

**Register Guard – 7/31/11  
Eugene Oregon**

***Community Solutions -  
A Call to Action for Volunteers***



**Lin Silvan**

*Essentials for Life*

Silvan is the founder and executive director of the Eugene Veg Education Network (EVEN), a nonprofit resource advocating the benefits of a vegan (plant-based) diet. She does a bit of everything to promote EVEN's mission, from answering emails to arranging workshop speakers to maintaining an active website ([www.eugeneveg.org](http://www.eugeneveg.org)). Previously, Silvan generously donated her time as a Master Recycler, foster parent and Habitat for Humanity volunteer.

**Volunteer hours: 2,400-plus in 2010**

“Lin has reached tens of thousands ... to help them transition to a healthful, compassionate and eco-conscious lifestyle. EVEN owes its existence and direction to Lin.”

– Robert Jacobucci,  
*Eugene Veg Education Network*