

# THE EVENING NEWS



THE EVENING News - Eugene Veg Education Network (EVEN)

October 3, 2005

## PATRICIA ROBINETT GUEST SPEAKER

**Patricia Robinett** was born and raised, like Dorothy, in Kansas. In grade school her class made a field trip to a slaughterhouse in the Kansas City stockyards and she immediately became a vegetarian. She moved to the beautiful emerald green Willamette Valley in 1988 and decided never to click her heels and never to go back to Kansas. She drove through Kansas a few years ago but did *not* stop.

**Patricia** is a published author, writing various articles on foods, diet and health in local and national publications. She is currently writing a book on healing the trauma of circumcision and you might have seen her at the Eugene Celebration in the community causeway booth for NOCIRC (the National Organization of Circumcision Information Research Centers).

**Patricia** has taught conflict resolution with Eugene PeaceWorks, was trained by White Bird and volunteered in the crisis department. She now hosts two free self-healing classes each month and facilitates a weekly study group based on the book *A Course In Miracles*. She loves the internet because it allows her to stay in touch with many long-term friends all over the world by e-mail and she hosts mailing lists that discuss topics such as miracles, healing, psychology, astrology, politics and human rights.

**Patricia** is a certified clinical hypnotherapist in private practice in Eugene. She coaches clients to excellence and health on every level: physical, mental, emotional and spiritual. **Patricia** lives in a world where cowardly lions reclaim their courage, tin woodsmen find their hearts, straw men discover their brilliance, and where we're always safe at home if we just turn our attention inside to our hearts.

**Patricia** has been veg for the past 32 years! **Patricia Robinett, CCHT**, is EVEN's October speaker presenting: **Personal Peace: Making the Mind/Body Connection Practical**. Don't miss this illuminating and enriching lecture!

## HEARTFELT THANK YOU!

Special thanks to our dear friend, **David Duemler**, for speaking on "**Ethics of Animal Factories**" at our August 1 gathering. We all appreciate his giving his time and energy to educate us in this critical area. Dave has so much experience and knowledge in this field of animal rights, we can all learn much from him. Once we understand it, we can act on it. Thank you for sharing your insights with us, Dave!!

## GENEROUS BREAD STOP!

More thanks to **The Bread Stop** for providing **EVEN's** August 1 Vegetarian Gathering with so much of their delicious bread. It got gobbled up in record time. Who could resist their preservative-free bread made with organic wheat? Pick up **Bread Stop** bread and bagels at your grocer's and support this locally-owned and operated business. And while you're there, look for their organic pizza dough and organic garbanzo bean spread, too! Thank you, **Bread Stop!**

## TASTY EARTH BALANCE

Thank you, **Earth Balance**, for your **all-vegan, non-GMO, no trans-fat** soy butter! The perfect topping for our Bread Stop bread! Look for **Earth Balance** at your grocer's and don't confuse it with others whose standards are not as high. Product info sheets on **Earth Balance** can be found on the literature tables at the back of the meeting room. Thank you, **Earth Balance!**

## PEACE & SUSTAINABILITY LECTURE SERIES

Mark your calendar for **Peace in Our World's** lectures on Peace and Sustainability held the **4<sup>th</sup> Monday** of every month at **7pm** at the **McNail-Riley House**, 601 W. 13<sup>th</sup> Av (@ Jefferson) across the street from the fairgrounds. Past topics have been: **Can humankind end violence?, Is "progress" an illusion?, Living sanely in an insane world, What's missing in government? In society?** and **Unsustainability in Crisis**. Don't miss this interesting and stimulating group! Next lecture: **Monday, October 24**. Call BJ at 343-8055 for more information.

To die for the revolution is a one-shot deal; to live for the revolution means taking on the more difficult commitment of changing our day-to-day life patterns.

Will Rogers (1879-1935)

## OCTOBER 1 – World Vegetarian Day – Creating a Better World One Forkful at a Time

**World Vegetarian Day** was established as an annual celebration to promote the joy, compassion and life-enhancing possibilities of vegetarianism. Founded by the North American Vegetarian Society (NAVS) in 1977 and endorsed by the International Vegetarian Union in 1978, October 1 kicks off an entire **Vegetarian Awareness month**. To find out what you can do---alone or with a group---visit [www.navs-online.org](http://www.navs-online.org). If you would like to help **EVEN** in its tabling efforts this month, please call 343-8055.

