



# The Compassionate Vegetarian

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

Spring 2009

## Heifer International: The Gift of Burden

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

Recently, my father and his wife were given a gift of a Heifer International donation made in their honor. They are not alone in receiving this type of gift. However, being exposed to information about the problems using animals for food causes, they were keen to educate the gift-giver on why Heifer is a poor choice for a gift, and they asked me for my input. Here is the information you, too, can present to anyone considering this gift of burden.

“Every year, unsafe water, coupled with a lack of basic sanitation, kills at least 1.6 million children under the age of five years.”<sup>1</sup> Over 1 billion people are without clean drinking water, while over 2.6 billion do not have access to basic sanitation.<sup>1</sup> In

addition to increasing the domestic water requirements of the community, raising livestock is one of the most damaging activities on this limited resource. This damage includes water pollution, eutrophication, the degeneration of coral reefs, disturbed water cycles, and reduced replenishment of ground water resources.<sup>2</sup> In poor communities where people are dying from a lack of water, adding to their needs by giving them animals is about the worst thing one can do. Don't think water shortages are peculiar to the US. “The government projects that at least 36 states will face water shortages [within 4 years] because of a combination of rising temperatures, drought, population growth, urban

sprawl, waste, and excess.”<sup>3</sup> Water shortages are a problem for all countries, poor and wealthy.

Land is at a premium. People who are struggling to feed themselves now need to use their limited resources to feed animals as well. Marginal lands are pushed even further into decline by the intrusion of domesticated animals; arable land is turning into deserts as a result.<sup>2</sup> Consider this: “Livestock now use 30 percent of the earth's entire land surface...including 33 percent of the global arable land used to produce feed for livestock.... As forests are cleared to create new pastures, it is a major driver of deforestation, especially in Latin America where, for example, some 70 percent of former forests in the Amazon have been turned over to grazing.”<sup>2</sup>

To understand the gravity of the situation, consider the 1994 genocide in Rwanda in which Hutu extremists killed 800,000 Tutsi civilians (men, women, and children) in 3 months' time. Interviews with some of the Hutu killers revealed that Tutsi people with their cattle were taking up too much land. Additionally, the cattle tended to wander and tread on the Hutu farmers' crop lands.<sup>4</sup> This was cited as one of the primary factors influencing Hutu people's continued hatred of Tutsi people even after Hutu control of the government was accomplished in 1961.

More domesticated animals means less wildlife (free-living animals) because their habitat is given over to grazing or providing feed for the domesticated animals. This means less of the very habitat that is essential to healing our environment such as forests. Consuming animal products increases one's carbon footprint, and therefore, increases one's impact on global warming.<sup>2</sup> Considering that 2008 was one of the most expensive years as far as climate-related disasters, costing about \$200 billion,<sup>5</sup> and the United Nations reports parts of the world such as the Pacific Islands will have

### CARE CROSSROADS...

In January, those who attended the sprouting demonstration/wheatgrass tasting potluck, hosted by Anthony Michaelis and his very gracious wife Bobbie, found the entire evening delightful from beginning to end. On that wintry night, hot cider greeted guests as soon as they arrived. The wheatgrass demonstration, during which we all had a taste of the wheatgrass juice, preceded the potluck itself, which included Anthony's own freshly cut sunflower and alfalfa sprouts. Hot tea rounded out the evening after Anthony's fascinating presentation of his sprouting techniques. At least two attendees have since started their own, though smaller and simpler, versions of seed and bean sprouting. We thank Anthony and Bobbie for hosting this wonderful event.

In late February, CARE gathered at SuTao Café in Malvern for the Chinese Lantern Festival dinner. It was a huge success with 40+ people attending. Thank you to everyone who came to celebrate and to those who became CARE members for the first time.

In March, about 50 people gathered at the Friends School in West Chester for a combined event between CARE and the Friends Society of West Chester. In attendance were many Buddhist monks and people marching with them on a peace march from Massachusetts to Washington, DC. They spoke to us about the march and their experiences along the way. Many chapters of the Friends Society attended the potluck.

