

Vote for Vegan School Lunches - FARM Alert! - LAST CHANCE!

We need your vote by **5pm today, Thursday, 1/15/09**, to make vegan school lunch options a reality!

Out of more than 7,000 social reform proposals submitted to the Change.org website for presentation to the Obama Administration, our Vegan School Lunch proposal has gained 17th place! Only a couple thousand more votes are needed to place us within the top ten that will be presented!

Here is the simple procedure for exposing the concept of a vegan diet to hundreds of thousands of social reform activists and to the Obama administration:

- [Sign up](#)
with your name and e-mail address on the Change.org website.
- Visit our [vegan school lunch proposal](#)
, and click on the number to cast your vote.
- Please cast a separate **vote** for each e-mail address you have.

Documentary Screening - Seeing Through the Fence

Eleni Vlachos recently completed a documentary entitled *Seeing Through the Fence*. She is touring nationwide with it, and screening at universities, theaters, and galleries. She will be screening the film at **Oregon State University** on **Thursday, 1/15** at **6:00 PM** (sponsored by the Philosophy Club).

See a trailer here: www.porchlifeproductions.com

See quotes and press here: www.porchlifeproductions.com/quotes.html

From all reports, this is a film that is great to bring non-veg family and friends to as it has limited factory farmed footage and no killings are shown. As a writer from the University of Louisville, Kentucky, said, *"After the film, some students commented that they were rethinking they way they eat. It was serious enough to convey the message, while remaining lighthearted enough to entertain."*

~Eleni / 919.358.2061

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Portland MOGO Group

Veg **Marsha Rakestraw** founded a group that focuses on humane choices for all people, animals and the planet -- called Portland MOGO. (MOGO stands for Most Good, as in Most Good, Least Harm.) Here are a couple of Portland events relevant to people interested in positive social change:

1. Zoe Weil Author Event

Wednesday, February 4, 7:30 pm

Powell's - Hawthorne, 3723 SE Hawthorne Blvd

Zoe Weil, President of the Institute for Humane Education (<http://humaneeducation.org>)

and author is promoting her new book: *Most Good, Least Harm: A Simple Principle for a Better World and Meaningful Life*. *Most Good, Least Harm* shows that our efforts to help improve the world will also improve our lives (and the reverse). Choosing to do the most good and the least harm is personally enriching and helps to bring about a peaceful, sustainable, and humane world for all. More about Zoe at: <http://zoeweil.com>

2. MOGO (Most Good) Workshop

Saturday, February 7, 8:30 am - 5 pm

Cascadia Commons (4377 SW 94th Avenue)

Creating a humane and sustainable world is not easy. But when you live a life that deeply embodies your principles, not only do you help improve the world, you also cultivate your own inner peace and joy. Tap into your deepest values and make choices that do the most good and least harm for all people, animals and the planet.

Regular registration: \$110 - Registration for students: \$75

This life-transforming MOGO workshop offers:

- ~ Dynamic activities that show you how to help people, animals, the environment and yourself all at the same time, bringing together everything you care about
- ~ Practical tips for your daily decisions, volunteer work, and career, so you can implement change in any and all aspects of your life
- ~ Like-minded people who will support and inspire you, building confidence in your ability to affect change

Both the book and the workshop include a focus on animal protection, environmental preservation, human rights and other social justice issues as part of important and essential positive social change.

More at <http://humaneeducation.org/events/view/12>

[VegNews on Alanis Morissette](#)

Awesome Alanis - It's time to add [Alanis Morissette](#)

to the list of famous people you're likely to run into at Real Food Daily or Candle 79. The 34-year-old singer has officially joined the veg ranks, reportedly after reading [Dr. Joel Fuhrman's](#)

Eat to Live. No word yet on whether or not fellow songbird and vegan Leona Lewis has offered

Morisette tips on her new lifestyle.

Ginger Carlson Welcomes New Baby Girl!

Message from Ginger: "Raphael and I have finally named our precious daughter (still "Peaches" to Zeal) --- **Anjali Lucia Raphael**. Anjali (pronounced On-juh-lee) is a hindi word meaning "honored gift" and Lucia is after my great-grandmother, Lucy."
Ginger participated in EVEN's 2007 VeganRama and was [EVEN's May 5, 2008 Presenter](#).

Congratulations, Ginger and Family!!

Getting Into Your Pants!

Thank you, **Dr. Leslie Van Romer**

, for your fantastic "Add 10+10 for Life" presentation on **January 5, 2009!**
What a terrific way to start off the new year! thank you to EVEN volunteers that night, **Linda, Nadine, Hilliard, Kate, Nick, JoAnne, Dave and Cindy!**

Hey, everybody, you can still check out more info on **Dr. Leslie** any time at any of these links:

Website: www.gettingintoyourpants.com

Chat blog: www.gettingintoyourpants.com/wordpress/

Email: Dr.Leslie@DrLeslieVanRomer.com

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www.drleslievanromer.com

www.1010forlife.com

www.vanromerchiropractic.com

VeganRama 2008 - Big Hit!

Thank you to everyone who made EVEN's **December 1, 2008** VeganRama a huge---and tasty---success! Participants donated all of their energy, time and supplies! What delicious recipes to take into the holiday season. Thank you **Hilliard, Kate, Pat, Lorrie, Rob, Lindsay, Carol, Sandy, Linda** and **Denise!** [Check out what you missed here, including photos and recipes!](#)

Thank you, **Robert**, for your ongoing help with the website, and to EVEN volunteers, **Nadine, Linda, Kelly, Dave and Cindy!!**

Complete Idiot's Guide to Vegan Cooking

Thank you, [Beverly Lynn Bennett](#),

for your unbelievable food demo at EVEN's **November 3, 2008** gathering! Thanksgiving and winter holidays were all the more exciting thanks to your coaching and direction!

[See recipes for Beverly Lynn's demo recipes here.](#)

(thank you, **Robert!**) and thank you to EVEN volunteers that night, **Linda, Nadine, Hilliard, Kate, Dave** and **Cindy!** Be sure to visit www.veganchef.com

for more fabulous vegan recipes!

NOTE to Everyone: Please remember to return your past-due library books. Thank you!

THANK YOU!

** Jay Karandikar, ** Eat in the Raw, ** Mountain Rose Herbs, ** Follow Your Heart, ** V-Dog Dog Food, ** Larry Fried and the Natural Choice Directory, ** Hilliard Gastfriend, ** Kate Daniels, ** Eric Nicholson, ** Pat & Lorrie Rather, ** Rich Richardson, ** Gary & Mary Klein, ** Barbara Drake, ** Cindy Biles, ** Jaxon Love, ** Terry Lynn Lovison, ** Katie Sloan, ** Alice & Jack Pueschner, ** Linda Sappington, ** Beverly Lynn Bennett, ** Peter Spendelow, ** Jill Schatz, ** Cindy Bitz, ** Eileen Thomas, ** Leslie Van Romer, ** Marty Hertz, ** Nadine Peterson, ** Denise McClatchey, ** Jill Devine ** Dan Piraro, and ** Ashley Smith. **THANK YOU!**

Saving Animals and the Planet with Your Fork

Mark your calendars!!!! [Erin Williams](#),

Humane Society of the US, co-author of *Why Animals Matter: The Case for Animal Protection* - **Monday, 2/2/09, 7pm,** McNail-Riley House, 601 W. 13th Av. (@Jefferson), Eugene OR. **Free.** Hope to see you there!