

EVEN NOW 8-30-13

1. EVEN News Blog Items:

See the following posts on EVEN's News Blog by [clicking here](#).

- Bad News for HBO and the American Humane Society
- USDA Working Hard for Animal Abusers!
- Action for Animals
- Abolitionist Approach to Animal Rights
- Meat-Free Zone - Vegan
- Prevent and Reverse Heart Disease
- Victoria Moran - Exclusive EVEN Interview
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- Diabetes - Diet vs. Drugs
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- *Speciesism*, the Movie
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- Animals Deserve Absolute Protection Today and Tomorrow
- *Betty Goes Vegan*
- Kimmela Center for Animal Advocacy
- How Do I Start a Vegan Club at My School?
- Will McDonald's Serve Genetically-Modified Fries?
- Settling the Soy Controversy
- Power Foods
- Angelina Jolie's Double Mastectomy

2. Other Important News:



EVEN's Vegan Fair

Thank you to those who attended! A good time was apparently had by all!

Thank you to exhibits, samples and tabling by **Amy's Kitchen, Eden Organics, Gardein Garden Protein, Genesis Juice/Toby's Family Foods, Greenfield Farm, Dr. Orestes Gutierrez/Holistic Family Practitioner, Parma! Vegan Parmesan, Tofutti, Turtle Island Tofurky, and Yogi Tea.**

Thank you to **The Keystone Café** for donating gift certificates for the raffle.

Thank you to **American Vegan Society, Compassion Over Killing, Healthy Green Pages Directory, Farm Animal Rights Movement (FARM), People for the Ethical Treatment of Animals (PETA), and Vegetarian Resource Group.**

Thank you to **McNail-Riley House, Eugene Weekly** for special promotion, and **Marilynn** for extra tables and tablecloths.

Thank you to EVEN Volunteers, **Linda, Hilliard, Kate, Stacy, Sandy, Jamie, Emily, Mary, Cliff, Shirley, Stephan and Adam.**

SEE PHOTOS HERE.

More information on the Vegan Fair.

More information on Going Veg.

Thank you to everyone!



McDougall Moments

If you haven't signed up yet for Dr. John McDougall's **McDougall Moments**, you don't know what you're missing. Informative videos on over 5 dozen various topics, each only a couple of minutes, they're free and you'll learn a lot!



Now Hiring: Community Outreach Liaison

PETA is looking to put an end to the cruel practice of continually chaining dogs. Do you have the passion to drive PETA's campaigns to end this cruelty? Apply now!

[More Info Here](#)

[See Other Job Opportunities Here](#)



The Vegg

The Vegg is a versatile vegan egg yolk replacer that can be used (instead of eggs) in a wide range of recipes. Whip up vegan versions of classic dishes like egg noodles, French toast, custard, pan frittata, Hollandaise sauce, and so much more. It's also ideal as a liquid base when breading foods for frying. You can even use it as a liquid "yolk" for dipping toast. It looks, smells, and even tastes like eggs *but without all the cruelty*.

To use: Blend 1 teaspoon of **The Vegg** powder with 1/4 cup water which creates the equivalent of about two to three yolks. Each canister makes over 99 "yolks!"

Book is glossy stock, 80 pages, 7" x 7." \$12.99 for the book alone **or** \$20.00 for cookbook and 4.5 oz. canister of **The Vegg**. **Free shipping** either way!

The Vegg is great news for the more than 250 million egg-laying hens in the US, most of whom spend their lives intensively confined inside barren wire cages. And since it's made using 100% plant-based ingredients, it's cholesterol-free, which makes it a heart-healthy alternative. Contact rocky@thevegg.com



Vegan Essentials

10% Discount for EVEN! Use "EVEN" as promo code. **Your complete online store for all things vegan.** Over 1,200 different all-vegan items in stock. **Vegan Essentials.** *Where Compassion Meets Convenience.*



