



**EVEN NOW 4-4-08**

**UPCOMING EVENT**

**"Vegan Fun with the Traveling Veg Chef"**

**Joshua Ploeg**

**Monday, 4/7/08, 7pm**

McNail-Riley House, 601 W. 13th (at Jefferson), Eugene.

**FREE**

New and long-term vegetarians and everyone in between will enjoy this fun presentation. Learn how to make some simple and yummy vegan appetizers. Being vegetarian is fun and easy with touring chef, **Joshua Ploeg**. Get ready for a spunky, eclectic presentation with info you will be able to use every day!



"Punk rock's answer to Rachel Ray!" *Emagazine, Econoculture*

[http://www.eugeneveg.org/z-bio\\_Joshua\\_Ploeg.html](http://www.eugeneveg.org/z-bio_Joshua_Ploeg.html)

**PROTECTING OUR PLANET---**

**AND ANIMALS---**

**ONE MEAL AT A TIME**

*Choosing Vegetarian Foods to Help the Earth*

<http://www.cok.net/feat/protecting-our-planet/>

My single greatest challenge is to remain centered and loving in an overwhelmingly non vegan world. In today's world, cruelty and exploitation of other beings—human and nonhuman alike—are accepted, practiced, and profited from by most every institution of society—from commerce and science to education and entertainment. Unfortunately, the vast majority of Homo sapiens are either unaware of the cruelty or accept it as unavoidable and even normal.

*Dr. Michael Klaper*

## **SOMETHING TO THINK ON!**

Have you ever considered:



- diet vs. drugs?
- oatmeal vs. obesity?
- peas vs. pills?
- cabbage vs. CABG (coronary artery bypass grafting)?
- supper vs. surgery?

Then consider meeting **Dr. John McDougall!**

<http://www.drmcDougall.com/>

## **TAKE ACTION ON FEDERAL DOWNED ANIMAL LEGISLATION**

*Farm Sanctuary News –*

**A Compassionate World Begins with You**

<http://www.farmsanctuary.org/newsletter/>

## **TAKE THE VEG VOW NOW!**

**You can save an animal today!**

[http://support.pcrm.org/site/PageServer?pagename=veg\\_pledge\\_form](http://support.pcrm.org/site/PageServer?pagename=veg_pledge_form)



*Humankind has not woven the web of life. We are but one thread within it. Whatever we do to the web, we do to ourselves. All things are bound together. All things connect. Chief Seattle, 1855*

## **NORTHWEST VEG GROUP 2008 VEGFEST**

Mark your calendars! **Portland's Northwest Veg Group's annual veg festival** for 2008 is scheduled for **Saturday, May 10**. Keynote speech by **Howard Lyman** will be the night before, **Friday, May 9**. Stay tuned for more information or check out <http://www.nwveg.org/> or <http://portlandvegfest.org/2008/>

# **VEGAN BITES – Recipes for Singles**

**Protect the Planet! Save the Animals! Eat Green!**

Author, **Beverly Lynn Bennett**, introduces her hot new book, *Vegan Bites – Recipes for Singles!!*



“There’s no need to eat animals in order to stay healthy. And now the experts agree: going vegan and eating a plant-based diet is the easiest and most effective way for each one of us to have a positive impact on climate change. If you’re a young adult (or young at heart) preparing meals for yourself, these “servings for one” recipes are designed especially for you, with just the right amount of leftovers! (Recipes can be doubled so you can treat a friend.)

Find out how to:

- ❖ fulfill your nutritional needs,
- ❖ shop for single meals economically,
- ❖ stock your pantry with the essentials,
- ❖ have the kitchen tools you need on hand.”

Look at some of the fantastic 100 recipes included:

- |                                        |                                          |
|----------------------------------------|------------------------------------------|
| ✓ <b>Fabulous Flapjacks</b>            | ✓ <b>Herb-Walnut Pesto</b>               |
| ✓ <b>Hacienda Home Fries</b>           | ✓ <b>Mexican Maize and Quinoa Medley</b> |
| ✓ <b>Golden Vegetable Noodle Soup</b>  | ✓ <b>Baked Ziti Casserole</b>            |
| ✓ <b>Vibrant Vegetable Cornucopias</b> | ✓ <b>Pad Thai</b>                        |
| ✓ <b>Sun-dried Tomato Couscous</b>     | ✓ <b>Light and Luscious Lemon Cake</b>   |
| ✓ <b>Tex-Mex Bean Burgers</b>          | ✓ <b>Double Chocolate Brownies</b>       |

## **GOVINDA'S - AMAZING VEG BUFFET**

**Open 6 days a week** - (now closed Sundays!)

1030 River Road (at Hilliard Lane), 541-461-0093

Govinda’s offers an all-vegetarian buffet, about 95% of which is vegan, just ask! Homemade, low sodium, and no MSG.

11:30am-2pm, 5-7:30pm. ←-note time change

I WOULD FEEL MORE OPTIMISTIC ABOUT A BRIGHT FUTURE FOR MAN IF HE SPENT LESS TIME PROVING THAT HE CAN OUTWIT NATURE AND MORE TIME TASTING HER SWEETNESS AND RESPECTING HER SENIORITY. *Elwyn Brooks White, Essays of E.B. White, 1977*

## CLASSIFIEDS



### **ROOMMATE NEEDED**

Sunny, unfurnished bedroom and private ½ ba. w/linen closet for rent in shared eco-conscious, green townhome with female owner.

