

**EVEN NOW – 3/2/17**



**Business Travel Guide for Vegans & Vegan Leaders – VeganLeaders.com**



**Wendy Liberko**, EVEN Long-Term Member, Presenter and Volunteer co-authored this interesting article with worthwhile tips for traveling vegans. Making your business trips more vegan-friendly boils down to planning and some know-how to easily add to your routine while at the airport, in flight, at your hotel or in business meetings. [Read MORE here](#).



**VEGAN – Because you are being the change you wish to see in the world.**



## Night of a Thousand Spays



[MORE INFO HERE](#)

Join **Willamette Animal Guild (WAG)** for a night of fun, food and drink in support of WAG's Spay It Forward program: helping limited-income community members afford to do the right thing for their pets and our community.

**Saturday, 3/11/17, 5:30 to 10 pm**

**Jaqua Concert Hall, The Shedd, Eugene, OR**

Silent and Live Auctions, WAG's Wheel of Fortune, Fabulous Raffles, Elegant Attire Contest



## Making the World a Better Place

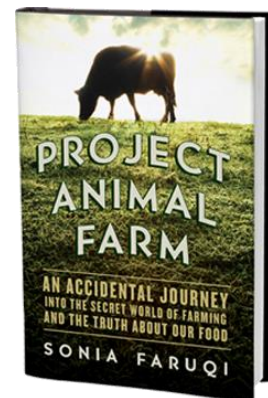
**Sonia Faruqi - Author of *Project Animal Farm: An Accidental Journey into the Secret World of Farming and the Truth About Our Food***



Born out of a global expedition fearlessly undertaken by a young woman, ***Project Animal Farm*** offers a riveting and revealing look at what truly happens behind farm doors.

**Sonia Faruqi**, an Ivy League graduate and investment banker, had no idea that the night she

arrived at the doorstep of a dairy farm would mark the beginning of a journey that would ultimately wind all the way around the world. [Visit her website and subscribe free.](#)



## Rock Climber Maggie Crawford --- Vegan!



Maggie Crawford

Maggie Crawford is a vegan athlete who fuels her rock climbing with [gluten-free] vegan quesadillas.

Source: ESPNW



## 2016 World Champion Surfer, Tia Blanco, --- Vegan!



Tia Blanco

Tia Blanco is dominating the surfing world by cooking and eating a well-balanced “clean, plant-based vegan diet” for herself and her family.

Source: greatveganathletes

## Patrik Baboumian, Strongman --- Vegan!



Patrik Baboumian

Possibly the strongest man on earth (or at least in Germany), Patrik Baboumian was vegetarian several years before turning vegan in 2011.

*Source: [myvegandreams.com](http://myvegandreams.com)*



*"Once you come to terms with why you dont eat cats, dogs, monkeys and dolphins, you begin to understand why I dont eat cows, pigs, chickens and lambs."*

*~ Edward Sanchez*



# Finally! Ringling Brothers and Barnum Bailey Circus is Shutting Down



Surely there are many factors that led to the decision to end the **Ringling Bros. and Barnum & Bailey Circus**, but the largest unarguably the reality that people just don't want to pay to see animals suffering anymore.

This particular circus has been the focus of countless investigations and allegations from animal welfare organizations, who successfully revealed what life for the traveling big cats, elephants, and other animals is truly like, brutal.

Whistleblowers, such as former Ringling Bros. trainer, **Sam Haddock**, have also come forward, detailing the deprivation, pain and negative reinforcement used to train baby elephants, who are often taken from their mothers as early as 18 to 22 months of age. Wild elephants often live with their mothers until well into their adolescence, and female elephants stay with them for life. After experiencing the trauma of this separation, their lives are full of bull hooks, electric cattle prods, ropes and even fireplace poker, which force them into unnatural positions and balances. [>>MORE](#)

Source: One Green Planet



***Animal Rights is now the greatest Social Justice issue since the abolition of slavery – Philip Wollen***



*Sign up for McDougall's Moments - Free!*

Sent to your email twice weekly, McDougall's Moments provide an exceptional free education on food and medicine and the motivation to lead a healthier life.