## NOVEMBER 1 – World Vegan Day

Founded in 1944, the Vegan Society provides advice on a way of life free from animal products for the benefit of people, animals, the environment. They are celebrating their 61st anniversary since the word vegan was created and are now helping over a quarter million people in Britain choose an animal-free lifestyle. Today, the Society remains as determined as ever to promote vegan lifestyles - that is, ways of living that seek to exclude, as far as is possible and practical, all forms of exploitation of animals for food, clothing or any other purpose. With your help, veganism will soon be accepted and understood across the globe. Ultimately, the use of animal products (such as meat, dairy, eggs, leather and wool) will be viewed as an inhumane and unsustainable practice from a much less enlightened age. [www.worldveganday.org](http://www.worldveganday.org)

**Donald Watson**, founder of modern veganism, celebrates his 95<sup>th</sup> birthday! **Veg News** conducts a delightful interview with Donald in their September/October 2005 issue. Pick up **Veg News** at **Sundance** or order online [http://vegnews.com/current\\_issue.html](http://vegnews.com/current_issue.html)

## LIGHTING THE WAY SINCE 1960

**The American Vegan Society** congratulates The Vegan Society (England). "We are grateful for their leadership and the light they have provided all these years. We send greetings and best wishes to other societies and groups marking this day. All our efforts are required to realize the vision we share."

**The American Vegan Society** is a nonprofit educational membership organization teaching a compassionate way of living that includes veganism. The society motto is: **Ahimsa lights the way**. To receive an introductory package (\$3.00) including a sample copy of *American Vegan* (their quarterly magazine) and *Veganism: Getting Started* (an 8½x11, 28 page primer in Veganism), go to [www.americanvegan.org](http://www.americanvegan.org) or call or write: **American Vegan Society - 56 Dinshah Lane, P.O. Box 369, Malaga NJ 08328, Phone: 856-694-2887; Fax: 856-694-2288**

## ATKINS FILES BANKRUPTCY (Boo hoo)

We're sure not sorry to see it go, but let's read what **Dr. Annette Colby, RD, Nutrition Therapist** has to say:

**Decisions To A Healthy Life** "Atkins Nutritionals filed for bankruptcy at the beginning of August 2005 in light of a decline in the diet's popularity and profits. Atkins low carbohydrate craze focused on eliminating grains, fruits and vegetables to shed weight, and embraced high-protein diets rich in meat and cheese. ... Last year, at the height of the Atkins craze, approximately 9 percent of Americans were following a low-carb diet such as Atkins. Recent surveys indicate the diets popularity had fallen way down to 2 percent.

Eating bottomless plates of fatty sausage, bacon and eggs while slashing whole grain, fruit and vegetable consumption defies all nutrition logic. The two-thirds of Americans who are overweight, would do well following **the most effective method of healthy lifelong weight management: Eating a diet plan based on complex carbohydrates such as vegetables, fruits and whole grains, moderate in protein and relatively low in fat**. It's a balance you need, not going to extremes by cutting out all carbohydrates.

One of the big problems of the low-carb Atkins is that it eliminates some the most healthful foods that should be the foundation for our diets. New 2005 USDA Dietary Guidelines help Americans make better food choices and live healthier lives. The dietary guidelines stress moderation, whole grains, and fiber---things low-carb took out. Achieving, and maintaining, a healthy body requires cutting calories gradually, listening to your own individual requirements and increasing regular physical activity. Reaching a healthy body weight is an important key to an energetic life, but equally important factors must include building balance, strength, and flexibility, stress reduction, and balanced nutrition to help prevent chronic diseases such as heart disease, diabetes and some cancers."

**Dr. Annette Colby, RD**

**(Reprinted with Permission. Read more about Dr. Annette Colby, RD, Nutrition Therapist & Master Energy Therapist and subscribe to her FREE content-filled newsletter, *Eating Peacefully*, at [www.LovingMiracles.com](http://www.LovingMiracles.com). See why it's been called the best e-zine on the net!)**

**"The low-carb trend has sort of died on the vine."**

Bob Goldin, Executive VP, Technomic, food industry consulting firm, Chicago

**NEW BOOK! SELLING SICKNESS by Ray Moynihan and Alan Cassels**

“Overcoming the reverent belief in drugs is a big step in regaining your health and taking control of your life. You have been lied to about the value of most popular medications. The drug industry is inventing new illnesses and broadening the definitions of old diseases so that soon everyone will be classified as ‘sick.’ Learn the truth behind HRT, cholesterol (statins), heart disease, hypertension, depression, PMS, PMDD, osteoporosis, IBS, and other medications.” **Recommended Reading by Dr. John McDougall**

**RECIPE OF THE MONTH****Celene’s Celestial Stew**

(Serves 8 to 10)

2 pounds potatoes, chopped into cubes	1 pound bag frozen corn kernels	2 tsps dried oregano	1 tsp dried thyme
2-28 oz cans whole peeled tomatoes	1 pound bag frozen peas	1 TB minced fresh basil	½ tsp crumbled sage
2 medium onions, diced	1 cup dry sherry	1 tsp dried rosemary	2 tsp minced, fresh parsley
3 medium carrots, sliced	2 TB + 1 tsp garlic powder	2 bay leaves	2 tsp salt

A taste of Celene’s stew will have you floating among the stars.

Boil the potatoes until soft, about 20-25 minutes. Pour off the water and add the 2 cans of tomatoes and the juice from the tomatoes. Add the onions, carrots, corn, and peas. Stir well and cook for about 5 minutes. Add the remaining ingredients and cook uncovered at a low heat for about 2 hours.

