

# EVEN NOW UPDATE 1/14/16



1290 W. 7<sup>th</sup> (at Polk)

Eugene

**TWO SPECIAL OCCASIONS at the Cornbread Café – Join us there!**

**Special Occasion 1** - Cornbread Café Celebrates Its 6th Anniversary **1/18/16**. Visit, dine and enjoy Cornbread Café's Anniversary Specials all day long!!

**Special Occasion 2** - Join EVEN at Cornbread Café on **February 3, 2016** from **6 to 9 pm** for more consciousness raising and Vegan Awareness Year celebration! Mention EVEN's name and receive a 15% discount during this special occasion.

**In honor of 2016 Vegan Awareness Year---EVEN is thrilled to collaborate with Cornbread Café!**



**Food for Life** curriculum is based on **PCRM's successful 21-Day Vegan Kickstart program**. The Kickstart has helped thousands of people adopt a plant-based diet to reach their health goals. Depending on one's perspective, the Kickstart is about losing weight, maintaining a healthy weight, or simply embracing an overall healthful diet.

For some people, it's the first time the idea of not restricting amounts of foods but rather choosing the right foods has been the guiding principle for losing weight and staying healthy. Lower cholesterol, better diabetes control, lower blood pressure, as well as improvements in energy and mood are some of the many benefits people experience on this diet. D

It has been shown in population studies and clinical research that a low-fat, plant-based diet can be very effective in promoting weight loss, among many other health benefits.

Based on the successful 21-Day Vegan Kickstart program, this program's goal is to empower people to achieve a healthy weight and/or manage their weight with an abundance of grains, fruit, legumes, and vegetables. Attendees of the program obtain practical cooking skills and tips that make meals healthful and delicious.

5-CLASS SERIES covering these 7 topics • Power of Your Plate • Let's Go! • Getting in Gear • Breaking the Food Seduction • Keys for Natural Appetite Control • Digestive Health • Healthy Blood Pressure

This 5 class Kickstart series that starts on **Sunday 1/24/16** and runs each Sunday from 2:00-4:30pm through Sunday 2/21/16. The fee is \$125 per person or \$150.00 per couple. This includes the book, handouts and food.

***Here is what class attendees are saying...***

*"We enjoyed the cooking demonstrations. Not only was the food delicious, but we learned how to cook without using butter or oils. We feel confident we can make healthy vegan meals that we enjoy."*

***-Terry and Len Stolfo, Eugene, Oregon***

*"I appreciated Tamera's support and encouragement throughout the classes and also the resources I was given to continue to be successful on my own. Learning how to shop and the local places I could eat gave me confidence to continue on my own."*

***-Megan Chappel, Springfield, Oregon***



**CONTACT: Tamera Wilhite**  
541-221-3585 or [tamera@powerplatenutrition.com](mailto:tamera@powerplatenutrition.com)

**In honor of 2016 Vegan Awareness Year---EVEN is thrilled to collaborate with Tamera and PCRM!**



Green and Resilient Neighborhoods Presentation

## **Creating Green and Resilient Homes and Neighborhoods**

Remember **Jan Spencer's** EVEN presentation back in 2006?!? Here is yet another opportunity to listen to this man who has presented from coast to coast - UC Irvine to MIT and all over Oregon! Over 1,000 people have visited and toured his Eugene home.

**1] Transforming a suburban property.** Changes to a 1/4 acre suburban property and modest suburban home here in River Road over the past 16 years - grass to garden, extensive edible landscaping, passive solar redesign, 6,500 gallon rain water system, driveway removed, garage turned into solar assisted living space, and much more.

**2] Show and tell similar projects in the neighborhood.** We have a variety of mutual assistance projects and collaborations for greening the neighborhood. The River Road Community Organization, our city affiliated neighborhood association, participates in many of these projects.

**3] Allies and Assets.** The presentation will describe city programs and organizations in the community that can become more effective partners for making Eugene a more green and resilient community in these changing times. e.g., the city's neighborhood program, Neighborhood Watch, CERT, Emergency Preparedness, Park Stewards, communities of faith, environmental groups, local food and preparedness advocates and many others.

**4]** We will take a short but impressive look at **green citizen initiative** in Portland, Olympia, Seattle and Port Townsend for empowering citizen initiative and greening communities.

**5]** Finally, the presentation will describe the **benefits for making these changes** - community cohesion, an increased level of preparedness if/when natural or human caused disruption does happen, improved public health, enhanced food security, a boost towards a more green culture and economy.

You don't want to miss Jan Spencer's presentation!

"**Creating [Green and Resilient Homes and Neighborhoods](#)**" at the Green Home Show Saturday, **January 23, 4 PM** at the Cascades Stage. It's **free** at the fairgrounds. [Contact Jan](#) for more information.

**In honor of [2016 Vegan Awareness Year](#)---EVEN is thrilled to collaborate with Jan Spencer again!**



[Cafe Yumm!](#) - Soul satisfying... deeply nourishing

**What a great year for Café Yumm!** They opened in Concourse C of America's favorite airport, Portland International, in East Vancouver (WA), and a second restaurant in Bend (OR). PGE acknowledged Café Yumm! Business leadership for using 100% renewal energy, and Franchise Rankings.com rated them #66 on the Top 100 Best Restaurant Franchises. So many good things they do, offering numerous vegan-friendly options AND supporting EVEN's vegan education and outreach. Visit all [Café Yumm! locations in Eugene!](#)

In honor of [2016 Vegan Awareness Year](#)---EVEN is thrilled to *continue* to collaborate with Café Yumm!



**Want abs like Vegan Frank Medrano?**

Or, eh..hmm...how about just a little 2016 shoring up of your abs here and there to start with? [Watch this 2 minute video of a 5 minute workout.](#) You can do it!



