



The Compassionate Vegetarian

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

Fall 2010

WORLD VEGAN DAY

by Matthew McLaughlin

This November 1st marks the celebration of the 16th World Vegan Day. When some members of the Vegan Society decided to hold a World Vegan Day in 1994, the initial choice was September 2nd, the birthday of Donald Watson, one of the founders of the Vegan Society. Upon hearing of the society's choice, Watson humbly insisted that this new vegan holiday be celebrated on another day. The Vegan Society subsequently chose November 1st, the day the society was founded in 1944. World Vegan Day has become a holiday to commemorate the founding of the Vegan Society and a celebration of veganism.

The Vegan Society was established by a small group of vegetarians who were equally opposed to the consumption of meat as to the consumption of milk and eggs. Reflecting on the founding of the society shortly before his death, Donald Watson remarked that the society's original members were "full of hope, full of aspiration that surely this idea would attract enough followers for it at least to survive."

Sixty-six years after the vegan movement began we can say that not only has veganism, which Donald referred to as the ideal of non-exploitation, survived but thrived. Such a positive assessment of the

Veganism is not only possible, it is a viable, and an increasingly more convenient, alternative to the status quo.

movement's progress may seem to be nothing more than an unsubstantiated claim, a product of hallow optimism and wishful thinking. Certain websites feature counters that calculate the number of animals exploited for food that have died since arriving on the website. The numbers are staggering, even when only a few minutes are spent on the site. How can an optimistic appraisal of the vegan movement be made in the face of such horrendous exploitation, which doesn't even reflect the other forms of grotesque exploitation that occur in horrific numbers?

To rightly point out that much more work needs to be done does not invalidate the advances that have been made. Vegans are routinely told that our vision of a world in which the conscious interests of nonhuman

persons are not subordinated to human wants and whims is unachievable. But is it really? A human vegan society is possible, for it already exists.

Since the formation of the Vegan Society, an international community of conscience has arisen, one that rejects the exploitation of nonhuman persons. Members of this community will gather in Melbourne, Australia; London, England and elsewhere to celebrate World Vegan Day this November. They convened at the North American Vegetarian Society's annual Summerfest. Vegans have, and will continue to, come together to protest vivisection, rodeos and hunts, to provide caring homes for animals whose autonomy has been systematically bred out of them, resist so-called "euthanasia" in kill shelters, and demonstrate for the rights of lions, iguanas, zebras, wolves, and parrots to live freely. It is not possible to say that veganism is unrealistic when we are already here.

Veganism cannot be unrealistic, for the international vegan community has mapped out how the rest of humanity may come to adopt veganism. When the vegan movement began, there was a lack of scientific evidence regarding the nutritional value of a vegan diet. Today, the American Dietetic Association and the Dieticians of Canada has shown that humans can subsist on a vegan diet at all stages of life, including pregnancy. Vegan-organic farmers have shown us how to grow crops without animal products. Restaurants offer vegan meals and vegans may now purchase products without animal testing or ingredients from a variety of retailers. Veganism is not only possible, it is a viable, and an increasingly more convenient, alternative to the status quo.

CARE CROSSROADS...

The pool party/potluck at the home of Lee and Jennifer in July received rave reviews by all who attended, including some of our newest members and supporters. The food, which was exceptional, was rivaled only by the delightful time enjoyed by those who took a dip in the pool and hot tub. What an exciting way to introduce our new friends to CARE!

Our dinner at India Garden in August was well-attended. The buffet, entirely vegan, offered numerous dishes, all delicious and all carefully prepared. Dessert was provided by Lee Ruslander, a happy ending to a delightful meal.

(continued on page 2)

CARE

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

Board of Directors

Lee Ruslander, President/Treasurer
Lee Hall, Vice President
Maryanne Appel, Secretary
Marian Walker

The Compassionate Vegetarian

Maryanne Appel..... Editor
Mary YeapleDesign
The Ink SpotPrinting

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

Contacting CARE

P. O. Box 847
West Chester, PA 19381
care@care4animals.org
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**

In a gentle way, you
can shake the world.
My life is my message.
~Mahatma Gandhi

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, September 18—Pool Party and Oil-free Poluck

Thanks to Lee and Jennifer for hosting this second Pool Party and Potluck, ending the summer season with yet another al fresco event. Please make your dish low-fat with no oil. The pool opens at 3 pm. Food will be served at 6 pm. RSVP to Lee Ruslander at 610-696-0212.

