

.....**EVEN NOW - An E-Bulletin from EVEN - 12-27-06**.....

JANUARY DINE OUT

Since **EVEN has no January meeting**, a super-big dineout at the **Jade Palace, Thursday, 1/4/07, 6pm** is planned. Mark your calendars because that's their vegetarian buffet night and even their noodles are vegan! A couple items are vegetarian and the rest are all delightfully vegan, and without MSG! The **Jade Palace** is located at **906 W. 7th in Eugene (at Van Buren)**. The dinner buffet is \$9.75 per person, \$8.95 for those over 60, and for children under 12, .75 per year. They're expecting us, but please RSVP to EVEN by 12/29 if you will be attending. Hope to see you there!

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**Thank you to Wendy Liberko, EVEN's December speaker!**

What a wonderful presentation **Wendy** and daughter, **Ivy Rose**, made to an interested and inquiring group. Wendy used easy-to-read flip charts to aid us on the journey, along with clear recipe handouts (thank you, Steve!), a wonderful display table, and---what we all were waiting for---trays of delicious vegan food samples of everything we longed for! What a grand demonstration it was! Wendy's presentation **"Happy Veg Holidays for Busy People - Simple Ways To Breeze Easy In Your Peaceful Veg Kitchen This Holiday Season"** exceeded our expectations. They gave us so many marvelous ideas, not to mention door prize donations! Thank you, **Wendy** and **Ivy Rose**, for a night to remember!

*Note: See Joanne to borrow a copy of their book, "Planet-Friendly Kids: A Vegan Cookbook for Children Ages 6 and Up" from EVEN's Lending Library.*

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DOOR PRIZE WINNERS

Congratulations to door prize winners: **Jan Petersen, Mele Allred, Jeff Lander, Joanne Bergen, Dave Piccioni, Alice Pueschner, Nick Kress, Lorrie Rather, Ann Councilill, and Nadine Petersen**. Thank you to door prize donors: **Imagine Foods, Wendy Liberko, Elena's Foods and Consorzio Marinades!**

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**A Message from Farm Sanctuary**

"This year was a banner year for farm animals. In our 20th anniversary year, we built upon two decades of progress and advanced critical campaigns and programs to end farm animal abuse.

Today, change comes in the form of laws and litigation for farm animals, rescues that alleviate untold suffering, and coverage in the major media that reaches into the mainstream and touches Americans with stories exposing cruelty and demonstrating compassion.

**We are fighting factory farming abuse head-on ... and we are winning.** Few laws exist in the U.S. to protect farm animals, and the agribusiness lobby is extremely powerful, making legal change difficult. But, this year, we have seen unprecedented progress in a very short time. Not one, but two laws have passed!

In Chicago, the sale of "foie gras" (translated in French as fatty liver) made through the cruel process of force-feeding ducks and geese was BANNED. And, in Arizona, citizens voted overwhelmingly in favor of Proposition 204, banning gestation crates for pregnant pigs and veal crates for calves!..."  
Read more at [http://www.farmsanctuary.org/actionalerts/holiday06/holiday\\_highlights.htm](http://www.farmsanctuary.org/actionalerts/holiday06/holiday_highlights.htm)

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FOR RENT

The **SeaRose Guest House** is a delightful 2-bedroom house located 15 miles north of Florence and 6 miles south of Yachats. It sleeps up to eight people and is fully furnished except for food and the sheets and towels you bring. It has a partial view of the ocean, and it is a 3-4 minute walk to be on a beautiful sandy beach. We rent it out to people who want to stay at the coast in comfort, but don't like motel rooms. It is a perfect place for an individual, couple, or a group of friends. Contact Nancy Mac

at 485-4559 or email her at nancymac@nu-world.com and she'll send you an email brochure with pictures and rates. The SeaRose is informal, inexpensive & inviting. Various times during the Christmas/ Hanukkah/ Winter holidays still available.