[McDougall's Moments: Eating Out](#)

[McDougall's Moments: Lose Weight, Regain Health & Save Money!](#)

[McDougall's Moments: G.E.R.D.](#)

[McDougall's Moments: High Protein/Low Carb Diets](#)

[McDougall's Moments - Maximum Weight Loss Diet](#)



## New Video - Lasagna in a Pressure Cooker?

Chef AJ recorded a video interview with Jill McKeever, author of *O M Gee Good! Instant Pot® Meals, Plant-Based & Oil-Free.*

**Chef AJ with Jill McKeever**

[Watch now](#)





## A Whole Foods Plant-Based Diet Has Been Shown to Prevent and Reverse Disease

Healing Cuisine's Health E-News by Meredith McCarty

Although modern medicine is equipped to prolong life, it seems to be far less able to promote healthy aging. Fascinating research reveals the fact that traditional people don't have the health issues surrounding aging that we do in the US. We understand why when we come to know their lifestyles, including their dietary patterns. We'll focus on how diet relates to bone health and mental acuity in particular. **Did you know that dietary approaches can help prevent or slow the onset of the most common form of dementia, Alzheimer's disease?**

*Meredith McCarty, Nutrition Educator, is the author of three cookbooks including the international award-winning Sweet and Natural. She is a leadership member of Physicians Committee for Responsible Medicine and has worked in educational programs with Drs. Benjamin Spock, Dean Ornish, John McDougall and Neal Barnard. She is a former associate editor of East West/Natural Health magazine and co-director of the East West Holistic Health Center for 19 years. [>> More Info](#)*

[Please add me to the Healing Cuisine E-Card Mailing List!](#)



***We're unapologetically vegan because people confuse vegan as a diet and it's more than that. It is a moral stance people take to end the suffering of animals. - Hellenic Vincent De Paul [Ecorazzi], co-owner, Doomie's, Toronto.***



## Host Family Wanted

**WANTED:** Fun-loving vegan or vegetarian family who would want to open their hearts and home for the 2017-2018 school year! Be the difference in the world & join us in promoting international goodwill and host a foreign exchange student. Here in America, everything is so new and a different to them, even a simple trip to the grocery store can open a whole new world.



Meet our exchange students

Annelies is from Germany, she has an older brother and a younger sister. Her favorite subjects in school are English, German and social studies. Annelies belongs to a tennis club and also enjoys running and yoga. Reading is another favorite hobby. Annelies describes herself as “as sporty, ambitious and responsible.” She is a vegan and does not eat animal products, including eggs, dairy or fish, but is willing to cook for herself, and really enjoys cooking and baking – especially vegan desserts. She cannot be placed in CA. She has a US passport due to her mother being from the US.



Please contact me if you are interested or have any questions. Jennifer Gausman, 541-357-4526 [jgausman@edutrav.org](mailto:jgausman@edutrav.org) [www.edutrav.org](http://www.edutrav.org)

[See more info and flyer here](#)





## Groundbreaking Vegan Poster Campaign Launched In Madrid



**A GROUNDBREAKING** vegan poster campaign at a Spanish railway station is stopping carnivores in their tracks.

One sobering image features a lamb incarcerated behind bars, with the phrases 'go vegan, be fair'.

Union Antiespecista has taken over a publicity board in Madrid's Puerta del Sol train station, where it has been installing different thought-provoking images.

Source: Olive Press



***In fact, if one person is unkind to an animal it is considered to be cruelty, but where a lot of people are unkind to animals, especially in the name of commerce, the cruelty is condoned and, once large sums of money are at stake, will be defended to the last by otherwise intelligent people. - Ruth Harrison***

## UK's First Full Vegan Tube-Station (Subway) Campaign



The Posters are bright, colourful and thought provoking.

