

.....**EVEN NOW - An E-Bulletin from EVEN – 11-30-06**.....

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Please join us on Monday, **December 4, 2006** when EVEN will meet at **7pm** at its usual McNail-Riley House location, 601 W. 13th (at Jefferson), in Eugene. Our guest speaker for 12/4 is **Wendy Liberko** who will make a smashing presentation for all of us to enjoy: *Happy Veg Holidays for Busy People - simple ways to breeze easy in your peaceful veg kitchen this holiday season.* Includes samples! Don't miss it! More on this later.

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If you just can't get enough potlucks onto your calendar, keep in mind **Karen and Wesley's vegan potlucks** are on the 3rd Friday of every month at 7pm at McNail-Riley House, 601 W. 13th (at Jefferson) in Eugene. Info: **341-1690** for this month's **December 15** dinner. It's free, fun, and local. Bring a used item that you don't need anymore to regift as a holiday 'white elephant.' You can wrap your item in newspaper, a paper bag, or whatever you choose. Gifties after dinner. Call Karen if you need more details for this annual event.

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Terrific things around the corner, folks! Website, Dining Guide, and, since **EVEN has no January meeting**, a super-big dine out at the **Jade Palace, Thursday, 1/4/07, 6pm**. Mark your calendar. That's their vegetarian buffet night. Even their noodles are vegan! A couple items are vegetarian and the rest are delightfully vegan, and without MSG. Stay tuned. More on this fun dineout night later.

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Artificial Sweeteners Are Unnecessary and Unwise

Life on earth for us begins with breast milk, a food that is half sugar. And sugar in the forms of simple and complex carbohydrates, found in starches, vegetables, and fruits, ideally makes up the bulk of our diet for the next 83 years (after weaning). The food industry is well aware of our inborn love affair with sweet-taste. These profiteers lace our food supply with concentrated and purified sugars, such as fructose and sucrose (white table sugar), totaling up to 158 pounds per person annually. **Source: Dr. John McDougall** [Read more at <http://www.drmcDougall.com/misc/2006nl/nov/061100.htm>]

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If you're interested in raw, visit **The Raw Raw Girls**, cheering for a healthier you! Go to [www.rawrawgirls.com](http://www.rawrawgirls.com) and see what Eugene's own **Elizabeth Howard** has been up to. Liz can help with Raw Foods, Food Prep Classes, Catering, Coaching and much more. (Spend your money at home.)

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WELCOME RENEWING MEMBER - Rich Richardson (see next item)

WELCOME TO NEW MEMBERS - Hilliard Gastfriend, Kate Daniels, Eric Nicholson, Kathy Ging, Alice and Jack Pueschner, Gary and Mary Klein. Thank you for your memberships and welcome aboard! You keep us headed for EVEN sailing.

Thank you to all EVEN members and supporters. It's thanks to you that EVEN remains so productive in its outreach and educational efforts! YOU make the difference!

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Congratulations to EVEN's **Rich Richardson** who received Dr. John McDougall's "Star McDougaller" Award last month. See what amazing changes he has made in his life!

Congratulations, Rich!

<http://www.drmcDougall.com/misc/2006star/sep/060900starrich.htm>

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Animal Enterprise Terrorism Act

IDA Joins Unified Response to AETA

Equal Justice Alliance enacts strategy in wake of AETA's passage

As we reported recently, the U.S. House of Representatives approved the Animal Enterprise Terrorism Act (AETA) by voice vote on Monday, November 13th despite the danger it poses to the civil liberties of all Americans, in particular animal rights activists. As expected, President Bush has already signed the bill into law. *Source: In Defense of Animals* [More at

http://ga0.org/indefenseofanimals/notice-description.tcl?newsletter_id=4890368]

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Anyone looking for some top-drawer vegan recipes, visit **Beverly Lynn Bennett's** [www.veganchef.com](http://www.veganchef.com) for real culinary treats. Also, stop by the **American Vegan Society's** website for more info on **Beverly Lynn Bennett** and **Ray Sammartano's** book, *The Complete Idiot's Guide to Vegan Living*, and how to order---with discount!

<http://www.americanvegan.org/>

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Love and Light Candles - Vegan candles made with soy wax, essential oils, and Love! Most candles are made from paraffin, a petroleum waste product. When burned, paraffin releases carcinogenic toxins into the air. Soy wax burns clean, is cruelty-free, and burns 50% longer than paraffin. With holidays around the corner, these sweetly-scented candles make wonderful holiday gifts! What about stocking stuffers? Hostess gifts? Call **Joanne** at **896-3566** to find out which scents are available and to place your order. (Spend your money at home.)