Out to Pasture Animal Sanctuary

A nonprofit animal sanctuary located in Estacada Oregon, dedicated to sheltering abused, abandoned or neglected animals. including large farm animals, llamas, sheep, pigs, goats, rabbits, chickens, and feral cats. **Out to Pasture Animal Sanctuary** believes that animals value their own lives as much as we value our own and deserve to live free of exploitation and cruelty. Kit and John Collins, **503-756-8652**

If you are in Portland to visit Out to Pasture Sanctuary, try **The Red and Black Café** for vegan fare like BBQ Tofu sandwich or a TLP (tempeh bacon, lettuce and red peppers) and many more sandwiches, bowls, salads, soups, snacks and sides. 400 SE 12th Av, Portland, **503.231.3899.**

Also, while up Portland way, you can go further north to **Karmavore, The Vegan Shop** at 610 Columbia Street in New Westminster, BC. Or visit them online at **karmavore.ca**



Your Guide to Healthy Eating and Living Since 1999

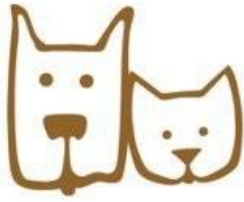
Happy Cow is the world's largest free searchable directory for vegetarian restaurants and health food stores with listings in over 100 countries! Visit them to find travel, reviews, community, mobile apps, health recipes, and a free newsletter!



Organic Consumers Association

13 Lies GMO Labeling Opponents are Recycling in Washington State

More OCA Updates



• W • A • G •

Low-Cost Spay and Neuters for Dogs and Cats in Eugene

Willamette Animal Guild, **541-345-3566** for appointments and information. **W.A.G. Clinic**



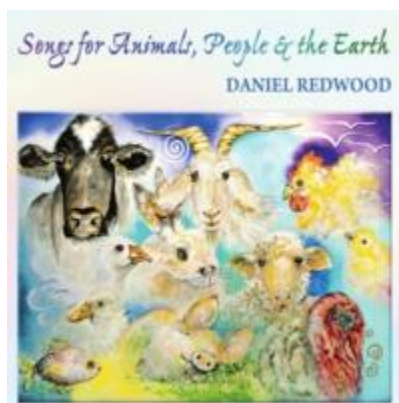
Hello, I am a young, 20 something professional, who is looking for a room to rent in a vegetarian (I am vegan), non-smoking, sober and drug free household after Sept. 9th. I am moving to the area due to a job transfer. My focus is on work, so I prefer a peaceful, relatively quiet and clean environment at home. I appreciate good conversations and funny people and enjoy swimming, yoga and dogs (though I don't have one). I am hoping to find a home with friendly, like-minded people.

Please call **Dolores** at **240-938-0097** or email **deedeegatton@gmail** for more info. Thank you!



Portland Veg Fest 2013

Oregon's largest plant-based food event! **VegFest** celebrates and promotes sustainable, compassionate and healthy food choices and lifestyles. This low-cost, fun and food-filled event welcomes everyone! **Saturday & Sunday, September 21 & 22, 10am-6pm**



Songs for Animals, People and the Earth

United Poultry Concerns (UPC) is delighted to present Daniel Redwood's powerful new album of sanctuary songs, dedicated to "the compassionate women and men whose hearts and minds have awakened to the needless suffering of animals and who lovingly advocate for their rights."



Will Tuttle Visits EVEN October 2

The World Peace Diet, a #1 Amazon best-seller, has been called one of the most important books of the 21st century: the foundation of a more conscious society based on the truth of the interconnectedness of all life. It is the first book to make explicit the invisible connections between our meals and our broad range of problems---psychological, social, and spiritual, as well as health and environmental. It offers powerful ways we can all experience healing and contribute to a positive transformation of human consciousness.

A lecture-presentation on ***The World Peace Diet*** by Will Tuttle, PhD, **Wednesday, 10/2/13, 7pm**, McNail-Riley House, 601 W. 13th Av. (at Jefferson), Eugene. Free!

Hope to see you there!

And Don't Forget...EVEN's News Blog Items!

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www.eugeneveg.org

Eugene Veg Education Network

---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 **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**.*