

EVEN NOW 11-16-10

SPECIAL BOOKSIGNING!

Vegan Cooking for Dummies

with

Alexandra Jamieson

WHAT: Booksigning/Lecture

WHEN & WHERE: Thursday, November 18, 2010

4 pm – UO Bookstore

895 E. 13th Av, Eugene, OR

7 pm – Tsunami Books

2585 Willamette, Eugene, OR

[Click >> HERE to read more about Alexandra!](#)

Vegan Cooking for Dummies

An authoritative resource on making delicious, healthy, vegan-friendly meals. The perfect companion to *Living Vegan for Dummies*, ***Vegan Cooking for Dummies*** provides vegans, and those thinking about becoming vegan, with **more than 100 healthy and hearty vegan recipes.**

- features vegan recipes including entrees, appetizers, desserts, sweet treats, snacks, and lunchbox fare;
- an 8-page insert showcases full-color photos of many of the book's recipes;
- offers parents a helping hand in making vegan-friendly dishes for their whole family

THANKSGIVING **VEGAN** FEAST

at

GOVINDA'S VEGETARIAN BUFFET

1030 River Road

541-461-0093

Thursday, 11/25/10

12 pm noon to 6 pm

100% Vegan!! All the trimmings!

- ❖ **Homemade Tofurky**
- ❖ **Candied Yams**
- ❖ **Cranberry Chutney**
- ❖ **Mashed Potatoes and Gravy**
- ❖ **Pumpkin Pie and more, more, more!**

WHAT A FANTASTIC VEGAN FEAST!

\$12/person - \$10/seniors and students - \$5/12 and under

Come celebrate a cruelty-free, gentle Thanksgiving.

See you there!

STARLY PUPKE (1953-2010)

11/3/10 - Eugene and all of Lane County mourn the loss of devoted animal advocate, **Starly Susan Pupke**.

Obituary – Register Guard

A Memorial/Celebration of Life will be held **Saturday, November 20, 2010, at 2:00 p.m.** at Smith-Lund-Mills Funeral Chapel, Cottage Grove, OR. A reception will follow with coffee and cookies.

In lieu of flowers please make donations to an animal rescue agency of your choice or the **Blue Star Rescue, c/o Food Industries Credit Union, 3030 Gateway Loop, Springfield, OR 97477.**

She was cats' best friend by Bob Welch, Register-Guard columnist

Do not wait for leaders; do it alone, person to person. -Mother Teresa

FUR-FREE FRIDAY – NOVEMBER 26

It's time to get into the fur-free spirit! **November 26** (the day after Thanksgiving) is **Fur-Free Friday**—the day on which animal lovers all around the world will educate holiday shoppers about the outrageously cruel fur industry. Here in Eugene, it's taking place near Valley River Center.

Location: Valley River Center (100 Valley River Ctr.)

Time: 10:45 a.m. – Noon

Contact: Shalysa Bryant

E-mail: shalysa_bryant@msn.com

Phone: 541-513-9751

Facebook Event: RSVP at

<http://www.facebook.com/event.php?eid=109123209152967>

NEW VEG DOCTOR IN TOWN!

Dr. Orestes Gutierrez, D.O., emigrated from Cuba at the age of 4 in the infamous Mariel Boatlift. Overcoming the odds of English as a second language and Miami's inner city schools, he graduated from Florida International University **Magna Cum Laude** with a double major in Philosophy and Biology. During his college years, discipline and love of philosophy led him to study **yoga** with Dr Muata Ashby of the SEMA Institute and Swami Jyotimayananda of the Integral Yoga tradition.

Orestes graduated from the **Philadelphia College of Osteopathic Medicine in 2003 with honors**. While studying osteopathic medicine, he instructed a weekly yoga class for students, faculty, and staff. He served in the US Navy from 2002 until 2007 and remains in the reserves. While on active duty, he conducted trainings on healthy habits ranging from quitting smoking to vegetarianism to yoga. As a Family Medicine Resident at Mayo Clinic Florida, he has given a **national presentation of original research on exceptional longevity and nutrition**. He is also the recipient of the **2009 Florida Academy of Family Physicians Distinguished Scholar Award**.

He currently lives in Eugene, OR and is a **board-certified family physician** practicing at Springfield Family Physicians. Orestes shares a holistic lifestyle with his wife, Pamela, and their three children. His healthy habits include a vegetarian diet, daily meditation and yoga, participating in the spiritual community of Unity of the Valley, and running.

And don't let the Navy and Mayo Clinic training fool you, Dr. Gutierrez has been a hard-core vegetarian since 1998 and is currently following a live food vegan diet!

Contact **Dr. Gutierrez** at: **Springfield Family Physicians, 2280 Marcola Road, Springfield, OR, 541-747-4300**

Non-injury to living beings is the highest religion. – Jain Precept

JOB OPENINGS - FARM SANCTUARY

Review current job openings at Farm Sanctuary for [Database Systems Coordinator](#), [Event Planner and Celebrity Liaison](#), [Major Gifts Officer](#) and [Placement Coordinator](#).

