

# THE EVENing NEWS



THE EVENing News - Eugene Veg Education Network (EVEN)

April 3, 2006

## - SPECIAL EARTH DAY ISSUE -

### **EVEN WELCOMES LAUREN C. REGAN, AAL, GUEST SPEAKER**

**Lauren C. Regan** is a public interest attorney specializing in environmental law, civil rights and criminal defense. She is also the Founder and Executive Director of the Civil Liberties Defense Center, a nonprofit organization that strives to protect and educate the public regarding their civil liberties and constitutional rights. **Lauren** has successfully represented political activists in both civil and criminal litigation. The Civil Liberties Defense Center assists activists in curtailing government encroachment upon their right to protest, defends activists in court, assists with political prisoner issues, and monitors current governmental attempts to restrict civil liberties and dissent. She lives in Eugene with two cat companions, and is often found hiking Oregon's forests and beaches with her constant canine companion, Nakaia, the couch wolf. **Lauren** has been a vegetarian since she was 11, and has been a vegan for over 15 years. **EVEN** is very pleased to have **Lauren Regan** as its April speaker discussing the **detrimental impacts of a meat- and dairy-based diet on ecological survival in her presentation "Lighten The Earth's Burden On Earth Day--Go Vegan!"**

### **HEARTFELT THANK YOU!**

Special appreciation to **EVEN** friend and local chiropractor, **Jerry Evans, D.C.**, (see **EVEN** Service Directory p.5) for presenting "**Be As Healthy As A Horse**" at our March 6 gathering. Everyone enjoyed **Jerry's** informative and detailed presentation on the healthfulness of a vegetarian diet. Thank you, **Jerry**, for sharing your professional information with us on the special occasion of **EVEN's** 1<sup>st</sup> anniversary.

### **EVEN'S 1<sup>st</sup> ANNIVERSARY BIG SUCCESS!!!**

**EVEN** was thrilled to have so much support, locally and nationally, to celebrate its 1st year of efforts. Our March 6th monthly meeting was both a festive and informative occasion, replete with balloons, smiles, hugs, photos and laughter. **EVEN** friends and supporters came from near and far to help make this a special occasion. **Dr. Jerry Evans** provided us with a delightful presentation, and our usual array of door prizes and snacks left everyone feeling fabulous and uplifted. **EVEN** thanks its special group of volunteers---**Linda Sappington, Joanne Kress, Nadine Peterson, Nick Kress, Paula Ptacek and Kyrhya Thompson**---who helped make this celebration possible. We are all looking forward to an **EVEN** bigger 2nd year! We couldn't do it without all of you---our members, our supporters and our volunteers. (See pp 9 and 10 for more 1<sup>st</sup> Anniversary wishes.)

### **SPOTLIGHT ON CHARLOTTE CHILDRESS!**

Mark your calendars for **EVEN's** May 1 gathering when **Charlotte Childress** will share with us how she became an author, consultant, and a leader for equality and opportunity for all, by building upon what she learned from advocating for and loving animals. The **Eugene Weekly** reports **Harriet and Charlotte Childress** are "making waves with their book, **Clueless at the Top.**" **Charlotte** will show us how to navigate through social and political resistance while expanding allies among diverse groups. Don't miss this forward-thinking talk. **Monday, May 1, 7pm, McNail-Riley House.** (See info below on **EVEN's** monthly gatherings.)

### **EVEN'S MONTHLY GATHERINGS**

**EVEN's** monthly Veg Gatherings are held the 1<sup>st</sup> Monday of each month (except holidays), **7pm**, at the **McNail-Riley House**, 601 W. 13<sup>th</sup> Av (@ Jefferson) across the street from the fairgrounds. Different veg speakers each month---*always* informative, *always* relevant, *always* **free!** Snacks, literature and door prizes are also provided **free.** The gatherings are open to anyone interested in the benefits of a plant-based diet. We hope to see you Monday, May 1, and bring a friend! ☺ **343-8055** for more info.

**One day people will look back with amazement that we ever sought to  
grow our food with poisons.**

**John Robbins**

## GEORGE EISMAN GIVES CLOUT TO MEATOUT

We had special cause to celebrate this year's **Great American Meatout** on March 20<sup>th</sup>. **EVEN** was able to deliver a nationally-renowned writer, educator, and speaker, **George Eisman**, to an eager and inquiring Eugene audience. **George** offered a free, outstanding lecture on the benefits of a veg-based diet that left the audience of more than 60 people buzzing. His presentation made it so obvious why meat and dairy are extremely injurious to our health that it is hard to imagine why any rightly-informed, rational being would ever want to consume these harmful "foods". He gave all of us a clearer understanding of why---and how---to be healthy, and showed how a vegan diet is logical, simple and healthful. Thank you, **George!** We are so proud to have been able to host this exceptional vegan educator.

**EVEN** would also like to thank the **University of Oregon** for providing the excellent facilities, **David** at the **Survival Center** for his help and support, **Toby's Family Foods**, **Sweet Life Bakery**, and **Linda Sappington** for providing the delicious vegan snacks, **FARM Sanctuary** for making **George Eisman** available to us on this special day, and **Farm Animal Reform Movement (FARM)** for providing us with such excellent literature. And thank you **EVEN** volunteers **Linda Sappington**, **Nadine Peterson** and **Joanne Kress**---who helped make this event such a resounding success! The word *IS* getting out there... **GO VEG!!**

## MOST OF US ARE ENVIRONMENTALISTS... Until We Sit Down To Eat

These days, most Americans consider themselves to be red, white, and blue and green. According to polls, three-quarters of us are environmentalists. We recycle our garbage, hang our wash on the line to dry, and even compost our supper scraps to make the world a better place. But if we really want to soothe Mother Earth's ills, we can't do it on a diet of chicken, fish, pork, and beef. Try as you might, you simply aren't an environmentalist until you start eating green.

