



The *Compassionate Vegetarian*

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

Winter 2010

A Victory for the Deer!

National Park Service officials have called off this winter's deer kill at Valley Forge National Historical Park thanks to the legal challenge brought by CARE and Friends of Animals.

Denver University's Environmental Law Clinic litigated the case and will continue the pro bono project in our names until the deer-control plans at Valley Forge are formally dropped.

A judge will hear the case at some point after late May.

We need your support to show that you want the deer to be respected. Please join CARE (see page 3 for membership form) and Friends of Animals to make a difference in this campaign and all of our vegan and animal rights advocacy work.

And thanks to our members who have continued to support our work throughout 2009. As is now clear, your support has mattered in a very big way for the animals in our area—the deer are now free to live in their own ways, as they are accustomed to doing in the peaceful park—and this case will have national, even international, ramifications.

Thank you for caring,

*Allison Memmo Geiger,
President of CARE*



CARE CROSSROADS...

CARE members and guests enjoyed a delicious dinner at Singapore Chinese Vegetarian Restaurant in Philadelphia in October, a Thanksgiving potluck in West Chester with Vance Lehmkuhl as the speaker and entertainer, and a Thanksgiving Day feast at SuTao Café that drew almost 70 people.

CARE members have continued to take 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 addition CARE is actively working to save the deer of Valley Forge National Historic Park as co-plaintiffs in the lawsuit against the Park.

In December, a team of volunteers staffed an information table and distributed food samples and information at Phoenixville's first Friday. We had a table in Earthmart and also distributed items in front of the store to passersby. Earthmart received positive feedback about our outreach! Thanks to Deanna, Char, Jenny, Dan, Scott, and Allison for staffing this event. Thanks to Earthmart for hosting our event and to Veg Fund for awarding CARE a grant to pay for the samples.

CARE members also participated in a humane myth outreach event in front of Whole Foods Market in Devon.

CARE has been busy educating the community about the benefits of veganism, but there is much more CARE would like to do. If you are willing to help organize an outreach event or help staff an event, please let us know. Some of the volunteer needs are as easy as making a few phone calls and getting a few forms, but it is still valuable help. A little help can go a long way. We need more volunteers!

CARE

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

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The individual views expressed in
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policy or position of CARE.

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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, JANUARY 30 CARE Dinner at India Garden

6 pm, West Chester, PA

Enjoy a five-course vegan meal at India Garden in West Chester. Cost is \$15 for CARE members/\$20 for nonmembers. Price includes tax and tip. RSVP to Lee Ruslander at 610-696-0212 or ruslander@aol.com.

SATURDAY, FEBRUARY 20 CARE No Oil Potluck

6 pm, Paoli, PA

Join us for a HEALTHY no oil, no nut, and no seed vegan potluck at the home of sproutmaster Anthony Michaelis in Paoli. Please use vegetables low in fat content and avoid items like avocado and coconut that are high in fat. RSVP to Anthony at 610-296-5427.

SUNDAYS, JANUARY 17, FEBRUARY 21, MARCH 21 Advocacy Live

7–8 pm

Join us monthly for an online information session. We'll have presenters talk about different topics and you'll be able to ask questions through our moderated forum. E-mail care@care4animals.org for more information or to receive an online invitation to participate.

FRIDAYS, FEBRUARY 5, MARCH 5, APRIL 2 Info Table and Food Sampling at Phoenixville's First Fridays

5–9 pm

We'll have an information table set up and we'll pass out vegan food samples to the crowds that come to enjoy Phoenixville's festivities. We need volunteers now. If you can help, please let us know as soon as possible; e-mail Allison at care@care4animals.org or call 484-631-7878.

SATURDAY, MARCH 20 Celebration for the Deer

5:30 pm SuTao Café, Malvern, PA

Come celebrate with us our recent victory in having the deer hunt called off at Valley Forge Park. Cost is \$20, which includes tax and tip. Call Lee Ruslander at 610-696-0212 to preregister.

SATURDAY, JUNE 19 (rain date JUNE 20) 14th Annual Veggie Fest

Save the date! Volunteers are needed now to help with this event, securing donations, and more. Contact CARE if you can help (care@care4animals.org or 484-631-7878).

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.



PRINTED ON RECYCLED PAPER WITH VEGETABLE OIL-BASED INK

The Devastating Effects of Palm Oil

By Maryanne Appel, Board Member

Imagine a moonscape, a barren waste, devoid of trees, ground cover, and plants. Now visualize an orangutan walking through this wasteland, wondering what happened to the orangutan's ancestral home, the orangutan's only home. This is a scene that is played out every single day in Southeast Asia. Why? To produce palm oil,* a cheap substitute for other fats. It is ubiquitous, used in 10 percent of the products found in supermarkets, and is abundant in crackers, cookies, candies, margarine (even the vegan Earth Balance), soaps, and detergents, and in biofuels, as well.

Indonesia and Malaysia are almost totally responsible (approaching 90 percent) for the production and global exports of palm oil. So much forest has been destroyed, and so many orangutans have been killed, that some estimates place the window of time until their extinction to be as little as 10 years. Zoos, of course, could still display them.

