Dear Friend of EVEN,

This time last year our proclamation from Eugene Mayor Piercy was new and exciting and we wondered what was yet to come. Well...

Vegan Awareness Year has been glorious and productive! Thank you to all who gave such a big part of their time and heart to support EVEN and our vegan education efforts!

In 2016 EVEN staffed information tables throughout Eugene at various events including the Public Interest Environmental Law Conference (PIELC) at the UO and the Holiday Market at the Lane Events Center.

We presented at Pleasant Hill High School’s Operation Impact - Healthy Body, Healthy Mind, spoke to a Contemporary Moral Issues class at Lane Community College, and skyped...
in Dr. John McDougall for a public presentation of "Is Your Food Poisoning You?"

We added to our ongoing exclusive EVEN interview series with:

- Clinical Fasting Researcher, Dr. Alan Goldhamer,
- Author, Activist and Theologian, Rev. Gary Kowalski,
- Jeffrey Moussaieff Masson, PhD, Author, Educator, Researcher, Animal Rights Activist
- Lauren Ornelas, Founder and Executive Director of the Food Empowerment Project, and
- Chef Fran Costigan, Queen of Vegan Desserts.

EVEN hosted an educational tour of Ahimsa Acres, partnered with PlantPure Nation, and supported Lighthouse Farm Sanctuary and Farm Animal Haven.

EVEN created a summer lecture series at the library featuring dynamite leaders in the field of veganism:

~ Dr. Orestes Gutierrez (Gutierrez Holistic Family Medicine) - Three Steps to Superior Health,
~ Erica Meier (Executive Director, Compassion Over Killing) - Choosing Compassion One Meal at a Time, and
~ Dr. Janice Stanger (Perfect Formula Diet) - The Dangerous Truth About Protein.

We were quite invigorated to conduct 3 Think and Go Veg workshops, training 34 people in the how-tos of vegan philosophy, nutrition and cooking. We answered 1,133 emails from new vegans alone, designed vegan meal plans for 44 families, and assisted 28 students with class projects on veganism and/or sustainability.
EVEN organized a few social EVENts as well to celebrate Vegan Awareness Year --- at the Cornbread Cafe, Ta Ra Rin, Govinda's Vegetarian Buffet, and Lotus Garden, as well as our large 12th Annual Vegan Thanksgiving Peaceful Potluck.

EVEN was delighted to be singled out as an effective vegan resource by American Vegan Society in American Vegan Magazine and honored to receive the 24 Carrot Award from Vegetarians in Paradise. After 12 years, did you know that EVEN is rapidly approaching its quarter million mark of pamphlets and veg starter kits distributed!? (248,700+)

It has been a great year for EVEN’s vegan education and outreach and you can help us continue raising awareness in 2017 for the animals and the planet. If you have not already done so, please remember EVEN in your year-end giving. Once again this year, EVEN is blessed to have a generous donor who has offered to double all donations received by EVEN by 12/31/16.

It’s not too late!
Remember: Whatever you donate, will be doubled! Your contribution will help us educate even (!) more in the benefits of a vegan lifestyle. Learn how you can support EVEN's vegan education efforts or go directly here to donate.

Sending you gratitude for your support and participation in this important endeavor. ♥

In Appreciation,
Lin

Lin Silvan
Founder and Executive Director

Eugene Veg Education Network (EVEN)
www.eugeneveg.org

Eugene Veg Education Network
---EVEN - serving as a vegan resource since 2005---

- You can see some of EVEN's outreach photos here. (Scroll down til you see .)
- See Thanksgiving vegan potluck photos here.
- Read what others say here and here.

The Eugene Veg Education Network (EVEN) is a 501(c)(3) non-profit 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.
“Compassion is a muscle that gets stronger with use.”
- Gandhi