



The Compassionate Vegetarian

A Publication of CARE (Compassion for Animals—Respect for the Environment, Inc.) Winter 2010/2011

Deer on Their Terms

CARE Acts Locally — Mindful of a Global Context

By Lee Hall

As winter draws near, CARE faces the stress of another hunting season, and a second year of keeping the peace in Valley Forge Park. Having held their fire during the first winter of the lawsuit by CARE and Friends of Animals (prepared with the pro bono expertise of the University of Denver's Environmental Law Clinic), the National Park Service has regrouped and is fixin' to shoot. As of this writing, our understanding is that they began shooting at nighttime during the first week of November and plan to continue all winter—at the expense of deer's lives, and the public enjoyment of evening hikes in the Park, which are now cancelled.

Backed by the Pennsylvania Game Commission, the Park Service

has made a host of claims against the deer; one is the all-too-common complaint that many deer have been showing up in the woodlands, eating vegetation. (Shock! Horror!)

State officials have a long history of perceiving “too many deer” because the idea of hordes of hooves and hungry mouths overtaking the landscape justifies issuing permits and collecting fees connected with stalking and killing these animals. Most people aren't hunters. But many condone the killing of deer rather than modify their gardens, or slow down on the road, or take a route that doesn't cut through green habitat.

Valley Forge Park is surrounded by roads, large houses and shopping malls. The deer are concentrated in



the Park, yes; but is there really a problem with the population of deer, or do we just like to keep expanding our own range, and displace any beings who are minding their business around us?

The Myth of Benign Control

A variety of lab-based approaches have been promoted to alter sexual activity and reproductive patterns of deer—as well as elk, free-roaming horses, and even African elephants, who are pursued by helicopters when targeted. The testing of contraceptives on animals of various kinds, both in the labs and in the animals' ranges, has involved experiments with porcine zona pellucida and gonadotropin-releasing hormone on captive white-tailed deer at Pennsylvania State University. In male deer, according to Gary J. Killian and Lowell A. Miller, results include immunological castration and abnormal antler development. Research on deer contraceptives continues nationwide.

The contraceptive vaccine porcine zona pellucida comes from the ovaries of pigs. Introduced into another mammal, it elicits an immune

CARE CROSSROADS...

The pool party and oil-free potluck in September at Lee and Jennifer's home brought more than a dozen people interested in preparing completely oil-free dishes. Everyone agreed that these were delicious and easy to prepare. Thank you, Jennifer and Lee, for so generously welcoming us into your home again this year.

The banquet at Su Tao in October, co-hosted by CARE and Fitnessentials, was well-attended—45 people came together in honor of Gandhi's birthday, enjoying the excellent food specially prepared for this occasion. It was a day to celebrate, as well, the International Day of Peace. A talk was given following the dinner. Two books, *Dining with Friends* and *The Best of Vegan Cooking*, both donated by Friends of Animals, were offered as door prizes.

On learning that a plan by government officials was afoot once again to shoot hundreds of the deer residing in Valley Forge National Historical Park, CARE and Friends of Animals held a peaceful protest at the park in October. Literature was gratefully accepted by many interested and concerned passersby.

A second protest, following the judge's rejection of Friends of Animals' and CARE's injunction, was held in November. The judge's decision is being appealed.

World Vegan Day at Singapore Kosher Vegetarian Restaurant, co-hosted by CARE and Friends of Animals, was a rousing success. The room upstairs fairly rang with the enthusiasm engendered by the many guests. Dinner was followed by a monologue presented by Chris Kaiser, a local playwright. Proceeds from both the dinner and the raffle were donated to Friends of Animals-Pennsylvania and Primarily Primates, an animal sanctuary. We thank Peter Fong for Singapore's ongoing support for our efforts.

(continued on page 2)

CARE

Compassion for Animals—
Respect for the Environment, Inc.
is an all-volunteer,
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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**

The official registration and
financial information of
Compassion for Animals, Respect
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Deer on Their Terms (continued)

response. The targeted mammals produce antibodies that attack their own eggs, coating them with a barrier that obstructs sperm. This method has been used to control the ponies who roam the Assateague and Chincoteague Islands, made famous in Marguerite Henry's *Misty of Chincoteague*. Ovarian abnormalities in dogs, rabbits, and marmosets have been also produced in lab studies.

