

EVEN NOW 11-17-07

EUGENE HOLIDAY MARKET

Please stop by and say hello to EVEN on **Saturday, 11/17**, at the **Holiday Market** while we're tabling. Thank you, Beth, for gifting EVEN this space for distributing our info on a vegan diet.

THANK YOU CAPELLA MARKET

Thank you, **Capella Market** and hospitable staff, for letting EVEN table on **Sunday, 11/11**, and for your ongoing support of our group.

THANK YOU, PAT & LORRY

Thank you **Pat & Lorry Rather** for an excellent presentation "*Go Vegan – Eat for a Long and Healthy Life*" in November!

GREAT THANKSGIVING AND HOLIDAY RECIPES

http://www.vegcooking.com/f-thanks05.asp?c=weekly_eneews

NATURAL CHOICE DIRECTORY

See what EVEN member, Larry, is up to here:

<http://www.healthygreenpages.com/index.htm>

IVY LIBERKO, EVEN MEMBER, MAKES KVAL NEWS

<http://www.kval.com/news/local/11097561.html>

NUTRITION MD

The Physicians Committee on Responsible Medicine has a new website called, Nutrition MD. Definitely check it out at: <http://www.nutritionmd.org/index.html>

LIAR, LIAR, PANTS ON FIRE

USDA/Dairy are Forced to End False Weight Loss Claims

http://support.pcrm.org/site/MessageViewer?em_id=8161.0&JServSessionIdr006=fs019o3403.app8b

SOMETHING FISHY

Top Three Reasons Not to Eat Fish

http://www.petatv.com/tvpopup/video.asp?video=fish_3_reasons&Player=wm

ANIMAL LIBERATION SPEAKER, PETER YOUNG,

DEC 6, AT 6PM UO, FREE FOOD.

Peter Young is a former political prisoner jailed for two years for his role in releasing and conspiracy to release thousands of mink from fur farms in the Midwest. Peter will speak about prison, political persecutions, going underground for animal liberation and more!

**Thursday December 6th At 6pm
PLC 180, University of Oregon**

Also showing the animal rights documentary *"Behind the Mask"* Free Dinner provided by **Food Not Bombs**

This event is sponsored by the **Survival Center** and **SETA** and organized by SETA member and all around activist **Daniel**. If you have questions, you can email **Daniel** at siembracomida@yahoo.com.

MESSAGE FROM KEN VISCIDI

Hey there. I was horrified to see these there. I stopped in **Berg's** to get ski boots and while I was waiting for the employee there to finish helping someone else I saw the hats. I was so shocked I had to read the label to be sure. "Natural Rabbit" was what the label said, made in China even. I plan on writing them a letter explaining why I didn't buy boots there and wont ever buy anything there again while they continue to be a part of such a cruel industry. Maybe eventually organize a weekly demonstration in front of the store if letters aren't enough. I'd rather not have to take it that far though so please join me in writing, emailing or calling the store and expressing your disgust. Thanks. Here's a link to the store's contact info.

<http://www.bergsskishop.com/contact.php>

Forwarding this email to friends is also helpful.

Of course the more you say in your message or phone call the better, but a single sentence via email just to let them know that you're one more person who feels this way is great too. I'm going to include the link below in my message to them. Feel free to do the same but don't open it if you don't want to view the actual fur extraction process. It's quite vivid. Thanks again. Ken

<http://myweb.hinet.net/home16/east-tw/fur.wmv>

MESSAGE FROM BOB LINDEN - GO VEGAN RADIO

Hi, ...just letting you know -

GO VEGAN WITH BOB LINDEN airs in

Eugene / Springfield - **Saturdays 11am on KOPT-1600-AM**

MESSAGE FROM UO SETA CO-DIRECTOR, CARRIE FREEMAN

Please consider sending an email to EMU food services director **John Costello** encouraging him to renew the contract of **Holy Cow Cafe** in the EMU, as it is the only vegetarian (and primarily vegan) place to eat on campus - not to mention all the organic

and composting (there's no more responsible place to eat on campus). There is no replacement for Holy Cow, as an icon and vegetarian haven of UO.

Please write a polite letter to jcost@uoregon.edu. (side note: He is a decent guy who chose to switch to cage-free eggs for all EMU food services - without SETA demanding it - while our dorms will not). You can emphasize why Holy Cow is irreplaceable and also perhaps include some climate change/sustainability aspects of UO needing to replace its animal products with more plant-based options to reduce our carbon footprint. Thanks. - Carrie
P.S. You can also sign a petition too at Holy Cow.

