

## **EVEN NOW - An E-Bulletin from EVEN - 3-21-07**

**Hello, EVEN members, friends and supporters! Happy Spring!**

### **EVEN's 2<sup>nd</sup> ANNIVERSARY CELEBRATION - A Real Lallapalooza!**

**THANK YOU, EUGENE MAYOR KITTY PIERCY**, for kicking off the festivities for EVEN's 2<sup>nd</sup> Anniversary Celebration on **March 5!** Your attendance, your kind words and your support were most appreciated by all of us! It was a great way to start off EVEN's 3<sup>rd</sup> year!

**THANK YOU, WALTER LAPCHYNSKI, LINDA SAPPINGTON, MATT LAUBACH, KEN VISCIDI, NADINE PETERSON, NICK KRESS, and JOANNE BERGEN** for your informative and unique presentations! Everyone enjoyed your personalized presentations on:

- ❖ **"Vegan Cycling And Maximum Fuel Efficiency",**
- ❖ **"Your Life Really Is In Your Hands"**
- ❖ **"Living the Higher Life"**
- ❖ **"The Milk Today".**
- ❖ **"Vegan Spirituality"**
- ❖ **"Raising a Vegan Family"**

What a fantastic way to celebrate the special occasion. Positive feedback on your presentations is *still* coming in!

**THANK YOU, NICK'SNACKS, TRACY DUSSEAU, LORRIE & PAT RATHER, AND TOBY'S FAMILY FOOD** for donating delicious, vegan food to EVEN's 2<sup>nd</sup> Anniversary Celebration as well.

**THANK YOU, MELE, HILLIARD, KATE, LINDA, NADINE, PAULA, NICK, JOANNE and TRUDY**---EVEN's hard-working volunteers who helped us pull off another successful anniversary celebration! **THANK YOU, ALICE, JACK AND DAVE** for your generous donations.

All in all, it was quite a night to remember! Thank you to everyone who has supported EVEN the last two years and who joined us for the special occasion!

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**MARK YOUR CALENDAR** to join us for EVEN's **April 2 Monthly Veg Gathering** "Interconnectedness & the Impact of Our Food Choices" presented by **Robert Jacobucci** and "Juices and Smoothies 101" presented by **Jason Waligoske**, with samples! We hope you will join us! **7 pm, McNail-Riley House, 13<sup>th</sup> & Jefferson, Eugene.**  
(See attached flyer)

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**MARCH DINEOUT** at the **LAUGHING PLANET** scored super high on everyone's dineout meter on **March 20** and wrapped up the **Great American Meatout Celebration!** So many

delicious veg entrees, side dishes, and a la cartes to choose from---thank you **Laughing Planet** for offering such a healthful variety!

Thank you, **Nadine**, EVEN's current Dineout Coordinator, for arranging another successful dineout!

If you, or folks you know, are still not convinced to go veg, here is more information from **FARM** –The Farm Animal Reform Movement, who sponsors the **Great American Meatout** each year.

## **MEATOUT 2007**

### **WHY KICK THE MEAT HABIT?**

#### **For the Earth**

- Animal agriculture produces more greenhouse gases than automobiles.
- Livestock farming pollutes the water more than all other activities combined.
- Meat-based diets require 10-20 times as much land as plant-based diets.



#### **For Your Health**

Kicking the meat habit will reduce your risk of heart disease, stroke, cancer, and other chronic diseases that kill 1.3 million Americans annually.

#### **For the Animals**

More than one million animals are slaughtered every hour to supply Americans with meat. Going veg will save innocent, sensitive animals from crowding, drugging, mutilation, and other factory farm and slaughterhouse atrocities.

#### **Did You Know...?**

Animals raised for food are just as intelligent, lovable, and sensitive as the animals we call pets. Yet, they *never* have "a nice day." From birth, most are caged, crowded, deprived, drugged, mutilated, and manhandled in factory farms.

Attempts to improve the treatment of animals have not worked. Our best option to end these atrocities is to stop subsidizing them at the market checkout counter.