Contraception is invasive. Animals are tracked down and forcibly injected with the vaccine. Dated deer are captured, sedated, and tagged for boosters. There's talk that it can someday be made into baits, thus eliminating the need for physical assaults. But even then, it will have social impacts on the animals.

And no matter how many test results appear, contraception for deer is unlikely to be welcomed by state agencies which receive revenue through hunting permits when deer populations are high. Contraception is not intended as a replacement for hunting but rather as an additional form of deer control.

On a public question-and-answer sheet, the U.S. Department of Agriculture answers the query: "Will [the hormone-based contraceptive] GonaCon eliminate the need for hunting?"

The fact sheet answers: "No. Contraception alone cannot reduce overabundant deer populations to healthy levels. GonaCon is a tool to be used in conjunction with other wildlife management methods." Thus, the idea that other animals' reproductive lives are ours to manipulate as we see fit is the same idea that allows their numbers to be managed for hunting.

Across the Pond

In Britain, where deer numbers are thought to be at their highest level for almost 1,000 years, the government-funded Deer Initiative negotiates with landowners to kill deer on their properties. Current killing in Britain runs at a pace of about 50,000 deer annually, but the Deer Initiative insists the killing rate should be increased tenfold.

Deer have been cited for damaging nesting sites of popular birds and small mammals, and endangering British flowers such as bluebells, which provide a vital source of nectar for insects. The deer boom is connected with "a series of mild winters, tree-planting schemes and an absence of natural predators," the *Telegraph* has reported—neglecting to mention that human industry and agribusiness, and our deliberate annihilation of predator animals, underlie those factors.

Wolves consume deer, but the only wolves left in Britain today are behind fences. In 1281, King Edward I ordered the death of all wolves in England. Over the next centuries, wolf extermination campaigns and bounties continued, and forests were destroyed for animal agriculture. The last wolf in Ireland was killed in 1821, according to *The Wolf Almanac: A Celebration of Wolves and Their World*; and the last wolf in Britain was killed in Scotland 1848.

We must diligently work to foster respect for carnivorous and omnivorous animals where they still survive, and keep the bio-community in the balance it evolved to maintain. In Valley Forge, in contrast with Britain, coyotes live. Their effect on deer isn't exactly shock and awe but they are capable of keeping deer populations in check, alert, and healthy. We need not accept the word of purported experts who tell us—one way or another—deer need us as managers.

Contraception is planned for the survivors, but for now the Park Service insists on shooting Valley Forge deer by the hundreds. As animal advocates, members and supporters of CARE oppose the killing of animals under the guises of sport or population management. And we know full well that once the government authorizes shooting, it's cyclical: people look away and, with our tax money, pay others to shoot and shoot again. It's up to us to press our government employees to instead resolve conflict through creative thought and action. To get involved with our advocacy, write to me: leehall@sprynet.com

Lee Hall is a lawyer living in Chester County, and the vice president of CARE.

***If we want children to flourish, to become truly
empowered, then let us allow them to love the earth
before we ask them to save it.***

—David Sobel, "Beyond Ecophobia"

INSIDE OUT

The Tendons That Connect(ed) Us

by Chris Kaiser

My mother-in-law, Helga, loves me. Why not, though? I'm a lovable guy; a great husband to Eva, her daughter; and a loving father to Kai, 9, and Keir, 5, two of her six grandchildren. But my connection to Helga goes beyond hugs and family: We have been united by food, primarily meat.

When we visit Helga and Walter (her husband), Helga will immediately run through a litany of foods that she can potentially feed us. But only to me has she directed any mention of meat, poultry or fish dishes because Eva has been a vegan for 15 years and my boys are vegetarians. (I am at the beginning of this journey.)

Unintentionally, Eva has broken her mother's heart. Helga feels a supreme sadness because she cannot feed her omnivorous specialties to her baby, the youngest of her brood of four. Helga and Walter don't understand the vegan diet. They really can't fathom why someone would NOT want to eat meat. For my wife, it's a simple moral decision: She doesn't believe we have the right to kill or exploit animals.