Saturday, October 2—Celebratory Banquet Dinner in Honor of Gandhi's Birthday

6 pm. West Chester, PA. Please join us at Su Tao Cafe, located in Great Valley Shopping Center, 81 Lancaster Ave., Malvern, PA 19355, for this special event hosted by CARE and Fitnessentials, a local vegan yoga group. Cost: \$20 per person (including tax and gratuity). After dinner, a guest speaker will share how the philosophies that inspired Gandhi's vegetarianism were the same Gandhi used to free India, and parallels for today's advocates to "be the change we wish to see in the world." Payment is required by Monday, September 27. Send a check to CARE, P.O. Box 847, West Chester, PA 19381, or pay online at www.care4animals.org.

Saturday, October 16—Potluck

6 pm. Mt. Airy, Philadelphia, PA. Great opportunity to savor vegan food and enjoy the company of like-minded friends. RSVP to Sheryl at 215-242-0465.

Saturday, November 6—World Vegan Day Dinner

6 pm. A special dinner will be offered by CARE and Friends of Animals at Singapore Kosher Vegetarian Restaurant, 1006 Race St., Philadelphia, PA 19107. Listen to a lively presentation by an experienced speaker. Cost: \$20.00 per person. RSVP to matt@foaphilly.org by October 30th.

Thursday, November 25—Thanksgiving Day Banquet

2-5 pm. Su Tao Cafe, Great Valley Shopping Center, 81 Lancaster Ave., Malvern, PA 19355. Join us for the 6th Annual Thanksgiving Day Dinner at Su Tao featuring special dishes for this event. Cost (including tax and gratuity): \$25 per person. Payment is required by Friday, November 19. Send a check to CARE, P.O. Box 847, West Chester, PA 19381, or pay online at www.care4animals.org.

Saturday, December 11—Oil-Free Potluck

6 pm. Please join us for this oil-, nut-, and seed-free vegan potluck. We ask that you use vegetables low in fat, and avoid high-fat items such as avocado and coconut. RSVP to Anthony at 610-296-5427.

World Vegan Day (continued)

The growth of veganism from a handful of adherents in Great Britain in the 1940s to a global community in the present day illustrates that an optimistic appraisal of our movement's progression is not fanciful; it is based on a solid foundation which is made ever stronger by the presence of more vegans. This is certainly not to dismiss the obstacles that stand before us: habitat loss, "humane" animal products, quickening rates of extinction, misinformation about a vegan diet, among others, but none of these should cause us to have a vision of the future that lacks the hope and aspirations that characterized the founding of the vegan movement.

CARE and Friends of Animals-Pennsylvania will be holding a World Vegan Day celebration on November 6th, from 6-9 pm at Singapore Vegetarian Restaurant located at 10th and Race, Philadelphia, PA. Featuring Singapore's delicious vegan buffet, cost of admission is \$20.00. Proceeds will benefit Friends of Animals' Primarily Primates Sanctuary. Please RSVP to Matt McLaughlin at matt@foaphilly.org by October 30th.

Seriously Sustainable: Hybrid Cycles

By Lee Hall

Unlike hybrid cars, hybrid cycles go completely fuel-free. They're powered by a light-weight rechargeable lithium battery—as computers are—and they run on an electric motor in a wheel hub.

So, how do they feel? Well, riding an electric bike is as easy as riding any other bike; but there are additional enhancements: Pedal-assist riding helps you up steep hills or long climbs. A twist-grip throttle boosts your speed over gentle climbs or flat ground.

Hybrid Cycles of West Chester offers the largest selection of electric bikes in Chester County. Their electric bicycles, also called “e-bikes,” are popular for eco-friendly commuting or enjoying the outdoors.

Most anything that gets us out of the car and into alternative modes of propelling ourselves over our local terrain will have a positive impact on the environment. And getting on a bike will ease stress and keep our bodies stay in better shape too.

But actually choosing the bike you'll want to invest in takes some knowledge. Hybrid Cycles can offer the special expertise that comes with stocking only electric bikes. They have many models in a broad price range; we saw an example at the CARE Veggie Fest in June, which we're happy to say Hybrid Cycles supported.