Environmental groups, including the National Audubon Society and the Union of Concerned Scientists, have recognized that raising animals for food has a worse effect on the planet than just about anything else we can do.

America's meat addiction is steadily poisoning and depleting our clean water, arable land, and fresh air. In fact, raising animals for food requires more water than all other uses of water combined, causes more water pollution than any other activity, is responsible for 85% of soil erosion, and requires 1/3 of all raw materials used in this country (with the air pollution that entails). According to the Environmental Protection Agency, hog, chicken, and cattle waste has polluted 35,000 miles of rivers in 22 states and contaminated groundwater in 17 states.

Source - <http://www.peta.org/feat/earthday/index.html>

**The water used to produce a 1000 lb beef steer is enough to float a battleship.**

<http://www.flex.com/~jai/articles/101.html>

## THE CLOCK IS ALWAYS TICKING

### Each Minute:

- 51 acres of tropical forest are destroyed
- 1,800 children die of malnutrition and hunger (15 million/yr)
- 50 tons of fertile soil are washed or blown off cropland
- 12,000 tons of carbon dioxide are added to the atmosphere

### Each Hour:

- 1,692 acres of productive dry land become desert.
- 35,000 barrels of oil are consumed
- \$120 million dollars are spent for military expenditures (\$1 trillion dollars/yr)
- 55 people are poisoned by pesticides; 5 die

### Each Day:

- 230,000+ babies are born
- 25,000 people die of water shortage or contamination
- 10 tons of nuclear waste is generated by 350 nuclear plants
- 250,000 tons of sulfuric acid fall as acid rain in the N. Hemisphere
- 60 tons of plastic packaging and 372 tons of fishing net are dumped into the sea by commercial fishermen
- 5 species per day become extinct

Compiled by Canadian-based group, '*Global Awareness in Action.*' These statistics date from 1990. They are provided by the Native American, Sun Bear, in his book: ***Black Dawn/Bright Day.***

**WHAT IS MISSING? by Robert Jacobucci**

Have you ever wondered why so many of us in our society make choices that are bad for our health, the environment, for society, and definitely for the animals? How could so many of us be so wrong?! Is there one ingredient, one quality, that could pull it all together for us?

If we look closely, we see the missing ingredient is *compassion*. Certainly, most people claim to possess it. We all may talk about it. However, with any scrutiny at all, we see that, as a society, our values, our actions, and our everyday lives belie our claim.

How could true compassion cheer for war and the killing of innocent women and children? How could true compassion routinely slaughter and torture the defenseless animals? How could compassion poison and destroy our environment? How could it use all the world's resources in our own lifetime so that our children and grandchildren will have nothing left but a barren shell of planet?

Compassion is the right hand of Love. Why are these sacred values missing in our society and our hearts? Is it because we have been conditioned since birth to put our own wants, desires,

pleasures and bank accounts ahead of what is good for others, and unquestionably what is good for Earth and the animals? Our lives are completely centered on the "Me".

Love and Compassion, on the other hand, think outside the self. Their focus is on what we can give---not what we can get. Self-centeredness is always looking to get as much as it can and to give as little as possible. "What's in it for me?" is what it is always ready to ask. How can such a person form a lasting relationship with anything... or anyone? True Love, on the other hand, finds joy in giving and, in any relationship, thinks nothing of giving more than it gets.

As human beings, we have choice. We have free will. We have the ability to choose Love over personal gain. Thankfully, every day gives us a new opportunity to try again, to start over, to do what is right. It is a Sacred Gift that the moment we choose Love over the "Me", we will find a whole new world of harmony and joy has opened to us.

**(Robert Jacobucci lead the '05-'06 Peace and Sustainability Lecture Series. See more info on this series at page bottom.)**

**THREE THINGS IN HUMAN LIFE ARE IMPORTANT. THE FIRST IS TO BE KIND. THE SECOND IS TO BE KIND. THE THIRD IS TO BE KIND. HENRY JAMES**

**PEACE & SUSTAINABILITY LECTURE SERIES CONCLUDES SEASON ON A SUCCESSFUL NOTE**

This remarkable and interesting monthly series kicked off May 2005 to investigate the wide spectrum of crises afflicting the human condition and to look for common causes. It clearly showed how the issues of Peace, Environment, Health, and Sustainability are all interconnected. For example, we saw unmistakably that there can never be a lasting Peace that did not involve Sustainability. It was also made apparent that **all** the environmental problems have a common cause—**living unsustainably**. And we learned how technology, as a tool of the human mind, can never solve our ever-worsening situation as long as Greed is in the driver's seat. To remedy our tenuous condition, a whole new set of values and priorities must come into play. Furthermore, we cannot expect these urgent changes to initiate at the top---they must begin with, and within, ourselves!

