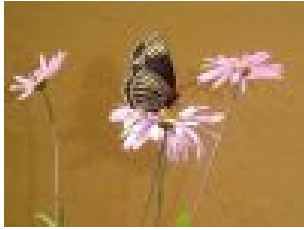


EVEN NOW - An E-Bulletin from EVEN – 5-4-07



Hello, everyone! May is bursting with spectacular beauty... and a wealth of activities!



Thursday - May 3

EVEN was happy to participate in **Professor Jeffrey Borrowdale's Contemporary Moral Issues Program at Lane Community College**. Thank you, Jeffrey, for including EVEN in this important study and presentation of vegetarianism for the second year in a row!

Monday - May 4 - International Respect for Chickens Day

United Poultry Concerns is pleased to announce its 3rd Annual **International Respect for Chickens Day, May 4**. They urge everyone to do an ACTION of compassion for chickens that day – from writing a letter to the editor to tabling at a local mall to showing the movie Chicken Run to going vegan – for life. Watch for EVEN out and about on May 4 distributing UPC literature.

United Poultry Concerns www.upc-online.org

Monday - MAY 7 - 7 pm

EVEN's 1st Monday Monthly Veg Gathering will feature **"Thrive On a Plant-Based Diet: Whole-Food Nourishment for Whole-Body Health"** presented by **Robert Cheeke**, award-winning and internationally-acclaimed vegan bodybuilder and fitness expert. **7pm**, McNail-Riley House, 601 W. 13th St. (13th @ Jefferson), 541-343-8055 for information. **FREE!!** Don't miss it!!!



Monday - May 9 - 6 pm



May dineout at **Taste of India**, 6PM, 2495 Hilyard Street (behind Sundance), Eugene, at least twenty (20) all vegan breads (\$2.50+), appetizers (\$3.50+) and entrees (\$7.95 to \$8.95). (They offer many other ovo-lacto vegetarian dishes as well.)

THANK YOU, NADINE, →
EVEN's Dineout Coordinator!



Friday/Saturday - May 11 & 12



Portland VegFest will take place at the **Benson High School, 546 NE 12th Avenue, Portland**. This is right near the Lloyd Center MAX stop. They currently have 4 restaurants, 52 other exhibitors, and 16 non-profit groups signed up for VegFest, and many of the exhibitors will be providing free food samples. All food and products at VegFest will be animal-free. For more information on VegFest, see www.portlandvegfest.org

Sunday - MAY 13 - 2 pm

Jonathan Balcombe, PhD, Lane Community College, Building 17, Room 308.



Do fish feel? Why do dogs play or cats purr? Have questions about animals? We invite you to attend a talk and book signing by **Jonathan Balcombe, Ph.D.**, an animal behavior expert with the **Physicians Committee for Responsible Medicine**.

Dr. Balcombe's groundbreaking book, **Pleasurable Kingdom** (Macmillan; May 2006), explores exciting evidence that animals—like humans—enjoy themselves. These findings have important ethical ramifications for science and society. www.pleasurablekingdom.com/ or www.pcrm.org/pleasurablekingdom



THE UNIVERSE IS FULL OF MAGICAL THINGS WAITING FOR OUR WITS TO GROW SHARPER. EDEN PHILLPOTS, BRITISH NOVELIST, POET, AND DRAMATIST. (1862-1960)

Friday - MAY 18 - 7 pm

VEGAN POTLUCK - Karen and Wesley's **vegan potluck** continues on the 3rd Friday each month – **May 18** - McNail-Riley House - 13th & Jefferson, Eugene, 7pm. **341-1690**

Sunday - MAY 20 - all day



Shop **RED BARN NATURAL GROCERY** on **Customer Appreciation Day of Giving** - 3rd Sunday every month – **May 20** - to receive your 10% discount. **357** Van Buren St, Eugene, OR 97402, (541) 342-7503 www.redbarnnaturalgrocery.com

Monday - May 24 - 6:30 - 9pm

Eat Here Now, Local Food Networking Banquet

First United Methodist Church, 13th & Olive, Eugene



On behalf of the folks at the **Willamette Farm and Food Coalition** and **Helios Resource Network**, you are invited to the first informal networking event for local food organizations, farmers, and pro-local food businesses. (Sliding scale entrance fee to cover costs, \$5-\$10)

This will be an evening of **good food** and **educational entertainment**. View a few **film** shorts; enjoy food for thought from **local speakers**; learn about the issues and efforts of our fellow organizations, farmers and food businesses; and spend time **connecting with each other** over a delicious meal of local foods**.

WFFC is hosting this event in the hopes of strengthening our food community, harnessing the public's awareness of food related issues, and fostering the viability and sustainability of our local food resources. 541-341-1216 or info@lanefood.org

****NOTE: EVEN was told that vegan food will be available at this event!**

GARDENING IS THE ONLY UNQUESTIONABLY USEFUL JOB.

