



# The Compassionate Vegetarian

A Publication of CARE (Compassion for Animals—Respect for the Environment, Inc.)

Summer 2007

## Sharing Veg Message on College Campuses

By Jessica Dadds

I've always thought that one of the most effective ways of educating the public about factory farming and a vegetarian/vegan diet is one-on-one outreach. For years I felt too shy to do this on my own, and I had a hard time finding others who were interested in joining me. Then, this past October, I decided to put my insecurities aside and become more active for the animals. I joined Vegan Outreach's Adopt-A-College program and shortly afterward headed to a local university with my tote bag full of Vegan Outreach literature.

I was pretty nervous at first; the thought of being out alone approaching strangers was somewhat intimidating. However, I found that once I got out there, my fears were quickly reduced and I actually found myself to be quite outgoing, knowing that each booklet I distributed could possibly end up saving many animals. And, out of the hundreds of people I've approached, I have received only a small handful of negative comments. I've had very positive conversations with a few of the people who commented on what I was doing,

especially those who asked why I was focusing on animals when there are people in the world who need our help. I believe I left them with a different impression of animal activism and perhaps changed their view of vegetarianism/veganism and opened them up to the idea. This would not have occurred had I not been out there.

I have actually had people thank me for doing what I'm doing and have even had people say to me, "I want to go vegetarian now" and "I've cut down on my meat consumption after receiving a pamphlet earlier this semester." For those who say they're already vegetarian/vegan or would like to cut animal products from their diet, I offer them *Vegan Outreach's Guide to Cruelty-Free Eating* (which includes recipes) and a *Northwest VEG Dining Guide*.

In Vegan Outreach's Adopt-A-College program, you choose one or more local colleges to leaflet. Students are more open to becoming vegetarian than are non-students, and by leafleting you are getting literature in  
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## CARE CROSSROADS...

CARE's 9th Annual General Membership Meeting was held in late April in West Chester. CARE members, friends and family enjoyed a delicious vegan Mediterranean meal followed by an inspirational talk by Bruce Zeman, an animal rights activist. His presentation included a discussion of his experiences as an animal rescue volunteer in New Orleans in response to Hurricane Katrina. The new Board of Directors was elected, and we are excited to have Della Schmitt as our new president. Renee Talley was re-elected as vice-president, and Lee Ruslander was re-elected as treasurer. We welcome Lyn Bassett to the Board as secretary. Other Board members elected are long-time CARE member Marian Walker, Susan Hopkins, Nicole Gaines, and Allison Memmo Geiger.

We thank Marian Walker for presiding as CARE's president this past year and for her hard work and dedication to our organization. We would like to thank the CARE Board members for offering their time and resources to ensure the success of our future campaigns. We encourage others to join in our crusade to help animals.

This Spring CARE tabled at the Chester County SPCA's Walk for Paws. Please let us know of any upcoming events where you think CARE could table.

## UP 'N COMING CARE EVENTS

*All events are vegan. Vegan is defined as containing no meat, fish, fowl, or other animal products such as dairy, eggs, or honey. CARE potlucks are for CARE members and guests accompanying a member. CARE encourages the use of public transport and carpooling to events. SEPTA: 215-580-7800 or [www.septa.com](http://www.septa.com).*

### SATURDAY, JUNE 23 11<sup>th</sup> Annual Veggie Fest

12-4pm Hoopes Park, West Chester, PA  
Our annual festival is here once again! Come sample tasty vegan food, visit the vendors and other animal- and earth-friendly tablers, and meet some fun folks. There will be events for children as well. Please call Susan at 610-240-0283 if you are interested in volunteering. (Rain date June 24)

### SATURDAY, JULY 14 Pool Party & Potluck

4pm Parkesburg, PA  
Bring your bathing suit and a vegan dish for a fun summer evening. RSVP to Lee at 610-857-2339.

### SUNDAY, JULY 15 Info Table Turks Head Music Festival

10am-5pm Everhart Park, West Chester, PA  
Spread the word of compassion at the 25<sup>th</sup> Annual Turks Head Music Festival. Call Allison at 267-481-0487 (before 8pm) to volunteer.