Many times in the last 15 years, Helga would ask in an exasperated sadness while trying to understand the vegan lifestyle. "Don't you even eat shrimp?" Eva and I laugh at this query. We don't know why shrimp always get singled out, but they do, as if they somehow escaped the animal phyla.

The quiet dedication of my wife's veganism is inspiring and I have finally chosen to become a vegan. I don't know that I have any moral repugnance against killing animals for food, but I hate factory farming and the intolerable suffering inflicted upon animals for our food. Perhaps the journey ahead will shift my perspective to all killing.

I have often questioned Eva about why vegans don't eat cheese, butter or other dairy products since the animals aren't killed. And she would defend her choice by saying that dairy cows are very much abused. I never bought into this argument until recently when I saw an undercover video detailing the abusive conditions of dairy cattle at a Land-O-Lakes facility.

The video of cows standing in their own filth and oozing pus from sores that never healed was eye-opening. Weakened cows were kicked or prodded by electrified poles. They stood (barely) shoulder to shoulder in crowded filthy stalls with electrical milkers attached to their teats, pumping for hours a day. It was a disturbing awakening for me.

Walter and Helga aren't to blame for their meat-loving ways. They were raised in the era before factory-farmed products became so prevalent. And the factory-farming industry does a good job of hiding the truth about animal abuse and the resulting pollution from animal waste.

The times have changed, however. The massive large-scale abuse inflicted upon animals from factory farming demands that we re-examine our attitudes toward this practice. The more honest we become with ourselves, the more wisely we'll choose our path in life.

I still have a bond with Helga, for we truly love each other. And when she asks me if I still eat shrimp, I'll politely say no, and ask her to please pass the celery.



We need a certified food handler for our Veggie Fest in June. CARE will pay for the certification.

If anyone is interested in hosting a potluck, please contact CARE: care@care4animals.org 484-631-7878



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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

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Chickenless "Chicken" Salad

15-oz. package of extra-firm tofu
Soy sauce for marinating
3 ribs celery, diced
1 sm. red onion, diced
1 red bell pepper, diced
½ tsp. each, or to taste: rosemary
(grind the leaves), basil, sage,
oregano
2 tsp. paprika
1 ½ cups Vegenaïse—for an oil-free
version, see Tofu Mayo recipe ~>

Tofu Mayo
12 oz. extra-firm Silken tofu
3 Tbsp. spicy mustard
2 tsp. cider vinegar
3 tsp. liquid sweetener
Juice of 1 lemon
Sea salt to taste
Mix ingredients in a blender until
smooth and creamy. Stir mayo into
tofu/vegetable mixture. Serve chilled
on lettuce or in a sandwich.

Slice tofu into 4 thin strips. Marinate with soy sauce in a non-stick pan for 10 min. Heat oven to 400 degrees. Place tofu with marinade in a non-stick pan (you can add a small amount of oil and extra soy sauce, if desired). Cook for 30-35 minutes, turning once. When cool, cut tofu into irregular slices. Mix all ingredients together.

Adapted from a recipe on www.ChristinaCooks.com

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!

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, December 11—Oil-Free Potluck

6 pm. Paoli, PA. 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.

Saturday, January 15—Dinner at India Garden

6 pm. This will be our 6th annual dinner at India Garden, 531 E. Gay St., West Chester, PA 19380. Please join us to enjoy a wonderful array of tasty Indian fare. The price for CARE members is \$16 per person; for nonmembers, \$20. Prices include tax and tip. RSVP to Lee Ruslander at 610-696-0212 or ruslander@aol.com.

Sunday, February 6—Chinese New Year Celebration

2-5 pm. Su Tao Cafe, Malvern, PA. A special dinner, featuring a hands-on cooking demonstration, will be held. Cost: \$25 per person, including tax and gratuity. Payment is required by Tuesday, February 1. You may send a check to CARE, P.O. Box 847, West Chester, PA 19381, or pay online at www.CARE4animals.org.

RETURN SERVICE REQUESTED

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