Clapham Common tube station now has 60 posters featuring farmed animals – who appear on every door, and turnstile – to tell commuters, **“I’m ME, Not MEAT. See the Individual – Go Vegan”**.

Animal Advocacy Charity PETA has launched the UK’s first FULL vegan tube-station (Subway) takeover on New Year’s Eve to encourage commuters to help the animals and get healthy by going vegan in 2017.



PETA: The whole station is filled with the posters (Hatty Collier)

"Cows, chickens, and pigs are no different from human beings when it comes to feeling pain and fear and valuing their lives," said **PETA UK Director Elisa Allen.**

PETA UK is encouraging people everywhere to show compassion to animals by skipping meat-based meals and choosing humane and healthy vegan fare instead.

Source: [PlantBased News](#)



# Rochester River Charter School Will Offer Vegan Food When It Opens 2018

*All meals RRS provides its scholars during school hours will be vegan*

ROCHESTER, N.Y. (WROC-TV) - **Rochester River Charter School**



ROCHESTER  
RIVER SCHOOL

**(RRS)** is planning to open next year. One of its unique offerings will be a Vegan school diet for the children that attend. We spoke to them live on Sunrise, Friday Morning.

All meals RRS provides its scholars during school hours will be vegan. RRS scholars will assist in sowing, growing, harvesting, and preparing many of the delicious plants they will enjoy using both traditional farming methods as well as novel and fascinating technologies.

Additionally, RRS will instill in its scholars an awareness of, and appreciation for, the health, environmental, and moral virtues of vegan practices.

**Joel Helfrich** and **Sarah Goodenough** say students with healthier diets are focused more as a result, which ultimately leads to higher graduation rates.



*When I look into the eyes of an animal, I do not see an animal. I see a living being. I see a friend. I feel a soul. - Anthony Douglas Williams*





# Way to Go, Casey Brown!!

## Being Vegan in a Foodservice Class

By Casey Brown, former VRG Intern

As a **Dietetics Student** at the **University of Maryland, College Park**, we are required to take **Foodservice Operations**.

One of our projects for this class was to work in groups of three and design a theme meal to serve 55 people. This meal had to meet certain requirements for nutritional standards and budgeting.

As a vegan, I was hoping that our meal could be 100% plant-based. I met with my friends who were my group members (both of them were non-vegetarians), and they were both eager to design a vegan menu.

We all knew it would be a unique meal plan. It would likely be lower cost since we did not have to purchase meats, it would be lower in fat, and it would show everyone that vegan food can be nutritious and delicious!

After forming our groups, the first step was to design our menu. We had to pick a theme [>>>MORE](#)



*If a group of beings from another planet were to land on Earth - beings who considered themselves as superior to you as you feel yourself to be to other animals - would you concede them the rights over you that you assume over other animals? - George Bernard Shaw*





## Holistic Holiday at Sea Cruise 2017

This unique, annual **7-day Caribbean cruise** is a great way to have an extraordinary holistic educational experience and also an opportunity to mingle and network with like-minded people while enjoying delicious, **whole food vegan fare** prepared by chef and author **Mark Hanna**. About 1,850 guests are expected to attend the **March 11-18, 2017 Holistic Holiday at Sea Cruise**. Nationally known presenters will provide insights on holistic health and lifestyles from both ethical and personal health perspectives.

The 2017 cruise will feature **Dr. Caldwell Esselstyn Jr.**, acclaimed plant-based cardiovascular physician and author of Prevent and Reverse Heart Disease; plant-based diet authority **Dr. T. Colin Campbell** author of The China Study; **Dr. Michael Greger**, physician and internationally-recognized speaker on nutrition and public health; and vegan advocate and founder of Physicians Committee for Responsible Medicine, **Dr. Neal Barnard**. Other popular presenters include top vegan chefs and cookbook authors, **Christina Pirello**, who is also the Emmy Award winning host of the national public television series Christina Cooks; “hip chick” **Jessica Porter**; **Jonathan Balcombe**, author and international lecturer on animal behavior and the human-animal relationship; macrobiotic counselor **Warren Kramer**, and many others.