Beautiful River Road Neighborhood. Bedroom: wood floors, tree-filled view, and direct sunshine. 5 min. walk to the Willamette River bike path! On busline. Off-street parking. W & D, dishwasher. Sunny kitchen with sliders facing grassy, flowery yard and patio. Spacious living room with vaulted ceiling, bay window, ceiling fan, lots of natural light! Less than 10 minute walk to restaurants, 2nd hand stores and organic coffee stand. I am a professional woman, who is sociable, tidy, clean, funny, cheerful, honest, communicative, creative and spiritual: looking for a respectful, clean and tidy woman to share this 2BR, 1-1/2 bath. Preferably, no pets, but will consider female indoor cat. Sorry, no smokers or drug users. \$350 + ½ util., Vegan or semi-vegetarians a PLUS. Contact: **Sandra 689-0090**, leave message. Or email: [success33@gmail.com](mailto:success33@gmail.com)



### **ROOM FOR RENT**

Available immediately in a 3 bedroom house on 40 acres 15 minutes from Eugene in an artisan-crafted house with garden surrounded by beautiful woods. Kitchen, living room, shower, garden privileges, of course. Vegetarian strongly preferred. \$375. **Call Eric 541-683-5532**



### **NATURAL VEG WANTS YOU!** **ROOM AND CABIN AVAILABLE**

We are friendly, easygoing, vegan-ish natural foods folk. We are musicians, artists, coders, students, teachers. We live in a large country home near Spencer Butte. We have garden space and a greenhouse. We have a bedroom available. It costs \$350 a month, includes utilities/internet. First, last and deposit (\$900) to move in.

We also have a tiny (8X12), secluded forest cabin \$300/month. First, last, deposit (\$800) to move in. Cabin functions like a remote bedroom; share kitchen/bath at main house, lots of common spaces. Utilities included: heat, water, fast internet. **Talk to David at 514-4424**

**EVERY DAY IS EARTH DAY.**

## **COOKING CLASSES BY DAVID GABBE**

Everyone enjoyed David's presentation at EVEN August '07 and so many of you have been asking about his classes in Eugene. Do not miss the opportunity **this Sunday** to learn from a vegan cooking genius!

**Sunday, April 6 (2:30-5pm)...Adventures with Tempeh:**

**Amazon Community Center (541-682-5373 to register)**

Explore this naturally fermented soybean product in a variety of hearty, savory dishes. This class is only \$16 (payable to Eugene Parks) and \$10 payable in class for materials fee.

Folks, do not miss this perfect opportunity to learn some of the best cooking techniques and great recipes from an expert. (\$26 is relatively nothing compared to similar high-end cooking classes and demos!) Considering the wealth of information and experience you'll receive, along with samples to eat, this is a great deal! See you there!



## **WHAT'S HAPPENING?**

**EVEN's outreach is hopefully reaching many more people this time of year.** In accordance with our Mission Statement to inform and educate, a busy tabling schedule accounts for why EVEN has distributed over

43,000 pieces of literature in its 3+ year history. (43,000!!) Spring is a super-active time of year for this type of effort and EVEN's commitment to tell folks about the benefits of a plant-based diet keeps our tabling and leafletting endeavors going strong! The ***Great American Meatout, Saturday Market, Earth Day***, and more, oh my! Spring is a time of rebirth and hopefully change is in the air. If you see us, be sure to stop by our table and say hello.



**Extra-special thanks to Farm Animal Reform Movement (FARM) for their ongoing and kind support in sponsoring EVEN for the Great American Meatout. <http://www.meatout.org/about/>**

←- Robert tabling for Great American Meatout, downtown Eugene, 3/22/08

## **THANK YOU**

**March Presenter:** Thank you, **Ty Bell**, for a nutritious and educational presentation on March 3. EVEN appreciates your time, your information and your generosity! Thank you, Ty, for your energy and your ongoing support of EVEN!

**Donors:** Jay Karandikar, Farm Animal Reform Movement, Dave Piccioni, Cindy Biles, David Gabbe, Ty Bell, Beverly Lynn Bennett

**There are no passengers on Spaceship Earth. We are all Crew.** *Marshall McLuhan, 1964*

## **HOPE TO SEE YOU APRIL 7!**

<http://www.eugeneveg.org/index.html>

The **Eugene Veg Education Network (EVEN)** is a non-sectarian, **official 501(c)(3) non-profit** organization based in Eugene Oregon serving as a resource for those seeking information on a healthful, vegan lifestyle. EVEN's emphasis is one of **non-violence, compassion and sustainability**. Focus is on **the interconnectedness of all life** and how a plant-based diet benefits the earth, non-human animals, and the individual. EVEN's Mission Statement is **to inform, educate & encourage** our members--- as well as the larger community ---by providing access to pertinent information on veganism and its positive impact on the health of the planet and all its inhabitants. **EVEN**, [eugvedunet@comcast.net](mailto:eugvedunet@comcast.net), 1574 Coburg Rd., #120, Eugene, OR 97401, 541-343-8055 [www.eugeneveg.org](http://www.eugeneveg.org). **Peace.**

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