The lectures in this series were:

- Can Humankind End Violence?
- Is "Progress" An Illusion?
- Living Sanely In An Insane World
- What's Missing in Government? In Society?
- Sustainability's Greatest Challenge: Overcoming Greed! Can We Do It? If So, How?
- Is Change Possible?
- Creating Harmony: in Society and Within Ourselves
- The Limits and Limitations of Science
- Breaking the Habit of Unsustainability
- Unsustainability in Crisis: Preparing for the Coming Changes
- Can There Ever Be Peace Without Sustainability?

Look for this stimulating lecture series to resume in the fall with a new and exciting expanded format. It is a fascinating and thought-provoking lecture series you won't want to miss! (Robert Jacobucci can be reached at 343-8055 or [oneearth@comcast.net](mailto:oneearth@comcast.net))

**One thing we know: our God is also your God. The earth is precious to him and to harm the earth is to heap contempt on its creator.**

Chief Seattle - December 1854

## **EVEN BRINGS AWARD-WINNING CARTOONIST TO EUGENE His Baloney Has a First Name...It's "Bizarro"**

"The Bizarro Baloney Show: Comedy for a Cause" is coming to Eugene **April 24!!**

Created and performed by nationally-syndicated, award-winning cartoonist **Dan Piraro**, this show is a one-man variety act that appeals to college students, cartoon fans, animal lovers, and those politically to the left. There's simply nothing else out there like it.

The *New York Times* called "**The Bizarro Baloney Show**" a "shrewd tour of an artist's imagination" and audiences rave in agreement. Comedy and music venues along the West Coast have eagerly booked the show and the calendar is full. The tour kicks off April 13th at Improv Olympic West in the heart of Hollywood. In addition to Eugene, **Piraro** will also be performing his show in San Francisco, Mill Valley, Berkeley, Santa Cruz, Portland, and Seattle.

**EVEN** is proud to sponsor Dan's performance in Eugene at the **University of Oregon, PLC #180, Monday, April 24**. Doors open **730p**. **Free parking!** Buy tickets in advance at the UO Ticket office, EMU Building, MO-FR 9a-5p or at the door. **343-8055** for information.

**People for The Ethical Treatment of Animals (PETA)** and **Physicians Committee For Responsible Medicine (PCRM)** are endorsing **The Bizarro Baloney Show** through their e-newsletters.

**The Bizarro Baloney Show** is on tour in conjunction with the release of **Piraro's** 14th book, *Bizarro and Other Strange Manifestations of the Art of Dan Piraro*, from Abrams Books. **Piraro** is funding the tour himself and all proceeds (after travel expenses) will benefit Dan's favorite animal welfare organizations. Is this guy a peach, or what? Watch for more information or call **343-8055**.

Dan Piraro's one-man comedy performance, *The Bizarro Baloney Show*, is every bit as strange, inventive, and funny as his cartoon strip, "Bizarro." Unlike so many performers in these times of political pressure and censorship, Dan stands up for his beliefs without apology and to hilarious effect. He makes his audiences think as well as laugh and is a tireless advocate for animals and the environment. All that *and* he gives the profits from his shows to animal rescue groups. What a guy!

Daryl Hannah, Actress and Activist

## **STICK UP FOR CHICKENS! SUPPORT UNITED POULTRY CONCERNS**

**United Poultry Concerns (UPC)** is a nonprofit organization that promotes the compassionate and respectful treatment of chickens and other domestic fowl. We urge people: Don't Just Switch from Beef to Chicken – Go Vegan! Founded in 1990 by UPC President Karen Davis, UPC is the only organization in the country (and possibly the world) exclusively devoted to the plight of domestic fowl. UPC focuses on these birds because they are the largest number of abused warm-blooded animals in the world.

Along with the billions of birds who are slaughtered each year for food, millions more of these birds suffer in laboratories, get dumped in animal shelters, and die miserably in poultry houses

without anyone knowing they ever lived. In fact, it was Karen Davis's discovery of a little crippled hen named Viva, abandoned in a filthy chicken house in Maryland, which led her to start UPC on behalf of all the "Vivas" in the world who desperately need their voices to be heard.

**United Poultry Concerns'** quarterly magazine *Poultry Press* won praise from *UTNE* magazine in 2005 as one of the best publications produced by a nonprofit organization. To learn more and become a member, visit [www.upc-online.org](http://www.upc-online.org) or contact **UPC**, PO Box 150, Machipongo, VA 23405. (757) 678-7875.

I will not kill or hurt any living creature needlessly, nor destroy any beautiful thing, but will strive to save and comfort all gentle life, and guard and protect all natural beauty upon the earth. John Ruskin (1819-1900), English author

## **EVEN SERVICE DIRECTORY**

Veg\*ns like to patronize other veg\*ns. When we pay for products or services, we feel better knowing our money will more likely buy a head of lettuce or a bunch of grapes and not a t-bone steak or lamb chop. Voting with our dollars is (apparently!) the best way we can get our votes to count. **Please patronize these local vegans and vegetarians** for the fine products and services they offer...and sleep better tonight knowing you made the world a little more peaceful.

### **BIKE HELP - Walter Lapchynski - 556-6830**

I sell custom travel bikes for *Bike Friday*, whose owners (and most of the staff) are veg\*. I have the resources there to work on any bike problem, including framework. I'll also be happy to sell you one of our beautiful bicycles, if you are so inclined. I'm an ex-messenger and an everyday commuter, I pick up my 3 year old from preschool by bike trailer, and I often enjoy a tandem ride with my wife. So if you have any questions about bicycling, I'd be more than happy to answer them. Ride on!

### **CARPENTRY - Kurt Jensen - 747-8925**

Carpentry, general house repair, minor plumbing and electrical.

