



EVEN NOW 4-28-08

UPCOMING EVENT

“The Joyful Vegan Family”

Ginger Carlson, MA, Ed

Monday, 5/5/08, 7pm

McNail-Riley House,
601 W. 13th (at Jefferson),

Eugene. **FREE**



Ginger is a staff writer with a monthly column (about cooking vegan with a family) for *VegFamily Magazine*. She has also been published in *Mothering Magazine*, *Vegetarian Baby*, and *VegNews Magazine*.

She has been eating and cooking vegetarian for almost 20 years. Ginger is a parent and advocate and, as author of *The Wonder Collection*, she shares her expertise and enthusiasm! She leads workshops in creativity-building for parents and educators throughout the country. Don't miss this *wonderful* opportunity to learn about how to create “The Joyful Vegan Family”.

Also, find Ginger on May 10, 2008: *Wonder Celebration!* Book release party, music, fun, and book signing. Featuring the music of *The Sugar Beets* Everyone is welcome! The Strand/Cozmic Pizza, 8th & Charnelton, Eugene.

A PRIMER IN NUTRITION

Nutritional Foundations – A Lesson in Basic Nutrition from Dr. John McDougall



http://www.drmcDougall.com/medical_nutrition.html#top

ANIMALS IN LABORATORIES

Speak out against the abhorrent use of animals in testing and research!

Recent changes worldwide have brought major advancements for animals in labs with the goal of ending the use of animals in drug and chemical screening tests.



Yet millions still remain captive in laboratory cages, subject to intolerable cruelty. While there is reason to celebrate, there are still far too many animals who suffer and die in obsolete, imprecise, and heartless animal experiments.



[Your voice is urgently needed to speak out for animals](#) and help bring about the day that no animals suffers or dies in a laboratory.

The wild, cruel beast is not behind the bars of the cage. He is in front of it.

Axel Munthe, Swedish Physician, Psychiatrist and Writer (1857-1949)

NORTHWEST VEG GROUP 2008 VEGFEST

Mark your calendars! **Portland's Northwest Veg Group's annual veg festival** for 2008 is scheduled for **Saturday, May 10**. Music by **Anima Bhakti**. Keynote speech, "Destroying the Earth One Bite at a Time", by **Howard Lyman** will be the night before, **Friday, May 9**. Get more details at <http://portlandvegfest.org/2008/>

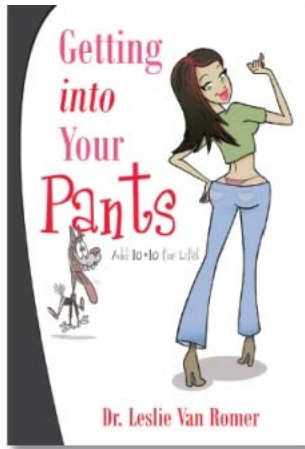
If you visit the killing floor
of a slaughterhouse,
it will brand your soul for life.

Howard Lyman

GETTING INTO YOUR PANTS!

By Vegan Author, Dr. Leslie Van Romer

The simple, no-duh, weight-loss, body-best strategy that actually works---for life!



Now you can lose weight and feel full and satisfied, with no more deprivation, sacrifice, counting, measuring, fussing, sneaking, guilt, and feeling like a hopeless failure ever again. [Dr. Leslie Van Romer's common sense, permanent weight loss strategy --- 10+10 for Life ®](#) --- that makes so much sense you'll wonder why you hadn't thought of it yourself

UNITED POULTRY CONCERNS PROUDLY ANNOUNCES

International Respect for Chickens Day – **Sunday – May 4, 2008**

May is International Respect for Chickens Month

“They would rather die for their chicks than seek safety in flight...” *Aldrovandi – 16th century*

Chickens are cheerful, intelligent birds. The mother hen tenderly cares for her chicks, and roosters protect their families and flocks. Please do an ACTION for chickens on **May 4**. Show the world that chickens are people, too! Ideas:

- Write a letter/op-ed to the editor
- Table at your local mall
- Have a Respect for Chickens Day celebration at your school
- Have a 'We-Don't Eat-Our-Feathered-Friends' Vegan Party!
- Get on a radio talk show
- Arrange a library display/video presentation
- Leaflet at a busy street corner/your local university
- Show the movie, *Chicken Run*

Contact UPC for posters, brochures, videos.

United Poultry Concerns, PO Box 150, Machipongo, VA 23405, 757-678-7875, Karen@upc-online.org , www.upc-online.org

A day to celebrate chickens throughout the world.