GEORGE BERNARD SHAW, IRISH DRAMATIST (1856-1950)

Monday - June 4 - 7 pm

EVEN's 1st Monday June Veg Gathering will feature "**Going Undercover for the Animals**" presented by **Matt Rossell**, from **In Defense of Animals**, **7pm**, McNail-Riley House, 601 W. 13th St. (13th @ Jefferson), 541-343-8055 for information. **FREE!!** We hope you will join us!



REVIEW OF EARTH DAY 2007 April 21 was a mighty wet and windy day and we admire the hardy spirits of those who didn't let that stop them from being out and about on such an important occasion and celebration of our home, our planet. **Thank you, Emily Evans**, for your kind support of our group!



← Special thanks to EVEN members and volunteers, **Hilliard Gastfriend** and **Kate Daniels**, for volunteering their time, energy and good spirits on such a blustery day. Their ongoing support and tabling efforts throughout the day were invaluable! Don't know what we would have done without them!

**WE GIVE THANKS FOR UNKNOWN BLESSINGS
ALREADY ON THEIR WAY. SACRED RITUAL CHANT**

Earth Day Raffle Winners

We also appreciate everyone who dropped by the EVEN booth to say hello and to those who entered our free raffle. Each of the following **five (5) raffle winners** will receive a **free one-year subscription** to ***E-The Environmental Magazine***.

Stacy Lincoln - Eugene
Briana Blade - Springfield
Mary Fox - Springfield
Kevin Yates - Eugene
Heather Ragan - Springfield

Congratulations to all EVEN's raffle winners!

THANK YOU, *E-The Environmental Magazine* for donating these subscriptions to EVEN!

THANK YOU, WENDY, EVEN member, presenter and supporter, for this interesting link measuring our footprint on the planet. <http://www.ecofoot.org/>

Published on Monday, April 30, 2007 by CommonDreams.org (**THANK YOU, BARBI!**)

LEATHER: DEAD SKIN, ENVIRONMENTAL NIGHTMARE

by **Bruce Friedrich**

The Green Issue of *Vanity Fair*, currently on shelves, correctly notes in discussing the impact of our purchasing decisions that “fur and leather...mean slaughtering animals,” but in an issue packed with otherwise thoughtful analysis, they missed the fact that in addition to the sad fact that wearing fur or leather means, literally, wearing a part of an animal’s corpse (or many of them, if you’re wearing a full length fur), both products have adverse environmental impacts that far outpace their faux fur and pleather (i.e., faux leather) counterparts.

It’s an odd irony, isn’t it? You think of leather or fur and you think “natural product.” You think of faux fur or faux leather and you think “unnatural,” or even “petrochemical.” But once you investigate what goes into creating this “natural” (dead) product, whether you’re talking about fur or leather, you’re talking environmental nightmare that far outpaces the synthetic alternatives. More at <http://www.commondreams.org/archive/2007/04/30/863/>

**ANIMALS ARE NOT OURS TO EAT, WEAR, EXPERIMENT ON,
OR USE FOR ENTERTAINMENT. BUMPER STICKER - PETA**

PETITION--ASK THE POPE NOT TO WEAR FUR

Dear Compassionate Human Being, Pope Benedict XVI has been seen wearing a red velvet hat trimmed with white ermine fur, known as "camauro". The hat was commonly worn by popes in the medieval period to keep their heads warm for outdoor events during the colder winter months. For special occasions, a red velvet, ermine-trimmed cape – called a mozzetta, was worn. The last pope to have worn the traditional fur-trimmed papal hat in public was Pope John XXIII. More > <http://www.petitiononline.com/FauxFur/petition.htm>



GREENPEOPLE

ONE OF THE LARGEST ONLINE GREEN DIRECTORIES.



Here is another valuable resource where you can find **eco-friendly products/services and organizations**, including VeggieDate.org for **vegetarian singles**. Free search and free listings. It takes only 2-3 minutes to list your business or organization and only 2-3 seconds to do a search. Finding the product or service (or person!) is made simple with their easy-to-use search engine. <http://www.greenpeople.org>

A MESSAGE FROM HILLIARD GASTFRIEND

Supporting Community and Local Agriculture

For decades the United States has shifted away from traditional, sustainable agriculture and moved towards high-energy, artificially-fertilized, and petrochemical pesticide-based farming, primarily to allow for mega farms and other corporate farming practices. With the advent of industrial organic chemistry that mushroomed after WWII, many farmers embraced, or were encouraged to forgo, a number of traditional farming practices. Where farmers once rotated crops, left portions of fields fallow for a season, and depended upon natural fertilizers, they now plant mono crops and use herbicides and chemical fertilizers to increase their yields and artificially enrich their soil. But this gain of crop yields comes at a severe price: **the erosion of topsoil and the increased risk of more powerful insect pests that requires increasingly large doses of herbicides in a never ending cycle.**

In addition to the changes in farming practice, the business model of farming has also changed. **Transporting produce hundreds and thousands of miles has become commonplace, defying logic and sacrificing the very quality and taste of the fruits and vegetables that reach our tables.** Most supermarkets think nothing of offering produce from countries in the Southern Hemisphere in order to guarantee year-round availability of certain products. But changes may be occurring in the collective consciousness of our nation to reverse those trends, and supporting local agriculture, preferably organic agriculture, may be making a comeback.

