



The Compassionate Vegetarian

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

Fall 2009

The Cruelties of the Fur Industry

By Deanna Calderaio, Board Member

The fur industry is truly a cruel and unnecessary business. Every year millions of animals are killed for their fur, including foxes, minks, rabbits, and seals. Wearing fur was once thought of as glamorous, but nowadays caring people think of it as useless and cruel. There is no excuse in today's society to wear fur when so many synthetic alternatives are available.

There are two ways humans acquire animals that are used for their fur: by trapping them or raising them on fur farms. Trapping is a barbaric practice—animals are trapped by steel jaw traps and then are stomped on at the neck so their fur is left intact. Other times, other animals, even domestic cats and dogs, are sometimes caught in these traps. These untargeted animals either die

in the traps, are left to die, or chew off the limb that is caught in the trap to escape the pain. The traps are only checked every few days by trappers.

Most of the fur worn by people actually comes from fur farms. Existing on a fur farm is an unimaginable life for an animal. These farms are filled with cages of crowded animals often living in filthy conditions. They are crammed so tightly in cages they go insane. The animals are forced to exist out in the cold, in harsh winter conditions. These unfortunate animals are then killed by electrocution, strangulation, or by having their backs broken. All of these methods of killing are used only to preserve their fur from damage. Sometimes, animals are skinned alive. Vivisection is another industry that profits off of fur. Animals are used in laboratories and experimented on to find the softest and most luxurious fur. The animals that produce the most favorable pelts get used as breeding animals by the industry and their lineage is used over and over again to make sure all the animals on the farm yield a profit.

The fur industry is also aware that many people avoid full-length fur coats, and so it uses fur as stealthfully as it can. It wants the fur to appear as faux so customers are more likely to buy it. Dyeing it unnatural colors like red, blue, and purple, and using fur as trim, are ways the industry keeps itself in business. Fur is also used as trim on women's wallets, children's gloves, key chains, and cat toys. Those furry mouse cat toys seen at the counters of almost every pet store are made of rabbit fur. These fur accessories are not necessarily scraps.

Some vegans wear faux fur. While this is vegan in practice, some vegans believe that wearing faux fur adds to

CARE CROSSROADS...

CARE has been busy these past few months. CARE kicked off the summer with a successful Veggie Fest in June attended by approximately 200 people! Members and friends enjoyed a delicious brunch at Black Olive in July, and attendees took part in trying to save St. John's Community Garden in Phoenixville by writing letters that were hand-delivered to legislators. CARE members enjoyed a potluck and pool party at Betsy's house in August that included a talk about gardening given by CARE member Dottie Yacek-Matulis. Dottie also offered fresh greens from her garden to those who attended the potluck.

CARE members took an active part in supporting the Friends of Animals efforts to ban horse-drawn carriages in Philadelphia by participating in their peaceful demonstrations, distributing information about the horses and the industry, and by getting signatures on petitions.

In August and September at the Phoenixville Library, CARE hosted an information session with Allison Geiger presenting her "Food and the Planet" talk in August and with a showing of Sharkwater in September. In addition, CARE has been distributing information to the public at Phoenixville's First Fridays.

CARE members actively participated in demonstrations on behalf of the deer of Valley Forge National Historic Park in addition to providing a fact-filled handout for the general public. Thanks go to Friends of Animals, our co-plaintiffs in the lawsuit against the Park, for handling the permits, signs, and organization.

A team of volunteers staffed an information table at Greenfest Philly in September and distributed hundreds of copies of CARE's own "Food and the Planet" brochure along with newsletters and other information, talked almost non-stop with the general public as they visited our table, and distributed delicious vegan food samples to hundreds of curious people. Allison presented her "Food and the Planet" talk as one of three official speakers at the event. Thanks to Eric, Elaine, Leila, Lia, and Allison for staffing the table, and a special thanks to Allison for preparing the massive quantities of food samples and to Veg Fund for awarding CARE a grant to pay for it all.

As busy as CARE was these past few months, there were many outreach opportunities on which we had to pass. We simply did not have enough volunteers willing to step forward to handle the events. If you are interested in helping at some point in the future, please let us know.

Leaving the CARE Board is Maggie Hyer. We thank her for her time and efforts and hope she will make the journey to some of our events in the future.

(continued on page 3)

CARE

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

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policy or position of CARE.

Contacting CARE

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484-631-7878
www.CARE4animals.org

Mission Statement

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



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

Interested in joining a food co-op?

