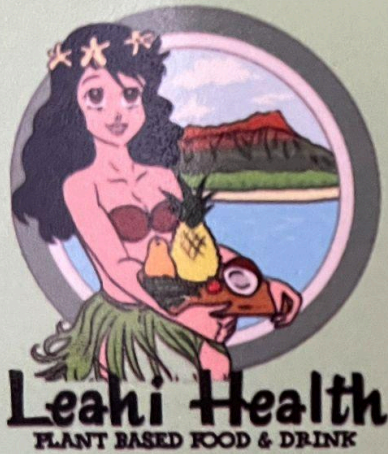
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<https://holisticholidayatsea.com>

Member Diane Bray has very organized information on the above cruise. You can reach Diane at: [dianekbray@gmail.com](mailto:dianekbray@gmail.com) if you are interested in finding out more.

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Leahi Health  
1016 Old Mill Run  
The Villages, FL

Tweet Coleman, owner  
Jason Coleman, consultant  
[LeahiHealthTV@gmail.com](mailto:LeahiHealthTV@gmail.com)

MEMBER TWEET COLEMAN WILL BE OPENING A PLANT BASED FOOD AND DRINK RESTAURANT IN SUMTER LANDING.



## **21 - Day Vegan Kickstart**

Ready to kickstart your health? The Physicians Committee for Responsible Medicine has the tools you need to get started in the relaunched [21-Day Vegan Kickstart](#) online program and mobile app. The free program is available in both English and Spanish and features hundreds of healthy recipes, meal plans, grocery lists, expert nutrition advice, cooking demonstrations, and more.

The program is based on decades of scientific research demonstrating that a vegan diet can help you reach a healthy weight and lower your risk for heart disease, type 2 diabetes, and other chronic diseases. The Kickstart program features more than 100 low-fat, plant-based recipes that will help you reap these health benefits.

### **Eat Plants Love**

Click here [EPL PLANT BASED GUIDE](#)

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### **Plant Pure Plunge Booklet**

Click Here: [PlantPure\\_Plunge\\_Booklet](#)

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### **Plant Based Jumpstart**

THE ESSELSTYN FOUNDATION'S has Written a PLANT-BASED JUMPSTART GUIDE

[Click Here for the Guide](#)

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### **We Did It!**

*We did it! We are offering yet another Whole Food Plant Based Gathering to take place at the **Pinellas Library** one Saturday each month. Mark your calendars with the dates below. No food is allowed in the library.*

Continuous thanks to **Deb Waddell** for her commitment and enthusiasm in taking on the role of leading the Whole Food Plant-Based (WFPB) question and answer session.

Contact information: Deb Waddell at [acupunctdeb52@gmail.com](mailto:acupunctdeb52@gmail.com)

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**Public Health Plant Powerful**

**Mt. Dora, Florida**

Meets the 2nd Saturday of the month, 3pm, at WT Bland Library in Mt. Dora, Florida.

Contact:

352-250-7942

Susan: [Susanpetit1@hotmail.com](mailto:Susanpetit1@hotmail.com)


Sharon: [Soulitude421@aol.com](mailto:Soulitude421@aol.com)