The MSC Divina departs Miami with stops in Ocho Rios, Cayman Islands, Cozumel and Nassau. Whole food vegan meals plus 140 classes.

[\*\*>>MORE\*\*](#)





As a Registered and Licensed Dietitian Nutritionist (RDN & LDN), Thomas guides his patients to achieve their nutrition, health, weight management, and wellness

goals through carefully tailored, evidence-based medical nutrition therapy (MNT) emphasizing a plant-based, whole foods approach. Specialties are autoimmune disorders, heart disease, type 1 and 2 diabetes mellitus, intestinal health, and gluten-free diets.

**Thomas Bosch, PhD RDN LDN**

**WEB: [www.boschnutrition.com](http://www.boschnutrition.com)**

**EMAIL: [thomas@boschnutrition.com](mailto:thomas@boschnutrition.com)**

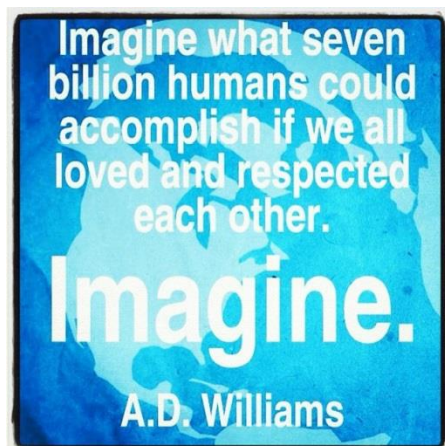
Registered Dietitian Nutritionist

Member of the Academy of Nutrition and Dietetics - **AND**  
Complete Health Improvement Program Facilitator - **CHIP**

2455 Fieldcress Rd., Eugene, OR 97403-3255 - USA

Office: (541) 844-7489 (THI-SGUY) FAX: (888) 965.7168

Cell: (541) 221-4053





## Your Food Has a Story

**Compassion Over Killing** created this new video as a simple but powerful message. Featuring beautiful footage of families visiting a peaceful

apple orchard, juxtaposed with the sad truth about abuses endured by pigs inside a slaughterhouse captured by a COK investigator. **Every time we sit down to eat, we can stand up for animals, the environment, and our own health.** [Watch video here.](#)

*There's a reason we take our children to visit orchards, and not slaughterhouses.*



**There are Three and Half Times as Many Vegans as There Were in 2006, Making it the Fastest Growing Lifestyle Movement.**

**There are over half a million vegans in Britain - at least 1.05% of the 15 and over population\* - new research commissioned by The Vegan Society in partnership with *Vegan Life* magazine, has found.**

At least 542,000 people in Britain are now following a vegan diet and never consume any animal products including meat, fish, milk, cheese, eggs and honey. This is a whopping increase since the last estimate of 150,000 ten years ago, making veganism one of Britain's fastest growing lifestyle movements.



“To have over half a million vegans in Britain is fantastic. More people than ever before are acting upon the health and environmental benefits of veganism, and finding out what really goes on in the meat and dairy industries and deciding they do not want to contribute to the pain and suffering of animals,” said **Jasmijn de Boo, CEO of The Vegan Society.**

**NOTE:** *There are over 16,000,000 vegans and vegetarians in the **US.***



## **VIDEO! Dairy is F#%&ing Scary**



[Dairy Industry Explained in 5 Minutes!](#)

by Erin Janus



Does veganism require a "sacrifice"? Yes. It requires that you give up that which you never had any right to in the first place.

