

EVEN NOW 4-15-13



Be Green/Go Vegan on Earth Day and Every Day!

A vegan lifestyle has a far-reaching beneficial impact on ourselves, the world we live in and everyone in it. Animals, oceans, water, land, climate change and every aspect of our world. Being vegan is the greenest thing any of us can do on Earth Day and every day. Learn more at the links below.

[The Scoop on How Veganism Promotes a Healthy Planet](#)

[Green Your Diet](#)

[More About a Vegan Earth Day](#)

Please visit EVEN's Earth Day table at Eugene's Earth Day celebration **Saturday, 4/20/13**, at EWEB River Edge Plaza at 4th & Mill.

If anyone wants to save the planet, all they have to do is just stop eating meat. That's the single most important thing you could do. – Sir Paul McCartney



[A Well-Fed World – Feeding Families/Saving Animals](#)

[A Well-Fed World](#) has just launched a new gift-giving campaign, [Feed More International](#). Instead of giving "gifts" of animals to be used for food, AWWF provides vegetarian/vegan food to communities in Haiti, Ethiopia, Belize, and the U.S.

Find out more about their new campaign and [the Dark Side of Heifer International](#).

Supporters include inspiring activists such as **Marianne Williamson, John Robbins, Andrew Harvey, actor Josh Radnor, former U.S. Representative Tony Hall, plus representatives from Save the Children, Oxfam** and other organizations who are leading the effort to solve world hunger.

Contact [Dawn Moncrieffe](#), Founding Director



[Dr. Ruth Heidrich - Vegan Ironman Triathlete](#)

Ruth Heidrich, PhD is the winner of 1,000 trophies including 8 Gold Medals in the Senior Olympics, 67 marathons including Boston, New York & Moscow, The Great Wall of China and 3 World Fitness Records at the famed Cooper Clinic in Dallas, TX. Dr. Ruth was named One of the Ten Fittest Women in North America and

was nominated by PETA as Sexiest Vegan Alive. She is a breast cancer survivor, her story told in *Forks Over Knives*. Dr. Heidrich is author of *A Race for Life*, *The CHEF Cook/Rawbook*, and *Senior Fitness*. [>> MORE](#)



McDougall Moments by Dr. John McDougall

Vitamin D and Sunshine

Vitamin B12

The Dairy Industry

Arthritis

Where Do You Get Protein if You Don't Eat Meat?

McDougall Moments Delivered 2x/Week to Your Inbox – FREE!

Provides an exceptional education on food and medicine and motivation to do better for a healthier life. [Sign up for free here.](#)

Note: Dr. McDougall will present at the [Portland Veg Fest September 21 and 22, 2013](#). Mark your calendars!



International Respect for Chickens Day – May 4

Visit [United Poultry Concerns](#) and learn about what you can do for chickens during the entire month of May and all year long. Find [International Respect for Chickens Day HERE.](#)

Anti-Fur Conference

May 31 to June 2, 2013, Old Town Alexandria, VA – Registration for all sessions will be free! **Anti-Fur Society Conference**.



Featured presentations from:

- Animal Law Coalition;
- Anti-Fur Society;
- Animal Welfare Institute,
- Beauty Without Cruelty-South Africa;
- Care Animal Rights of Korea;
- Compassion Over Killing;
- Coyote Rescue;
- Equine Welfare Alliance;
- National Institute for Animal Advocacy;
- Physicians Committee for Responsible Medicine (PCRM);
- United Poultry Concerns;
- White Coat Waste Project.



Vegetarian Summerfest 2013 – July 3 – 7

Conference Center at Pitt-Johnstown, Johnstown, PA - 518-568-7970

The event that can change your life!

– Over 60 informative and inspiring speakers. **Summerfest** is the 39th Annual Conference of the **North American Vegetarian Society**.



MFA Launches New Ad!

Mercy for Animals recently launched a **powerful new ad**. More consumers than ever before are witnessing the suffering behind every sausage, burger, and wing—encouraging millions to choose compassion over cruelty.

Nathan Runkle, executive director of **Mercy For Animals**, appeared on **ABC's Nightline** to discuss the dangerous proliferation of ag-gag legislation.

Bring It On Down to Veganville

Justin Timberlake on Saturday Night Live last month.