### **CATERING - Mary Dollar - 741-2449**

*Mother Mary's Vegan Delights* - "Let your food be your medicine." Featuring all vegan cuisine, cooked and raw dinners for that special occasion. Small intimate dinners or larger gatherings up to 50.  
[beboppingurl@yahoo.com](mailto:beboppingurl@yahoo.com)

### **CHIROPRACTIC - Jerry E. Evans, D.C. - 484-2225**

Dr. Jerry Evans is a local Chiropractor in practice for 20 yrs. His office, 190 E. 18<sup>th</sup> in Eugene, is dedicated to total wellness including Acupuncture, Massage Therapy, Physical Therapy, Internal Medicine Therapies with a natural twist, and Promoting Vegetarianism. He has been vegetarian since the age of 5.

**COMMUNICATIONS CONSULTANT - Mary Conley - 556-2094 - CONLEY CREATIVE, Strategic Communications Consulting.** Need to tell the world about your business or organization, but don't know how? Ask Mary Conley. Specialties include social marketing, brochures, web sites, political and fundraising direct mail, and promotional films.

**COMPUTER SERVICES - Judith Garrison - 337-4724** Digital video editing: Home movies, commercials, short films. PowerPoint Multimedia: Turn your photos and videos into multimedia, slide show. PhotoShop: enhance or alter your photos. PC & MAC Computer Tutor: Gentle tutoring computer/software/internet. Web Design/Maintenance, and Research. [novelsuggestion@yahoo.com](mailto:novelsuggestion@yahoo.com)

### **COOKING CLASSES - Mary Dollar - 741-2449**

*Mother Mary's Vegan Delights* - "Let your food be your medicine." Vegan Cooking Classes (Raw and Cooked). Expand your nutrition by expanding your recipes- sign up for a class today! Take home a dish that you create yourself! [beboppingurl@yahoo.com](mailto:beboppingurl@yahoo.com) 1<sup>st</sup> Friday each month.

### **HEALTH & FITNESS - Jill Devine - 687-5783**

Health Minister in Eugene teaches "Get Healthy-Stay Balanced", a faith-based 9-week course, about diet and lifestyle from a biblical perspective. Health-related lending library of books, audio/video & DVDs with an emphasis on vegan and raw food. [jdevine59@yahoo.com](mailto:jdevine59@yahoo.com)



**HOLISTIC HEALTH - Suman Sensei - 515-0462** - Holistic Wellness Coach, certified Tai Chi and Qigong Instructor, and Yogic Minister, Suman Sensei, who has taught and traveled in Asia and Europe for more than 10 years, is now teaching in Eugene. His contemporary teaching method, *Tai Chi, Qigong and Yoga for Health*, is one of the most effective ways to improve health, fitness and relaxation. It is suitable for everyone and can be practiced almost anywhere. Everyone is welcome to attend his FREE presentation on "HEALING power of Qigong". [www.taichiforhealth.us](http://www.taichiforhealth.us) for information and dates.

**HOUSECLEANING - Aisha - 345-3370** Environmentally-friendly, non-toxic cleaners.

**HUMANE CREATIONS - Diann Stotler** - Handcrafted vegan soaps and handmade vegan neck scarves from Hemp/Cotton and Banana Silk. 10% of sales from the African Black Soap goes to African Wildlife Federation. Also listed are pet mats and other items with 10 % going to Heartland Humane Society of MO. Helping Animals, Earth & Humans, PO Box 240401, Ballwin, MO 63024, [www.humanecreations.com](http://www.humanecreations.com)

**HYPNOTHERAPIST - Patricia Robinett, CCHT - 541-686-LOVE (or 686-5683)**

Patricia has been in private practice in Eugene for over 15 years. Her expertise covers the entire range of body, mind and spirit for your total health. "All healing is essentially the release from fear... Healing is always certain."

**INTELLIGENT FUTURE - Brian Bogart - 541-338-9093**

How to save the world simplified. Theories of militarism come down to one thing: War and global degradation can only be stopped by popular demand to change America's priority from weapons profit to human prosperity. Ask Brian to speak at your event ([bdbogart@gmail.com](mailto:bdbogart@gmail.com)) or support and contribute to *CampUS Strike for Peace* at [www.strikeforpeace.org](http://www.strikeforpeace.org).

**IVY'S COOKIN' - VEGETARIAN MEALS DELIVERED! - 485-4200**

Delectable, home-cooked, international vegetarian entrees without the hassle. (Vegan option may be available.) Order by Monday night for Thursday AM delivery. Wednesday or Thursday pick-up also available. Great gift idea for new moms, weddings, new home, illness, birthdays, casual entertaining. Gift certificates available. Feeding happy Eugeneans since 1992! Call or email [ivy@efn.org](mailto:ivy@efn.org) for menu.

**IVY'S CULINARY BOUTIQUE - 485-4200**

Visit Ivy's CULINARY BOUTIQUE filled with delicious, home-made jams, syrups, cordials, preserves, butters, sauces, and pickled goods. All made with love for us to enjoy. Great hostess gifts or for any time. Try Ivy's---you'll never be disappointed. Call or email [ivy@efn.org](mailto:ivy@efn.org).

**LANDSCAPING - Happy Lawns - Nick Kress - 896-3566**

Organic, environmentally-friendly. I garden in accordance with Mother Nature.

