

EVEN NOW - An E-Bulletin from EVEN – 4-13-07

Hello, EVEN members, friends and supporters! Very busy gearing up for Earth Day, so this will just be a quickie!

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**Mark Your Calendar** to join us for EVEN's **May 7** Monthly Veg Gathering "**Thrive On a Plant-Based Diet: Whole-Food Nourishment for Whole-Body Health**" presented by **Robert Cheeke**, vegan bodybuilder and fitness expert. We hope you will join us! **7 pm, McNail-Riley House, 13<sup>th</sup> & Jefferson, Eugene.** **Free!**  
*(See attached flyer)*

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Thank you Robert, Jason and Liberty for such a memorable **April 2** presentation. **Robert Jacobucci** presented "**Interconnectedness and the Impact of Our Daily Choices**" and got us all thinking. **Jason Waligoske and Liberty** demonstrated "**Juices and Smoothies 101**" Wonderful free samples, too, appreciated by everyone. ☺ Be sure to go to Jason's www.lifeforcefood.org. Overall, a great time was had by all! Congratulations to door prize winners, **Beth, Chris, Rob, Rich and Liberty!** Thank you, **Nick'Snacks** for yummy vegan oatmeal cookies! Happy Birthday, **JoAnne!**

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**Earth Day 2007** Mark your calendars for Earth Day 2007 and celebrate with EVEN, Eugene, and the rest of the world, at EWEB Plaza on **Saturday, April 21**. Please stop by EVEN's table for some new literature, or just to say hello!

**Calling All Volunteers!** Knowledgeable and friendly veg volunteers wanted to help us at EVEN's Earth Day table 11 a.m. til 5 p.m. Contact us at [eugvegedunet@comcast.net](mailto:eugvegedunet@comcast.net)  
Thank you!

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EVERY DAY IS EARTH DAY.

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**Farm Sanctuary Campaigns Woke Wolfgang Puck** to the cruelty in his restaurants, and the renowned chef responded. Off the list are crated veal and foie gras; on the list are fine vegetarian options.

More at [http://www.wolfgangpuckcruelty.org/alert\\_3-21.htm](http://www.wolfgangpuckcruelty.org/alert_3-21.htm)  
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A Message from Compassion Over Killing

ACTION ALERT: Act Now to Help Egg-Laying Hens

As many of you know, Morningstar Farms has been a leader in supplying delicious vegetarian foods to a growing market. But what you might not know is that all of the eggs used in its many products come from hens confined in barren wire battery cages. Battery caged hens are so intensively confined, they can barely even move and are denied their natural inclinations to spread their wings, perch, preen, or even walk. This system is so cruel, it's already been banned in several European countries.

Please urge Morningstar Farms to end their support for the cruel battery egg industry by simply removing eggs from its products. This is an important step that Gardenburger, one of Morningstar Farms' largest competitors, has already taken for all but one of its products. Read more at www.morningstar-egg-facts.com/.

To Take Action:

1. Submit Your Comments Online

Go to www.morningstar-egg-facts.com/contact-morningstar/ to send your polite and thoughtful comments directly to **Morningstar Farms®**

2. Send a letter to Kellogg (Morningstar Farms is owed by Kellogg):

A.D. David Mackay, President & CEO, Kellogg Company, 1 Kellogg Sq., Battle Creek, MI 49016-3599

3. Make a Call: 1-800-962-1413

Call Kellogg®'s customer feedback hotline at 1-800-962-1413, Mon. thru Thurs. 8 a.m. to 7 p.m. or Fri. 8 a.m. to 6 p.m., Eastern Standard Time. To get through the system fast, say: "Representative" then press 2 for product information, then 1 for general inquiries.

Thank you for taking the time to contact **Morningstar Farms**. Together, we can help free many hens from horrible lives in battery cages.

Message from V-Dog Dog Food

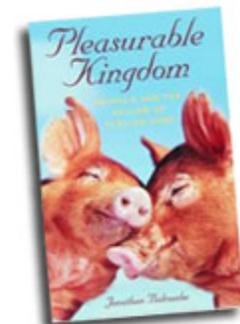
Lin, Greetings! We just wanted to insure that you and the other V-dog customers in Eugene know that V-dog is not associated with the recall in anyway. The pet food recall is associated with one company, Menu Foods in Canada, and only for "wet", or canned food, not dry kibble. Also, V-dog is made in small batches under the very highest testing standards, with testing at both the raw product stage, and the mixing stage, which the large manufacturers do not do. Hope this helps.

Thanks, **Dave Middlesworth - V-dogfood,LLC**, <http://www.v-dogfood.com>

EVEN Sponsors PCRM Research Scientist

Jonathan Balcombe, PhD, an animal behavior expert and research scientist with **Physicians Committee for Responsible Medicine (PCRM)**, who spent three weeks in India on a 10-city speaking tour on animal sentience and other topics from his book, *Pleasurable Kingdom: Animals and the Nature of Feeling Good*, is coming to Eugene! **Dr. Balcombe** will speak on **Sunday, May 13, 2 PM**, at **Lane Community College, Building 17, Room 308**. Booksigning will follow. The lecture is **free** to the public.

www.eugeneveg.org/jonathanbalcombe



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Thank you, [Karen Davis, United Poultry Concerns](#), for International Respect for Chickens Day May 4 celebration and literature.