(Reprinted from *The Compassionate Cook* by PETA and Ingrid Newkirk)**AUGUST RAFFLE WINNERS!**

Congratulations to **Nadine Peterson, Carrie Freeman, Kirk Koehler, Jody Lemmer, Julie Hethcox**, and 1 Mystery Guest who departed before we got her name! These folks were all the lucky recipients of August’s door prize drawings of the **Handcrafted Vegan Soaps** generously donated by **Humane Creations, Diann Stotler**. **Diann** is a wonderful and generous woman. Not only for her support of **EVEN**, but for her tireless work in helping those animals abandoned during Hurricane Katrina. You can thank her for her generosity at [humancreations@prodigy.net](mailto:humancreations@prodigy.net) or visit her and her peaceful soaps at [www.humancreations.com](http://www.humancreations.com).

**NO WONDER PEOPLE LOVE VIRGINIA - WOW!**Charlottesville Virginia’s **9<sup>th</sup> Annual Vegetarian Festival 9/24/05****“Celebrating a Healthy Lifestyle” festival draws more than 100 exhibitors and 6,000 visitors!!****It’s all free and it’s all vegetarian! Double WOW!**

“This annual outdoor celebration of a healthy and humane lifestyle brings together diverse individuals and organizations who want to make the planet a more healthy, sustainable, and compassionate place for all to enjoy. The mission of the festival is fourfold: 1) to highlight the benefits of a lifestyle free of animal products (vegan); 2) to outline the direct and indirect harm caused by the exploitation of animals; 3) to provide resources which facilitate the transition towards a vegetarian/vegan lifestyle; 4) to advocate compassion as the means by which to alleviate the suffering of humans and animals alike.” It’s so uplifting to see an entire city celebrating Vegetarianism! Let’s do this in Eugene!!

**IMPORTANT MESSAGE:** Remember, **EVEN’s** monthly Vegetarian Gatherings are held the **1<sup>st</sup> Monday** of each month (except holidays), **7pm**, at the **McNail-Riley House**, 601 W. 13<sup>th</sup> Av (@ Jefferson) across the street from the fairgrounds. Different veg speakers, always informative, always relevant, always **free!** Snacks, literature and door prizes are also provided. The gatherings are free and open to anyone interested in the benefits of a plant-based diet. **EVEN** was organized March 2005 and has been meeting since June, and thanks to all the support and interest, it just keeps getting better and better. Call 343-8055 for more information. We hope to see you there! And bring a friend! ☺

**WHO WON THE ESSAY CONTEST?!**

**HappyCow’s Vegetarian Guide** sponsored an **Essay Contest** called, “A VEGAN WORLD IS POSSIBLE”. The Contest is being judged by a third party panel of judges, and we will find out who the winner is very soon (from the Vegan World *Fusion Cuisine* book authors). The winning essay writer gets an all-expenses-paid Vegan Vacation for 2 to Kauai, Hawaii (airfare, hotel, car, gourmet vegan dining and treats, massage, and surprises)! The winner will be announced on the **HappyCow** website on October 13, 2005. Info at: [http://www.happycow.net/veganfusion/hawaii\\_contest.html](http://www.happycow.net/veganfusion/hawaii_contest.html).

**“I ask people why they have deer heads on their walls. They always say because it’s such a beautiful animal. There you go. I think my mother is attractive, but I have photographs of her.”**

Ellen DeGeneres

## HUNTING: UNFAIR GAME



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ensuring that the strong survive. Shooting an animal because he or she might starve or might get sick is arbitrary and destructive; the healthiest animals find a way to survive and maintain the strength of the entire herd or group.

The stress that hunting inflicts on animals---the noise, the fear, and the constant chase---severely restricts their ability to eat adequately and store the fat and energy they need to survive the winter. Hunting also disrupts migration and hibernation, and the campfires, recreational vehicles, trash, and other hunting side effects endanger both wildlife and the environment. For animals like wolves who mate for life and have close-knit family units, hunting can severely harm entire communities. Rampant poaching for 'trophy' animals and commercial gain is squeezing vulnerable populations.

Hunters claim that they pay for 'conservation' (what are they "conserving"? ) by buying hunting licenses, duck stamps, etc. But the relatively small amount each hunter pays does not cover the cost of hunting programs or game warden salaries. The public lands many hunters use are supported by taxpayers. US Fish and Wildlife Service programs, which benefit hunters, get most of their funds from general tax revenues, not hunting fees...

Hunters kill more animals than recorded tallies indicate. It is estimated that, for every animal a hunter kills and recovers, at least two wounded but unrecovered animals die slowly and painfully of blood loss, infection, or starvation. Those who don't die often suffer from disabling injuries. Because of carelessness or the effects of alcohol, scores of horses, cows, dogs, cats, hikers, and others are wounded or killed each year by hunters." Reprinted with permission of PETA – People for the Ethical Treatment of Animals [www.peta.org](http://www.peta.org)

"The stalking and killing of animals, which probably began during the Ice Age when plant food became scarce, has become a form of recreation; it is rarely necessary for human survival. Less than 7% of the US population hunts. Hunting is permitted on 60% of US wildlife refuges and in many national forests and state parks. 45% of hunters do their killing on public lands. On federal land alone (more than a half a billion acres), more than 200 million animals are killed every year.

