

# **EVEN NOW 9/12/12**

An update from the Eugene Veg Education Network (EVEN)



Eugene Mayor Kitty Piercy is signing a proclamation to declare **September 29 and 30** in Eugene as **Vegan Awareness Weekend!**

YAY!! Thank you, Mayor Piercy, for your support of EVEN's efforts in this endeavor to raise awareness about the benefits of veganism! Everyone stay tuned! More information coming soon.



Mark your calendar for Vegan Ironman Triathlete, **Dr. Ruth Heidrich**, presenting to EVEN ("**A Race for Life --- from Cancer to the Ironman**") on **Thursday, 9/27/12, 7pm**, McNail-Riley House, 13th & Jefferson, Eugene. **Free!**



[Photo courtesy of KVAL News]



Thank you to everyone who attended and everyone who participated in **EVEN's Vegan Share Fair:**

**Alternative Baking Company Cookies**

**Amy's Kitchen**

**Arbonne**

**AYUSA**

**Eden Foods**

**Gardein**

**Genesis Organic Juice**

**Gutierrez Holistic Family Medicine**

**HealthForce Nutritionals**

**Nadine and the Spiritual Benefits of a Vegan Diet**

**Parma - Vegan Parmesan**

**Toby's Family Foods**

**Tofurky**

**The VEgg.**

**And Y-O-U!**

For **Vegetarian Starter Kits, Recipe Booklets, Q & A on Why to Go Veg, Magazines, DVDs, Books, Nutritional Information** and numerous and assorted **vegan handouts**, EVEN sends thanks to:

**American Vegan Society**  
**Compassion Over Killing**  
**Mercy for Animals**  
**North American Vegetarian Society**  
**People for the Ethical Treatment of Animals**  
**United Poultry Concerns**  
**Vegetarian Resource Group**

Thank you to **McNail-Riley House, KVAL News, and Samantha and company** at **Wildfeather Photography!**

Robert and I are especially grateful to **EVEN's amazing and dedicated volunteers - Linda, Hilliard, Kate, Steve, Monica, Jamie, Katrina and Nadine!**



**Watch Video! Why Vegan? by EVOLVE! Campaigns**



...We even fail to note that the chicken did not walk to her death in eagerness to become our meal – we did not note the blatant coercion in the act. **Our sense to empathize with the chicken is completely shut as we have never been indoctrinated to perceive the chicken as a sentient being**

with unique mannerisms. Chickens lay eggs for us and give us meat, is all that we know about the chicken....

**Read The Chicken Story on Vegan India!**



**Free Samples**  
hundreds of delicious  
vegetarian foods

**Speakers**  
including  
**Dr. Esselstyn**  
Inspired Bill Clinton  
and Michelle Pfeiffer

**Film Screening**  
**Vegucated**  
"A funny, entertaining  
and informative film  
--a must see."  
-Russell Simmons

**Chef Demos**  
including  
**Laura Theodore**  
The Jazzy Vegetarian  
as seen on OPB

**Portland VegFest: September 22 and 23 -  
10am to 6pm**

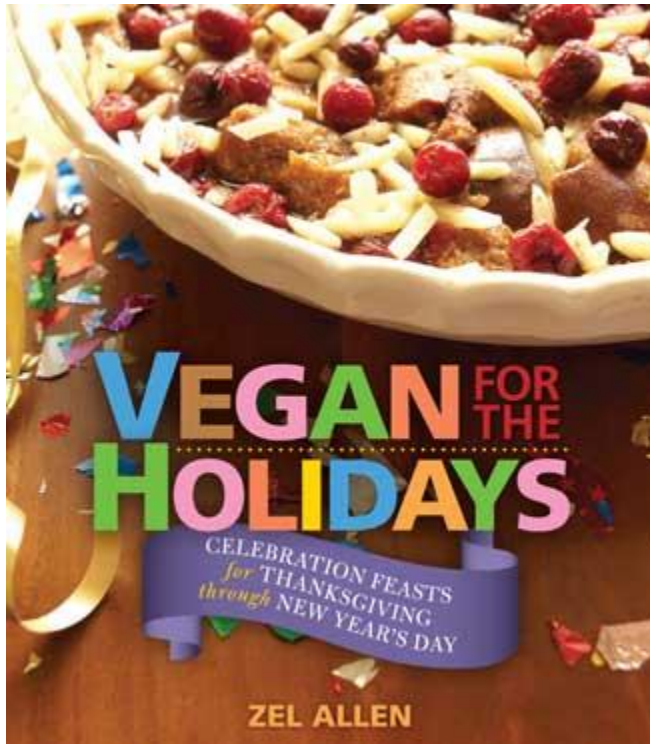
**8th Annual Portland VegFest -**

Oregon Convention Center. This year's festival will include hundreds of free food samples, engaging speakers and chef demos, veg-savvy exhibitors, restaurants, family and teen activities, and film screenings with special guests. Hope to see you there!

