

EVEN NOW 2-19-10

Haiti Earthquake - IDA Is On The Ground!

IDA's representative is in Haiti, coordinating its animal disaster relief work. As part of the Animal Relief Coalition for Haiti (ARCH), which is working with Sociedad Dominicana para la Prevención de Crueldad a los Animales (SODOPRECA) from the Dominican Republic, IDA entered Haiti on Sunday Jan. 24. With the support of the Haitian government and international agencies, the team has been identifying the country's most pressing animal-related problems, as well as exploring options for creating a wide-ranging, long-term plan to improve infrastructure for veterinary care, vaccination programs and animal population control services. [>> Read More Here](#)

Canadian Seal Massacre

With the Vancouver 2010 Winter Olympics underway, the airwaves are full of fluff pieces about the "Olympic spirit" and the Games' Canadian hosts. But there's one story that the Canadian government is desperate to keep quiet—the seal slaughter that will begin very soon after the Olympics end.

Help PETA turn up the heat on the Canadian government to end the bloody massacre of baby harp seals.

Each year during Canada's seal massacre—which usually begins in early March—tens of thousands of gentle baby seals are shot or have their skulls crushed. Standing no chance against armed sealers, many infant seals are bludgeoned before they even eat their first solid meal or learn how to swim. Sealers routinely hook seals in the eye, cheek, or mouth to avoid damaging their pelts, then drag the seals across the ice, skin them, and leave them to die. Meanwhile, their mothers are forced to watch from just a few feet away, crying out as their young pups are killed.

>> More here >> [This is the largest slaughter of marine mammals anywhere in the world, and it must be stopped.](#)

**There are two ways to live:
you can live as if nothing is a miracle,
or you can live as if everything is a miracle.**

- Albert Einstein

Urge Your Congressman to Support Language to Save Animals

A bill will soon be introduced in Congress that will reform how hazardous substances are tested and regulated in the U.S. **Unless language proposed by animal protection organizations is included in the reform of the Toxic Substances Control Act, hundreds of thousands of animals will be used in laboratory experiments without providing improved environmental or human health protection.**

Updating our chemical-management laws is important, **but we do not need to use massive animal testing to accomplish this, and in fact, using the new high-tech methods is the only way that thousands of chemicals can be effectively tested.**

Our treatment of animals will someday be considered barbarous. There cannot be perfect civilization until man realizes that the rights of every living creature are as sacred as his own. - Dr. David Starr Jordan

Help Baby Elephants in Circuses

Nothing is more heartless than tearing a wailing baby elephant away from his or her mother for the sole purpose of "entertainment." But that's what happens in circuses, where still-nursing calves less than two years old are violently separated from their mothers, subjected to cruel confinement and training, and sentenced to a lifetime of misery. **>>Read more about what you can do to help.**

Number of Animals Killed for Food Drops!

The total number of land animals killed for food in the U.S. in 2008 was down 0.6% from 2007, at 10,279 million, despite a 1% increase in U.S. population, according to data extrapolated from the USDA National Agricultural Statistics Service (USDA/NASS) and Foreign Agricultural Service (USDA/FAS),

The 10,279 million land animals killed for food in the U.S. in 2008 includes both 9,527 million animals slaughtered as well as an additional 752 million animals, or 7.3%, who died lingering deaths from disease, injury, starvation, suffocation, maceration, or other atrocities of factory farming and animal transport.

In more personal terms, an average American is responsible for the suffering and death of 34 land animals per year or in excess of 2,500 over a 75 year lifespan.

None of these figures include aquatic animals, whose deaths are not reported. These numbers are expected to vastly exceed those for land animals. **>> View details and full FARM report here**

Second Annual Worldwide Vegan Bake Sale

The **Worldwide Vegan Bake Sale** is sponsored by **Compassion for Animals (CfA)**, a Washington, DC-area grassroots group that “works to reduce human-caused harm to animals, primarily through educating people on animal-friendly lifestyles and cultivating empathy and respect for the nonhumans with whom we share the earth.”

In 2009, the first year of the event, a hundred groups participated and raised over \$25,000 for a variety of causes. Some of the bake sales were remarkable; all were memorable (here are some **highlights**). The **Worldwide Vegan Bake Sale** was named the **2009 "Veg Event of the Year"** by VegNews Magazine. Nearly every 2009 participant has vowed, with enthusiasm, to return in 2010. Contact them at info@veganbakesale.org

2010: A Great Year for Green Foods

As communities across the U.S. strive to be cleaner and greener, local governments are urging citizens to use cloth bags instead of plastic, or to ride bikes instead of driving cars. The greatest change the members of your community can make for the environment, however, is to change the way they eat. In fact, the bottom line is that **the most effective way to go green is to consume a plant-based diet.**

According to a report by Worldwatch Institute, **at least 51% of climate change-inducing greenhouse gasses worldwide come from “food animal” production** (that’s recalculated from a 2006 United Nations report citing 18%— an amount of greenhouse gasses that still surpasses that which is produced by the *entire* transportation sector). [>> More here](#)

It is because we have at the present moment everybody claiming the right of conscience without going through any discipline whatsoever that there is so much untruth being delivered to a bewildered world.