It is illogical that hunters are allowed to kill and maim animals who theoretically 'belong' equally to the 93% of Americans who don't hunt. But because the state wildlife commissions and federal agencies that regulate hunting are now run by hunters, they perpetuate hunting year after year, regardless of the ecological damage it causes or the objections of non-hunters...

Natural Balance – The ecosystem and food chain form a complex web of interdependencies that, if left alone, provide for the survival of most species. Natural predators help themselves and their prey species to survive by killing only the sickest and weakest animals. Hunters, however, kill any animal that they come across or any animal that would look best mounted above the fireplace---often the large, healthy animals needed to keep the population strong.

In fact, hunting creates ideal conditions for accelerated reproduction. The abrupt drop in population leads to less competition among survivors, resulting in a higher birth rate. Even if an unusual disaster caused an animal population to temporarily overpopulate, the group would soon stabilize through natural processes. Starvation and disease are unfortunate, but they are nature's way of

**Wild animals never kill for sport. Man is the only one to whom the torture and death of his fellow creatures is amusing in itself.** James Anthony Froude (1818-1894)

**"When I was twelve, I went hunting with my father and we shot a bird. He was laying there and something struck me. Why do we call this fun to kill this creature [who] was as happy as I was when I woke up this morning?"**

Marv Levy

## **EVEN SERVICE DIRECTORY**

Veg\*ns like to patronize other veg\*ns. When we pay for products or services, we feel much better knowing our money will more likely go to buy a head of lettuce or a bunch of grapes, and not a t-bone steak or lamb chop. Voting with our dollars is (apparently!) the only way we can get our votes to count. Please patronize these local vegans and vegetarians for the fine products and services they offer, and sleep well tonight knowing you made the world a little better:

### **CARPENTRY - Kurt Jensen - 747-8925**

Carpentry, general house repair, minor plumbing and electrical.

### **COMPUTER SERVICES - Judith Garrison - 337-4724**

**Digital video editing:** Home movies, commercials, short films. **PowerPoint Multimedia:** Turn your photos and videos into multimedia, slide show. **PhotoShop:** enhance or alter your photos. **PC & MAC Computer Tutor:** Gentle tutoring computer/software/internet. **Web Design/Maintenance, and Research.** [novelsuggestion@yahoo.com](mailto:novelsuggestion@yahoo.com)

### **HOUSECLEANING - Aisha — 345-3370**

Environmentally-friendly, non-toxic cleaners.

### **HYPNOTHERAPIST - Patricia Robinett, CCHT - 541-686-LOVE (or 686-5683)**

Patricia has been in private practice in Eugene for over 15 years. Her expertise covers the entire range of body, mind and spirit for your total health. *"All healing is essentially the release from fear... Healing is always certain."*

### **IVY'S COOKIN' - VEGETARIAN MEALS DELIVERED! - 485-4200**

Delectable, home-cooked, international vegetarian entrees without the hassle. (Vegan option may be available.) Order by Monday night for Thursday AM delivery. Wednesday or Thursday pick-up also available. Great gift idea for new moms, weddings, new home, illness, birthdays, casual entertaining. Gift certificates available. Feeding happy Eugeneans since 1992! Call or email [ivy@efn.org](mailto:ivy@efn.org) for menu.

### **IVY'S CULINARY BOUTIQUE - 485-4200**

While you're checking out her new October/November menu, visit her **CULINARY BOUTIQUE** filled with delicious, home-made jams, syrups, cordials, preserves, butters, sauces, and pickled goods. All made with love for us to enjoy. Great hostess gifts for the holidays or any time. Try Ivy's---you'll never be disappointed. Call or email [ivy@efn.org](mailto:ivy@efn.org).

### **LEGAL SERVICES - James von Boeckmann, AAL - 968-0781**

Civil, family, business and immigration law. Home visits. Free initial consultation. Local, family-man, all vegan. [jlvonbo@msn.com](mailto:jlvonbo@msn.com)

### **LANDSCAPING - Happy Lawns - Nick - 896-3566**

Organic, environmentally-friendly. I garden in accordance with Mother Nature.

### **FREE MEDITATION CLASSES - Sister Kiran - 343-5252**

Brahma Kumaris Meditation Center offers a **FREE** series of 5 lessons to learn Raja Yoga Meditation. Sister Kiran has 26 years experience studying and teaching Raja Yoga. Next series begins Monday, November 14<sup>th</sup>, 7 p.m. Visit [www.bkwsu.com](http://www.bkwsu.com) for more info, then call for the center's SE Eugene location to register, or email [bkeugene@msn.com](mailto:bkeugene@msn.com)

**MURALS!** - Kari Johnson - 343-6293

**NUTRITIONAL HEALING SPECIALIST** - Ty Bell - 343-1150

Offering the highest quality whole food and herb supplements. Specializing in detoxification, immunity and hormone balancing. Maca, green superfoods, kombucha tea and lots more. Call for free consultation.