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**FOR SALE**

Two pairs of snazzy **vegan shoes**. (royal blue and red) Cheap. Size 6/7. Ladies. One pair never worn, the other pair worn once. If you're looking for conservative, these shoes are *not* for you. If you want unique, comfortable, cruelty-free conversation pieces, here they are! Call 343-8055. Only \$5 each pair!

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JOB OPPORTUNITIES AVAILABLE

Toby's Family Foods has two (2) job opportunities available---for [Marketing Brand Manager](#) and for [Office/Receptionist](#). Check them out in the attached documents and apply for the jobs at www.tobysfamilyfoods.com

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**BRAHMA KUMARIS FREE CLASS!**

New introductory series of meditation classes on **Monday, January 8<sup>th</sup> at 7 p.m.** Class for intermediate students who have completed the introductory level will begin on **Tuesday, January 9<sup>th</sup> at 7 p.m.** For information **343-5252**

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ANIMAL CRUELTY

If you need any additional reason to eliminate animal cruelty from your life and embrace a plant-based diet full of life instead of one full of misery and death, review the [Animal Facts](#) at **Vegan Peace** to see what amazing creatures they all are. Then click on their [Animal Cruelty](#) section to learn the truth about what happens to them.

http://www.veganpeace.com/animal_cruelty/animal_cruelty.htm

We can choose to make a difference. At *least* three times each day. We can choose.

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**FINAL CALL FOR SERVICE DIRECTORY!**

If you are veg and have a product or service you want to include in **EVEN's Service Directory**, we will list you for free! But you must get us your final information soon. Email us with questions.

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SPREAD COMPASSION THIS HOLIDAY SEASON WITH GOOD FOOD AND CHEER

A primer for vegetarians and vegans on having a happy and healthy holiday

Holiday meals can be stressful for vegetarians because they are murder on animals. While family members and friends gush about how great the "traditional" turkey centerpiece or Christmas ham tastes, the vegetarian may be wondering how people can be so oblivious to the lives and deaths of millions of innocent birds, pigs and other animals needlessly slaughtered for such meals. This can be especially troubling during the holidays, a time when people gather to celebrate life - ironically, by consuming exceptional quantities of animal flesh.

On the other hand, holidays also offer vegetarians excellent opportunities to help loved ones understand why we choose not to eat animals. Whether you are concerned about animal abuse on factory farms, eating healthy, protecting the planet from pollution, or all of these important issues, the reasons that people become vegetarians are profound. That makes each vegetarian who can clearly convey these reasons a potentially powerful



convincer for others who haven't yet connected their diets with larger concerns.

Being able to express one's most deeply-held principles and be heard by others is often a great relief for vegetarians who may feel misunderstood by and disconnected from meat-eating family and friends. To help vegetarians and vegans have an enjoyable holiday where they can both relax and express their values, we offer some communication and coping strategies.

See more of this excellent article by IDA at http://ga0.org/indefenseofanimals/notice-description.tcl?newsletter_id=5233865

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### **GREAT HOLIDAY DISHES**

Here's a useful and practical website that will not only help you "go veg", but where you can also order a free vegetarian starter kit, too, for yourself or for someone else. Review their "Vegetarian 101" section and walk away with useful answers to your questions.

Take a look at the veg versions of holiday dishes that we found scrumptious! Some of them are: **Faux Turkey Roast, Creamy Mashed Potatoes, Chickenless Gravy, Herb Stuffing and Apple Pie.** All deliciously, delightfully cruelty-free.

You can click on each to find delicious vegetarian versions of all your holiday favorites, including "beef" Wellington, pumpkin pie, and more—even egg-free nog! They have a variety of meal plans for every taste and skill level to help you get cooking. You don't want to miss this! Go to [www.goveg.com](http://www.goveg.com) and have a Happy New Year celebration!