Dr. Ana Negrón from CARE conducted a seminar on Food Literacy for Vegans. The disease-promoting Standard American Diet is known in the health literature as SAD for its large portions, its overuse of flour, sugar, oils, and processed items, and its lack of whole foods. However, a vegan diet that replicates this mainstream diet can just the same promote obesity, high cholesterol, diabetes, cancer, and heart disease. During the seminar, we analyzed the evening's culinary samples and celebrated the use of colorful, nourishing, sweet, and savory ingredients for delicious results. We also distinguished the plethora of edible items available from truly nourishing food and sampled and discussed a dish from [www.greenonabudget.org](http://www.greenonabudget.org). Dr. Negrón has recently opened up her own wellness practice in Bryn Mawr and can be reached at 610-525-6246. We thank Dr. Negrón for taking time from her busy schedule to educate all of us about healthy food choices.

(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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## Contacting CARE

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www.CARE4animals.org

## Mission Statement

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

Since many of the Club Veg  
volunteers have joined  
forces with CARE, CARE is  
offering current Club Veg  
members discounts on  
joining CARE. Club Veg  
members may join for \$10  
from now until the end of  
the year or until their Club  
Veg memberships expire,  
whichever comes first.

If your mailing label has “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!

# 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, APRIL 25

### CARE's Annual Meeting and Dinner at Flavor by Thai Pepper

4:30pm Flavor by Thai Pepper, 372 W. Lancaster Ave, Wayne, PA  
Please join us for CARE's annual meeting and this always popular dinner. There will be 8 dishes in all (soup, appetizer, salad, 3 main dishes, jasmine and brown rice, and choice of beverage—Thai iced tea, Thai iced coffee, hot tea, or refillable soda). This is a gluten-free dinner. The price for CARE members is \$18, non-members, \$22. Tax and tip are included. Reservations must be made by Sunday, April 19. Please RSVP to Lyn at 610-935-2403.

## SUNDAY, MAY 3

### Info Table at Chester County SPCA Walk for Paws

9am–2pm Hibernia Park, 1 Park Rd, West Caln Township, PA 19320  
Come to walk your dog or to volunteer at CARE's table. Please e-mail Allison at allisoncares@gmail.com if you would like to volunteer.

## SATURDAY, MAY 16

### Dinner—India Garden Restaurant

6pm 531 E Gay St, West Chester, PA 19380  
Special vegan menu, 6 courses; \$15 includes tax and tip. Please RSVP to Lee at 610-696-0212.

## SATURDAY, JUNE 27

### 13th Annual Veggie Fest

12–4pm Hoopes Park, West Chester, PA (Rain date June 28)  
CARE's annual Veggie Fest is fast approaching. This is CARE's largest annual event and fundraiser. 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. We need volunteers **now** to organize the event in addition to volunteers the day of the event. If you want to help, please join our Veggie Fest Volunteer Committee by contacting Allison at allisoncares@gmail.com or leave a message on the CARE phone number.

# EVENTS SPONSORED BY OTHER GROUPS

## SUNDAY, APRIL 5

### Friends of Animals Dinner Event

4–6pm SuTao Café, Malvern, PA  
CARE members and supporters are enthusiastically invited to a dinner event where Priscilla Feral of Friends of Animals will introduce a new cookbook, *The Best of Vegan Cooking*. Cookbooks will be available for \$20 and can be signed by the chef and author, Priscilla. The cost of the dinner is \$20, which includes tax and tip. Special desserts from the cookbook will be served. E-mail Maryanne at xouthumanemyths@gmail.com to RSVP.

## SUNDAY, MAY 24

### American Vegan Society Annual Meeting and Garden Party

12pm 56 Dinshah Ln, Malaga, NJ  
Erin Williams, author of *Why Animals Matter*, will make a presentation. Other speaker is to be announced. Call Freya at 856-694-2887 for info and to register by May 15.

## JULY 8–12

### Vegetarian Summerfest—North American Vegetarian Society

The 35th annual conference is set for July 8–12, 2009, at the Conference Center at Pitt-Johnstown on the University of Pittsburgh campus in Johnstown, PA. For more information, visit [www.vegetariansummerfest.org](http://www.vegetariansummerfest.org) or call 518-568-7970.