**PERMACULTURE** – Jan Spencer – 686-6761

Residential property redesign. Turn your yard into a permaculture Shangri-La.

**PHOTOGRAPHY** - Kurt Jensen - 747-8925 - Weddings, special events, digital or film.

**POSTNET** – Create, Duplicate, Deliver – Steve & Wendy Liberko – 541- 461-9500 or fax 541-461-9400, Royal West Shopping Center, 4736 Royal Ave, Eugene, OR 97402. [PostnetEugene@msn.com](mailto:PostnetEugene@msn.com). If interested in owning **POSTNET**, call Steve at 541-510-5249.

**Realistic MURAL PAINTING** - Jan Spencer – 686-6761

Indoor/outdoor, commercial, residential, movable.

**RECYCLED ART SUPPLIES & ART WORKSHOPS** - Materials Exchange Center for Community Arts (MECCA) - Nancy - 343-9979

Inexpensive scrap art materials available at our store, 43 W. Broadway, Eugene. Open Thursdays 4-8p, Saturdays 11a-3p. <http://www.materials-exchange.org>

**SMOKING CESSATION** – Simple, painless, no drugs, no gimmicks – 343-8055

Become smoke-free in 2006, reclaim your life and create a new world for yourself. Flexible fees.

**TRANSMUTATIONAL SERVICES UNLIMITED** - Nadine Peterson – 345-4234



When a person wants to believe something different to change their Life, that is when their Life changes. Offering personal spiritual assistance for your expanding awareness into your own magnificence. With your spiritual guide and perceptionist, Nadine Peterson.

**TUTOR** – Math/Science– Robert Jacobucci – 343-8055

Retired physicist willing to tutor middle school and high school students. Specializing in math and science. My house or yours. Flexible hours, low rates. Eugene/Springfield area.

**VEGAN HANDCRAFTED SOAPS & MORE** – Humane Creations – Diann Stotler

Helping Animals, Earth & Humans, PO Box 240401, Ballwin, MO 63024, [humanecreations@prodigy.net](mailto:humanecreations@prodigy.net), [www.humanecreations.com](http://www.humanecreations.com)

**WRITING** - Say It Right - Angela Egremont, Owner – 343-0917

Writing, editing and proofreading services. Includes brochures, business/personal profiles, press releases, resumes, correspondence, and academic editing (term papers, masters theses). Angela, has background and experience in business and print journalism. "Eugene" rates. Call for info. No obligation.

If you are veg\*n and would like your business listed here, contact **EVEN** at 541-343-8055 or [eugvedunet@comcast.net](mailto:eugvedunet@comcast.net).

## NEW FRONTIER MARKET

This locally-owned and operated natural foods grocer believes in supporting the local economy by supporting local business. (isn't THAT a great idea!?) They carry a wide array of local products such as, **Surata, Toby's, Rising Moon**, and many more. "I feel it is important to know that what's in your food was made from organic ingredients," says **Jeb Cooney, New Frontier Buyer and Manager**. No fan of GMOs, preservatives, or trans fats, Jeb says he cares about what he puts into his body, and believes most of his customers do as well. Organic is always worth the extra cost and we can count on **Jeb** to buy organic produce and other high-quality items for **New Frontier**. Check out their selection of natural, local breads, a large bulk section including coffee, tea, herbs & spices, and, if you can time one of your visits for a **Friday night**, join their **wine-tasting** from **6-8pm**. Ask how to save from \$5 to \$15 on your next grocery purchase! **New Frontier Market, 1101 W. 8<sup>th</sup> Av, Eugene, 345-7401, Open MO -FR 7A to 12A, SA 8A-12A, SU 8A-11P.**

## GREENHILL HUMANE SOCIETY ON THE PROWL FOR FOSTER PARENTS

Would you like to open your heart and home for homeless pets before they are ready for adoption? **Become a Greenhill Foster Parent!** To learn more about the life-saving foster program, attend the next orientation meeting **Saturday, October 8, 11:30 a.m.** at **Greenhill** on **88530 Greenhill Rd.** in **Eugene**. To learn about other ways you can help or view pets available for adoption, visit **Greenhill** online at [www.green-hill.org](http://www.green-hill.org). **Greenhill's** mission is to provide safe shelter for animals in transition, serve as advocates for animals and their people, work to end overpopulation, and educate the public about compassion and responsibility toward all animals. **689-1503**  
**Open FR-TU 11A-6P Closed WE-TH.**

## VEGAN POTLUCK

Remember, Karen & Wesley host a Vegan Potluck the **3<sup>rd</sup> Friday** of every month at **7pm** at the **McNail-Riley House**, 601 W. 13<sup>th</sup> Av (@ Jefferson) across the street from the fairgrounds. Bring your favorite vegan dish along with a serving utensil and a place setting for yourself. Meet, chat and chew with new chipper chums. Call **Karen or Wesley** with questions **341-1690**. See you **Friday, October 21!** Cheers!