MEATOUT MONDAYS

(and Tuesdays through Sundays, too!)

[Meatout Mondays](#) is a colorful weekly e-newsletter that delivers a delicious veg recipe, an inspirational message, and an informative feature to help you kick the meat habit every Monday. It's **FREE** and you will be thrilled with this wonderful e-bulletin from Farm Animal Reform Movement (FARM)!

MESSAGE FROM JEFF POPICK

Vegan Sage launches VeganWorld.com:

The best thing for vegans & vegetarians since the carrot

"I am so very excited to announce the beta launch of a new social networking site created exclusively for vegans and vegetarians called VeganWorld.com. It is live though it is still a bit rough with not a whole lot of content just yet, but if you join right now (for free) you can get to be one of our beta-team members with some added perks.

Just go to www.VeganWorld.com and sign up, create your profile, add photos, and start helping to build the community - blog, post your ideas in the forum, list something in the FREE classifieds, add one of your favorite recipes, check out the celebrity blogs, make some new friends and be sure to tell ALL your friends about VeganWorld.com.

And you can be sure I'll be on the site as well. Let's chat sometime in the chatroom! In Friendship and Service, Jeff Popick"

It is horrifying that we have to fight our own government to save the environment. *Ansel Adams*

STOP GLOBAL WARMING!

Take a Bite Out of Global Warming

<http://www.biteglobalwarming.com/>



We abuse land because we regard it as a commodity belonging to us. When we see land as a community to which we belong, we may begin to use it with love and respect.

Aldo Leopold, A Sand County Almanac

DR. JOHN GOBBLE PRESENTS 6/2/08



John Gobble, DrPh, MPH, RD, LD, CHES will present **"The Vegan Lifestyle---It's for Real!"** at EVEN's monthly veg gathering on **Monday, June 2.** Don't miss it!!

http://www.eugeneveg.org/z-bio_John_Gobble.html

ANIMAL RIGHTS 2008 CONFERENCE

August 14-18 – Washington DC

[World's largest and oldest animal rights conference](#)

SIGN PETITION TO OPRAH

Treat Livestock Humanely

<http://veganbits.com/petition-to-oprah-livestock-should-be-treated-humanely>

WHAT'S HAPPENING?

EVEN's outreach is hopefully reaching many more people this time of year. In accordance with our Mission Statement to inform and educate, a busy tabling schedule accounts for why EVEN has distributed over 43,000 pieces of literature in its 3+ year history. (43,000!!) Spring is a super-active time of year for this type of effort and EVEN's commitment to tell folks about the benefits of a plant-based diet keeps our tabling and leafleting endeavors going strong! The ***Great American Meatout, Saturday Market, Earth Day,*** and more, oh my! Spring is a time of rebirth and hopefully change is in the air. Thank you, Hilliard and Kate, for helping with the tabling!

**Thank you, Eric and Beth,
for making this possible!**

Lin tabling at Sustainability table at Eugene's Saturday Market, downtown Eugene, 4/12/08 ----->



THANK YOU

April Presenter: Thank you, **Joshua Ploeg**, for an entertaining and educational cooking demo on April 7. EVEN appreciates your time, your [delicious recipes](#) and your generosity!

Hospitality: Thank you, **Nadine Peterson and Kelly Keiler** for providing Eugene hospitality for EVEN's April speaker.

Donors: Jay Karandikar, Kelly Keiler, Denise McClatchey, Beverly Lynn Bennett, Tasty Bite, Farm Animal Reform Movement (FARM)

Volunteers: Nadine Peterson, Kelly Keiler, Hilliard Gastfriend, Kate Daniels, Linda Sappington, Nick Kress, Joanne Bergen, Mele Allred, Dave Piccioni, Kelly Keiler

WHEN ONE TUGS AT A SINGLE THING IN NATURE, HE FINDS IT ATTACHED TO THE REST OF THE WORLD. *John Muir*

HOPE TO SEE YOU May 5!

<http://www.eugeneveg.org/index.html>

COMIC RELIEF



Thank goodness non-human animals don't think like human animals!

Thank You, Rich Richardson!

The **Eugene Veg Education Network (EVEN)** is a non-sectarian, **official 501(c)(3) non-profit** organization based in Eugene Oregon 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 access to pertinent information on veganism and its positive impact on the health of the planet and all its inhabitants. **EVEN**, eugvegedunet@comcast.net, 1574 Coburg Rd., #120, Eugene, OR 97401, 541-343-8055 www.eugeneveg.org. **Peace.**

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