“Life outside a person is an extension of life within. This compels us to be a part of it and accept responsibility for all creatures, great and small. Life becomes harder for us when we live for others, but it also becomes richer and happier.”

—Albert Schweitzer

## Heifer International: The Gift of Burden (continued)

difficulty producing food because of climate-related disasters,<sup>6</sup> this system of encouraging more animal product consumption around the world is downright deadly.

The health problems associated with the consumption of animal products are well-documented. Animal products have their hand in certain cancers, type II diabetes, heart disease, hypertension, and more. Even in small quantities, animal products can cause big problems to human health.<sup>7</sup>

The list of problems caused by giving the “gift” of livestock ranges from resource depletion to deadly competition for scarce resources to health problems that come with animal product consumption. If you want to give a gift that can help people in impoverished communities, try donating to water sanitation projects and biolatrline projects<sup>8</sup> because water scarcity is a far greater killer than hunger.

### Abbreviated References

1. [http://who.int/water\\_sanitation\\_health/monitoring/jmpfinal.pdf](http://who.int/water_sanitation_health/monitoring/jmpfinal.pdf)
2. <http://www.fao.org/newsroom/en/news/2006/1000448/>
3. <http://www.msnbc.msn.com/id/21494919/>
4. Hatzfeld, Jean. *Machete Season: The Killers in Rwanda Speak*. 2005:216-221.
5. <http://www.cop15.dk/en/servicemenu/News/ClimaterelatedDisastersCostTheWorld200BillionDollarsIn2008.htm>
6. <http://www.un.org/apps/news/story.asp?NewsID=29151&Cr=Climate+change&Cr1=FAO>
7. Campbell TC, Campbell TM II. *The China Study*. 2006
8. [http://practicalaction.org/?id=radio4appeal\\_ahd](http://practicalaction.org/?id=radio4appeal_ahd)

## INSIDE OUT

Looking at a photo of two deer cavorting in the snow reminds me of a snowy night a few years ago when a herd of 12 deer visited our backyard. What a sight that was to behold. I stood transfixed for a long time, watching them through a window. Two young deer with baby antlers played together, advancing toward one another, striking with their antlers, then scampering away only to repeat the performance again and again, while the adults meandered around them, keeping them safe. Everything, all the trees, were white—except the deer, of course—and the full moon lit up the snow on the ground so that it was like watching the scene in broad daylight.

And just a few weeks ago, a magnificent deer with large antlers wandered right up to our deck, then slowly walked across the backyard, and up the driveway. At that point, I very quietly went out on the deck and stood there watching him. He stopped to look back at me, and to my amazement, we stood eye-to-eye for several moments before he slowly turned his head and in a very regal fashion continued his walk up the driveway, across a neighbor's yard, and into the woods. I sensed what Thoreau must have experienced when he wrote, “I once had a sparrow alight upon my shoulder for a moment while I was hoeing in a village garden, and I felt that I was more distinguished by that circumstance than I should have been by any epaulet I could have worn.”

When I relate these stories to people, I tell them I have no need of a church built with stone, brick, or cement when I have this wooded little paradise right next to my house. With its towering trees and all of the natural plant life that die off in the fall, sleep through the winter, and are reborn in the spring, this is my cathedral, the birds are my choir, and the other animals, my fellow congregants.

I regard the two experiences described above as truly spiritual encounters with the natural world. The individuals who made such a deep impression on me are, like all animals, not merely targets for hunters' guns, pieces of meat for our consumption, or living specimens to satisfy scientific curiosity, but beings in their own right, with their own interests and their own needs. They have lives apart from our own human kind, and the laws of nature demand that we accord them the respect that every sentient, cognizant being deserves.