## SPOTLIGHT ON KAREN & WESLEY

If you love the monthly **vegan potluck**, then thank **Karen Booth** and **Wesley Sweitzer**, because they have been hosting these **third Friday of the month** events for over six years! They say it's easy for them to hold the potlucks because they enjoy meeting new people, not to mention how much they like tasting the different dishes people prepare. Both **Wesley** and **Karen** believe that what you do as an individual at home is not an isolated thing, because what we do impacts the whole world. **Karen** says the simplest way to have a positive influence on our planet and its people is to be vegan. They've been veg for 20 years and are strong believers in living simply. They both choose to do things in ways that require fewer resources as can be witnessed not only by their vegan lifestyles, but by their avid biking and owning a biodiesel car as well! All who have enjoyed the vegan potlucks over these years know **Karen** and **Wesley** are very special folks. Mark your calendars for **November 7** when **Karen**, an MS, RD, will be **EVEN's** featured speaker. The topic: **Vegan Nutrition**, of course!

## SPECIAL! PEACEFUL THANKSGIVING POTLUCK

**EVEN** is holding a **turkey-free** thanksgiving potluck on **Sunday, November 20, 2005, 5pm**, at the **Unitarian Universalist Church** at **477 E. 40<sup>th</sup>** (@ Donald), **Eugene**. Bring your favorite vegan or vegetarian dish along with a card listing its ingredients, a serving utensil and a place setting. This is a wonderful opportunity for so many of us to get together and celebrate the real spirit of thanksgiving. Genuine thanksgiving extends peace...to everyone. Call **EVEN** if you have questions, 343-8055.

## THE FOOD REVOLUTION

**John Robbins** is considered to be one of the world's leading experts on the dietary link to the environment and health. He is the founder of EarthSave International, a nonprofit organization that supports healthy food choices, preservation of the environment, and a more compassionate world. The recipient of the 1994 *Rachel Carson Award*, he has received a standing ovation at the United Nations.

**EVEN** is selling SIGNED COPIES of **John Robbins' *The Food Revolution***. (You won't find a signed copy for sale anywhere in town!) If you loved ***Diet for a New America***, you'll love ***The Food Revolution***. Students, seniors and **EVEN** members can purchase this land-breaking \$17.95 book, personally signed by **John Robbins**, for only \$14.95. Buy one for yourself and one for friends or family. With the holidays soon to be upon us, remember they make meaningful gifts! Call 343-8055 to purchase.

**But for the sake of a little mouthful of flesh we deprive  
a soul of the sun and light, and of that proportion of  
life and time it had been born to enjoy.**

Plutarch (46-120 AD)

## EVEN BETTER

**THANK YOU TO ONE AND ALL!** So much kindness and support has been sent EVEN's way, we don't know where to begin to offer our appreciation. But we will try anyway. Thank you to all the terrific folks who are being enormously instrumental in keeping **EVEN** active in Eugene.

**Richard Baynton**, *Alternatives Magazine*, for going out of your way to be so helpful and supportive of EVEN. Thank you, Richard!

**Fantastic Foods** for cartons of their products so we can all enjoy them, and for their continuing support. Thank you so much, Fantastic Foods! (Check out the back table for samples and take one home tonight!)

**Karen, Wesley**, for organizing, and **Steve, Sally**, and **Worth**, for hosting the Summer Vegan Picnic. Great food! Great people!

**Joanne & Nick Kress** for your ongoing support, time and encouragement while we were getting **EVEN** off the ground. Not to mention the energy behind the Library management, Joanne, and the muscle behind the logistics, Nick. Thank you both so much!

**Stacy Latini** for donating an entire year's worth of *Veg News* magazines to **EVEN's** Library. They are popular magazines and very appreciated by us all. Thank you, Stacy!

**Erin & Patrick Lehn**, *Natural Awakenings*, for extending a helping hand to a fledgling group. Thank you, Erin and Patrick!

**Wendy, Steve and Ivy Rose Liberko** for copy services, books, mags, tape donations, and so much else, we can't even mention it all! Your membership, your kindness, and your generosity of spirit are uplifting to us. Thank you, Wendy, Steve & Ivy Rose so much!

**Dan Piraro** of **Bizarro** cartoon fame for your help and kindness. It's so nice to share this bizarre world with you. Thank you, Dan!

**Dr. Stanley Sapon** for your extraordinary ability to turn your wisdom into those remarkable words that abidingly inspire us all. Thank you, kind sir!

**Spectrum Organics** for coupons on your healthful products, for your ongoing cooperation and encouragement. Thank you so much!