Gary L Francione



## Please Help The Vegg Launch World's Best Vegan Scrambled Egg With New Branding!



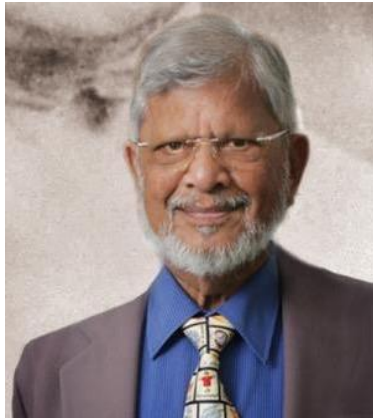
Can you please help [The Vegg](#) launch its newest product by donating any amount to my rebranding effort? The new scramble is my best product yet. High protein (22g) and loaded with flavor and B12. Add water and microwave. Launches in Feb 2017.

In December 2016, **The Vegg** hired an award-winning NYC design firm to give the company a whole new look as requested by most buyers at large grocery chains. It is very costly for a one-person business, so Rocky is crowd-funding to help pay for the re-branding to get these amazing products mainstream. Please do what you can if you like the idea of a plant-based, cholesterol-free, cruelty-free, high protein, low fat scrambled egg that looks and tastes much like the real thing.

The new scramble is my best product yet. High protein (22g) and loaded with flavor and B12. Just add water and microwave 4 min. [Please contribute here](#).



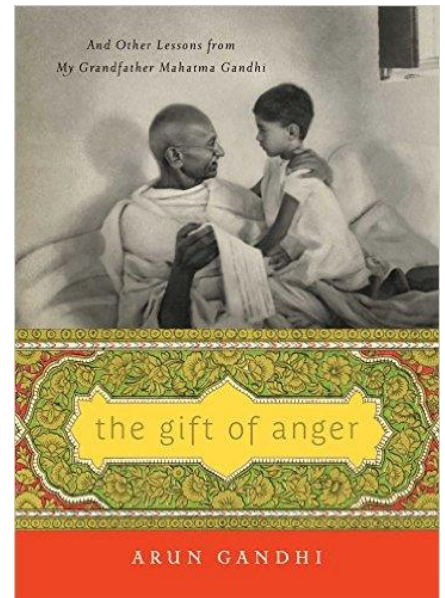
## Arun Gandhi Presentation Draws Large, Welcoming Crowd to LCC Peace Center



On 2/16/17, at the Lane Peace Center, author, activist and agent of change, **Arun Gandhi**, presented ***Gandhi and Nonviolence: Relevance for the 21<sup>st</sup> Century***. He recalled his childhood and times with his grandfather, **Mahatma Gandhi**, and shared wonderful stories and humorous anecdotes to an interested and sensitive group at Lane Peace Center, Lane Community College.

### Arun Gandhi

Including livestreaming viewers, it is estimated that over 1,000 people were able to hear his messages of peace, compassion and non-violence. EVEN was glad to support this worthwhile endeavor and enjoyed those who visited our information table. If you missed the presentation, you can soon watch it on video. We'll let you know the link as soon as it is available.



***Your opponents would love you to believe that it's hopeless, that you have no power, that there's no reason to act, that you can't win. Hope is a gift you don't have to surrender, a power you don't have to throw away. – Priscilla Feral, President, Friends of Animals***



## The New Voice of PlantPure + Naked Food Goes Free!



**Naked Food Magazine**, a magazine focused on whole plant-based living, and the **PlantPure Movement!** (*PlantPure Nation* movie) have joined forces. As part of this joint effort, now anyone can get a **FREE DIGITAL SUBSCRIPTION** to Naked Food Magazine. Just use [this link](#) to sign up.

[Print Subscriptions are also available for \$24.95.]



## VIDEO! Gary Yourofsky – Why Vegan?

The problem is that humans have victimized animals to such a degree that they are not even considered victims. They are not even considered at all. They are nothing. They don't count; they don't matter. They're commodities like TV sets and cell phones.