[A Compassionate World Begins with You](#)

Vegetarian food leaves a deep impression on our nature. If the whole world adopts vegetarianism, it can change the destiny of mankind. – Albert Einstein

NEW BOOK: THE DISTURBING TRUTH ABOUT COW'S MILK

Whitewash: The Disturbing Truth About Cow's Milk and Your Health
by Joseph Keon.

North Americans are some of the least healthy people on Earth. Despite advanced medical care and one of the highest standards of living in the world, one in three Americans will be diagnosed with cancer in their lifetime, and 50 percent of US children are overweight.

This crisis in personal health is largely the result of chronically poor dietary and lifestyle choices. In ***Whitewash***, nutritionist, Dr. Joseph Keon unveils how North Americans unwittingly sabotage their health every day by drinking milk, and he shows that our obsession with calcium is unwarranted.

Citing scientific literature, ***Whitewash*** builds an unassailable case that not only is milk unnecessary for human health, its inclusion in the diet may increase the risk of serious diseases including:

- Prostate, breast, and ovarian cancers
- Osteoporosis
- Diabetes
- Vascular disease
- Crohn's disease

Many of America's dairy herds contain sick and immune-compromised animals whose tainted milk regularly makes it to market. Cow's milk is also a sink for environmental contaminants and has been found to contain traces of pesticides, dioxins, PCBs, and rocket fuel.

Whitewash offers a completely fresh, candid, and comprehensively documented look behind dairy's deceptively green pastures and gives readers a hopeful picture of life after milk.

Reviews: “This book has the potential to dramatically change your health.” --Neal Barnard, M.D., President, Physicians Committee for Responsible Medicine

“Joseph Keon's *Whitewash* is another authoritative and well-referenced nail in the cow milk coffin.” --William Harris, M.D.

Whitewash is an excellent, well-researched book. Read it and don't drink your milk!

--Jay N. Gordon, MD, FAAP

Joseph Keon has done a remarkable job in revealing the most effective (and expensive) propaganda campaign in US history.

--Patti Breitman, co-author of *How to Say No Without Feeling Guilty*

DR. MCDOUGALL RECOMMENDS YOU READ THESE TWO ARTICLES

Two MUST-READ articles recently published:

~ While Warning About Fat, U.S. Pushes Cheese Sales – *New York Times*

~ The Rise of the Power Vegans – *Bloomberg Businessweek*

THANKSGIVING RECIPE FROM VEGETARIANS IN PARADISE

Vegetarians in Paradise, Zel and Reuben Allen, want to share a treasured vegan recipe that has become their family's Thanksgiving main dish. It's a stunning centerpiece on the holiday table and promises irresistible flavors to match its beauty. It's from Zel's cookbook, *The Nut Gourmet*.

The **Torte** makes the **ideal vegan Thanksgiving dish** with its varied textures and savory flavors from the combination of wild rice, mushrooms, nuts, and sage. Served with a robust **Mushroom Sauce** on the side, the Torte makes a very hearty main dish and goes well with all the typical side dishes like cranberry sauce, sweet potatoes, chestnut stuffing, and a few veggie combinations. For dessert, it's pumpkin and apple pies, of course.

[To ease the feast-day preparations, we usually make the Torte the day before, store it in the fridge, and reheat it at 350 degrees for 20 to 25 minutes before serving.]

One little hint, the Torte preparation comes together more quickly if you cook the wild rice before beginning the torte or even the day before.

THANKSGIVING TORTE

Yield: 6 to 8 servings

2 cups water

2/3 cups wild rice

3/4 teaspoon salt

3/4 pound red or white rose potatoes, unpeeled, scrubbed, and cut into 1-inch cubes

1 cup water

1/8 teaspoon salt (optional)

1/2 cup coarsely chopped pecans

1/4 cup coarsely chopped walnuts

1 (14-ounce) package vegan ground sausage

3/4 pound portobello mushrooms, chopped (about 4 large mushrooms)

1 large onion, diced

1/3 cup water

2 tablespoons extra virgin olive oil

2 teaspoons poultry seasoning

1/4 teaspoon freshly ground black pepper

1/2 teaspoon hickory liquid smoke

1 1/4 teaspoons salt or to taste

2 ripe tomatoes, sliced

Mushroom Sauce

1/2 pound sliced button mushrooms

1 3/4 cups plus 3 tablespoons water

1/4 soy sauce

1/4 cup dry red wine

2 tablespoons lemon juice

3 tablespoons cornstarch

3 tablespoons water

1. TO MAKE THE TORTE, lightly oil a 9-inch springform pan, line the base with parchment paper (for easier cleanup), and set it aside. Combine the 2 cups water, wild rice, and salt in a 2-quart saucepan. Cover and bring to a boil over high heat. Turn the heat down to medium-low and steam for 45 to 50 minutes, or until the rice is tender. Drain off excess liquid and set the rice aside.