Dropping meat and other animal products from our diet is more than an act of compassion. It also reduces our risk of heart disease, stroke, cancer, and other diseases that cripple then kill 1.3 million Americans every year. It reduces pollution of our waterways by animal waste and destruction of wildlife habitats.

**Source - Farm Animal Reform Movement**

**Are you ready to kick the meat habit? Get your **Free Veg Starter Kit** now at [www.VegKit.org](http://www.VegKit.org) or 888-ASK-FARM.**

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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!

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**PIELC CONFERENCE 2007**

25th Annual Public Interest Environmental Law Conference at the UO **March 2, 3, 4**. Robert wants to sincerely thank **Marty Hertz, Patricia Robinett, Hilliard Gastfriend** and **Nadine Peterson** for offering their time to help EVEN table at this conference.

Many thanks to **Sam Bennington** at LCC for inviting EVEN to participate in its **SUSTAINABILITY FAIR** on **March 6**. Thank you, **Barbara Drake**, for donations!

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**WELCOME NEW MEMBERS** **Worth Myers and Carol Stoutland!**

EVEN thanks you for your confidence and for your invaluable support! Because of supportive members like you, EVEN---like the Eveready Battery Bunny---can just keep on going.

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**FREE MEDITATION CLASSES!**

Brahma Kumaris has a new introductory series of meditation classes beginning on **Monday, March 26th at 7 p.m.** Students who have completed the introductory level may begin the intermediate level on **Tuesday, April 3rd at 7 p.m.** Students ready for the advanced level may begin on **Wednesday, April 4th at 7 p.m.** For information **343-5252**

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**LET'S HAVE A GLOBAL MINDSHIFT**

Whatever you do, don't miss this! It's way cool!

**Thank you, Jan Petersen**, for this bit of Wombat Wisdom "underpinning the culture of peace." (from Global MindShift, formerly Foundation for Global Community)

<http://www.global-mindshift.org/memes/wombat.swf>

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**GREAT PLACES TO EAT IN EUGENE...**



Lots of yummy places to eat when you're out and about in Eugene: **Red Barn Natural Grocery, Sundance Natural Foods, Lotus Garden, Jade Palace (especially Thursday night's veg buffet), Laughing Planet, Keystone Café, Bagelsphere (vegan bagels!), Morning Glory, New Odyssey Juice, Café Yumm, Latitude 10 Café, Monroe Street Café, Pizza Research Institute, Holy Cow (UO), and many other veg-friendly places.** And when you're at the Saturday Market, eat at the **Tofu**

**Palace.** And check out **Dave's Tofurky cart downtown** when he returns this spring! See <http://www.eugeneveg.org/wheretoeat.htm> for more information on these eateries.

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### **AND IF YOU'RE EVER IN PORTLAND...**

If you're ever in Portland and hungry for some veg food, find your way over to **Adventist Medical Center.** It's popular, inexpensive and is strictly vegan/vegetarian. Also, it's a good place to stop and eat on your way to the airport or if you're going to the Chinese Medical College. **Adventist Medical Center, 10123 SE Market St., Portland.** Thank you **PlanetJanetT** for this information! She says the best part is...they have vegan pizza!

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### **MESSAGE FROM PETA:**

#### **PETA TO AL GORE: "YOU CAN'T BE A MEAT-EATING ENVIRONMENTALIST"**

#### **The Most 'Inconvenient Truth': According to U.N., Animals Raised for Food Generate More Greenhouse Gases Than All Cars and Trucks Combined**

3/6/07 Norfolk, Va. — This morning, PETA sent a letter to former vice president Al Gore explaining to him that the best way to fight global warming is to go vegetarian and offering to cook him faux "fried chicken" as an introduction to meat-free meals. In its letter, PETA points out that Gore's film, An Inconvenient Truth—which starkly outlines the potentially catastrophic effects of global warming and just won the Academy Award for "Best Documentary"—has failed to address the fact that the meat industry is the largest contributor to greenhouse-gas emissions. In the letter, PETA points out [More at <http://www.drudgereport.com/flash2.htm>]

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### **FOOD AND AGRICULTURE ORGANIZATION OF THE UNITED NATIONS**

**Helping to build a world without hunger**

This FAO report from the United Nations is finally linking the enormous animals-for-human-food industry to global warming as well as all the many other harms caused to our environment.

