



Hello, everyone! Happy Summer!

Reminder: All **Arbonne** Products are 100% Vegan. Arbonne formulas are never tested on animals and do not contain animal-derived ingredients or animal by-products.

Thursday, 6/28/12, 7pm, McNail Riley House, 601 W. 13th Av. (at Jefferson), Eugene OR. It's what every BODY needs! Sample the products --- skin care to

cosmetics to fitness and vitamins to baby products to hair care and protein shakes, protein bars, and more! (and soon toothpaste and deodorant) If you are compassionate in your food and clothing choices, why not extend your cruelty-free decisions to the health and beauty products you use? Come join them. **Free.**

Please see an [Excerpt of Philip Wollen's speech](#) to the St James Ethics Centre and the Wheeler Centre debate in Australia on May 16, 2012. The larger debate consists of six speakers, three that make the case for getting animals off of the menu and three that make the case against it. Wollen is a former VP of Citibank and Australian philanthropist who is known to keep out of the limelight. But, man, did he come to the table for this debate to deliver a huge performance and a powerful message. Bravo!

In case you missed it, read an [exclusive EVEN Interview with ethical vegan, Dan Piraro.](#)



Footprint Calculator

How much land area does it take to support your lifestyle? Take this quiz to find out your Ecological Footprint, discover your biggest areas of resource consumption, and learn what you can do to tread more lightly on the earth. – Source Global Footprint Network

Oh Why Oh Why – Why Must We Eat the Animals?

Learn How to Thrive on a Vegetarian Diet and Stop Being Vulnerable to Deficiencies – **Vegetarian Health Institute** has created The Vegetarian Mastery Program. It is a series of 50 lessons that teach you how to thrive on a vegetarian diet and not get caught up in an imbalanced diet of junk food.

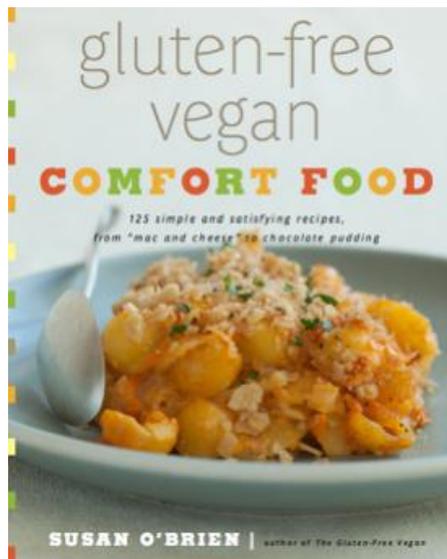
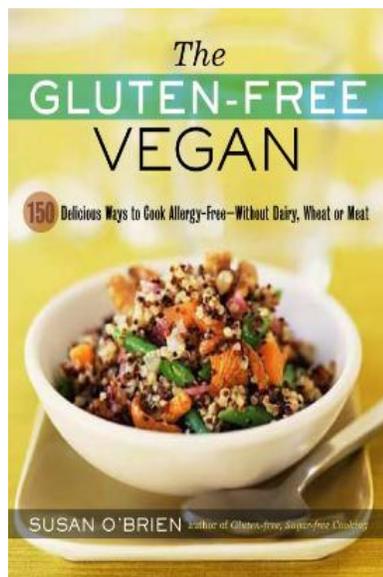


McDougall Breaking News - The Cochrane Committee now recommends against mammograms for women of all ages. Screening for Breast Cancer with Mammography - Published by the Nordic Cochrane Center 2012. *What are the benefits and harms? How many will benefit and how many will be harmed? What is the scientific evidence?* – **Source Dr. John McDougall**

Introducing the Vegg - the world's first vegan egg yolk. A brand new incredible, edible egg-free product has just hit the market, making vegan eating even easier and tastier than ever before. **The Vegg is a versatile egg yolk replacer** that can be used (instead of eggs) in a wide range of recipes, and you can even use it straight as a liquid “yolk” for dipping toast. In fact, it looks, smells, and even tastes like eggs – but without all the cruelty.