[MeetUp.com](http://MeetUp.com) or Facebook

<https://www.facebook.com/SusanHartsfieldNP/>

<https://fb.me/e/3yyXYuu8M>

<https://meetu.ps/e/HFwSd/1J9vW/i>



Whole Food Plant-Based Club

# LIBRARY MEETUP

**Monthly Topic Discussion  
Plus, Questions and Answers**

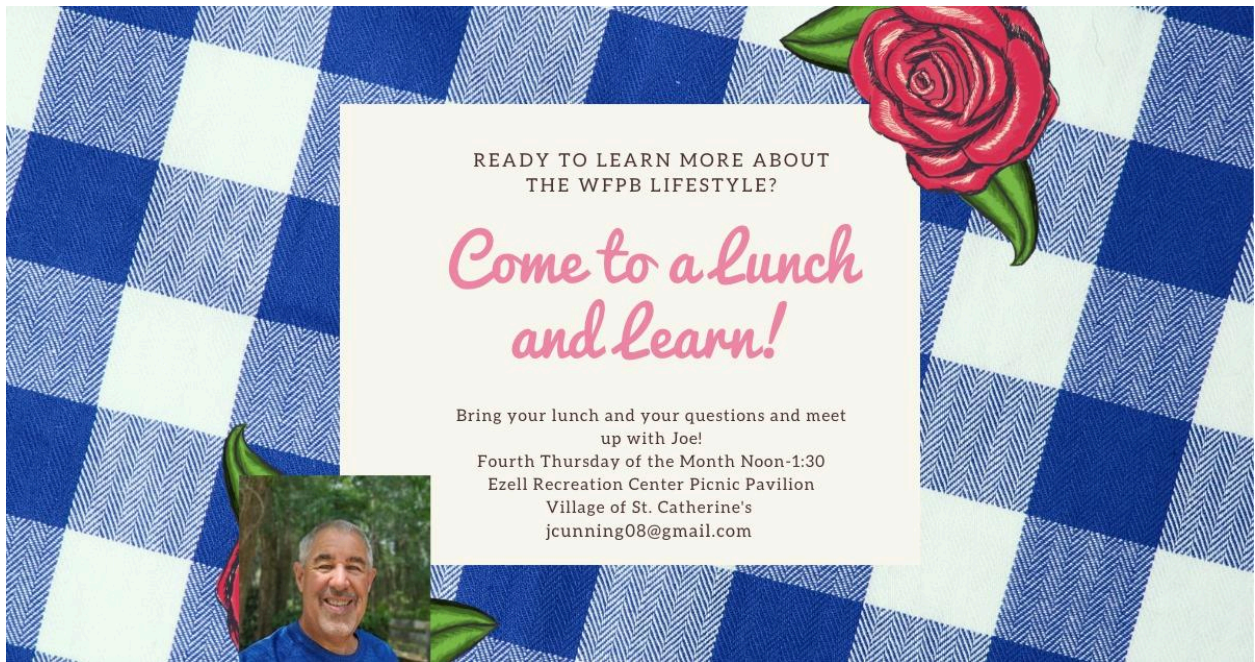
**When:** Saturdays at 12:00pm (see dates below)

**Where:** The Villages Library at Pinellas Plaza  
7375 Powell Rd, Wildwood  
Room 102

Jan (no meeting)	Jul 20
Feb 17	Aug (no meeting)
Mar 23	Sep 21
Apr 20	Oct 19
May 18	Nov 23
Jun 22	Dec 21

Questions? Email [thevillages.wfpb@gmail.com](mailto:thevillages.wfpb@gmail.com)

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READY TO LEARN MORE ABOUT  
THE WFPB LIFESTYLE?

*Come to a lunch  
and learn!*

Bring your lunch and your questions and meet  
up with Joe!

Fourth Thursday of the Month Noon-1:30  
Ezell Recreation Center Picnic Pavilion  
Village of St. Catherine's  
[jcunning08@gmail.com](mailto:jcunning08@gmail.com)

**Continuous thanks to Joe Cunningham for stepping up and making a positive impact on our wfpb community.**

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<p>MEET WITH <i>DIANE</i> AT THE RESOURCE TABLE DURING THE MONTHLY GATHERINGS (2ND THURSDAY AT NOON RIVERBEND)</p>	<p>MEET WITH <i>DEBBIE</i> WFPB COOKING CLASSES CONTACT: ACUPUNCTDEB52@GMAIL.COM 908-288-2681</p>
<p>MEET WITH <i>JOE</i> LUNCH AND LEARN (4TH TUESDAY - ST. CATHERINE'S -NOON) CONTACT: JCUNNING08@GMAIL.COM</p>	<p>MEETINGS AFTER THE MEETING NEED MORE SUPPORT? CHECK THESE OUT!</p> <p>MEET WITH <i>RICK</i> BY FACETIME PHONE OR FACE-TO-FACE CONTACT: 715-577-0515</p>

**Beginners Support:**

*It is hard for beginners of the whole food plant based lifestyle to continue their goals without support. With this in mind, the above are a few ways you can get additional help...*

*Stay tuned to see what else will be offered. Many thanks to all that give back to help others become healthier!*

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## Our Movement Lost a Giant

Dr. John McDougall passed peacefully in his sleep. **Dr. McDougall** had an outsize impact with his teaching, writing, programs, and patient care. He advocated a very low fat, starch-based diet of foods such as beans, grains, and starchy vegetables, supplemented by non-starchy veggies and fruits. His thousands of patients and program participants demonstrated the efficacy of his teachings via their success in recovering their health.

Dr. McDougall was ahead of his time. He pioneered plant-based medicine and was an active leader in the field for many decades. Dr. McDougall pulled no punches, for example calling out unproven, but common, medical interventions and the profit motives in the medical business.

In recent years, Dr. McDougall became very concerned about the environmental harm caused by our human reliance on animal-based foods. He felt he owed it to his grandchildren to take action. So, in addition to continuing his significant contributions to the fields of health and nutrition, he also began **advocating for plant-based diets for environmental sustainability.**

I feel deeply saddened by the loss of Dr. John McDougall. My heart goes out to his wife Mary McDougall, his daughter Heather McDougall, the rest of his family, and all those around the world who are mourning his loss. I invite you to join me in both celebrating his life and sending prayers, love, and/or healing energy to his family.

To honor Dr. McDougall's legacy, Eat for the Earth will continue to contribute to the movement to bring about a plant-powered human presence on Earth, for health, for environmental sustainability, for compassion, and so much more.

Yours in Health,

***CHARLENE WAGNER***



The Villages WFPB Group  
The Villages, Florida 32162

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