More at <http://www.fao.org/newsroom/en/news/2006/1000448/index.html>

Thank you, **Peter Eberhardt!**

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### **VEGETARIANISM IS THE NEW PRIUS**

**Livestock destroy the environment, so fill your bowl with veggies instead of veal.**

President Herbert Hoover promised "a chicken in every pot and a car in every garage." With warnings about global warming reaching feverish levels, many are having second thoughts about all those cars. It seems they should instead be worrying about the chickens.

Last month, the United Nations published a report on livestock and the environment with a stunning conclusion: "The livestock sector emerges as one of the top two or three most significant contributors to the most serious environmental problems, at every scale from local to global." It turns out that raising animals for food is a primary cause of land degradation, air pollution, water shortage, water pollution, loss of biodiversity, and not least of all, global warming. More at <http://www.alternet.org/story/47668/>

Thank you, again, **Peter Eberhardt!**

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### **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](http://www.eugeneveg.org/jonathanbalcombe)



### **CHINESE NEW YEAR - Pig Power!**

In celebration of the Chinese Year of the Pig, take some time in 2007 to help farmed pigs.

Pigs are wonderful, intelligent creatures, but they are one of the most exploited farm animals. Not only are they consumed for breakfast, lunch and



dinner, most are confined in cruel factory farms and never have the chance to fulfill their basic instincts to explore and have fun.

You can help educate people and legislators about the cruelties of modern pork production. Go to

<http://www.eugeneveg.org/wheretoeat.htm>

Source: Farm Sanctuary

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### **NEW TOFU HAIKU POETRY CONTEST IS DELICIOUS!**

**TORONTO: Hungry poets/ a new challenge sprouts/ in the spring grass.**

The **Tofu Haiku poetry contest** is a celebration of the classical poetic form of haiku, and the ancient culinary marvel known as tofu. Hosted by the **Toronto Vegetarian Association**, the contest will be judged by some well-known members of North America's literary and vegetarian communities. Founded in 1945, the **Toronto Vegetarian Association** is the largest city-based vegetarian organization in North America. Its mission is to inspire people to choose a healthier, greener, more peaceful lifestyle.

Deadline for entries is **May 21, 2007**. Winning submissions will receive tofu-related clothing, publications, and food products. The best Tofu Haiku will be published on [tofuhaiku.com](http://tofuhaiku.com). More info at [tofuhaiku.com](http://tofuhaiku.com) or call 416-544-9800.

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**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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**RICE MILK by Dr. John McDougall**

EVEN member **Rich Richardson** submitted this simple and tasty recipe for **Rice Milk**, crediting Dr. John McDougall and his wife, Mary, for its creation.

2 Cups water boiling

1/4 Cup Cream of Rice Cereal (ingredients - granulated rice only!)

Add cream of rice slowly to boiling water while stirring. Continue stirring and boil for about 1 or 2 minutes. Allow to cool a bit and place in blender. Blend a few seconds to make smooth and then while blending, add 2 cups water. Now you can add salt, or any flavorings you wish. Place in fridge. This doesn't need to be filtered and always stays mixed and very silky.

Rich says, "Works great in my recipes that call for milk." Thank you, **Rich Richardson!**

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**VEGAN POTLUCK** - Karen and Wesley's vegan potluck continues on 3rd Fridays – **April 20** - **McNail-Riley House - 13th & Jefferson, Eugene, 7pm.** 341-1690 (NOTE: This is *not* an EVEN EVENT. Please call 341-1690 with questions.)

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**THANK YOU, Mayor Kitty Piercy** for your time, presentation and overall support of EVEN in kicking off our 2<sup>nd</sup> Anniversary celebration on March 5!