We have actually turned animals into inanimate objects --- sandwiches and shoes. – Gary Yourofsky



# Pamela Wasabi - Cooking with the Greatest Expression of Nature

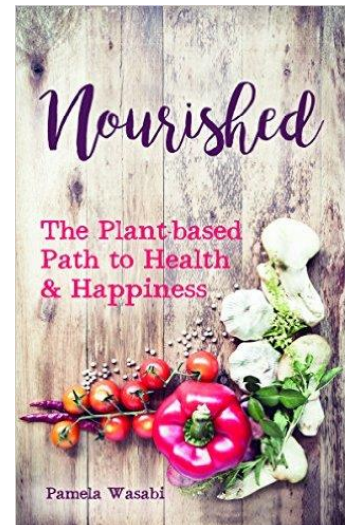


For the past several years, **Pamela Wasabi** has worn many hats in the Miami community: fashion blogger, pop-up shop owner, art director, health coach, plant-based chef, cooking instructor, and more. Now the ambitious entrepreneur is adding two new titles to the list: author and vegan baker.

*Pamela Wasabi, Plant Based Chef and Educator – Photo by Patricia Dash*

## ***Nourished: The Plant-Based Path to Health and Happiness*** – by Pamela Wasabi

She describes it as a "book-essay" that offers a guide to getting on the plant-based path. Wasabi thinks a variety of people can benefit from the book, particularly those who are curious about expanding their cooking skills and anyone who wants to take control of their health.



Source: Miami Times



## **Make Trophy Hunting Extinct!**



**Friends of Animals** believes the trophy hunting industry is as grave and immoral as other things that occur because of the “almighty dollar”—from the sex trafficking industry and the illicit trade in “blood diamonds” to greedy, dishonest doctors profiting from the disease of addiction.

Money and greed may blind people to the severity of these atrocities—but those things certainly don't make them ok.

That is the bold message that **Friends of Animal's** new anti-trophy hunting campaign is built upon—starting with a chilling, emotionally driven short film that confronts all of the above.

From 2005 to 2014, **159,144 trophy hunted animals were imported into New York.**

The legislation, created by **Friends of Animals**, would ban the importation, sale, possession and transportation of African elephants, lions, leopards, and black and white rhinos and their body parts. The legislation has been introduced in Connecticut and New York, where lawmakers became concerned about trophy hunting following the killing of the beloved African lion Cecil by a well-heeled American dentist. [>>MORE](#)

Source: Friends of Animals, Nicole Rivard



## 26 Years Without Cow's Milk Hasn't Hurt This Vegan Family (Your Letters)

Syracuse.com

To the Editor:

We'd like to enter the lively debate going on among a dairy farmer, a nutritionist and the owners of a vegan restaurant about the use of cow's milk for food.

We haven't eaten animal products, and therefore haven't had cow's milk, for more than 26 years. We are healthy and strong, and what's more, we've raised three vegan children who are healthy and strong (and charming, intelligent, and accomplished--but we're biased).

**Kelly Springer**, the nutritionist, identifies herself as an "expert in food, diet, nutrition and health issues." One of us (Ted) is a physician and therefore also an expert in health issues. We can provide a long list of physicians and dietitians, all of whom support a completely plant-based diet; for example, you might want to visit [nutritionfacts.org](http://nutritionfacts.org), the website of **Michael Greger, M.D.** There are experts on both sides of this issue, but there's a clear trend in the official guidelines toward placing greater emphasis on plant foods. Springer cites the official 2015 USDA Dietary Guidelines, but those guidelines state clearly that a vegan diet is a healthy option. Springer also uses the **Academy of Nutrition and Dietetics** as one of her authorities; but the Academy's position paper on vegetarian diets states that a completely plant-based diet is adequate for human health and furthermore that "Vegetarians and vegans are at reduced risk of certain health conditions, including ischemic heart disease, type 2 diabetes, hypertension, certain types of cancer, and obesity." Those are the diseases that kill most Americans.

Springer makes it sound like it takes heroic acts of eating to derive sufficient nutrients from a plant-based diet. Nothing could be further from the truth. Eating a variety of whole plant foods easily satisfies our nutritional needs. And the food is delicious as well! You only need a trip to the **Strong Hearts Cafe** to verify that.