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### **Historic Arizona Vote Bans Cruel Crates**

## for Veal Calves and Pregnant Pigs!

The ballot tally of Arizona voters on Election Day, November 7, 2006, proved that most citizens are opposed to the standard agriculture practices in modern factory farms which disallow adequate space and movement for male calves raised for veal and pregnant pigs. An overwhelming 61 percent of voters said [Yes to Proposition 204](#) which will allow these animals enough room to turn around and stretch their limbs.

The passing of this precedent-setting humane proposition makes Arizona the first state in the nation to enact such a measure to ban [veal crates](#) and the second state to ban gestation crates for pregnant pigs. The gestation crate for breeding pigs was outlawed through a citizen [initiative in Florida in 2002](#).

[Arizonans for Humane Farms](#), a coalition of animal advocacy groups including Farm Sanctuary, launched this statewide ballot campaign in September, 2005. The November 7 vote is a triumph for farm animals everywhere and the individuals who advocate on their behalf. **Source: Farm Sanctuary 11/8/06**

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The following articles from **Issue 2 of the 2006 VEGETARIAN JOURNAL** are now available online: [<http://www.vrg.org/journal/vj2006Issue2/index.htm>]

[Low Cost Vegan meal Plans](#) - Dietetic intern Melissa Wong helps young adults, seniors, and families of four eat healthfully without emptying their wallets

[Fiery Vegan Dishes From Around the World](#) - Habeeb Salloum adapts spicy-hot recipes from Latin America, North Africa, Southern Asia, and beyond.

[What is tempeh](#), where can you buy it, and what do you do with it?

[Scientific Updates](#) - *Omega-3 Fatty Acids for Vegetarians - *Vegan Diet Promotes Weight Loss - *and more

[Veggie Bits](#) - *Vegan Baseball Gloves - *Vegetarian-Friendly Tours of South America - *Peanut Better Peanut Butter - *Organic Babyfood - *Vegetarian Camp in Vermont - *and many more

[Book Reviews](#)

**Raw in Ten Minutes* by Bryan Au

**Dining with Friends: The Art of North American Vegan Cuisine* by Priscilla Feral, Lee Hall, and Friends of Animals, Inc.

**The Veggie Queen* by Jill Nussinow, MS, RD

[Read more at <http://www.vrg.org/journal/vj2006Issue2/index.htm>]

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Congratulations to all of EVEN's November 6's door prize winners: **Ray, Ying Chen, Nick, Cindy, Elizabeth, Lorrie, Larry, Spruce, Denise, Candy, Nadine, Joanne, Hilliard and Pablo**. Thank you to **Consorzio, Toby's Family Foods, and Joanne's Love & Light Candles** for donations.

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Thank you to everyone who sent their kind condolences on the recent passing of my mom. Your kind words and support were most comforting to me during this difficult time.
Thank you to **EWEB** for providing EVEN with November's free meeting room.
Thank you to **Laughing Planet** for delicious, vegan food donations for August's EVEN gathering.
Thank you to **Nick at Nick'Snacks** for the delicious, vegan pumpkin pie and vegan whipped cream! Wow!
Thank you to **Shoshannah** for donating a gift certificate for a free massage to an EVEN member! And Congratulations to **Alice** for being the lucky winner!
Thank you to **LCC, Brian, Toby's Family Foods** for making *EVEN's 2nd Annual Vegan Thanksgiving Potluck* a success! And thank you to **Andy Petersen** at **KVAL** for his upbeat and supportive report.
Thank you to **Stephanie Schaibley** for donating her talents and energy into drawing a beautiful sign for EVEN's tabling efforts! It looks great, Stephanie!!
Thank you to **Karla Cohen** for stuffed veggie table decorations!
Thank you to **Ray Sammartano** for his ongoing efforts to help EVEN construct our website.

Thank you to all the EVEN volunteers for your generous help! Thank you **Linda, Nick, Joanne, Nadine, Paula, Trudy, Hilliard, Kate, Eric, Karla, Randy, Mele and Kyrhya!!** It's because of *your* efforts, *your* energy and *your* positive attitudes, that EVEN has been truckin' for 20 months!

Thank you to everyone who attended November's meeting and to all the folks who shared our compassionate meal at EVEN's Thanksgiving Vegan Potluck. We couldn't be here, if you weren't there!

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**NOTE: If you would like to become an EVEN member or a volunteer, please let us know. You do not need to be vegan to be a supportive member or a dedicated volunteer. And EVEN always needs both :) Thank you for remembering us.**

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Peace and Best wishes,
Lin Silvan
Eugene Veg Education Network (EVEN)

<p>"Custom will reconcile people to any atrocity; and fashion will drive them to acquire any custom." George Bernard Shaw, 1856-1950</p>

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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 or write 1574 Coburg Rd., #120, Eugene, OR 97401. Peace