

[Saving Animals and the Planet with Your Fork](#)

Monday, 2/2/09, 7pm - sharp!, McNail-Riley House, 13th & Jefferson.
Erin Williams works for **The Humane Society of the United States**, the nation's largest animal protection organization. She is the co-author of ***Why Animals Matter: The Case for Animal Protection***. The book offers an overview of industries that exploit animals---factory farms, experimentation, entertainment, the pet industry, fur, and sport hunting-and addresses the environmental and social justice effects of animal exploitation. [See more---click here!](#)

[A Message from Dr. Leslie Van Romer to Y-O-U!](#)

*"Dear honorable and distinguished members and friends of EVEN,
Thank you so much for inviting me to speak to you on January 5th. It was truly my thrill to share my thoughts, my work, and my lifelong passion to help people transition to their next level of health and vibrancy.*

Continue your noble and worth journeys to be ALL that you were born to be and shine your brightest, boldest light on the world and lead the way! I love you truly, Dr. Leslie Van Romer"

We love you, too, **Dr. Leslie!** We are especially grateful to Dr. Leslie for her [1/5 presentation](#)

to EVEN---[Getting Into Your Pants: Add 10 + 10 for Life.](#)

Thank you, [Dr. Leslie!](#)

Your book donations, your EVEN membership, your heartfelt presentation!
What an informative and fun evening for all! Thank you from all of us at EVEN!

[Processed People](#)

Only 3 minutes. Don't miss this one! (Thank you, **Patricia!**)
<http://www.brasschecktv.com/page/525.html>

[VegTube](#)

Obama on the Vegan Question

Barack Obama responds to a question from vegan, **Nikki Bollaert**, from [PCRM](#) (Physicians Committee for Responsible Medicine)

, during a public meeting at Gibbs High School, Saint Petersburg, Florida. [Watch it here!](#)

- Show quoted text -

Diners Looking for Green Dining

<http://www.greenbiz.com/news/2008/12/30/greener-restaurants-healthier-fare>

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The Fat Vegan

<http://www.drmcDougall.com/misc/2008nl/dec/081200.htm>

Congratulations, Mountain Rose Herbs!

Congratulations to **Mountain Rose Herbs**

for receiving **Co-op America's People's Choice Award for 2008 Green Business of the Year!** Mountain Rose Herbs is a local, vegan-owned company. Way to go!

[MRH Co-Owner and Vice President, **Shawn Donnille**,

was EVEN's October 2007 guest speaker.]

Vegetarians In Paradise

These fine folks at **Vegetarians in Paradise**

are in their 10th year of publication and offer a wealth of info on their site on a regular basis. You definitely want to make time for this bit of paradise. Thank you, **Zel and Reuben Allen**, and Congratulations!

One Can Make A Difference

Imagine how different the world would be if every single person did just one thing—anything—to help. In **Ingrid E. Newkirk's** inspiring new book, [*One Can Make a Difference: How Simple Actions Can Change the World*](#)

, you will find more than 50 thought-provoking original essays, some written by an intriguing, diverse group of stars—including supermodel **Petra Nemcova**, **Sir Paul McCartney**, **Willie Nelson**, **Brigitte Bardot**, **His Holiness The Dalai Lama**, White House correspondent **Helen Thomas**, and director **Oliver Stone**.

If you missed her Eugene booksigning, [*One Can Make a Difference*](#)

is available at PETACatalog.com

and in your local bookstore.

Vegetarian Journal Online!!

There is a wealth of info in these back issues! Be sure to check them out. The following issues of *Vegetarian Journal* are now available online in PDF form:

Issue 1, 2007

[<http://www.vrg.org/journal/vj2007issue1/vj2007issue1.pdf>]

Issue 2, 2007

[<http://www.vrg.org/journal/vj2007issue2/vj2007issue2.pdf>]

Issue 3, 2007

[<http://www.vrg.org/journal/vj2007issue3/vj2007issue3.pdf>]

Issue 4, 2007

[<http://www.vrg.org/journal/vj2007issue4/vj2007issue4.pdf>]

Issue 1, 2008

[http://www.vrg.org/journal/vj2008issue1/VJ1_2008.pdf]

Issue 3, 2008

[http://www.vrg.org/journal/vj2008issue3/VJ3_2008.pdf]

Issue 4, 2008

[http://www.vrg.org/journal/vj2008issue4/VJ4_2008.pdf]

Just a few of the topics covered in these issues include:

- The Meaning of 'Humane' Egg Labels
- Omega-3s
- VRG's 25th Anniversary
- Vegan Sugar
- Vegetarian Books for Children
- Soy, Rice, and Other Non-Dairy Milks
- Dining Out Poll Results
- Scholarship Winners, and

- Top Vegetarian Restaurant Chains

To check out all back issues of the magazine, please see:

[<http://www.vrg.org/journal/index.htm>].

Thank you!

Thank you to **E-the Environmental Magazine** for donating free copies of their July/August 2008 issue "[Meat of the Matter --- Animals Raised for Food are Warming the Planet Faster than Cars.](#)"

Pick up your own copy free at EVEN's 2/2 gathering!

Thank you to **Eden Foods** for donating recipe booklets, pasta and coupons to EVEN! [Eden Organic](#)

Organic, GEO free, irradiation free, making food that tastes great and is good for you!

Thank you to [Follow Your Heart](#)

for donating Vegenaïse samples and coupons to EVEN's last gathering. Pick up more on 2/2! **Follow Your Heart**® Market and Café, is one of the oldest and best loved vegetarian eateries in all of Southern California, as well as being the birthplace of Vegenaïse® (aka Veganaïse™), their award-winning dressing and sandwich spread which is eggless, dairy free, gluten free, wheat free, non-GMO and has no cholesterol.

Vegan Yummy

This is a fun site with lots of tasty, easy vegan recipes. Visit <http://veganyummy.com/>

So Delicious Yogurt

Treat Yourself to So Delicious Yogurt Made With Coconut Milk Today!

Rich in
M.C.F.A.s.
Medium Chain
Fatty Acids
(the Good Fat)

ALL NATURAL
SO DELICIOUS
MADE WITH
COCONUT MILK
CULTURED COCONUT MILK
RASPBERRY
6 ACTIVE & LIVE CULTURES

INTRODUCING
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COCONUT MILK
Yogurt
(at least that we know of)
DAIRY FREE - SOY FREE - GLUTEN FREE

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Find So Delicious® made with Coconut Milk Yogurt
at your local natural food store and select grocery chains.
If your local store doesn't carry it, please request it.

The **Eugene Veg Education Network (EVEN)** is an **official 501(c)(3) non-profit** 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** offers a different free educational presentation the **first Monday of each month** at 7pm at the McNail-Riley House, 601 W. 13th Av, Eugene, eugvedunet@comcast.net, 541-343-8055
www.eugeneveg.org

Peace.