—Maryanne Appel, Board Member

## Valley Forge Park Deer Update

CARE joined Friends of Animals to meet the February deadline to oppose a proposal for deer control in Valley Forge National Historical Park. The Park, of course, is known historically as a 6-month headquarters for George Washington, and, more recently, as a safe haven for deer in suburban Pennsylvania. Parks officials hope to bring US Department of Agriculture agents into the 5-mile park, with orders to kill the vast majority of the deer over the next 4 winters, then spend future years controlling the deer with a lab-created birth control substance, most likely leuprolide, a hormone-based formula. It sounds like a large, chaotic experiment on the grounds of the now-peaceful Valley Forge Park—and for no reason. Since 2003, the Valley Forge Park deer population has decreased. In any case, deer need special concern in decisions involving the ecological balance of a space. Moreover, biologists acknowledge that coyotes are beginning to make a comeback, and coyotes could safely exist in a 5-mile park. The coyote population will take time to rebound, but this means we should promote their role in the ecosystem of our region. We call on CARE members to speak up for Valley Forge Park as a rare, safe spot for animal life in the midst of suburban shopping malls and road construction.

—Lee Hall, Legal Director, Friends of Animals

## 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.**

## Tasty Tofu Sandwich with Sprouts

15-oz. tub of extra-firm organic tofu      Organic flaxseed or sprouted seven-grain sliced bread  
2 Tbsp. organic Canola oil  
5 Tbsp. organic soy sauce      Organic alfalfa sprouts (or finely shredded lettuce if sprouts are not available)  
4 tsp. garlic powder  
2 tsp. ground ginger      Vegenaïse

Slice tofu lengthwise to make four 3×4" slabs. Pour oil in an oven tray large enough to accommodate the slices in a single layer. Mix garlic powder and ginger together for ease in sprinkling on tofu. Sprinkle the tofu with half of the soy sauce and the garlic/ginger mixture. Bake for 15 minutes in a preheated 350 degree toaster or conventional oven until browned. Turn the tofu over and sprinkle with the remaining soy sauce, garlic, and ginger. Continue baking for another 15 minutes. Best if served right from the oven. Spread Vegenaïse on the bread. Use one or two slices of tofu and a generous amount of sprouts for each sandwich. Makes 2 to 4 sandwiches, depending on how much tofu you want for each.

Note: This can be made as a main dish for lunch or dinner by eliminating the bread and Vegenaïse and placing the sprouts on the side.

—from the kitchen of Deanna Calderaio, Board Member

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.



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## President's Message

This is an exciting time for CARE. With the addition of Allison Geiger, Scott Geiger, Maryanne Appel, and Deanna Calderaio as new Board members, and Lee Hall as an advisor to the Board, CARE will continue forging an alliance with Friends of Animals and enjoying many years of experience that Allison and Scott bring from their work directing the local chapter of Club Veg. If the National Park Service decides to go ahead with deer-control plans in Valley Forge Park, CARE will join Friends of Animals as plaintiffs in a lawsuit challenging the federal government. This will be an important federal case, carefully steered by local attorneys Leila Fوسفeld (co-founder of the *Journal of Animal Law & Ethics*) and Lee Hall (who has taught, written, and presented work on animal law

internationally), with the support of university law clinics.

If you are a member of CARE who wishes to be considered as a nominee for our Board of Directors, to become an officer of CARE, or both, you are encouraged to come to the annual meeting (see Upcoming CARE Events). At that meeting we will be voting on a proposed name change for CARE. We will vote on whether to change from **Compassion** for Animals, Respect for the Environment to **Concern** for Animals, Respect for the Environment. Concern for Animals embraces more than feeling bad for animals' torment; it also represents exhilaration and a respect for other animals' freedom. Many of our members believe the phrase Concern for Animals reflects a maturation of CARE's evolving role in

an ethic of animal advocacy and ecological awareness. (If you have an opinion on the change of our name and cannot make the annual meeting, please e-mail me at [ruslander@aol.com](mailto:ruslander@aol.com).)

We need volunteers **now** to help plan and carry out our annual Veggie Fest, which will be held on June 27 (see Upcoming CARE Events). We also have many exciting potluck and restaurant outings planned for this year.

On behalf of all members of the Board, I would like to thank you for your support of CARE, and I encourage you to get involved to help us fulfill our mission of protecting the animals and preserving the environment.

—Lee Ruslander,  
Acting President of CARE

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