**LEGAL SERVICES - Rick Gorman, Attorney at Law - 747-5955**

Civil Law, Environmental Law, Landlord-Tenant Law, Family Law and Criminal Defense. Vegetarian, but getting closer and closer to veganism. Free initial consultation. Discounts for activists. Call or email [Rick@forestcouncil.org](mailto:Rick@forestcouncil.org)

**LEGAL SERVICES - James von Boeckmann, Lawyer - 485-0912**

Local, family-man, all vegan. Civil, family, business and immigration law. Home visits. Free initial consultation. The Granary, 259 E. 5<sup>th</sup> Ave., Suite 200, Eugene, OR 97401. [jlvonbo@msn.com](mailto:jlvonbo@msn.com)

**Free MEDITATION CLASSES – Sister Kiran – 343-5252**

Brahma Kumaris Meditation Center offers a FREE series of 5 lessons to learn Raja Yoga Meditation. Sister Kiran, a vegetarian, has 26 years experience studying and teaching Raja Yoga. Next series begins Monday, 4/10/06 at 7pm. Visit [www.bkwsu.org](http://www.bkwsu.org) for more info, then call for the center's SE Eugene location to register, or email [bkeugene@msn.com](mailto:bkeugene@msn.com)

**MURALS! - Kari Johnson - 343-6293**

**MUSICIAN – Eric – 998-9428**

Singer/Songwriter/Musician available for any venue. Just ask!

**NUTRITIONAL HEALING SPECIALIST - Ty Bell - 343-1150**

Offering the highest quality whole food and herb supplements. Specializing in detoxification, immunity and hormone balancing. Maca, green superfoods, kombucha tea and lots more. Call for free consultation.

**ONLINE FORUM - VEUGAN - <http://veugan.forumer.com>** Online meeting place and forum for Eugene vegans. Discuss philosophical issues, trade recipes, post notices regarding local events, give suggestions, or just get in touch with some other Eugene vegans. Eventually we'll have some fun get-togethers, so come join us.

**PERMACULTURE – Jan Spencer – 686-6761**

Residential property redesign. Turn your yard into a permaculture Shangri-La.

**PHOTOGRAPHY - Kurt Jensen - 747-8925 - Weddings, special events, digital or film.**

**Nature PHOTOGRAPHY - Erna Gilbertson - 342-5037**

Unique view with emphasis on light and color of local Eugene and surroundings – Coastal - Mountains of Oregon, as well as trees and flowers and special spots in Europe.

[www.NaturesImages.org](http://www.NaturesImages.org)

**POSTNET – Create, Duplicate, Deliver – Steve & Wendy Liberko – 541- 461-9500 or fax 541-461-9400,** Royal West Shopping Center, 4736 Royal Ave, Eugene, OR 97402. [PostnetEugene@msn.com](mailto:PostnetEugene@msn.com). If interested in owning POSTNET, call Steve at 541-510-5249.

**Realistic MURAL PAINTING - Jan Spencer – 686-6761**

Indoor/outdoor, commercial, residential, movable.

**RECYCLED ART SUPPLIES & ART WORKSHOPS - Materials Exchange Center for Community Arts**

(MECCA) - Nancy - 343-9979 Inexpensive scrap art materials available at our store, 43 W. Broadway, Eugene. Open Thursdays 4-8p, Saturdays 11a-3p. <http://www.materials exchange.org>

**SPEAKERS – Dale Lugenbehl & Sandy Aldridge – 942-0583**

Available for group presentations on Voluntary Simplicity, the Environmental Impact of Food Choices, Speciesism, or Engaged Buddhism. [lugenbehd@lanecc.edu](mailto:lugenbehd@lanecc.edu) or [aldriged@lanecc.edu](mailto:aldriged@lanecc.edu)

**TUTOR – Math/Science– Robert Jacobucci – 343-8055**

Retired physicist willing to tutor middle school and high school students. Specializing in math and science. My house or yours. Flexible hours, low rates. Eugene/Springfield area.

**Free VEGAN RECIPES - [www.veganchef.com](http://www.veganchef.com)**

Website for vegan chef and Eugene resident, Beverly Lynn Bennett, features loads of her original vegan recipes, searchable by ingredient or category. Beverly & her husband, Ray, are also the authors of the newly-published Complete Idiot's Guide to Vegan Living, available at local bookstores and online.

**VIDEO - Third Eye Video Productions - 434-0286**

We turn your vision into television. Broadcast production services for Oregon's non-profit organizations and academic community. <http://www.efn.org/~matt> e-mail: [thirdeye@efn.org](mailto:thirdeye@efn.org)

**WRITING - Say It Right - Angela Egremont, Owner - 343-0917**

Writing, editing and proofreading services. Includes brochures, business/personal profiles, press releases, resumes, correspondence, and academic editing (term papers, masters theses). Angela has background and experience in business and print journalism. "Eugene" rates. Call for info. No obligation.

If you are veg\*n and would like your business listed here, contact **EVEN** at 541-343-8055 or [eugvegedunet@comcast.net](mailto:eugvegedunet@comcast.net).