**Diann Stotler**, Humane Creations, for your good-hearted donations to **EVEN**, and especially your abundant kindnesses to the animal victims of Hurricane Katrina. Thank you, Diann.

**Vegetarian Times Magazine** for the carton of VT magazines, the 1-year magazine subscription, the free VIP passes to Portland's Northwest Women's Show, and for your reliable kindness and support of our endeavors. Thank you, *Vegetarian Times*!

## MORE INCREDIBLE RESOURCES

Thank you to the following exceptional organizations for providing us with additional literature to support our tabling efforts:

**NORTH AMERICAN VEGETARIAN SOCIETY** – [www.navs-online.org](http://www.navs-online.org) **F.A.R.M. - Farm Animal Reform Movement** – [www.farmusa.org](http://www.farmusa.org) **ANIMAL PROTECTION INSTITUTE** – [www.api4animals.org](http://www.api4animals.org) **IN DEFENSE OF ANIMALS** – [www.idausa.org](http://www.idausa.org) **FARM SANCTUARY** – [www.farmsanctuary.org](http://www.farmsanctuary.org) **TRUTH IN LABELING** - [www.truthinlabeling.org](http://www.truthinlabeling.org)

Bookmark these websites and visit often because they are some of the best there are: **HAPPY COW** – [www.happycow.net](http://www.happycow.net)

**VEGETARIANS IN PARADISE** – A Los Angeles Vegetarian Web Magazine – [www.vegparadise.com](http://www.vegparadise.com) **PEOPLE FOR THE ETHICAL TREATMENT OF ANIMALS** – [www.peta.org](http://www.peta.org) **VEGETARIAN RESOURCE GROUP** – [www.vrg.org](http://www.vrg.org) **UNITED POULTRY CONCERNS** - [www.upc-online.org](http://www.upc-online.org) **GREEN PEOPLE** - [www.greenpeople.org](http://www.greenpeople.org)

Check the **Eugene Public Library** for the VIDEO of **Rachel Carson's Silent Spring** (PBS Video 1993, ISBN# 0793609097, Call # 632.95). It is well worth your time to view this abridged, but well-produced, version of her classic book. Short of going to a slaughterhouse, excuse me, I mean, processing plant, it will provide you with all the scares you need for Halloween...and then some.

## EDU-STATS

♥ Aside from the gutted rainforests [if you can put that aside], up to **5000 gallons of water** are required to raise **one pound of beef!** ([www.happycow.net/why\\_vegetarian.html](http://www.happycow.net/why_vegetarian.html))

♥ **Every second, one football field of rainforest is destroyed in order to produce 257 hamburgers.** ([www.happycow.net/why\\_vegetarian.html](http://www.happycow.net/why_vegetarian.html))

♥ **Eating one pound of hamburger does the same damage as driving your car for three weeks!** ([www.happycow.net/why\\_vegetarian.html](http://www.happycow.net/why_vegetarian.html))

♥ Human beings who could be fed by the grain and soybeans eaten by U.S. livestock: **1,400,000,000 (1.4 Billion)** (John Robbins, *Diet for a New America*)

♥ Amount spent annually in US to treat cardiovascular disease: **\$135 Billion** (John Robbins, *Diet for a New America*)

For as long as men massacre animals, they will kill each other. Indeed he who sows the seed of murder and pain cannot reap joy and love.

Pythagoras (582 BC – 497 BC)

## **A PHILOSOPHY OF VEGAN VALUES**

**by Stanley Sapon, PhD**

The term philosophy is often used to mean a set of basic values and attitudes toward life, nature and society. In this sense, Veganism is a “Philosophy of Life,” guided by what I envision as an essential core of values and principles:

- Vegans see life as a phenomenon to be treasured, revered and respected. We do not see animals as either “The Enemy” to be subdued, or the Materials for Food, Fabric or Fun that were put on Earth for human use.
- Vegans see themselves as a part of the natural world, rather than its owners or its masters.
- Veganism recognizes no expendable or superfluous species that humans are free to hurt or destroy. Species of life-forms need not justify their existence, nor plead for protection from extinction on the grounds of their potential usefulness as food or medicine for humans. We continue to be burdened and misguided by adages such as “A weed is a plant we have not yet found a use for.”
- Veganism acknowledges the intrinsic legitimacy of all life. It rejects any hierarchy of acceptable suffering among sentient creatures. It is no more acceptable to torment or kill creatures with “primitive nervous systems” than those with “highly developed nervous systems.” The value of life to its possessor is the same, whether it be the life of a clam, a crayfish, a carp, a cow, a chicken, or a child.
- Veganism understands that gentleness cannot be a product of violence, harmony cannot be a product of strife, and peace cannot be a product of contention and conflict.
- Vegan ideals encompass much more than advocacy of a diet free of animal products, or a fervent defense of animal rights. Veganism excludes no sentient being---animal or human---from its commitment to compassionate, gentle benevolence. To show tender regard for the suffering of animals, yet treat humans with callous contempt, is a disheartening contradiction of Vegan principles.
- John Muir, talking about the natural environment, once observed “Every time I bend down to pick something up, I find it is connected to something else.” There is an equivalent “ecology” to our behavior. Everything we do connects to something else; every action touches on the world around us, either close at hand and noticeable, or far away and unperceived, immediate in its effect or distant in time.
- If Veganism has a prime value, it is simply that life-respecting compassion overrides individual issues of custom, convenience, comfort or cuisine.
- If there is a single article of faith, it is that commitment to Vegan values will bring us closer to a world in which the fate and fortune of a planet and all its life forms do not hang on the judgment or the generosity of one species.
- If there is one single concept that both generates and sustains the meaning and the power of the Vegan worldview, it is found in the word mindfulness. As Vegans, we strive to be thoughtful, aware and concerned about the impact of our choices, our actions and our decisions. The fruit of this awareness is inner peace, the quiet strength of ethical confidence, and an uplifting sense of fulfillment.