2. Combine the potato cubes, 1 cup water, and salt in a 2-quart saucepan. Cover, and bring to a boil over high heat. Turn the heat down to medium and simmer for 5 to 7 minutes, or until the potatoes are fork tender. Using a slotted spoon, transfer the potatoes to a medium bowl, mash them, and set them aside.

3. Preheat the oven to 375 degrees. Toast the pecans and walnuts in a 10-inch skillet over high heat, stirring constantly for 1 to 2 minutes. Immediately transfer them to a dish to cool.

4. Combine the vegan sausage, mushrooms, onion, the 1/3 cup water, olive oil, poultry seasoning, and pepper in a large, deep skillet. Cook over high for 5 to 7 minutes, or until the onion is transparent, stirring frequently with a wooden spoon or paddle to break up the sausage chunks. Drain and reserve any excess liquid. Add the salt and hickory liquid smoke to the sausage mixture and mix well.

5. Add the mashed potatoes to the skillet along with the toasted nuts and cooked wild rice. Mix well to combine the ingredients thoroughly. Adjust seasonings if needed.

6. Press the mixture firmly into the prepared springform pan, and attractively arrange the tomato slices over the top, covering most of the surface. Bake uncovered for 1 hour. Allow the torte to stand for 15 to 20 minutes before removing from the pan.

7. TO MAKE THE MUSHROOM SAUCE, prepare it while the torte is baking. Combine the mushrooms, water, soy sauce, red wine, and lemon juice in a 2-quart saucepan and bring to a boil. Turn heat down slightly and simmer for 5 minutes.

8. Combine the cornstarch and water in a small bowl and stir with a spoon

to make a runny paste. Add the paste to the bubbling sauce, a little at a time, stirring constantly, for about 1 minute, until the sauce has thickened to the desired consistency.

I eat everything that nature voluntarily gives: fruits, vegetables, and the products of plants. But I ask you to spare me what animals are forced to surrender: meat, milk, and cheese. - Anonymous

ENJOY A SAVORY VEGAN THANKSGIVING

This year, more than 45 million turkeys will be killed and turned into dinner table centerpieces. Spare the bird, and check out these cruelty-free entrées from PETA! [SEE THE RECIPES.](#)

EVEN INTRODUCES NEW “INTERVIEWS” SECTION

This is a new section that EVEN has added to its website focusing on those who are leaders in their field and who are deeply committed to the vegan lifestyle. [Read an exclusive EVEN interview here](#) with vegan, **Shawn Donille**, Vice President and Co-Owner of Eugene-based **Mountain Rose Herbs**.

WANTED: CONTRIBUTORS

In the [Going Veg](#) section of EVEN's website, we designed a page called *Why I Went Veg* that lists numerous and varied stories from many folks willing to share how going veg happened for them.

This has been a popular page, so we have been expanding it. If you are willing or interested in sharing your own story, let us know. Whether you write a short item, or you choose to elaborate, we'd love to hear how "going veg" happened for you.

Many thanks to those good folks rooted in compassion who have already made heart-felt contributions to this [Why I Went Veg](#) page. Thank you!

THANK YOU!

Thank you, **Wendy Gabbe**, for an informative and delightful cooking demo for EVEN on October 29! What an assortment of heavenly treats---all of which are nutritious and, with Wendy's guidance, simple to create. [Read more about Wendy here](#) or go [here](#) to buy her new book, **Scatter Vegan Sweets**. All her yummy recipes are **gluten-free**, low in sugar, low in fat, and loaded with nutritious fruits, whole grains, seeds, nuts and beans, too.

Thank you, **Mele** and **Fayla Allred** for your donation!

Thank you, **Linda**, **Stacy** and **Jay**, for your volunteer efforts to help make Wendy's demo a big success!

WANTED: Volunteers!

EVEN needs more great volunteers who are **knowledgeable**, **friendly** and **reliable**. Please contact us at eugvedunet@comcast.net if you can offer an hour or two each month, especially if you have telephone, computer, office or general business experience. EVEN is growing and we need your help and support!! Thank you!

VISIT EVEN'S SPONSORS

Folks, we need to support those who support EVEN. What an interesting, but not so novel, idea. Please go to EVEN's [website](#) and visit all our corporate sponsors by clicking on their logos in the righthand column of any page. Then let's patronize them at every opportunity.

Thank you to everyone who makes EVEN's lectures, library, website, outreach and education possible!

**Why should man expect his prayer for mercy to be heard by
What is above him when he shows no mercy to what is under
him? - Pierre Troubetzkoy, Russian painter, writer (1864 –
1938?)**

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

www.eugeneveg.org Peace.

I eat