### SATURDAY, AUGUST 4 Pool Party & Potluck

3pm Malvern, PA  
Bring your appetite, bathing suit, and a tasty vegan dish to another pool party/potluck. RSVP to Betsy at 610-889-2022.

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# CARE

**Compassion for Animals—  
Respect for the Environment, Inc.  
is an all-volunteer,  
nonprofit 501(c)3 organization.**

## Board of Directors

Della Schmitt, President ..... 215-813-2720  
Renee Talley, Vice-President . 610-701-9283  
Lee Ruslander, Treasurer ..... 610-857-2339  
Lyn Bassett, Secretary

Nicole Gaines • Allison Memmo Geiger  
Susan Hopkins • Marian Walker

## The Compassionate Vegetarian

Susan Hopkins ..... Editor  
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Mary Yeaple ..... Design  
The Ink Spot ..... Printing

The individual views expressed in articles published in *The Compassionate Vegetarian* do not necessarily reflect the policy or position of CARE.

## Contacting CARE

Address: P. O. Box 847  
West Chester, PA 19381  
E-mail: mail@CARE4animals.org  
Phone: 215-813-2720  
Web site: www.CARE4animals.org

## Mission Statement

CARE is dedicated to promoting compassionate living through education and activism.



**CARE—saving animals  
one meal at a time**



PRINTED ON RECYCLED PAPER  
WITH VEGETABLE OIL-BASED INK

Please remember to **renew**  
your membership with CARE.  
We need your support!  
Thank you!

# INSIDE OUT

Commitment, despite its spelling, seems today to have become a “four-letter word.” Very few people want to become involved and even less people that I know seem passionate about causes. Maybe this is why it seems next to impossible to get volunteers for CARE functions. I guess the question that I ask myself then is why? What has caused this inertia? Is the fast-paced environment in which we live the culprit, or are we as a society just so numb to suffering, both human and animal, that we have learned to cope by emotionally shutting down?

Day after day we are fed a constant diet of bad news...thousands dead in Iraq, genocide in Darfur, 33 gunned down at Virginia Tech, and the list goes on. It is certainly understandable that we need a break. But consider this...while you probably can have little to no impact on any of these issues, you can have a profound impact on the quality of animal life. Every time you fill your plate you are either saving or sacrificing an animal. Every time CARE has a function you can bring a friend, relative, or neighbor, and maybe they will “get it.” I saw my first live vegetarian at age 18, and I didn’t quite make the change. Another one crossed my path 5 years later, and I began to “get it.” Meat free for the past 29 years, it is my commitment to help others also “get it.” What are you committed to?

—Renee Talley, Vice-President, CARE

## MAARC Update

The Mid-Atlantic Animal Rights Coalition (MAARC) serves as a support network and a unified voice for the mid-Atlantic grassroots animal rights community. Through resource sharing, a Web site and special events, we will enhance the ability of our members to:

- Realize their potential to effectively protect animals and their habitat at a local level.
- Effectively use the media and the political process to better the lives of animals.
- Produce literature and other educational materials for optimum local impact.

We came up with the following initial list, which we feel focuses on positive things we can do collectively.

1. Share knowledge and models for effective local and regional campaigns.
2. Organize and coordinate member group interactions, which would include newsletter exchange, promoting member group events, and developing comprehensive mailing and contact lists.
3. Establish a mentoring system for both AR groups and individuals staffed by experienced activists/groups.
4. Establish a telephone support hotline for activists/groups in need (e.g., burnout) staffed by trained AR activists.
5. Provide information and consultation about AR in the region to interested animal rights activists and others.
6. Facilitate the formation and ensure the success of new animal rights groups in the region.
7. Work cooperatively to more effectively use the media (e.g., press releases, useful contacts, advice).
8. Communicate pertinent legal developments and provide consultation and resources as needed.
9. Host educational events (e.g., upcoming symposium), which rotate regionally.
10. Host regionally rotating social events where the main focus will be having fun and meeting like-minded people.
11. Create a comprehensive Web site that will include information related to the above topics plus a collective regional calendar, group/resource directory/links, resource listing (services, products, restaurants, etc.), on-line donations, and event promotions. Work is underway on the site. If you would like to be involved, please let us know.