**THANK YOU, to all EVEN members, volunteers, supporters and donors** whose financial support, time and energy made it possible for EVEN to reach its 2<sup>nd</sup> year! Thank you for your confidence! <http://www.eugeneveg.org/support.htm>

**THANK YOU, Ray Sammartano,** EVEN's webmaster, without whom all things 'website' would not be possible for us. Ray spent an enormous amount of time constructing our website and still spends an inordinate amount of time maintaining it! EVEN sends its gratitude! **Thank you, Ray!**

**THANK YOU,** E-the Environmental Magazine for support of EVEN Earth Day celebration; Happy Cow's Vegetarian Guide, Beverly Lynn Bennett and Jason Waligoske for Lending Library donations; NickSnacks, Tracy Dusseau, Toby's Family Food and Lorrie & Pat Rather for delicious vegan food donations to EVEN's 2<sup>nd</sup> Anniversary Celebration; Jason Waligoske for donating door prizes from New Frontier Market; FARM for Great American Meatout signs and literature that pack a punch; Laughing Planet for hosting our March dineout.

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**CAN YOU SPARE THE CHANGE?** I mean can you share the change? Please? Please keep EVEN posted of your change of address, change of phone, change of email, or change of snail mail. Thank you!

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### MESSAGE FROM DAN PIRARO OF BIZARRO FAME

"I just wanted to mention that there is a great magazine, well worth the subscription price, that you should look into. Here is the link:

#### **The Animals Voice Magazine**

[www.animalsvoice.com/PAGES/magazine.html](http://www.animalsvoice.com/PAGES/magazine.html)

I don't own any part of the magazine or get any kickback from the subscriptions, so don't get wise on me, see? I just know the folks who run it and I read it myself and I wanted to tell you about it. I'd also like to tell you about a weird pain I'm having in my elbow, but that will have to wait until another time. Thanks, Dan"

Visit Dan Piraro at <http://www.bizarro.com>

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### PLEASE LEND EVEN A HAND

We can't do it without your support. **Everything EVEN does is offered free to the public, but it's not without cost!**

**EVEN** is your local veg group and we need your help. If you're already a member, please consider renewing. If you're not yet a member, please consider joining. **You don't have to be vegan, you don't have to be local, and you don't even have to attend all the gatherings. You simply have to want to help.**

Those who have supported us the past two years have made it possible for **EVEN** to:

- ~~ respond to **thousands of phone calls and emails** inquiring about the benefits of a plant-based diet;
- ~~ establish a **free lending library** for everyone's use;
- ~~ publish a dozen informative **newsletters and e-bulletins**;
- ~~ sponsor 26 vegan **educational events and speakers**;
- ~~ organize numerous **potlucks, dineouts, and special peaceful events**, such as the *Compassionate Vegan Thanksgiving Potluck* each November;
- ~~ **table** at 40 events and **distribute** over 15,000 brochures, booklets, and magazines explaining veganism and its benefits to the planet, the animals, and our personal health;
- ~~ garner the support of over **600 active local participants** and hundreds more throughout the US;
- ~~ *and*, most recently, construct a comprehensive, educational **website** at [www.eugeneveg.org](http://www.eugeneveg.org)

Friends, for **only 5-1/2 cents per day**, you can become an **EVEN** member and help **EVEN** continue to do all of the above--- and then some!--- to get the veg message out to as many as possible in the coming year. Won't you please lend EVEN a hand? Thank you.

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**HOPE TO SEE YOU MONDAY, April 2, 2007** at our **Monthly Veg Gathering**

**"Interconnectedness and the Impact of Our Food Choices"** presented by **Robert Jacobucci** and **"Juices and Smoothies 101"** presented by **Jason Waligoske**, with samples! We hope you will join us! **7 pm, McNail-Riley House, 13<sup>th</sup> & Jefferson, Eugene.**

(See attached flyer)

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**LOVE COMES IN ALL SIZES** – Thank you, Kate Daniels!



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**VISIT EVEN AT [www.eugeneveg.org](http://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, our upcoming speakers, and so much more. (The Site Map will help you find your way around.) Go to [www.eugeneveg.org](http://www.eugeneveg.org)

**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 [euqvegedunet@comcast.net](mailto:euqvegedunet@comcast.net) or write 1574 Coburg Rd., #120, Eugene, OR 97401 or go to [www.eugeneveg.org](http://www.eugeneveg.org) **Peace.**

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