## **Black Bean Burger**

A large number of people at health institutions have been connecting the dietary dots. Peace Health's Winter 2016 newsletter lists a **vegan Black Bean Burger** recipe under their Healthy Changes column. YAY! And healthy it is! Major props to **Cecelia Jacobson, RD, LD, Registered Dietitian, Oregon Heart and Vascular Institute**, kudos to the Peace Health Marketing Department, and last, but not least, our gratitude to the healthy, nutrient-dense black bean!  
*(Recipe below.)*



## **Black Bean Burgers** (makes 4 servings)

### **Ingredients**

- 1 – 15 oz. can low-sodium black beans, drained and rinsed
- 2 – Tablespoons ketchup
- 1 – Tablespoon yellow mustard
- 1 – teaspoon cumin
- ½ to 1 teaspoon chili powder (depending on desire)
- 2 – Tablespoons canned green chilies
- 1/3 – Cup instant oatmeal

## Directions

- Preheat oven to 400 degrees. Line a cookie sheet with parchment paper and set aside.
- In a mixing bowl, mash black beans with a fork or potato masher until mostly pureed but still some half beans and bean parts are left.
- Stir in condiments and spices until well-combined. Then mix in the oatmeal.
- Divide into four equal portions and shape into thin patties.
- Bake for 7 minutes. Carefully flip over and bake for 7 minutes more or until crispy on the outside.
- Place on a whole-wheat bun or bread with desired condiments and enjoy.

## Nutrition information

Amount per serving: 112 calories, 0.7g fat, 25g carbohydrates, 6g protein, 153mg sodium.



## [7 Things that Happen When You Stop Eating Meat](#)

by Michelle McMacken, MD

**Michelle McMacken, MD**, is a board-certified internal medicine physician and an assistant professor of medicine at NYU School of Medicine. An honors graduate of Yale University and Columbia University College of Physicians and Surgeons, she has more than ten years of experience practicing primary care, directing a medical weight-loss program, and teaching doctors-in-training at Bellevue Hospital Center in NYC. An enthusiastic supporter of plant-based nutrition, she is committed to educating patients, medical students, and doctors about the power of healthy eating and lifestyle modification.



**Thank you to everyone who remembered EVEN in their year-end giving!** EVEN will celebrate its 11<sup>th</sup> anniversary in 2016 as an official 501c3 non-profit, and thanks to you and your generosity, we have reached tens of thousands about the benefits of veganism. We send all of you our deep appreciation for your confidence in EVEN's vegan education and outreach efforts. Thank you so much!

If you want to see some **EVEN outreach** pictures, go to [this page](#) and scroll down.

If you want to see some **EVEN social event** pictures, find them [on this page](#).

### **Declare Vegan Awareness in YOUR city!**

In her proclamation [declaring 2016 vegan awareness year](#), Mayor Piercy urges everyone in our community to **explore and educate themselves about this healthy and compassionate lifestyle**. EVEN encourages **you** to do so, too. Work with us at EVEN and with other organizations to raise awareness about how veganism is good for the animals, good for the planet and good for you!

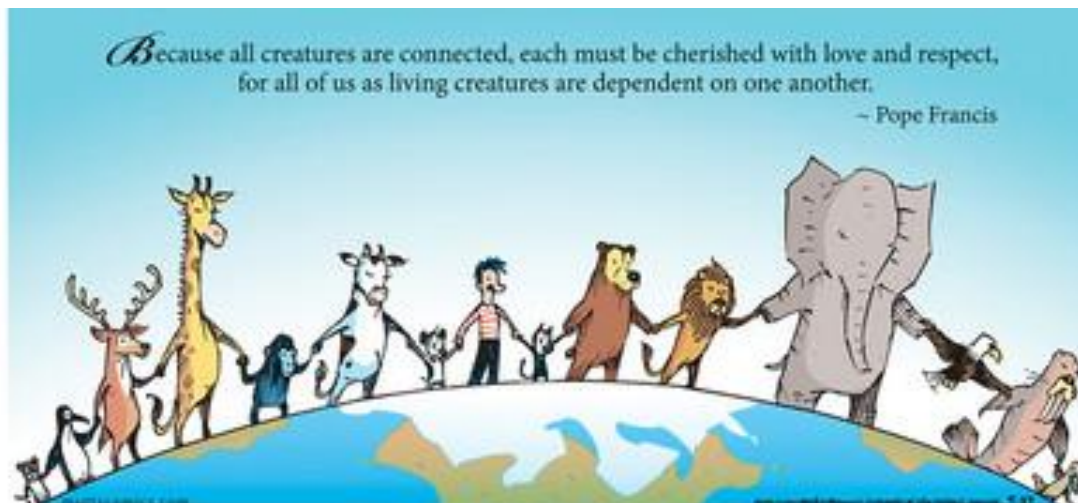
There has never been a better time to support veganism. Learn how you can [support EVEN](#) and together we can work to make a difference.

EVEN will be happy to help you secure a Vegan Awareness proclamation in YOUR city, too. [Contact us](#) for more information.

Stay tuned. It's going to be a FABULOUS year!

Lin





**Source:** Catholic Herald as reported by Vegetarian Resource Group reader Carolyn Stephens.

Lin Silvan  
Founder and Executive Director  
[www.eugeneveg.org](http://www.eugeneveg.org)

**Eugene Veg Education Network---EVEN - serving as a vegan resource since 2005**

Check Out [EVEN's News Blog](#) for hundreds of valuable, vegan morsels.

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**. If you would like to opt out of EVEN's free email list, just reply to this email, include "Unsubscribe" in the subject line, and click Send.



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