## MAARC Upcoming Event

First Mid Atlantic Animal Rights Coalition Symposium: Empowering Grassroots Activists. This will be held in Philadelphia on Saturday, September 15th (location to be determined).

—Della Schmitt, CARE President

## EVENTS SPONSORED BY OTHER GROUPS

### ANIMAL RIGHTS 2007 NATIONAL CONFERENCE

July 19-23 Los Angeles, CA

Travel to the world's largest and oldest animal rights conference. There will be hundreds of workshops, speakers, awards banquet, and vegan cuisine. Call FARM at 888-ASK-FARM or go to [www.ARConference.org](http://www.ARConference.org).

### 33<sup>rd</sup> ANNUAL VEGETARIAN SUMMERFEST 2007

July 25-29 University of Pittsburgh, Johnstown, PA

Workshops, speakers, entertainment, and vegan meals. Call the North American Vegetarian Society at 518-568-7970 or go to [www.vegetariansummerfest.org](http://www.vegetariansummerfest.org).

### VEGGIE CABARET

September 14 & 15, part of the Philly Fringe Festival, 8pm show times

The Rotunda, 4014 Walnut St., Phila., PA 19104

Public Eye: Artists for Animals presents a cabaret-style show with comedy, theater and music, featuring Dan Piraro of Bizarro Comics and other comedians. Share funny moments from vegetarians living in a meat-eating world. Vegan food available. For ticket info, visit [www.publiceyephilly.org](http://www.publiceyephilly.org) or call 215-620-2130.

### BLESSING OF THE ANIMALS

October 13, 2-4pm

Unitarian Society of Germantown, 6511 Lincoln Drive, Phila., PA 19119

Public Eye: Artists for Animals presents their third annual Blessing of the Animals. Live music at 2pm, Ceremony at 3pm. Honor your companion animals and animals around the world through drumming and dancing in nature. Visit the Animal Healing Booth for Reiki, acupuncture, chiropractics and animal communication/readings. Vendors offer information about local animal issues, cruelty-free crafts and delicious vegan food. Bring companion animals, a photo, or your own animal spirit. For directions, visit [www.publiceyephilly.org](http://www.publiceyephilly.org) or call 215-620-2130.

*"Ultimately, living with compassion means striving to maximize the good we accomplish, not following a set of rules or trying to fit a certain label. From eating less meat to being vegan, our actions are only a means to an end: decreasing suffering."*

*~~Matt Ball, Vegan Outreach*

## Sharing Veg Message on College Campuses (continued)

the hands of people who might not approach a literature table. In just one hour I can distribute 100 to 150 pieces of literature. It is estimated that 5 to 10 students go vegetarian for every 300 *Why Vegan?* pamphlets handed out. Vegan Outreach also estimates that if we can hand out 300 pamphlets per semester at each college, and the students we have convinced also convince one other person per year, the number of vegetarians would increase to over 10 million by 2014. If every animal advocate adopted one or two colleges, we could reach this goal. By convincing just a few people to go vegetarian every semester, you would be preventing the suffering of thousands of animals over their lifetimes.

Knowing what a difference I am making in such little time pushes me to go out again and again. I am excited to leaflet now, and my nervousness is barely noticeable.

To get involved in the Adopt-A-College program, or to help sponsor a leafletter, please visit <http://www.veganhealth.org/colleges>. Vegan Outreach also has an inspiring online discussion group for those participating in the Adopt-A-College program.

*—Ms. Dadds is a vegan artist and activist residing in Portland, OR.*

## UP 'N COMING CARE EVENTS (continued)

**SATURDAY, SEPTEMBER 22**

**Dinner— Singapore Kosher Vegetarian Restaurant**

6pm 1006 Race St. (between 10th & 11th Streets), Philadelphia, PA

Price of \$18 per person includes dinner served family style, hot tea, tax, and tip. RSVP to Maryanne at 610-497-8927.

**SATURDAY, OCTOBER 13**

**Info Table at Blessing of the Animals**

2-4pm Philadelphia, PA

Help staff CARE's info table at Public Eye: Artists for Animals' third annual Blessing of the Animals. Call Susan at 610-240-0283 to volunteer.