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EVEN APPRECIATION POTLUCK

EVEN held a special Thank You dinner on December 21 exclusively for EVEN members, volunteers, supporters and previous speakers where we honored everyone for their past contributions. As we enter the new year, we know full well that EVEN could not be heading into its 3rd year with this much gusto if it were not for the kindness, support and generosity of these folks. Whether or not you were able to attend, our deepest gratitude to all of you. Thank you to **Steve Liberko** at **PostNet** for donating 2007 calendars, to **Lara Bar** company for their delicious donations, and to **Lane County Public Service Building** for the use of their 8th & Oak facility.

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### **ANSWER TO FREQUENTLY ASKED QUESTION**

Yes, you can donate to EVEN and/or become a member even if you are not vegan. Even if you're not vegetarian yet. While EVEN supports vegan values, members and supporters are at various stages of a plant-based diet...and it's all good. There are no requirements to becoming a member. Just a sincere interest in helping EVEN get the veg word out to as many as possible. Thank you for your questions.

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VOLUNTEERS NEEDED

EVEN is always in need of more dedicated vegans and vegetarians who can donate some of their time to help with various projects---some short-term, some long-term, some one-time. If you have skills you'd like to share with us, please let us know. If you're good on the phone, we could use your help. If you're good with tabling, we could use your help. If you're good with office work, we sure could use you there, too. Just let us know how many hours per week/per month you can spare, and we will accept your help with much appreciation.

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### **BECOME AN EVEN MEMBER OR RENEW!**

The **Eugene Veg Education Network (EVEN)** will soon be completing its 2nd year of operation. Another year of meetings, sponsoring local and national guest speakers, tabling and distributing vegan

literature, and...another year of fielding more emails and phone calls from new folks than we ever planned! (Did you know that **EVEN** answers between 60 and 80 new phone calls and emails per day?) **EVEN** continues to exceed our original expectations, which is all wonderful news! Furthermore, **EVEN** should have its website up and running by the new year.

Our continued growth---while welcome---carries with it increased expenses. If you would like our outreach to continue to succeed and expand, **please consider becoming a member or making a donation of whatever amount you can afford.**

Because all of **EVEN's** services are always offered free to the public, **our only means of sustaining our efforts come from the generosity of people like you!** As we look forward to our 3rd year of operation, we will need your support and generosity as much as ever. Your membership or donation will help us continue to inform and educate those interested in the benefits of a healthful and compassionate vegan lifestyle.

Are you an **EVEN** member yet?

A one year membership to the **Eugene Veg Education Network** is only \$20. For students and seniors (55+), only \$15. Won't you please join us? **EVEN** cannot continue to do all it has been doing the past two years without your kind consideration and support.

If you are inclined to extend your giving spirit this holiday season to **EVEN**, your help and kindness would be most appreciated and will go a long way toward making the world a better place. Thank you!

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"FREE HUGS" VOTED #1 FAVORITE EVEN EMAIL OF THE YEAR

We received so much positive response to this mailing, we're sending it again. As you know, **EVEN** doesn't normally forward items like this, but we're thrilled we made this one exception just this one time. Although one or two may have found it inappropriate, *hundreds* responded in the most positive of ways agreeing that it truly did represent the love, compassion and **interconnectedness of all life**---part of **EVEN's** Mission Statement---that are present in vegan values.

So here it is back by popular demand. A great note on which to end one year and begin a new one. *[Click on the picture to view video. Don't forget to turn up the volume on your speakers to hear the music.]*

Free Hugs Campaign - Even though we do not typically refer non-related info, we all felt this was too good to pass up. So much so that this was probably our #1 re-requested site of the last 6 months! http://www.youtube.com/watch?v=vr3x_RRjdd4

And on that note...

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### **BEST WISHES, PEACE AND A HAPPY NEW YEAR TO EVERYONE!**

**Lin & Robert**  
**Eugene Veg Education Network (EVEN)**

**The Eugene Veg Education Network (EVEN)** is a non-sectarian, non-profit group based in Eugene 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](mailto:eugvegedunet@comcast.net) or write 1574 Coburg Rd., #120, Eugene, OR 97401. Peace