***Carol Hee Barnett, Ph.D., J.D.***

***Ted D. Barnett, M.D.***

**Co-Coordinators, Rochester Area Vegan Society**



Source: Syracuse.com



## Remembering the Animals with "Animal-Free"

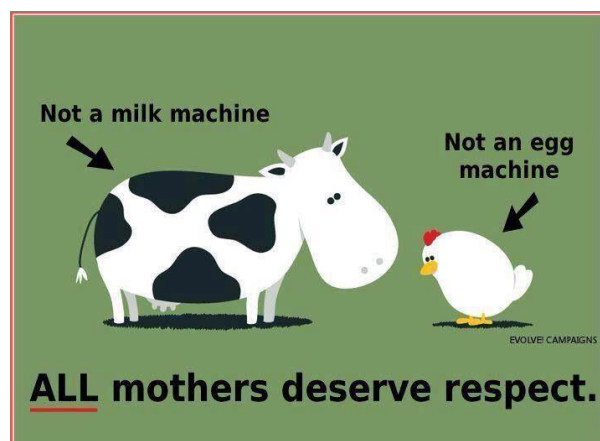
A response to "Vegan eating: More men are going animal-free" by Elisa Ludwig, *The Philadelphia Inquirer*, Jan. 4, 2017, p. F01.



Illustration from *Nature's Chicken*  
by Nigel Burroughs

Remember the animals.

I love reading that more men are opting for animal-free foods and that more restaurants are catering successfully to a trend away from animal products and toward plant-powered food choices. An ethical vegan since 1983, I have long argued for the term animal free, which puts the animals in mind in a way that "meat," "dairy," and "vegan" do not. The animals who lived and died miserably, only to be parsed into chicken wings, hamburgers, bacon, and cheese, need to be remembered for their own sakes and for the sake of a future in which I hope they are no longer on the menu or the table. - Karen Davis, President, [United Poultry Concerns](#) Machipongo, VA





## **EVEN Exclusive Interviews**

*Long-term vegans, Dale and Sandy built their own home and veganically grow most of their food. Additionally they continue to experiment with food preservation that uses as little energy as possible—including an above-ground root cellar, storage of certain crops in the soil, and sun drying. They make extensive use of solar, geothermal, and gravity energy, as well as rainwater catchment systems for garden and orchard irrigation at their **Ahimsa Acres** homestead outside of Cottage Grove, Oregon.*



If you missed **EVEN's Exclusive Interview with Dale Lugenbehl and Sandy Aldridge**, you can read it again [here](#).



***Chef Fran Costigan** is internationally renowned as the authority on vegan desserts. Professionally trained, Fran worked in both traditional and vegan pastry kitchens before moving into teaching over 20 years ago. Her unapologetically luscious treats lack nothing—except dairy, eggs, white sugar, and cholesterol.*

If you didn't see **EVEN's Exclusive Interview with Chef Fran Costigan, the Queen of Vegan Desserts**, you can read it again [here](#).



## 2 Easy Ways to Support EVEN:

- (1) Shop online using the [Amazon Smile foundation program](#), and Amazon will donate 0.5% of eligible purchases to the **Eugene Veg Education Network (EVEN)**!



[Click to get started!](#)

- (2) [Link your Fred Meyer rewards card to EVEN](#) to earn donations every time you shop. You'll still earn your Rewards Points, Fuel Points and Rebates, just as you do today. (If you don't have a Fred Meyer Rewards Card, they are available at the Customer Service desk of any Fred Meyer store.)