– Mohandas K. Gandhi, *“The Words of Gandhi”* ca. 1930

Vegan Essentials

One-stop, Cruelty-Free Shopping at Its Finest!

>> Check out Vegan Essentials’ [new items](#)

Mountain Rose Herbs

>> Check out Mountain Rose Herbs [monthly specials](#)

VegFamily

The Magazine for Vegan Family Living

Veg Family is a comprehensive resource for raising vegan children, including vegan pregnancy, vegan recipes, book reviews, product reviews, message board, and everyday vegan questions and answers, with three on-site Registered Dietitians. [Check it out here!](#)

Endangered Species Chocolate

Savor Chocolate, Save Our Planet

Endangered Species Chocolate is QUITE CURIOUS about you and your love affair with chocolate. Share your cocoa preferences with them to help them hone in on the next Endangered Species Chocolate confection. [>> Take their survey here](#)

RECIPE: Ana's Amazing Vegetable Combination

In a hurry? Looking for a new comfort food? Try this delicious, healthful and simple recipe from **Dr. Caldwell B. Esselstyn, Jr's** book, *Prevent and Reverse Heart Disease*. This recipe might sound boring, but it's yummy. (Season to taste!)

Ana's Amazing Vegetable Combination (Makes 6 servings)

Ana, who grew up in Lithuania on a plant-based diet, shared this unusual recipe which, as she says, "just works!" We agree.

~ 1 large onion, chopped (1 Cup)
~ vegetable broth, water, or wine
~ 4 ribs celery, chopped (1 Cup)

~ 1 – 15 oz. can chickpeas, drained and rinsed
~ 1 – 16 oz. package frozen peas, thawed under running water

1. In a non-stick saucepan, stir-fry onion in broth, water, or wine, until softened, then add celery and carrots.
2. Blend peas in a food processor until smooth.
3. Add chickpeas and blended pea mixture to onions. Stir, heat, and serve over brown rice or eat just plain.

Note: If almost any recipe needs thickening, blended frozen peas will do the trick. They are a magic ingredient!

NEW and IMPROVED! Vegetarian Singles Site

GreenPeople has announced [VeggieDate.org](#)---the vegetarian singles site---has been totally revamped with a simplified, beautified design and has been given added functionality.

Veggie Date still offers a **free FULL two week trial** and everyone can ALWAYS read and respond to personal contact messages. Memberships for initiating personalized messages are nominally priced at \$9.95 for 3 months. NO gimmicks!, NO auto-billing, etc.

GreenPeople.org, the eco-friendly directory, has a "veg*n" owned businesses category. [Adding a business listing here is free!](#)

Reusable Solutions Offering \$100 Scholarship

This environmental REVIEW YOUR VIEW scholarship is open to ALL ages. Postcards can be made in any medium. Along with your entry please include: a title or short description of your creation, name, and contact information. Send a 4 x 6 postcard reflecting your environmental concerns and thoughts on positive change to: reuseablesolutions ReViews, P.O. Box 1771, Hillsboro, OR 97123. **Deadline April 22, 2010** (Earth Day) [>>Learn More](#)

New Book! *Sistah Vegan* by A. Breeze Harper

The much anticipated volume by A. Breeze Harper, ***Sistah Vegan: Black Female Vegans Speak on Food, Identity, Health, and Society*** is being released by [Lantern Books](#) on **March 1, 2010**.

Sistah Vegan explores food politics, identity, sexuality, health, womanism, feminism, decolonization, anti-racism, eco-sustainability, and animal rights through the lens of the black female vegan experience in the USA. **It is the first volume of its kind to address the racialized-gendered vegan experience in the USA.**

Sample of topics explored:

- How do race, class, and gender affect the experiences of black female vegans?
- Why must nutritional liberation be integral to understanding the methodology of the oppressed?
- How can veganism re-define philosophies of womanism?
- How do black women vegans navigate through family and friends' perceptions of veganism as a "white thing" and in opposition to traditional black Soul Food identity?
- How do some black female vegans resist legacies of slavery (i.e. health disparities) by liberating the "colonized" palate?
- What does it mean to be a full figured black vegan women in a mainstream vegan culture that visually defines "healthy vegans" as "thin" and "white"?

[>> More information here](#) or contact sistahvegan98@mac.com or call **510-564-7870**.