**THINK GLOBALLY. ACT LOCALLY.**

**CALENDAR**

**April 3**

**Eugene Veg Education Network (EVEN)**  
1<sup>st</sup> Monday veg gathering  
7 pm, McNail-Riley House  
13<sup>th</sup> & Jefferson  
343-8055. Free

**April 4 & 5**

**Eugene Shrine Circus Protest (p 11 for details)**

**April 10**

**Free Raja Yoga**  
Meditation Lessons Brahma Kumaris - 7pm -  
[www.bkwsu.org](http://www.bkwsu.org)

**April 16**

**Red Barn Natural Grocery - Customer Appreciation Day of Giving**  
10% discount to all!

**April 20**

**PacificSource Health Plans Health Fair -**  
1030a-230p.Springfield.  
Free. (Visit EVEN's booth)

**Five Elements Kitchen Clinic Asian Cooking With Peony**  
930a-12p - 515-0946  
\$27

**April 21**

**Vegan Potluck**  
7 pm, McNail-Riley House  
13<sup>th</sup> & Jefferson  
341-1690. Free.

**April 22**

**EARTH DAY 2006!**

**April 22**

**Energy Wellness Class**  
11:00-1:00 pm  
River Rd Recreation Ctr  
1400 Lake Drive  
515-0462. Free.

**April 24**

**Dan Piraro's "Bizarro Baloney Show"**  
UO, PLC #180, 730p  
\$8 gen.adm, \$5 students  
343-8055 (see p. 8)

**April 29**

**World Tai Chi And Qigong Day - public event**  
1000a-100p, Skinner Butte Park. Free

**RED BARN "CUSTOMER APPRECIATION DAY OF GIVING"**

**Red Barn Natural Grocery** is committed to the protection of the earth's resources and the achievement of a sustainable society by offering the community an exceptional selection of quality, natural, and organically-produced products to facilitate and promote healthy lifestyles; and to exceptional, individualized customer service, education and **community outreach**. Did you know **Red Barn** offers everyone 10% off their purchases the **3<sup>rd</sup> Sunday of each month (April 16)** and that they also donate a portion of that day's sales to a local charity!? (By the way, if you shop at **Red Barn Sunday, May 21**, the local charity they'll be donating to will be **EVEN!** Hooray!) This locally-owned store clearly knows how to build community and support the local organizations. Thank you, thank you, thank you, **Red Barn Natural Grocery!**

**There are no passengers on Spaceship Earth. We are all crew.**

**Marshall McLuhan, 1964**



**GREETINGS FROM EVEN FRIENDS AND SUPPORTERS!****Special Wishes from Special Folks on EVEN's 1-year Anniversary**

We were thrilled by the outpouring of support and well-wishes, both locally and nationally, that **EVEN** received on its 1<sup>st</sup> anniversary. It is indeed uplifting that so many inspirational people took the time to celebrate **EVEN's** efforts. Since all our supporters are part of this success, the recognition is for **you**, too! So we are happy to share some of the congratulations that came our way with you. Here is a sampling :

**The American Vegan Society sends congratulations to the Eugene Veg Education Network (EVEN) and its leaders Lin Silvan and Robert "BJ" Jacobucci on its impressive first year of existence. Grassroots groups such as EVEN are at the cutting edge of change. Through your efforts, information and encouragement is brought to those whose actions can benefit and make a difference to themselves, the animals, and our world. Freya Dinshah, American Vegan Society, Malaga NJ**

A big congrats and best wishes for many more anniversaries to come! You have already accomplished so much, and you are doing such a great job. The Eugene area has needed something like EVEN for a long time, and no one could have done a better job than you have. Many kudos to you! All the best, **Beverly Lynn Bennett and Ray Sammartano, Authors, Complete Idiot's Guide to Vegan Living**

*Thank you for bringing the Light to us a year ago with your Grace and Sincerity. Madine Peterson*

I had no idea just how badly the animals were treated...thank you, EVEN, for opening my eyes. My whole family is veg now...we're all healthier and our kids love [being veg]...thank you for showing us the way to a more compassionate (and healthier) life...**Herman Schmidt**

CONGRATS ON ONE WONDERFUL YEAR OF COMPASSION & GREATNESS.

**NICK KRESS**

I am literally thrilled by your news release! What you have accomplished in one year is nothing less than amazing... and truly heartwarming. You are making a powerful case for unconditional compassion and benevolence...and you are doing it in ways that are beautifully in harmony with the spirit and values of Veganism. You have raised my confidence and my hopes, and I send you and Robert my deep appreciation. May your strength increase! **Stanley Sapon, PhD, Professor Emeritus of Psycholinguistics at the University of Rochester (N.Y.), author, teacher, lecturer, educator, scientist and long-time vegan.**

Congratulations on a year of focusing on making the world a kinder place. All of us at PETA salute your compassion, your spirit, your dedication, and your commitment. Here's to getting more and more effective, year by year.

**Bruce Friedrich, Director of Vegan Campaigns, & all your friends at PETA**

Cheers to EVEN! Food choices are a vital part of the health of our environment and people we care about. EVEN's advocacy of plant based diets is a great benefit to the community. Happy Birthday!

**Jan Spencer**

**Thanks for turning me on to veganism. I lost 12 pounds the first month and my face cleared up! (Name Withheld)**

I am interested in supporting EVEN in any way I can. I think what your organization is doing is AWESOME and this community needs you here.