Here in Eugene the planting season for most local agriculture has arrived, and many organic farms are reaching out to people to contract with them to buy their quality produce and by-pass the traditional supermarket system and replacing it with a **Community Supported Agriculture (CSA) system**. This type of arrangement could not be better for vegetarians and vegans, who rely so much on high-quality produce and consume much greater quantities of produce than average Americans.



While variations exist in how CSA works, the system primarily follows these simple protocols:

1. Households agree to pay farmers at the beginning of the season.
2. Each week the farmers deliver boxes of produce for each household.

The differences arise in:

- ❖ how long each farmer's season lasts,
- ❖ which types of produce are offered,
- ❖ whether the farmer solely supplies the produce or is part of a co-op of local farmers,
- ❖ methods of delivery and pick-up, and
- ❖ the size of the boxes of produce.

Most local farmers are preparing for their **first deliveries for mid- to late May**. Prices vary from **\$20 to \$40 per box**, depending upon how large a household (or shared households) are taking part. Many of these same farmers are familiar to those who visit the Saturday Market regularly. In fact many participating CSA farmers offer discounted prices on their Saturday Market customers for those who participate in CSA programs.

The most comprehensive source of information on how to find the right match with a given farmer may be obtained from the **Willamette Farm and Food Coalition**. They can be reached at 541.341.1216 or on the Internet at <http://www.lanefood.org>

(Hilliard Gastfriend is an EVEN member, volunteer and supporter.)

**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* (1907-1964)**

RECIPE - CHOCOLATE DREAM

Thank you **Vegetarian Resource Group!** This recipe appears in *Vegan Meals for One or Two* [<http://www.vrg.org/catalog/oneortwo.htm>] by **Chef Nancy Berkoff, RD**

Chocolate Dream (Makes one 9-inch pie, about 6 large slices)

- 1/4 cup melted vegan margarine
- 1 cup vegan graham cracker crumbs
- 2 Tablespoons maple syrup
- 1 1/4 cups chocolate or carob chips
- 2 1/4 cups silken tofu
- 2 Tablespoons maple syrup



Preheat oven to 375 degrees. In a medium-sized bowl, mix margarine, crumbs, and 2 tablespoons maple syrup. Press into a 9-inch pie tin and bake at 375 degrees for 5 minutes or until golden. Place pie crust in the refrigerator and allow to chill.

Melt chips in a medium-sized pot; stir for smooth consistency. Set aside when melted. In a blender, combine tofu and 2 Tablespoons maple syrup and blend until smooth. Add melted chips and blend until smooth. Pour into the pie crust. Refrigerate until firm, at least 45 minutes.

Total Calories Per Serving: 412	Total Fat as % of Daily Value: 31%	Protein: 7gm
Fat: 20 gm	Carbohydrates: 52 gm	Calcium: 71 mg
Sodium: 226 mg	Dietary Fiber: 1 gm	Iron: 3 mg

THANK YOU TO EVERYONE FOR YOUR SUPPORT OF EVEN!

THANK YOU, RAY, our busy, dedicated and talented webmaster!

THANK YOU, TRUDY, for phone assistance and additional tablecloths for tabling efforts.

THANK YOU, HILLIARD AND KATE, for Earth Day volunteer support!

THANK YOU, RANDY, for keeping boxes around Eugene stocked with Vegetarian Starter Kits!

THANK YOU, NADINE, for arranging EVEN's dineouts!

THANK YOU, MELE, for collating and folding EVEN literature!

THANK YOU, PETA, www.goveg.com and **United Poultry Concerns** www.upc-online.org for literature.

THANK YOU, Robert Jacobucci for helping us connect the impact of our daily food choices with issues of sustainability at April's presentation.

THANK YOU, Jason & Liberty, for the informative food demo in April and all the free green juices, fruit smoothies and raw food samples! www.lifeforcefood.org 541-654-1983.

THANK YOU, Jason & New Frontier Market <http://www.newfrontiermarket.com/> for donating gift certificates for New Frontier Market to EVEN's April gathering!

THANK YOU, Eat in the Raw - Parma! <http://www.eatintheraw.com/> and **Chocolate Decadence** <http://www.chocolatedecadence.com/> for the free samples for all EVEN folks at April's gathering! Please support all of these generous, local Eugene businesses who support EVEN.

Visit EVEN at www.eugeneveg.org

The Eugene Veg Education Network (EVEN) is a non-sectarian, non-profit group 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 meets the 1st Monday of every month (except holidays) at 7pm at the McNail-Riley House, 601 W. 13th Av (@ Jefferson) across the street from the fairgrounds. Contact EVEN at 541-343-8055 or eugvegedunet@comcast.net or write 1574 Coburg Rd., #120, Eugene, OR 97401 or go to www.eugeneveg.org **Peace.**

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