Meat Slump - In 2011, compared to 2010, the number of land animals that died for American consumption fell from 8.4 to 8.2 billion, or 242 million fewer animals - including 1 million fewer cows, 5 million fewer pigs, and 240 million fewer chickens. That's a nationwide drop from 8.9 billion in 2005 to 8.2 billion in 2011, or 725 million fewer animals killed. (Source: Mercy for Animals)

Thank you, [Susan O'Brien](#) for your visit, your booksigning and your delicious gluten-free, vegan recipes! Your Mock Tuna Fish Salad is excellent! And your cookies! Mmmm



Thank you, **Stacey, Barnes-Noble**, for your help, efficiency and friendliness in helping EVEN set up this EVENT.

[Sister River Foods](#) (formerly Eat in the Raw) under a new name, but is still making terrific **vegan parma**. Find it at Sundance, Market of Choice, Red Barn, or buy online at Vegan Essentials.

[The Healthy School Lunch Campaign](#), sponsored by the **Physicians Committee for Responsible Medicine (PCRM)**, is dedicated to improving the food served to children in schools by educating government and school officials, food service workers, parents, and others about the food choices best able to promote children's current and long-term health.

In a world of confusing advice, [Michael Greger, M.D.](#) brings you hundreds of easy-to-understand videos with the latest in nutrition research. What foods promote health and protect against disease? What does science say about the food you eat? Dr. Michael Greger is physician, author, internationally-recognized speaker on nutrition.

[Shame on Iowa: Governor Signs Ag-Gag Bill to Protect Animal Abusers](#) - Powerful factory farming interests are trying to *shield* animal abusers from public scrutiny by passing ag-gag bills in eight US states – seeking to make it a *crime* for undercover investigators to document animal abuse. Outrageous, isn't it? These efforts would turn factory farms into safe havens not only for animal abuse, but also for environmental and food safety violations, dangerous working conditions, and other illegal behavior.

Free Lecture: Melanie Joy on Carnism: The Psychology of Eating Meat - Melanie Joy makes the intellectual case for us to act human. Even if you have been offended by the "animal rights" subject in the past, don't miss this presentation. Send it on to your friends.



Longevity Lecture by Dr. Orestes Gutierrez

Back by popular demand, Dr. Gutierrez who packed the house last fall while **Debunking the 10 Myths of Veganism** has kindly agreed to return for an encore presentation entitled **Food for the Body, Mind, Soul --- A Vegan Diet**, on **Thursday, 7/26, 7pm at McNail-Riley House, 601 W. 13th Ave**, Eugene OR. Mark your calendar for 7/26 and stay tuned for more info.

Get in touch with informative and educational info by visiting [EVEN's news blog](#). Check in regularly. Great info!

Cornbread Cafe open for breakfast on Saturdays and Sundays!

Thank you **EVEN volunteers Linda, JJ, Inge, Hilliard, Kate, Stacy, Jay** for all do to help EVEN on all occasions. Your efforts are greatly appreciated. EVEN needs reliable volunteers for all of its EVENTS! Even if you can only help with setting up, packing out the trash or even washing and drying tablecloths, or other tasks, it would still be a big help. **Please let us know if you can volunteer.**

In Memoriam - Judy Longtin



Judy was a long-term EVEN member, a friend and a wonderful human being. She gave EVEN years of help and support and spread her kindness generously to everyone wherever she went. She made the world a better place and will be greatly missed. Thank you, Judy! She is survived by her husband, Steve, and two children.

In Memoriam - Rich Richardson



Rich was a member of EVEN for as long as EVEN has been around (7 years). He offered his ongoing support at many EVEN EVENTS over the years and brought his smile, his good nature and his kind heart to EVEN meetings and potlucks. Thank you, Rich!

www.eugeneveg.org

---EVEN - serving as a vegan resource since 2005---

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

*If you would like to **opt out** of EVEN's free email list, just **Reply** to this email, include **"Unsubscribe"** in the Subject line, and click **Send**.*