Check it out here on [Daily Motion](#)

or

on [Alicia Silverstone's The Kind Life](#) Blog

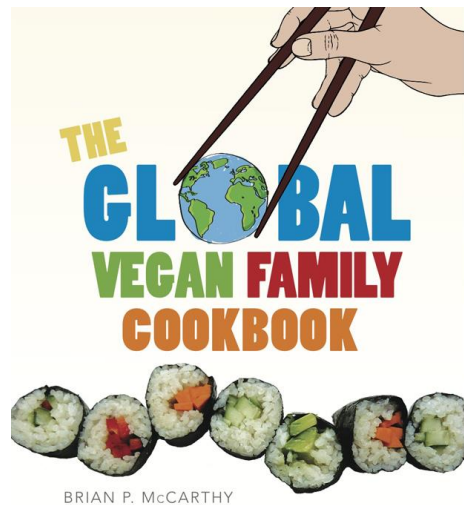
Either way, once you get past the commercial, you'll love it!



The Mediterranean Diet Is a Weight-Gainer. The Asian Diet Should Be Our Goal

by Jeff Novick, RD

...Comparing rates of obesity worldwide gives the most compelling clues about the best diets for achieving and maintaining a trim body weight. **In Asia, where the bulk of the food is rice, with no dairy foods, and very little meat, fewer than 5 percent of people are obese.** Make nuts and olive oil a focus of eating, i.e. the Mediterranean Diet, and the obesity rates hit 20 percent. In the US and other Western countries, where meat, dairy products, and vegetable oils satisfy people's appetites, overweight and obesity have become the norm. **(Obesity is a more severe form of being overweight, which affects nearly two-thirds of Americans.)... >>MORE**



[>> Read Interview Here](#)

Exclusive EVEN Interview with Brian McCarthy

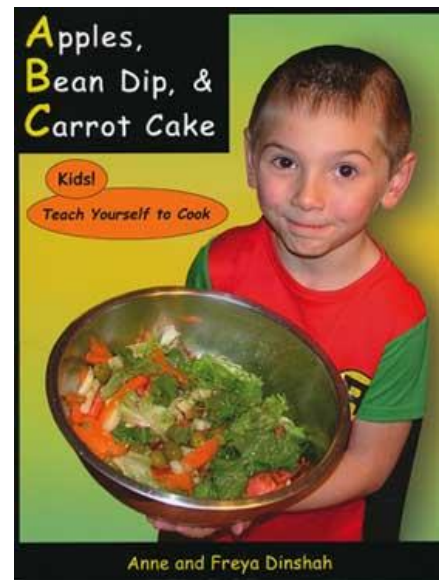
Vegan Cook Book Author, Cooking Instructor, Chef

Chef Brian McCarthy grew up in Portland, Oregon, graduating from David Douglas with a focus on food service. He then completed a two-year culinary school program through Clark College in Vancouver, WA. In 1995 he turned to a vegan diet and began to explore the world of vegan cooking as a chef.

Exclusive EVEN Interview with Freya Dinshah

President, American Vegan Society.

Apples, Bean Dip, and Carrot Cake: Kids! Teach Yourself to Cook has 60 recipes, arranged in a progressive order, starting with easy ones suitable for 4-year olds to make and advancing through levels of achievement up to recipes for 12-year-olds. There are also numerous “how to” pages detailing specific steps. It is a picture book which shows children who are obviously involved in what they are doing and enjoying the results. >> [Read Interview Here](#)



2012, 8½x11” full-color photos throughout 160 pages, by Anne and Freya Dinshah. \$24.95 available at www.americanvegan.org



Free Lectures from Vegetarian Society of Hawaii

Outstanding opportunity! Hear over a hundred fabulous speakers for free!

Even if you are not IN Hawaii, you can become a "virtual" member of the **Vegetarian Society of Hawaii** by pointing your web browser to:

<http://www.vsh.org/videos.htm>

Simple Tofu Pad Thai

An authentic pad Thai recipe usually has tamarind juice or pulp to give it a distinct orange hue and sweet flavor. Tamarind can be hard to find, however, depending on where you live. Try this easy vegetarian and vegan version instead.



- * 1 pound Asian-style rice noodles
- * 1/4 cup soy sauce
- * 1/2 cup lime juice
- * 2 tbsp peanut butter
- * 2 tbsp hot sauce
- * 1/4 cup sugar
- * 1 block tofu, diced

- * 1 onion, diced
- * 4 cloves garlic, minced
- * 2 tbsp sesame oil
- * 1/2 cup bean sprouts
- * 1/4 cup chopped or crushed peanuts (optional)
- * 4 green onions (scallions), sliced

Cook noodles according to package instructions. Whisk together the soy sauce, peanut butter, lime juice, hot sauce and sugar.

In a large wok or skillet, sautee the tofu, onion and garlic in sesame oil for a minute or two, stirring frequently. Allow to cook for another minute or two.