Among the other victims of this ecological disaster are the Asian elephant, the Sumatran rhinoceros, and the Sumatran tiger, who, along with the Sumatran and Bornean orangutans, are rare species. Several hundred mammals, land reptiles, amphibians, and birds also live in these forests, with dozens of them either critically endangered or threatened. When the forests disappear, so will they. Entire ecosystems cleared and burned to fill the coffers of multinational corporations!

The soil and climate in Indonesia and Malaysia are ideal for raising palm, an unfortunate situation for the forest creatures, who count for nothing in the bottom line of corporate greed. Not counted, either, are the effects on human health; biomedical research has shown that palm oil, high in saturated fat, promotes heart disease. Consider this, as well: indigenous people are losing their forest homes. Those who work on the plantations are at the bottom of the economic ladder, with huge profits, as always, going to the corporations at the top.

When orangutans approach a palm plantation, they find themselves at the mercy of the workers, who chase the animals down, beating them with clubs. The reason for these atrocities is that these gentle "people of the forest" eat the seeds that are planted to grow the palm.

When orangutan mothers are killed, they leave behind their babies, some of whom are brought by rescuers to sanctuaries. But without a habitat to return to, there is simply no place for them to go. And without their mothers, who will teach them where to find the trees for the seasonal fruits that sustain them, the safe places to sleep, how to build their nests, how to care for their own children, and all of the other skills necessary for their survival?

These forests, these animals, these displaced humans, and our planet cannot wait any longer. Each of us must do our part: (1) by patronizing companies that offer products devoid of palm oil; (2) by avoiding, as much as possible, items made with palm oil (sometimes listed under the innocuous name "vegetable oil"); (3) by writing and calling those rogue companies with our complaints and demands; and (4) by wearing a button depicting

an orangutan with the words, "Boycott Palm Oil." (We could have them made!)

Environmentally friendly Lush Cosmetics (highlighted in the Summer issue of CARE's newsletter) in Philadelphia has a completely palm-free inventory. Patronizing Lush Cosmetics (I would like to say companies such as Lush; however, this company has asked 300 major companies to stop using palm oil, even offering a free one-year supply of their soap if they comply, with not a single positive response) emphasizes the responsibility that each of us has to make our voices heard with our pens and our wallets.

Since the demand for this extremely destructive product is expected to double by the year 2020, we must act quickly, with diligence, and with a conviction that reason—and that rarest commodity of all, common sense—will prevail over the shortsightedness entrenched in corporate profit-by-any-means.

*Also palm fruit.

For a list of references used in preparing this article, please e-mail Maryanne at xouthumanemyths@gmail.com.

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**

Cream of Broccoli Soup

1 cup raw cashews
5 cups vegetable stock or vegetable bouillon
2 medium boiling potatoes, unpeeled, cut into 1/2-inch cubes
1 medium onion, finely chopped

1 bunch broccoli, trimmed and coarsely chopped
1 tsp. dried basil
1 tsp. fine sea salt
1/4 tsp. freshly ground pepper



Blend cashews with a cup of the vegetable stock in a blender for about a minute, until you have a smooth consistency. Place the remaining 4 cups of vegetable stock with the potatoes and onion in a large pot. Bring to a simmer, cover, and cook for 5 minutes. Stir in the broccoli and basil and return to a simmer. Cover and cook for about 10 minutes until the potatoes are tender. Stir in the reserved cashew mixture, salt, and pepper, and bring to a simmer. Let the mixture cool slightly. Transfer about half of the soup to a blender and lightly puree. Return the puree to the pot and stir well. Serve immediately.

—From Dining with Friends (Originally from May All Be Fed)

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!

Cage-Free Eggs?

I have been working for years to dispel the myths of “humane” animal products as I strive to promote veganism, a way of life that does not contribute to the domination paradigm that affects both humans and nonhumans. As such, I’ve been saddened by the promotion of cage-free eggs as some sort of solution. Groups that purport to support veganism have been promoting these—something that misleads both animal advocates and the general public.

My opposition to the cage-free campaigns stems not just from the problems with engaging in husbandry issues, itself not a vegan endeavor, but also from the fact that the cage-free method is no better for the chickens.

In fact, a study has shown that it is more stressful for the chickens. The large crowds prevent the chickens from establishing a pecking order. As a result, cannibalism rates and stress hormones are higher in these chickens.¹

With the knowledge that cage-free is not only not better but may actually be worse than caged eggs, should advocates’ solution be to promote eggs from caged chickens? Of course not, but let’s realize that the promotion of either is nonproductive. Until everyone who is going to go vegan has gone vegan, our limited activist time and resources should focus on that, not on helping people pick a different animal product. Additionally, the myth that cage-free is somehow

ethically better than caged eggs has led many to be relieved about choosing an animal product because it has been deemed acceptable by the animal advocacy community. Our focus needs to be on removing animals from the food system (and any other uses), a dietary elective that takes up significantly more land (currently 1/3 of the Earth’s surface) that would better serve wildlife. The only solution is to go egg- and animal-free.

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

1. Elena Bulmer, Diego Gil. Chronic Stress in Battery Hens: Measuring Corticosterone in Laying Hen Eggs. *International Journal of Poultry Science*. 2008;7(9):880-883.

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