A.Breeze Harper
Ph.D. Student, University of California, Davis

New Book! *Keep It Simple, Keep It Whole* by Dr. Alona Pulde and Dr. Matt Lederman

Alona Pulde, MD is board certified in family practice and Matthew Lederman, MD is board certified in internal medicine. Both are licensed in California and trained by Dr. John McDougall. They are on the [McDougall Discussion Board](#) to answer your general questions about diet and common diseases. **Buy the book.**

Each man is haunted until his humanity awakens. – William Blake

LOCAL FOCAL POINT

Wanted: Host Family for Vegetarian Dutch Girl

VEGETARIAN DUTCH GIRL NEEDS HOST FAMILY

Sandra is 16 years old, from a small town, and enjoys fitness, gymnastics, and ballet. She needs a host family **from August 2010 to June 2011** while she attends a local public high school. Sandra speaks near fluent English and comes with her own spending money and insurance. A host family provides room, meals, and nurturing. Host families need not have children at home, but they must have an interest in cultural exchange.

For more information, please call **Karyn (AYUSA Community Rep)** at **541-343-0238** or email: karynlacroix@hotmail.com

Nutrition Demos, Shopping & Workshops!

Elizabeth Howard Nutritional Consultations

"Meeting you in your present frame of nutritional awareness . . . Leading you to an enhanced wellness perspective"

Elizabeth Howard, Nutritional Therapy Practitioner (NTP)

Certified Living Foods Practitioner and Chef Contact

www.deeprootednutrition.com

deeprootednutrition@yahoo.com

541-515-9162

New Organic Vegan Baking Business in Eugene!

Conscience Confections is a new organic vegan wholesale baking business located here in Eugene. **Elise Spiro** has been vegan for 15 years and after going to The Natural Gourmet Cookery School in NYC, she has been baking for 10 years. Currently her products can be found at Sundance in the bakery and refrigerated cases, and at Friendly Street Café. And Kiva and the U of O bookstore carry Conscience Confections packaged cookies. She can do special orders as well, including wedding cakes. Her newest products are gluten free!

Vegan Potluck

REMEMBER: **Every 3rd Friday, 7:00 pm,** McNail-Riley House, 601 W. 13th (at Jefferson), Eugene. Call Karen or Wesley at **541-341-1690** for more information.

Divine Cupcake Opens in Eugene

The Divine Cupcake, Eugene's first cupcakery, will celebrate the opening of its brand-new cafe by handing out **free cupcakes** on **FRI March 5, 10 a.m. to 10 p.m.** Located at **1680 W. 11th Ave.** in Eugene (across from Ring of Fire restaurant).

As the husband and wife team behind the Divine Cupcake, Emily Downing-Moore and Thaddeus Moore have run the company from their Oregon Department of Agriculture-certified home kitchen since February 2007. Until now, customers have only been able to order their delicious products on-line or find them at local vendors, weddings or festivals.

The opening of the cafe will provide a direct outlet for the Divine Cupcake goodies, including an assortment of entirely organic cupcakes, coffee, tea, scones, muffins, espresso, local wine and beautiful and sustainable hand-crafted merchandise.

Divine Cupcake [here](#) for comment or questions
541-543-5757
info@divinecupcake.com
www.divinecupcake.com

WHAT IS AHIMSA?

AHIMSA, the Compassionate Way, is a Sanskrit term meaning non-killing, non-injuring, non-harming. The **American Vegan Society** defines it in daily life as Dynamic Harmlessness, spelled out as follows:

ABSTINENCE from Animal Products

HARMLESSNESS with Reverence for Life

INTEGRITY of Thought, Word, and Deed

MASTERY over Oneself

SERVICE to Humanity, Nature, and Creation

ADVANCEMENT of Understanding and Truth

The **American Vegan Society** is a nonprofit, non-sectarian, non-political, tax-exempt educational membership organization teaching a compassionate way of living by Ahimsa and Reverence for Life.

THANK YOU AND WELCOME

Welcome new EVEN member, Cobie deLespinasse!

VOLUNTEERS NEEDED FOR GREAT AMERICAN MEATOUT

EVEN needs volunteers interested and willing to manage information tables at Lane Community College, University of Oregon and downtown Eugene on **Saturday, March 20.** You can choose your location and your time, but volunteers must be able to commit. Literature will be provided. Contact Lin or Robert at eugvegedunet@comcast.net. **More on Great American Meatout here.**

IN MEMORIAM – WORTH MYERS

Celebration of Life for Worth A. Myers Saturday, February 27, 2 pm,

Eugene Friends Meeting House, 2274 Onyx Street, Eugene, OR 97403

RSVP to Karn **818-340-9550** or karnm@earthlink.net

Visit Worth's Memorial Website: www.worthmyers.net

Those who contemplate the beauty of the earth find reserves of strength that will endure as long as life lasts.

There is symbolic as well as actual beauty in the migration of the birds, the ebb and flow of the tides, the folded bud ready for spring.

There is something infinitely healing in the repeated refrains of nature--- the assurance that dawn comes after night, and spring after the winter.

– Rachel Carson, “The Sense of Wonder”

The **Eugene Veg Education Network (EVEN)** is an **official 501(c)(3)** non-profit group 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 access to pertinent information on veganism and its positive impact on the health of the planet and all its inhabitants. www.eugeneveg.org Peace.

Lin Silvan
Executive Director
Eugene Veg Education Network (EVEN)