Add the cooked noodles and the peanut butter and soy sauce mixture. Stir well, and allow sauce to thicken as it cooks for about 3 minutes. Top with peanuts, bean sprouts and green onions and serve hot.

From [Jolinda Hackett](#), *your Guide to Vegetarian Food*



(Vegan [Dan Piraro of Bizarro](#) fame with Lin last November at [Govinda's](#) vegan Thanksgiving feast.)

Local Focal

TruVeg opens in Eugene!

TruVeg International Vegan Cuisine recently opened for business at **760 Chambers Street in Eugene, Oregon**. Monday thru Thursday from 11 am to 7 pm. Fridays from 11 am to 5 pm.

Dave's **Viva! Vegetarian Grill** now has a second location inside the Y at 2055 Patterson St, in Eugene. Dave has an extensive vegan menu!

W.A.G. Clinic Low-Cost Spay & Neuters for Dogs and Cats – Willamette Animal Guild - 541-345-3566

20th Annual Bark in the Park 5K Run and 2K Walk – Sunday, 5/18/13 – Alton Baker Park. Register now! Help the animals, form a team, gather pledges, 100% goes to caring for homeless pets.

How to Get Your Pet Adopted? Take a Great Photo!

See 19 examples of Before and After Photos that can make all the difference in finding your dog or cat the loving, safe and nurturing home he deserves. Getting past commercials is hard. Here is the link:

<http://www.today.com/id/44958854/displaymode/1247?beginSlide=1>

THANK YOU, Katie Cantrell for your February 2013 **Factory Farms** presentation to EVEN! We all thank you and appreciate your important work in this essential area.

THANK YOU, Surata Tofu, for tofu donations! Surata's outlet store, on the corner of 3rd and Lincoln in Eugene, is open Tuesday and Thursday from 11A to 515P, where fresh factory seconds are available for sale.

THANK YOU, Sister River Foods, for Raw Vegan Parma samples! Check out their Original Vegan Parma! along with their Chipotle Cayenne Vegan Parma! and their Garlicky Green Parma!

THANK YOU, Lane Community College, FARM, PETA, Vegan Action, United Poultry Concerns, Compassion Over Killing, E-the Environmental Magazine, Vegetarian Resource Group. See more worthwhile, highly informative links [here](#).

THANK YOU, EVEN volunteers!!! If you can [volunteer](#) to help us, please let us know. EVEN always needs friendly, knowledgeable, dependable, non-judgmental volunteers.



(From left to right: Laurie, Monica, Linda, Heidi and Tatum, Jamie, Jay, Hilliard, Kate, Robert, Lin, and Stacy)



Congratulations to EVEN on its 8th Anniversary

Wow! 8 years!

EVEN has grown!

Is growing!

Is reaching more people
than ever before in its 8
year history!

Did you know that since
2005... >> [READ MORE](#)

HAPPY BIRTHDAY EVEN!!!

Thank You Lin for all that you do in our community and all over! My first veggie starter kit December 2011 was a turning point in how I eat and live my life. It was a gradual transition into Vegetarianism, which has now graduated into going Vegan! Woohoo!! Loving how I feel and the food I eat! Thank You for planting a seed :) Cheers ~Emily

Thank you, Emily, and Congratulations! The credit is all yours!

Has veganism given anyone else out there a life-altering experience? [Tell us about it!](#)

On the Horizon

Mark your calendars for a free presentation to EVEN here in Eugene by **Comet of HealthForce Nutritionals** on **Thursday, 5/23/13**, 7pm, McNail-Riley House, 601 W. 13th Av., Eugene. More to come.

And while your noting dates on your calendar, **World Peace Diet author, Dr. Will Tuttle** will present to EVEN this **October**. Stay tuned.

Forthcoming – new book by Hope Bohanec, *The Ultimate Betrayal – Is There Happy Meat?* Eugene booksigning in July. Look for it.

This is Hope/ Green Vegans and the New Human Ecology – How We Can Find Our Way to a Humane and Environmentally Safe Future by Will Anderson



(Patrick McDonnell is an animal-sensitive, veg cartoonist who knows the danger all too well.)

F.Y.I.

Please **update your email address** with EVEN! If you are not receiving mailings from us, you may have given us an incorrect email address or you might need to readjust your spam filters so EVEN's newsletters can be delivered to you.

Contact us for recipes, how to go veg, where to shop, what to eat or other questions regarding a vegan lifestyle. EVEN is always glad to help!



No act of kindness, however small, is ever wasted. – Aesop

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Eugene Veg Education Network
---EVEN - serving as a vegan resource since 2005---
www.eugeneveg.org

See hundreds of valuable, vegan morsels at [EVEN's News Blog](#). Check back often.

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 **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**.*