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## EVEN SIDE OF THINGS

### **EVEN's LENDING LIBRARY WELCOMES JOANNE KRESS!**

Please welcome **Joanne Kress**, **EVEN's** new Librarian!! Joanne has most graciously volunteered her time to check books out for our members and to manage the numerous details of our new lending library. **EVEN** folks can borrow an item (free, of course) for one month...borrow at one meeting, return at the following month's meeting. Sweet and simple. **EVEN** compiled a collection of excellent veg-related books and magazines as a source of information and education for its members. We hope everyone will take advantage of this worthwhile opportunity. Please introduce yourself to **Joanne** (she's the one surrounded by books, but still wearing a sweet smile) when you get a chance. Browse the available books, magazines and tapes at the beginning or end of each meeting. Also, if anyone has a relevant veg book and/or veg magazine or two to donate to our new library, please let us know or give it to **Joanne** at our November 7 gathering.

### **FREE VEG MAGAZINES!**

Separate from the Library, **EVEN** folks can help themselves to any of the magazines on the back table. Except for **Veg News**, which is part of the Library, the magazines are all **free** for the taking---just try to pass them on to be reread by as many other folks as possible. Take what you will, keep them as long as you need, and then instead of deep-sixing them into the recycle pile, pass the mags on to another interested party. If you don't know one, just return it back to the Freebie table and let someone else pick it up. (Re-use is better than re-cycle.)

### **VOLUNTEERS NEEDED**

**EVEN** needs volunteers of all shapes, sizes, and abilities. If you have energy and willingness, **EVEN** has many and varied projects on the horizon for which folks can offer their time, talents and assistance. Call 343-8055 to see if there's a match between your interests and **EVEN's** projects. Some of the folks we currently need are: an artist or printer to help us with banners, signs; and a data entry/office assistant. Thank you for your support! Even if you have only one or two hours to give, your time and help can make a difference!!!

### **WISH LIST**

**EVEN's** current needs are: **postage, copy service, 8-1/2 x 11 paper, plastic crates or sturdy plastic boxes (for toting and hauling materials to events), tablecloths (to fit 6' length tables), foam boards, push pins, canvas bags, staples, masking tape, scotch tape and duct tape.** Thank you for your help!

### **UPDATE**

**SO FAR SO GOOD:** In the last three months alone, **EVEN** has fielded **over 150 phone calls and emails** and has **distributed over 2,000 pieces of literature** since April. **ON THE HORIZON:** **Turkey-free Thanksgiving Potluck (11/20)**, **EVEN** website, Eugene Veg **Dining Guide**, **Great American Meatout (March)**, **Earth Day Celebration (April)** and many others! Stay tuned for details. ☺ As you know, **EVEN** operates solely on the fixed incomes of two retirees (guess who?) and, therefore, is especially grateful to those kind enough to help on this journey. Please do whatever you can to help keep **EVEN** active. All donations are appreciated. Cash or checks made payable to: **Eugene Veg Education Network** would be the most helpful way to support **EVEN** so we can continue our work of getting the facts out to others.

## **JOIN THE EUGENE VEG EDUCATION NETWORK**

One year membership: \$20. Students, Seniors (55+): \$15. (Make checks payable to: **Eugene Veg Education Network**) Become an **EVEN** member and help **EVEN** continue its outreach projects.

The **Eugene Veg Education Network** is a non-sectarian, non-profit group based in Eugene designed to be a resource for those seeking information on a healthful, vegan/vegetarian 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 is to inform, educate and encourage our members---and the larger community as well---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. 13<sup>th</sup> Av (@ Jefferson) across the street from the fairgrounds. Contact **EVEN** at 1574 Coburg Rd., #120, Eugene, OR 97401, 541-343-8055, [eugvegnet@comcast.net](mailto:eugvegnet@comcast.net). **Peace.**

**When you come to be sensibly touched, the scales will fall from your eyes; and by the penetrating eyes of love you will discern that which your other eyes will never see.**

François Fénelon (1651 - 1715)