## Join CARE

NEW

RENEW

Last Name \_\_\_\_\_ First Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ E-mail \_\_\_\_\_ Date \_\_\_\_\_

**Yes, I would like to join CARE in its efforts toward compassionate living.**

All levels include: newsletter; invitation to annual meeting; discounts on CARE's t-shirts, books, and events

Individual: \$20  Household: \$30  Supporter: \$50

Sustainer: \$100 (includes a copy of award-winning book *The China Study* by T. Colin Campbell, PhD, and Thomas M. Campbell II)

I do not wish to receive the complimentary book.

I've also enclosed a contribution of \$\_\_\_\_\_ to help CARE in its work.

Yes, I would like to volunteer. Please contact me.

**Make checks payable to CARE.**

**Return to CARE, P.O. Box 847, West Chester, PA 19381.**

**CARE is a nonprofit 501(c)3 organization.**

## Nine-Layer Bean Dip

2 avocados, peeled, pitted, and diced  
2 T. lemon juice  
1/4 t. salt  
2 cans refried black or pinto beans  
1 cup tofu sour cream  
1 cup salsa  
1 cup soy cheese, cheddar or Monterey Jack flavor, shredded

1 4 oz. can diced green chilies  
1/2 cup black olives, sliced  
1/2 cup cut corn  
1/2 cup green onion  
thinly sliced tortilla chips

In a small glass bowl, combine the avocados, lemon juice, and salt, mash until smooth with a fork, and set aside. On a large platter or in a large bowl, place the refried beans and spread to a smooth and even layer. Evenly spread the reserved mashed avocados over the beans, followed by the tofu sour cream and salsa, and then sprinkle the remaining ingredients on top. Cover and chill for several hours. Serve with tortilla chips. Serves 10-12.

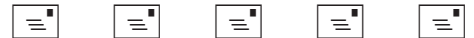
—from the kitchen of Randi Novakoff, CARE Member

## CHECK YOUR MAILING LABEL

If your mailing label has the word “Join” on it, this is your last complimentary issue of *The Compassionate Vegetarian*. If it says “Renew” your membership has expired. Please use the form on Page 3 to join or renew. CARE needs your support.

Also, please let us know if your address has changed.

Thank you!



## Book Review: A Vegan's View of *The Omnivore's Dilemma*

A Review by Allison Memmo Geiger, M.A., M.Ed.

In *The Omnivore's Dilemma: A Natural History of Four Meals*, author Michael Pollan looks at how four different meals arrived on his plate.

The first meal, from McDonald's, is comprised primarily of corn: 13 of the 38 Chicken McNuggets® ingredients are from corn; corn fed the chickens; corn fed the steer; the beverages are largely derived from corn. He notes that most farm land is used to produce feed for livestock. Worse, the feed is produced using petroleum products: fertilizers, pesticides, transportation fuel, and plastic packaging.

Pollan's next meal is prepared from Whole Foods' organic offerings. Here, he eats an organic chicken that he learns never saw the light of day. The bagged organic salad greens shipped from California to the East coast used

more energy in production and transport than the bag's contents yielded (this underscores the importance of local food).

The third meal is on Joe Salatin's Virginia farm, a different type of organic than what Whole Foods serves. Here, Pollan cites the farm as the sole source for all the food. However, he fails to factor in the feed purchased for the chickens (80% of their calories).

Pollan's final meal uses foraged mushrooms, fruit picked from a local tree, and hunted wild pigs. Pollan emphasizes the importance of listening to our taste buds: they have helped us avoid toxic foods. Yet, he fights to overcome his disgust so he can eat the pig he hunted, and chickens he slaughtered. He fails to realize mental disgust is as important as taste.

Also in this section, Pollan halfheartedly attempts vegetarianism, complaining it is too difficult. His omnivorous agenda is obvious in this section. Pollan erroneously states that we would need to clear MORE land if we all went vegetarian. Most land is wasted to grow animal feed; we would use LESS land if we ate the plants directly. Based on his inaccurate calculations at Salatin's farm, Pollan declares grass-fed cattle the most efficient use of agricultural land. He only uses corn for the comparison, failing to look at edible greens that grow as efficiently as grass.

Even with errors, the book is worth a read if for nothing more than the first section on corn and the later emphasis on local.

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