**For more information and other ways you can help EVEN, visit**

<http://eugeneveg.org/support.htm>

# Is There Such a Thing as a Meat-Eating Environmentalist?

## University of Oregon's Public Interest Environmental Law Conference



Watch for EVEN's information table again at the [2017 Public Interest Environmental Law Conference](#) at the University of Oregon on **March 2, 3, 4, 5.**

Robert and Friend at PIELC 2016



## Serving as a Vegan Resource since 2005

**The Eugene Veg Education Network (EVEN)** is celebrating 12 years of vegan advocacy! We're growing fastfastfast and moremoremore and we are *very* much in need of friendly, helpful, knowledgeable and committed volunteers! Please let us know if you can make some time in your day to serve as a guiding light to others. Whether you have 1 or 21 hours to donate, let us know. We would be so grateful. Thank you! [eugvegedunet@comcast.net](mailto:eugvegedunet@comcast.net)



## Eugene Veg Education Network (EVEN)

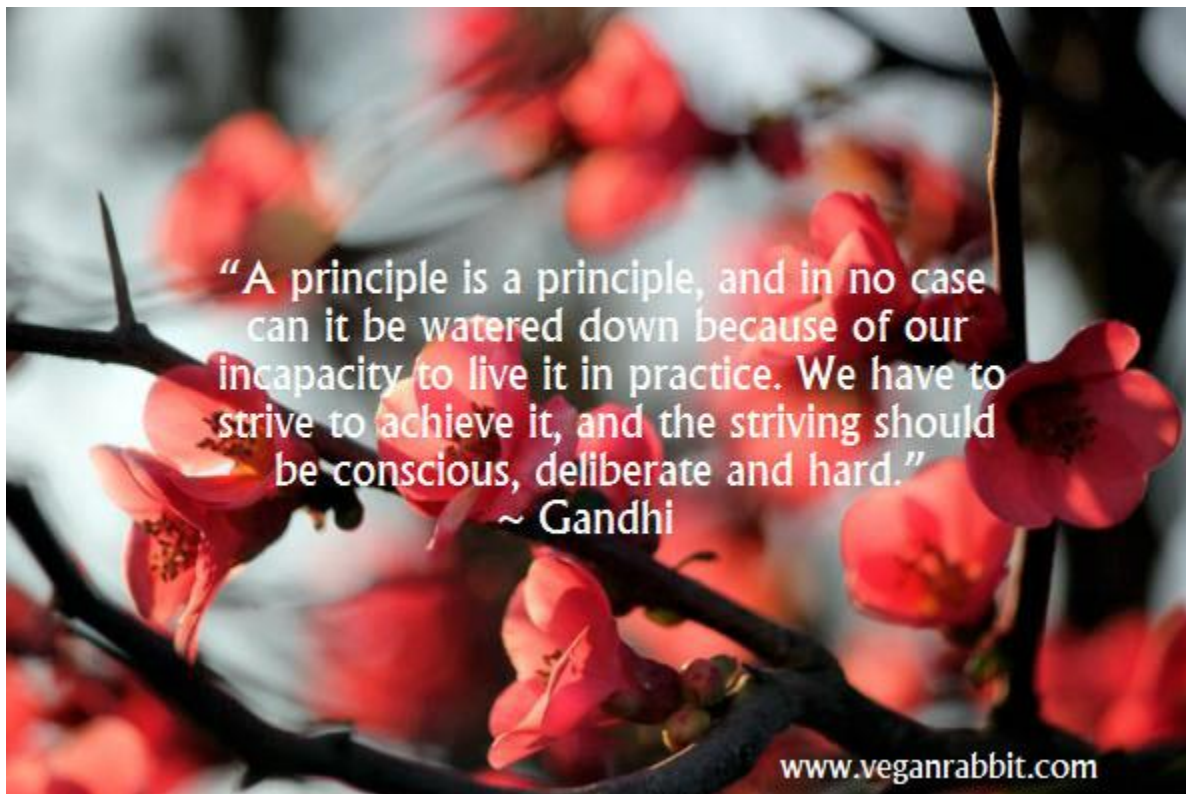
[www.eugeneveg.org](http://www.eugeneveg.org)

*Eugene Veg Education Network*

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

Check Out [EVEN's News Blog](#) for hundreds of valuable, vegan morsels.

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



###