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## Read MORE About:

- ~ No More RoundUp Ready GMO Crops!
- ~ India Moves to Not Only Label GMO Foods, But to Ban GMO Crops as Well
- ~ On Our Way to 200,000 Names . . . and Michelle Obama's Desk!



### ***Vegan for the Holidays* has arrived.**

Take advantage of the special offer while you sample one of the mouthwatering recipes in the cookbook.



Available in several bilingual versions, this book will offer not only the opportunity for young people to become acquainted with another language, but also with the ever-so-delicate approach to a world of friendship and compassion towards non-humans.

**How the Little Fox Saved Her Coat** by Rosa Close



**A Well-Fed World** is a hunger relief and animal protection organization working with grassroots groups in the U.S. and internationally on feeding and food production programs.



**Watch a short video lesson from John A. McDougall, M.D.**

**Ah, Nuts! Dr. John McDougall Discusses Nuts.**



## Chef-Prepared Vegan Meals Delivered to Your Door!

Veggie Brothers is the first and only online vegan food delivery service featuring vegetarian versions of America's favorite classic dishes and more. They offer an unprecedented 100+ array of menu items including entrees, soups, appetizers, sides, breakfasts and desserts - all 100% vegan and 100% vegetarian. They also focus on using mostly organic & Non-GMO ingredients. **So quick, easy to prepare & convenient**, you'll wonder how you survived without them for so long!



100% Vegan Products - **Arbonne** Demonstration - Free! Sample the products: skin care, cosmetics, fitness, vitamins, baby products, hair care, and more. Free makeovers! Arbonne is known for its amazing personal care products. They have NOTHING TO HIDE! Arbonne products are formulated without gluten. No artificial colors, flavors or sweeteners. No cholesterol, saturated fats or trans fat. Certified 100% vegan. So bring a friend! **Sunday, 9/23/12, 3:00 pm - 4:30 pm and Monday, 9/24/12, 5:30 pm - 7:30 pm, Woodland CPA Office, 485 W. 6th, Junction City, OR, 541-912-6950.** RSVP to Martha Woodland at [woodland@broadbandnw.com](mailto:woodland@broadbandnw.com)



with **Bob Linden**

[www.GoVeganRadio.com](http://www.GoVeganRadio.com)

**GO VEGAN WITH BOB LINDEN** is heard weekends on the Air America radio network and XM Satellite (channel 167 - Saturdays 7pm pacific), broadcasting on dozens of radio stations in cities all across America including the four largest - New York , Los Angeles, Chicago, San Francisco - as well as Detroit, Miami - Ft. Lauderdale, St. Louis, Austin, Raleigh-Durham, Memphis, Albuquerque, Baton Rouge , Monterey-Salinas-Santa Cruz, Spokane, Madison, Lafayette, Reno, Victor Valley, Palm Springs, Atlantic City-Cape May, Ann Arbor, **Eugene**, Huntington-Ashland, San Luis Obispo, Santa Barbara, Charlottesville, Ithaca, Sheridan, Taos, and Juneau

See [www.GoVeganRadio.com](http://www.GoVeganRadio.com) for times and stations, podcasts and archives.



**Factory Farming Awareness Coalition** is a non-profit organization dedicated to educating the public about the impacts of industrial animal agriculture on workers, animals, the environment, and public health. By exposing people to the true impacts of factory farmed products, we seek to spread awareness and empower the public to make informed, conscious food choices. Every meal we eat can be a powerful form of activism.





**Check out the following items on EVEN's**

**News Blog:**

- ~ **Celebrities** Speak Out
- ~ **Walmart Pork** is Cruelty on a Fork
- ~ 30 Activities Your **High School Vegetarian Group** Can Do
- ~ **Vegan Power Balls** by HealthForce Nutritionals
- ~ Report: **Water Scarcity** Necessitates Near Vegetarian Diet
- ~ **Howard Lyman** - Exclusive EVEN Interview
- ~ **USDA Closes Central Valley Meat Company** Slaughterhouse After Video Showing 'Sickening' Animal Cruelty
- ~ **Global Warming**: A Case for Inner Change
- ~ **Ruth Heidrich, Ph.D.** - Exclusive EVEN Interview

**GO VEGAN AND NOBODY GETS HURT!**

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

The **Eugene Veg Education Network (EVEN)** is an **official 501(c)(3)** non-profit 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 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**.*