Thank you, [Chocolate Decadence and Parma](#), for free samples for EVEN's monthly gathering.

Thank you, [Elena's Foods](#), for door prizes and coupons. Has everyone tried Nate's Meatless Meatballs yet? (Pick them up at Sundance, Capella Market, Market of Choice or Fred Meyer's.)

Thank you, [FARM](#), for highlighting EVEN as "Inspiration" in your Meatout Mondays bulletin. <http://www.meatout.org/MeatoutMondays/07-02-19.htm> Visit FARM's Meatout Mondays Archive for other pertinent information, news, and recipes. <http://www.meatout.org/MeatoutMondays/archive.htm>

Thank you, [VRG](#), for *Simply Vegan* donation to door prizes and lending library and for tons of great "Vegetarian Journal" back issues!

Thank you, [Trudy](#), for donating more beautiful tablecloths to EVEN! Thank you, all EVEN volunteers, [Linda, Nadine, Trudy, Paula, Nick, JoAnne, Ray, Randy, Mele](#) for your ongoing commitment and assistance!

Thank you, [Vegan Outreach!](#) *Why Vegan?* now available in Spanish. <http://www.veganoutreach.org/whyvegan/porquevegano.pdf>

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Tell EVEN Why You Went Veg in 250 words or less.

EVEN has added a new page to its website – "Why I Went Veg"

EVEN receives so many personal stories from folks about why they went veg, we decided to add a new official section to the website to include them, so everyone can benefit from the experience and insights of others.

If you're interested in sharing your "WHY I WENT VEG" story with us, send it to us at eugvegedunet@comcast.net. Be sure to tell us whether we can include: your full name, first name and last initial only, or whether you want your name withheld.

Most folks enjoy hearing others' stories and could be inspired by what you have to say. Please consider sharing that moment with us. We look forward to hearing how the switch happened for you---whether it felt like a lightning bolt, a warm wave, or some other experience. Just let us know!

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**CHANGE! Please note! Although EVEN announced this in last month's newsletter, the following event has been postponed. Of course, we *still* hope you shop at New**

**Frontier for their excellent selection of organic produce, but the special EVEN donation day has been pushed back to the fall. Sorry for the change of plans.**

SHOP NEW FRONTIER NATURAL GROCERY on April 15 and support EVEN! Here's a three-way win! Shop at New Frontier Natural Grocery, 8<sup>th</sup> & Van Buren, on Sunday April 15: ONE - you receive 10% discount; TWO – EVEN receives a donation from New Frontier; and THREE - we support a locally-owned business like New Frontier! A three-way win! Thank you, New Frontier, for your generous support!

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VISIT EVEN AT www.eugeneveg.org

WHAT?! You haven't been to EVEN's website yet?

Just a reminder that you can visit EVEN on the web whenever you get the chance. It's got recipes, great links, news, activities, articles, upcoming speakers, and so much more. The questions you are calling us with can all be answered on the website:

What is EVEN? Go to <http://www.eugeneveg.org/about.htm>

Who are you people? Go to <http://www.eugeneveg.org/history.htm>

What do you do? Go to <http://www.eugeneveg.org/whatevendoes.htm>

Why are you doing that? Go to <http://www.eugeneveg.org/missionstatement.htm>

Do you get paid? No. We donate 100% of our time and energy to EVEN.

Does EVEN charge for literature/library/meetings/speakers? No. Everything we do is offered free to the public and we either pay for it with donations and memberships people have given us or we pay for it out of our own pockets.

How do I go veg? Go to <http://www.eugeneveg.org/goingveg.htm>

I have a question about _____. Go to <http://www.eugeneveg.org/articles.htm>

And, whatever you do, don't forget to visit the **Resources section**
<http://www.eugeneveg.org/resources.htm>

for wonderful **Recipes** <http://www.eugeneveg.org/recipes.htm>

Great Books <http://www.eugeneveg.org/resources.htm>

Informative Links <http://www.eugeneveg.org/links.htm>

How can I help/get involved? Go to <http://www.eugeneveg.org/support.htm>

I see you tabling around town/ on campus handing out stuff. Why are you doing that?
Go to <http://www.eugeneveg.org/tabling.htm>

Go to www.eugeneveg.org Go to the **Site Map** first to help you find your way around.

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**Happy Earth Day from EVEN to you!** Click below:

<http://www.hallmark.com/webapp/wcs/stores/servlet/ecard%7C10001%7C10051%7C553373%7C-102001;11441;-106126%7C%7CP1R2S%7Cecards>

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The Eugene Veg Education Network (EVEN) is a non-sectarian, non-profit group 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 meets the 1st Monday of every month (except holidays) at 7pm at the McNail-Riley House, 601 W. 13th Av (@ Jefferson) across the street from the fairgrounds. Contact EVEN at 541-343-8055 or eugvegedunet@comcast.net or write 1574 Coburg Rd., #120, Eugene, OR 97401 or go to www.eugeneveg.org **Peace.**

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