Electric bikes can equip you with an excellent form of transportation if you're unable to own an automobile, and Hybrid Cycles has made an electric bicycle available for a Chester County resident who's disabled. And the company is committed to operating a sustainable enterprise, limiting waste and consumption, and recycling all paper, plastic and scrap metal. Employees are, of course, keen on using electric bikes instead of cars.

A full battery charge empowers 20 miles of cycling, creating about 1 lb of CO2. Driving a 20 mpg car 20 miles uses 19.4 lbs of CO2.

Where to ride

In addition to all the quiet back roads in and around Chester County, there are many state parks and bike trails to enjoy in our area, Hybrid Cycles lists the following: Struble Trail, Chester Valley Trail, French Creek State Park, Schuylkill River Trail, and Montgomery County Trail Network.

Contact Hybrid Cycles for a demo ride: 610-212-3070.

Visit their showroom in Chester Springs, at Tom Oates Chevrolet on Route 113, or in West Chester at 124 E. Gay St.

On the Internet:

<http://www.hybrid-cycles.com>



Calling All Volunteers!

If you can spare a few hours, or even an hour or two, each month, CARE offers many volunteer opportunities, such as helping to organize various events, participating in CARE's outreach efforts including our Annual Veggie Fest, and hosting potluck dinners. If you have computer skills, please let us know, as we can use your expertise in keeping our membership list, sending e-mail reminders, etc. Submissions to our newsletter are always welcome, but please contact the editor beforehand for details.

Our sincerest thanks to all of you who are already giving of your time and abilities, and to everyone who contributes to CARE with your membership dues and donations. You are ALL appreciated!

Follow CARE on Twitter
@CAREforANIMALS



PRINTED ON RECYCLED
PAPER WITH VEGETABLE
OIL-BASED INK

If you would like to submit a piece for our newsletter (op ed piece, restaurant/book review, recipe), please e-mail us. We are always looking for new contributors!

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 Individual (age 65 and over): \$15

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**

Black-and-White Bean Salad

1 can black beans, rinsed and drained
1 can cannellini beans, rinsed and drained
1 red bell pepper, peeled, seeded, and diced
2 or 3 celery stalks, diced
1/3 or more of a red onion, chopped
1/4 cup minced fresh parsley
Zest of 1 lemon, grated
Mix all ingredients together and set aside.

Dressing:
1/3 cup extra-virgin olive oil
2 tsp. brown rice syrup
Soy sauce, a generous dash
2 tsp. umeboshi vinegar
3 Tbsp. balsamic vinegar
2 cloves garlic, minced
Juice of 1 lemon and 1 or 3 oranges

Warm the oil and dissolve the rice syrup into the oil. Add soy sauce. Heat mixture on low heat 3 to 4 minutes. (This makes the beans more digestible.) Whisk dressing ingredients and gently toss with the salad. Serve warm or chilled.

Submitted by Francesca Meredith, who revised it slightly from a recipe in *Cooking the Whole Foods Way* by Christina Pirello

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 by Maryanne Appel *On Their Own Terms—Bringing Animal Rights Philosophy Down to Earth* by Lee Hall

The best book on animal rights and veganism EVER! Read this book, and with both joy and sorrow, weep, laugh, and marvel. The prose, so beautifully presented from a vegan perspective, so "down to earth," will have you leaping out of your chair with joy and exhilaration. Because here, at last, is the one book on true environmentalism and respect for earth's creatures that all of us have been waiting for.

Lee Hall writes not only with passion and tenderness, but with courage and conviction. The writing is impeccable, and the ideas

fascinating, making the reader want to learn more as the chapters progress.

This is an important book, one that may very well alter the current understanding of issues facing our planet as espoused by most legislators, environmental groups, and even major animal advocacy groups, all of which, if they are to act responsibly and be taken seriously, must incorporate the right of all sentient beings to experience life "on their own terms."

No matter how one perceives the many issues facing our world today, the reader will come away from this

book a different person, one looking through the mirror, not just at it, and be amazed to discover what is on the other side.

On Their Own Terms is destined to be not only THE book of the year, but a classic for years to come. The book is priced at \$17.95 and is available at www.friendsofanimals.com and www.amazon.com.

Note: *On Their Own Terms* is being used this semester in a class on Animals and Ethics at Duke University. Congratulations, Lee!



RETURN SERVICE REQUESTED

Compassion for Animals—
Respect for the Environment, Inc. (CARE)
PO BOX 847
WEST CHESTER PA 19381