**Ty Bell**

...I think my medicines were poisoning me...definitely making me worse...Thanks to EVEN making it possible for me to go vegetarian, these last six months have been the best months of my life. ...and I'm working on being vegan... **Mary Arbogast**

Happy birthday to EVEN's first year! That's great! Thanks for all your work and words, its great to know that there are communities out there to educate each other. **Pete Hernandez, Campaigns Assistant, VivaUSA**

**A ringing endorsement for EVEN! I'm glad your group is promoting a vegan lifestyle. Happy Anniversary! Thanks and best wishes, Lin and Robert. Karen Davis, PhD, President-Director, United Poultry Concerns**



You guys are wonderful. Thank you for all the sunshine you bring to our lives. **Joanne Kress**

**I CAN'T THANK EVEN ENOUGH FOR SHOWING ME THE BENEFITS OF**

**VEGETARIANISM. I HAD TRIED EVERYTHING FOR MY ARTHRITIS AND NOTHING WORKED LIKE GIVING UP MEAT AND DAIRY. THANK YOU, EVEN! YOU'RE THE BEST! "FITZY" FITZSIMMONS**

*I wanted to drop you a note and tell you how impressed I am by your efforts. Providing a support network for vegetarians is a great service to the community. Keep up the good work. **Nancy Zimmermann***

**Environmentalists do it for future generations. Bumper Sticker**

### MARCH RAFFLE WINNERS!

Congratulations to **Robert Cheeke, Ken Viscidi, Ivy Rose Liberko and Mark Rhamy** for winning signed copies of **Complete Idiot's Guide to Vegan Living** by **Beverly Lynn Bennett and Ray Sammartano** Thank you, **Beverly Lynn and Ray**, for donating your book for **EVEN's** door prizes. [www.veganchef.com](http://www.veganchef.com) Congratulations to **Lyris Cooper** for winning **Vegetarian Entertaining** a beautifully-illustrated, hardbound cookbook. Congratulations to **Kurt Jensen and Truellen** for winning **Vegan Fitness** calendars, **Gail Davis** for winning a **Vegan Fitness** visor, and **Nick Kress** for winning a **Vegan Fitness** t-shirt, all compliments of **Robert Cheeke**, a stellar example of vegan fitness himself and a generous **EVEN** supporter! Thank you, **Robert**, for donating so many goodies to the **EVEN's** door prize cause! [www.veganbodybuilding.com](http://www.veganbodybuilding.com) Congratulations to **Beverly Lynn Bennett and Gaston** who won compassion to animals t-shirts and to **Joanne Kress** for winning a **Pangea** "Love Animals, Don't Eat Them" t-shirt. Thank you **Pangea** for donating this t-shirt to **EVEN**. Go to <http://www.pangeaveg.com> to view all their cruelty-free products. Congratulations to all the door prize winners. Please patronize all of the generous organizations and companies who make these free door prizes possible!

**In December 1988, coming home from the beaches near La Push [Washington], Annick and I passed by a chaos of clear-cut logging near the little town of Forks---heedless wreckage, mile-long swatches of torn earth and the jagged rotting stumpage of the cedar trees, limbs crushed into the black mud. Imagine the earth perfectly violated.**

**William Kittredge *Who Owns the West?***

**THE OPTIMYSTIC VEGAN** by Nadine Peterson

Enchanted April is the title of one of my favorite movies. It is sweet, magical, and has an uplifting, happy ending. The book on which the movie is based was written around the 1920s and even way back then people were dealing with relationships and exploring the unknown.

My relationship with the planet on which we all live---mother earth, terra, Gaia---was an unknown to me until 1970 when the idea of the earth as a living 'thing' was first presented to me with the advent of "Earth Day".

Earth Day? What does that mean? I wondered. Of course, we know about the ground we walk on and that it takes at least 80 days to go around the world in a hot-air balloon, but so what?, I shrugged. What were people interested in when they created Earth Day anyway? I just couldn't 'get it'! But I could feel a tug on my mind to definitely continue thinking about this Earth Day event and to investigate what the tug was.

What is the Earth to me? was the question, the tug. I started to have quick scenes of trees, mountains, beaches, sunny skies with

fluffy clouds, waterfalls and flowers in fields with bubbling streams meandering into the horizon pass through my mind like a short subject movie. And along with these scenes I was feeling a deep loving connection like I do with fun times and friends and family and, suddenly, 'I got it!' I was feeling the spirit of an enormous, powerful entity and I was living on its body! Oh, my, Gawd!



It's true. The impact of realizing that day after day I have been breathing and being kept alive by the grace and kindness of this, this person of a planet, was an overwhelming sensation and I love it! I literally feel "in love" with you, Gaia, and I know by the feeling, you are as real as any other relationship in my life.

I guess sometimes it is true, you can't see the bigger picture for all the little ones. Until, one by one, we may all step back (or into the feeling, as I did) and notice "She" is all-one with "us" on board! And we may treat Her well as She does us.

*(Nadine Peterson is an EVEN member, an optimystic vegan for 8 years, and has been a resident of Eugene for most of her life. EVEN is always grateful for her insightful and optimystic perceptions.)*

Earth provides enough to satisfy every man's need,  
but not every man's greed.                      Gandhi

**RECIPE OF THE MONTH****Papa's Northwest Tempeh**

1 lb.+ multi grain *Surata* tempeh diced

3/4 Cup diced celery

1/4 Cup chopped fine hazelnuts

1/4 Cup mango chutney (see recipe →)

Toss with your favorite veggie (if desired)

**Mango Chutney**

2 C apple cider vinegar

1/2 diced onion

1 diced green pepper

1 diced mango

1-1/2 C brown sugar

pinch of cinnamon

pinch of nutmeg

Boil all ingredients (except mango) together until thick. Add mango halfway.