Mostly organic, fresh fruits
and vegetables, tofu, dried
fruits, nuts, grains, baking
supplies, oils, and much
more. Based in Westtown, PA.
Distribution 4 times a year.
Contact Marian Walker at
610-399-0138.

UPCOMING 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.

SATURDAY, OCTOBER 10

Dinner at Singapore Chinese Vegetarian Restaurant

6 pm, 1006 Race St. Philadelphia, PA 19107

Join CARE for dinner at this popular vegetarian restaurant in Center City. The dinner is \$15 plus tax and tip. The menu includes sushi, dumplings, herbal soup, spring rolls, Vietnamese rolls, mixed greens, Singapore noodles, and a few special surprise dishes. The 20-minute video “Processed People” will also be shown. RSVP to care@care4animals.org or call 484-631-7878.

SATURDAY, NOVEMBER 21

Annual Vegan Thanksgiving Potluck

6 pm, West Chester Friends Meeting House, 425 N. High St., West Chester, PA

Each person should bring a vegan dish to generously serve 6 to 8 people. The guest speaker will be Vance Lehmkuhl. Please bring a non-perishable vegan food item to donate to those in need along with your vegan potluck donation. RSVP to Marian at 610-399-0138 or e-mail care@care4animals.org.

THURSDAY, NOVEMBER 26

Thanksgiving Day Banquet

2–5 pm, SuTao Café, Great Valley Shopping Center, 81 Lancaster Ave., Malvern, PA

Join us for the 5th Annual Thanksgiving Day Dinner at SuTao Café featuring a delicious feast with items not usually served. Cost is \$22 for nonmembers/\$20 for members (join using form on page 3). Prepayment is required by Friday, November 20. Over 90 people attended last year with others turned away. This year, we are capping the attendance at 80 people, so please pay early to guarantee your spot. Send a check to CARE including your contact information (e-mail/phone) for confirmation purposes or e-mail care@care4animals.org to pay online.

SATURDAY, DECEMBER 19

Holiday Potluck Dinner

7 pm, Malvern, PA

Celebrate the holidays the vegan way! Each person should bring a vegan dish that serves at least 8 people. RSVP to Betsy at 610-889-2022.

FRIDAYS, OCTOBER 2 AND NOVEMBER 6

Info Table and Leafleting at Phoenixville’s First Fridays

6 pm (weather-dependent); e-mail care@care4animals.org or call 484-631-7878 if you would like to help. This will not happen if we do not have volunteers to staff the table.

We expect additional activism opportunities to present themselves after the newsletter has been printed. Please let us know if you are interested in helping with outreach and activism opportunities.

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!

The Cruelties of the Fur Industry (continued)

its glamour and so avoid it. Also, by wearing faux fur, others are unaware that it is faux and so are encouraged to buy real fur-trimmed coats and other items. Consumers also find vintage fur coats in thrift stores at very low prices. These are often people who could not normally afford a new fur coat but want to wear fur to look stylish. When fur is bought at these secondhand shops it also sends a message that wearing fur acceptable.

Many of the less-expensive fur coats come from animals, often domesticated cats and dogs, raised in China. Their fur is labeled as wild cat, mountain cat, Asian wolf, Asiatic raccoon, and Chinese wolf, among other names. The skins of these animals are then often labeled as the more-acceptable "leather," and used to make wallets, purses, sneakers, and such.

The fur industry is one that can be stopped. Fur is unnecessary. Help spread the message to boycott fur by asking retailers not to carry it. Inform family members and friends of the truth behind their rabbit fur-trimmed gloves and cat toys. They will most likely think twice before buying these items again. Distributing leaflets about the cruelty behind fur and fur trim is an easy and effective way to educate the public. Write letters to the local paper about how fur is outdated, unnecessary, and cruel. One day the fur industry will be obsolete. Together, we can all help speed up this process.

EVENTS SPONSORED BY OTHER GROUPS

Vegetarian Society of South Jersey Welcome Autumn Vegan Potluck Picnic

Sunday, October 11, 1 pm
Cooper River Park, Armitage Pavilion, South Park Dr. near Rte. 130, Pennsauken, NJ (parking next to the pavilion). Join VSSJ for fun, great food, and a walk around the park. Suggested donation: members, \$2; non-member adults, \$4. RSVP to Linda at lindavholisticliving@yahoo.com or 856-344-2549.