DECEMBER EVEN GATHERING

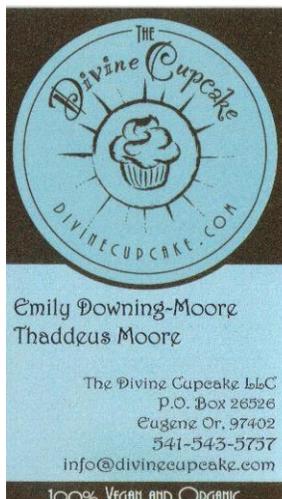
VeganRama Holiday Cooking Demos at EVEN's 1st Monday gathering on Monday, **12/3/07, 7pm**, McNail-Riley House, 601 W. 13th (at Jefferson).
http://www.eugeneveg.org/z-bio_Holiday_Cooking.html

APPRECIATION POTLUCK – A GOOD TIME WAS HAD BY ALL

EVEN's 2nd Annual Appreciation Potluck was held on 9/3 in honor of those EVEN members and volunteers who have supported EVEN the past year. Along with all the delicious vegan food that everyone brought, we also would like to thank Laughing Planet, Tofurky and Market of Choice for delicious food donations that certainly rounded out the splendid buffet!! All those in attendance received goody bags overflowing with donated items from many generous folks and organizations.

EVEN would like to thank the following for donating to help us assemble such fun GOODY bags for everyone: www.vegetarianimage.com; **Amy's Naturals**; **PETA**; **Vegetarian Resource Group**; **Tofurky**; **Rudi's Organic Bakery**; **Eden Foods**; **LightLife**; **Frankly Natural Bakers**; **Vegan Street**; **Vegetarian Times**; **Clif Bar**; **VegNews Magazine**; and **Dan Piraro** of **Bizarro** comics for original (and signed!) art postcards for each attendee!

THANK YOU DIVINE CUPCAKE



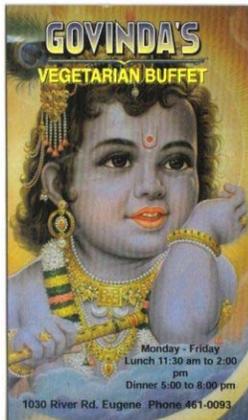
Thank you to Eugene's Emily & Thaddeus of Divine Cupcake for donating so many delicious vegan cupcakes to EVEN's 11/5 gathering.

Call soon to cater your next event!

www.divinecupcake.com
Cupcakes that are simply divine.

541-543-5757

TOGETHER AGAIN: EUGENE AND GOVINDA'S VEGETARIAN BUFFET



GOVINDA'S All You Care to Eat Buffet	
80% Vegan Fantastic Salad Bar Nourishing Hot Foods Homemade Breads	
Adults	\$7.95
Students / Seniors (60+)	\$6.95
12 and Under	\$4.95
One Serving Choices	
Soup, Salad & Bread	\$5.95
Salad Plate	\$4.50
Soup & Bread	\$3.00
Beverages:	
Soda's, Juices, Chai, Herbal Tea	\$1.05

Govinda's Vegetarian Buffet at 1030 River Rd., 97404 (at Hilliard Lane), 461-0093

Could it be true? Yes!

Govinda's offers an all-vegetarian buffet, about 95% of which is vegan, just ask!

Homemade, low sodium, and no MSG

Open M-F 11:30am-2pm, 5-8pm. Closed Saturdays and Sundays

Open Thanksgiving Day 11/22 for a Veg Thanksgiving Buffet!!

RATATOUILLE OPENS!

Look! More delicious vegan gourmet food! **Ratatouille Bistro & Café**, 1530 Willamette, Eugene (across from Bel Ami). 344-0203

Weds-Sat 5-9pm; Closed Mondays; Tuesday 8am-3pm; Brunch SA 8am-2pm, SU 11am-2pm

ANOTHER WORTHWHILE READ

Please Don't Eat the Animals – All the Reasons You Need to Be a Vegetarian by Jennifer Horsman and Jaime Flowers, published by Quill Driver Books

SCHOLARSHIP OPPORTUNITY

\$10,000 IN COLLEGE SCHOLARSHIP MONEY TO BE AWARDED BY VEGETARIAN GROUP

The Vegetarian Resource Group announced that \$10,000 in college scholarship money will be awarded to graduating high school students who have promoted vegetarianism in their schools and/or communities. Two awards of \$5,000 each will be given.

Students will be judged on their promotion of vegetarian and vegan diets in a positive way. For application information, visit www.vrg.org or write to **The Vegetarian Resource Group, P.O. Box 1463, Baltimore, MD 21203. Deadline for application is February 20, 2008.** The student must be an American high school senior at time of application and plan on attending an American college.

THANK YOU EVEN VOLUNTEERS

And, of course, thank you to **Linda, Nadine, Nick, Joanne, Hilliard, Kate, Kelly, Dave, Mele, and Chris!** EVEN works better because of these kind and dedicated volunteers!

HOW YOU CAN HELP EVEN

There are many and varied ways you can help EVEN with its outreach work. Becoming a member and/or making a monetary donation is the most common way and we certainly are grateful for those. But there are other ways as well. Read here for 40 other examples of ways you can help: <http://www.eugeneveg.org/support.htm>

Hope to see you at EVEN's 3rd Annual Vegan Thanksgiving Peaceful Potluck on Sunday, 11/18, 2pm, at Lane Community College, Center Building (cafeteria)