**(Compliments of Chef Papa, Jessie and the Monroe Street Café. Chef 'Papa' has worked all over this town cookin' it up for the past 15 years. They are happy to share this recipe with all EVEN readers and hope everyone enjoys it. By the way, everything at Monroe Street Café is homemade and created from scratch. See you there!)**

**IVY'S VEGETARIAN COOKING**

Contact **Ivy** ([ivy@efn.org](mailto:ivy@efn.org)) for her **new April/May menu**. All her food is vegetarian and there are often vegan options. **Ivy** would like to remind you that **word of mouth referrals are her very best source of new business**. **She offers a meal for you at half price** for each of your referrals that brings her a new customer. So spread the word! How does **Mediterranean Baked Orzo** (vegan) and **Almond Eggplant Enchiladas** (vegan) sound? Mmmmmm Yum! Try **Ivy's** cooking! You'll be glad you did! Look for her **new website**, [www.ivyscookin.com](http://www.ivyscookin.com) coming soon, very soon! (See her listing page 6)

**PROTEST THE SHRINE CIRCUS' USE OF ANIMALS**

Join the **18th annual Eugene shrine circus protest**. Please help us continue to be a voice for the voiceless!! **April 4 and 5**--meeting for two shows each day, **3:15 and 6:30 pm**, out at the Eugene Horse Center, 9075 I Prairie Rd., Eugene. **Meet for carpooling** at Red Apple Grocery (NOT Red Barn) parking lot at **2:30 and 5:45**, as parking is limited and lower gas consumption is GREAT! Signs will be provided--or bring your own! [Please plan to wear non-animal based clothing (including wool and leather shoes) to support consistency of message. Also, please consider leaving dogs and kids under 12 at home.] Contact: **Misha Dunlap @ 683.3556** or [misha@cldc.org](mailto:misha@cldc.org)

## EVEN SIDE OF THINGS

### THANK YOU EVEN VOLUNTEERS!

Thank you, **Linda Sappington, Nick Kress, Joanne Kress, Nadine Peterson, Paula Ptacek** and **Kyrhya Thompson** for your positive attitudes and helpfulness! March's monthly gathering was especially eventful and this crew of dedicated volunteers helped it run smoothly. Additionally, special thanks to **Linda Sappington, Nadine Peterson** and **Joanne Kress** for helping with **George Eisman's** visit at the UO. Thank you, **Nick Kress**, for providing **EVEN** with your most delicious vegan food every month! (When you see any of these wonderful volunteers, please thank them for their ongoing, reliable and tireless efforts to help **EVEN!**)

### EVEN LENDING LIBRARY

Don't forget to check out the great books on veg'ism in the lending library. We're getting wonderful donations from folks and the library is overflowing with 'good reads and views.' We've got some new books in on raw foodism and some others with fantastic, simple (but tasty) recipes. Borrow a book and go veg. Both are easier than you think! See **Joanne** to borrow a book...free, of course!

### EVEN BETTER

A big **EVEN** thank you to new **EVEN** members: **Phyllis Peterson, Robert Cheeke, Nettie Schwager, Dan Piraro, Dan Weiner, Diann Stotler**. Your memberships help keep **EVEN** afloat! **George Eisman** for your splendid lecture and for several donations to **EVEN's** library. **Sweet Life Bakery** for donating exquisite vegan desserts. **Toby's** for donating delicious vegan tofu pate. **Viva! USA** for book donations to **EVEN's** Lending Library! **Robert Cheeke**, for photos of **EVEN's** 1<sup>st</sup> Anniversary Celebration! **Vegan Outreach, Compassion over Killing, FARM, North American Vegetarian Society, Farm Sanctuary, United Poultry Concerns, In Defense of Animals** and **Animal Protection Institute** for the beautiful and power-packed literature! **Dale Lugenbehl** and **Sandy Aldridge** for donating numerous videos and audios to **EVEN's** library. **Gail Davis** for donating numerous books for door prizes and for the library. **Ken Viscidi** for donating **Turtle Mountain** coupons for everyone! **Beverly Lynn Bennett** and **Ray Sammartano** for donating (and signing!) their **Complete Idiot's Guide to Vegan Living** to door prizes and **EVEN's** library.

Special thanks to the "kindness of strangers" who contribute anonymous donations into our monthly meeting's donation cup. Your donations help us pay for the newsletter, postage and printing! **Thank you to everyone!** All of you surely do make **EVEN** better.

### BECOME A MEMBER of EUGENE VEG EDUCATION NETWORK

One year membership: \$20. Students, Seniors (55+): \$15. (Make checks payable to: **Eugene Veg Education Network**)

When you become an **EVEN** member, you help us continue to reach new people with important information, and you become part of the solution. Please consider lending **EVEN** a hand in any way you can. Thank you!

The **Eugene Veg Education Network** is a non-sectarian, 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 and 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. 13<sup>th</sup> Av (@ Jefferson) across the street from the fairgrounds. Contact **EVEN** at 1574 Coburg Rd., #120, Eugene, OR 97401, 541-343-8055, [eugvegedunet@comcast.net](mailto:eugvegedunet@comcast.net). **Peace.**

**Will you teach your children what we have taught our children?**

**That the earth is our mother?**

**What befalls the earth befalls all the sons of the earth.**

**This we know: the earth does not belong to man, man belongs to the earth.**

**All things are connected like the blood that unites us all.**

**Man did not weave the web of life, he is merely a strand in it.**

**Whatever he does to the web, he does to himself.**

*Chief Seattle – December 1854*