Chenoa Manor Open House & Fundraiser

Saturday, October 17, 11 am-4 pm
733 Glen Willow Rd., Avondale, PA 19311
Come visit this wonderful local animal sanctuary. Chenoa Manor's Open House will feature an art exhibit from many of the young people who've participated in Chenoa Manor programs, sanctuary tours, food, live music, and much more. Tickets for the Open House are available for purchase online at www.chenoamanor.org.

Public Eye: Artists for Animals Anniversary/Fundraiser Dinner

Saturday, October 17, 7-10 pm
Mango Moon, 4161 Main St., Philadelphia, PA 19127 (Manayunk). Celebrate Public Eye's 5-year anniversary with delicious vegan Thai food, live music, entertainment, a silent auction, and retrospective slideshow. Visit www.publiceyephilly.org for more info.

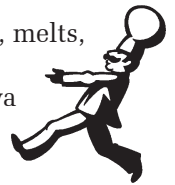
"Thousands of people who say they 'love' animals sit down once or twice a day to enjoy the flesh of creatures who have been utterly deprived of everything that could make their lives worth living and who endured the awful suffering and the terror of the abattoirs."

~Jane Goodall

DELICIOUS DISCOVERIES

"Daiya tastes, shreds, melts, and stretches just like cheese" is the claim Daiya manufacturers make. I recently ordered Daiya from Pangea (veganstore.com) to try it out for myself, and the claim was true! I could not believe how quickly it melted in the oven. Upon cooling slightly, it had the same stretchy quality melted cheeses have, particularly pizza cheese (mozzarella). I was so impressed with Daiya that I took some of my stash to the local pizza place and asked the chef to make a pizza with it (after verifying that the crust and sauce are vegan). I had brought a Daiya information sheet with me and spent time talking to the chef about carrying this product so people can have a dairy-free alternative at his restaurant. The chef tried a small piece and was impressed with the flavor and texture enough so that he is considering it! In addition to being vegan, Daiya is free of gluten and soy as well as other common allergens making it more accessible to a wider variety of people. I look forward to seeing Daiya become more widely available.

—Allison Memmo Geiger, M.A.,
M.Ed., Board Member



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.

Veggie Fest Donors

CARE wishes to thank the following donors for their generosity in making Veggie Fest possible!

Without them, there would be no Veggie Fest.

Arrowroot Organics
Awesome Foods
Bobbi's Best Hummus
Burlap and Bean Coffee
Canine Creature Comforts
Edward and Sons
Elliot's Amazing Beverage
Food For Life
Frankly Natural Bakers
Friends of Animals
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Sheffa Foods Inc.
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Restaurant
Sjaaks Organic Chocolates
Sun and Earth
Sunshine Burger
SuTao Cafe
Sweet and Sara
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Viking Culinary Center
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Wegmans
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Veggie Fest Exhibitors

Chenoa Manor
Chester County Solid Waste Authority
Energy Efficient Homes Team
Friends of Animals
Happy Gardener
Hip Hoops
Mobilization for Animals
New Garden Medical Wellness Center
Rat Chick Rescue
Responsible Policies for Animals
Shiatsu by John Schaeffer

THANK YOU, CARE VOLUNTEERS!

We thank the many individuals who have volunteered for CARE this past year. Without the time and talents of these unique individuals, CARE would not exist. If we've missed your name, please let us know.

Maryanne Appel, Steve Appel, Jennifer Buchanan, Christine Carney, Deanna Calderaio, Pete Giacca, Suzanne Garland, Allison Geiger, Scott Geiger, Tara Gittelman, Lee Hall, Maggie Hyer, Lisa Kendall, Ryan Kern, Elaine Parker, Christy Parry, Lee Ruslander, Alyssa Schaeffer, Renee Talley, Kathleen Wissensz-Giacca, Maria Walker, and Marian Walker

LUSH Cosmetics Stops Using Palm Oil

CARE would like to acknowledge LUSH Cosmetics for discontinuing the use of palm oil in their products. The great demand for palm oil in countless everyday items contributes to deforestation in Malaysia and Indonesia, causing orangutans and indigenous people to lose their homes, among other injustices. CARE hopes other companies will follow LUSH's example and stop the demand for palm oil. LUSH offers a variety of soaps, shampoos, and other toiletries that are handmade and not tested on animals; 74% of their products are totally vegan. To purchase LUSH products, visit www.lush.com or 1428 Walnut St. in Philadelphia.

—Deanna Calderaio, Board Member



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