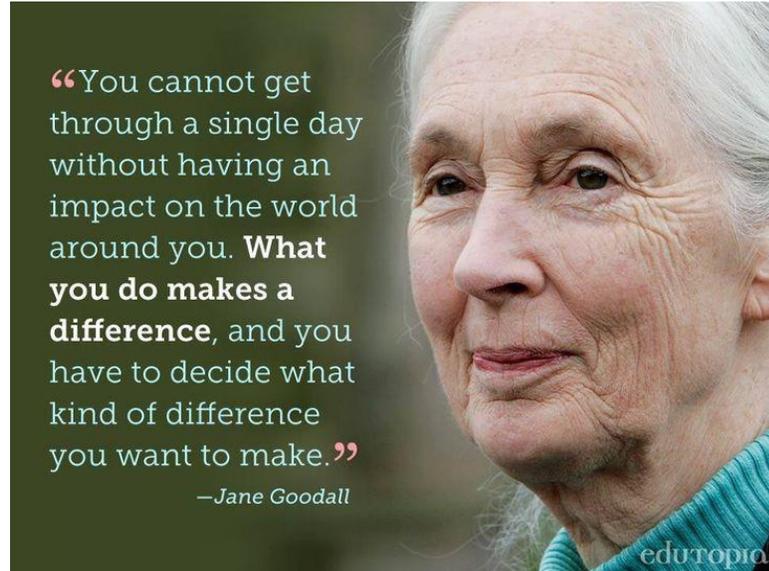


12/28/16



Dear Friend of EVEN,

This time last year our proclamation from **Eugene Mayor Piercy** was new and exciting and we wondered what was yet to come. Well...

**Vegan Awareness Year has been glorious and productive! Thank you to all who gave such a big part of their time and heart to support EVEN and our vegan education efforts!**

In 2016 EVEN staffed information tables throughout Eugene at various events including the **Public Interest Environmental Law Conference (PIELC)** at the UO and the **Holiday Market** at the Lane Events Center.

We presented at **Pleasant Hill High School's Operation Impact - Healthy Body, Healthy Mind**, spoke to a Contemporary Moral Issues class at **Lane Community College**, and skyped

in **Dr. John McDougall** for a public presentation of "Is Your Food Poisoning You?"

We added to our ongoing **exclusive EVEN interview** series with:

- Clinical Fasting Researcher, **Dr. Alan Goldhamer**,
- Author, Activist and Theologian, **Rev. Gary Kowalksi**,
- **Jeffrey Moussaieff Masson, PhD**, Author, Educator, Researcher, Animal Rights Activist
- **lauren Ornelas**, Founder and Executive Director of the Food Empowerment Project, and
- **Chef Fran Costigan**, Queen of Vegan Desserts.

EVEN hosted an educational tour of **Ahimsa Acres**, partnered with **PlantPure Nation**, and supported **Lighthouse Farm Sanctuary** and **Farm Animal Haven**.

EVEN created a **summer lecture series at the library** featuring dynamite leaders in the field of veganism:

- ~ **Dr. Orestes Gutierrez** (Gutierrez Holistic Family Medicine) - *Three Steps to Superior Health*,
- ~ [Erica Meier \(Executive Director, Compassion Over Killing\)](#) - *Choosing Compassion One Meal at a Time*, and
- ~ **Dr. Janice Stanger** (Perfect Formula Diet) - *The Dangerous Truth About Protein*.

We were quite invigorated to conduct 3 **Think and Go Veg workshops**, training 34 people in the how-tos of vegan philosophy, nutrition and cooking. We answered 1,133 **emails from new vegans** alone, designed **vegan meal plans** for 44 families, and assisted 28 **students with class projects** on veganism and/or sustainability.

EVEN organized a few social EVENTS as well to celebrate Vegan Awareness Year --- at the **Cornbread Cafe, Ta Ra Rin, Govinda's Vegetarian Buffet**, and **Lotus Garden**, as well as our large **12th Annual Vegan Thanksgiving Peaceful Potluck**.

EVEN was delighted to be singled out as an effective vegan resource by **American Vegan Society** in *American Vegan Magazine* and honored to receive the **24 Carrot Award** from **Vegetarians in Paradise**. After 12 years, did you know that EVEN is rapidly approaching its quarter million mark of pamphlets and veg starter kits distributed!? (248,700+)

It has been a great year for **EVEN's vegan education and outreach** and you can help us continue raising awareness in 2017 for the animals and the planet. If you have not already done so, please remember EVEN in your year-end giving. Once again this year, EVEN is blessed to have a generous donor who has offered to **double all donations** received by EVEN by 12/31/16.

**It's not too late!**



**Remember: Whatever you donate, will be doubled!** Your contribution will help us educate even (!) more in the benefits of a vegan lifestyle. Learn [how you can support EVEN's vegan education efforts](#) or go directly [here to donate](#).

Sending you gratitude for your support and participation in this important endeavor. ♥

In Appreciation,  
Lin

Lin Silvan  
Founder and Executive Director

**Eugene Veg Education Network (EVEN)**  
[www.eugeneveg.org](http://www.eugeneveg.org)

*Eugene Veg Education Network*

*---EVEN - serving as a vegan resource since 2005---*

- You can see some of EVEN's outreach photos [here](#). (Scroll



down til you see .)

- See Thanksgiving vegan potluck photos [here](#).
- Read what others say [here](#) and [here](#).

The **Eugene Veg Education Network (EVEN)** is a **501(c)(3)** non-profit 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 pertinent information on veganism and its positive impact on the health of the planet and all its inhabitants. [www.eugeneveg.org](http://www.eugeneveg.org) **Peace.**



*"Compassion is a muscle that gets stronger with use."*

*- Gandhi*