



“Creating respect and justice for animals”



Compassionate Action for Animals

Spring 2007 Highlights

Exclusive Interview with the Humane Societies' Paul Shapiro!



By Connor Wood

It's no fun being stuffed into a cage, and Paul Shapiro knows it. Since becoming the director of the Factory Farming Campaign at the Humane Society of the United States (HSUS) two years ago; Paul Shapiro has been working nonstop to help end the practice of battery-cage egg farming and other cruel farming practices.

For people who might be wondering why this guy has chickens on the brain, a quick description of battery farming will help explain. It goes like this; thousands upon thousands of hens are stacked into tiny cages, with so little room to move that they cannot stretch their wings. They then have their beaks cut off without any anesthesia to prevent pecking other birds

Then they are made to lay eggs. Lots of eggs.

In industrial egg farming, hens' hormone cycles are manipulated by lighting and by feeding patterns, ensuring they lay so many eggs that by the time they go to slaughter they've lost much of their bones' calcium and more than half of them have suffered nasty bone fractures.

It's not a fun life. And Paul Shapiro wants to make it disappear.

From his office in Washington, D.C., this is what he had to say to our CAA inquirer Connor:

Third Annual Banquet



By Unny Nambudiripad

Compassionate Action for Animals held its annual celebration on March 30, 2007, with more than 65 guests attending. Our donors, volunteers, and staff shared stories of our work in 2006, enjoyed delicious vegan food donated by local restaurants and individuals, and participated in the silent auction. Kathleen Acaso gave a wonderful donor testimonial, talking about her experience growing up on a small farm and witnessing the shift to factory farming, and Ivan Martino gave a great presentation on why he volunteers with CAA. We raised more than \$3,500. Thank you to all of the donors that came!

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A Smashing Success: CAA's Veg Valentine's Potluck

By Rebecca Ford

On Friday, February 9th, CAA hosted its Fourth Annual Veg Valentine's Potluck, with over 70 people in attendance. The event was held in Minneapolis and we filled the venue with lots of yummy vegan and vegetarian food, great times, and good company!

Some of the culinary highlights of the event were mini vegan cheesecakes, dairy-free cream cheese wontons, peanut butter chocolate cookies, and CAA's own array of three different pasta salads.

Of course, we couldn't have had such a successful event without the help of our volunteers, who helped with everything from planning and set-up to cooking and clean-up.



Volunteer Update

By Gil Schwartz

CAA's growth can be traced back to your dollars and our amazing volunteer base. As a mainly volunteer-run organization, a steady base of reliable and dependable activists is important for effectively carrying out our activities and campaigns. In just the last few months, we have been getting a surge in new volunteer applications, bringing new talents and skills to the group. Animal-friendly folks are learning about CAA through a variety of means including word-of-mouth, our website, posters, and online volunteer classifieds. Indeed, there are many individuals looking to get active for animals, but are often unsure as to where to turn. With our improved volunteer recruitment and engagement efforts, we are optimistic about all the new advocates farm animals are gaining.



Restaurant Review: Lotus To Go Go

By Dave Rolsky

Lotus To Go Go is a real family restaurant. The restaurant is owned and run by a single family, whose picture is up on the wall behind the cash register. The owners have four sons, and at any given time you'll usually find one of them taking orders and running the register with excellent customer service.

Because they have such a huge volume of to-go business, they have mastered the art of preparing food at incredible speed. On most visits, I've gotten my food within 5-10 minutes of ordering. But while fast is good, it doesn't matter without quality. Fortunately, they've mastered that too. The food at Lotus is wonderfully consistent, and always tasty.

Besides the to-go business, they have seating for about 35 people or so. The decor is decidedly no-frills, but this place is about good, cheap food, not atmosphere.

They have a good selection of vegetarian and vegan options and some of my personal favorites include the pho (yes, vegan pho!), mock duck w/ potatoes (substitute garlic sauce for oyster sauce), and the stir-fried rice noodles. They also make tasty tofu spring rolls. They're quite accommodating with substitutions and removals, so if something catches your eye on the menu, just ask if they can make it veg.

I've tried a number of Vietnamese restaurants in the Twin Cities area, but I always end up back at Lotus To Go Go. The combination of great service, great food, and their selection of vegetarian items makes it a winner.

Lotus To Go Go 113 W Grant St Minneapolis, MN



Campaigns and Activities Update Monthly Dine-Outs

By Rachel Proctor

Over the past few months, CAA has had some phenomenal dine-outs at the Twin Cities restaurants Kien Giang, Village Wok, Hard Times Cafe, and Mysore Cafe. At these dinners, we have had so many people come that there were not enough spaces to sit at tables, but there was plenty to talk about and delicious vegan and vegetarian gourmet dishes to share! CAA dine-outs are an important and great way for those in the community interested in animal welfare to just be among other vegetarians and vegans, have a good time, and try new foods suited to their lifestyle



VSK Stands

By Kathryn Quam

CAA's "Adopt a Vegetarian Starter Kit Stand" program has been considered a 24/7 leafleting campaign. Bright green stands are spread around the University area, Minneapolis, and even St. Cloud. Volunteer adopters watch their stand, keeping it filled with guides for new vegetarians from Mercy for Animals and People for the Ethical Treatment of Animals. Inside the colorful guides are testimonies from celebrities, doctors, and others on the positive reasons to go vegetarian. It also contains factory farming information and terrific vegan recipes. Because the public is taking the VSK's with no prompting or pressure, the VSK's are going into the hands of highly interested people only – providing a big bang for the buck.



We are looking for more help with this important service by adopting a VSK stand or helping us scout out good locations for the stands (indoors or out). For more information, please write info@ExploreVeg.org or call us at 612-626-5785 today!

Veggie Online Resources

By Katie Lindberg

Looking for a convenient place to find all of your animal-free goodies? How about vegan clothes or cruelty-free cosmetic products? Well these websites are certainly worth browsing to fulfill all of your veggie needs.

www.fastandfurless.com -As the Twin Cities' own vegan boutique located in St. Paul on Snelling Ave. they have many things a Minnesota vegan could need to keep looking stylish while being cruelty free. Currently they do not do online ordering, but are working on a full blown online shopping experience in a few months. So stop in and take a look around!

www.vegguide.org -This is CAA's very own restaurant/shopping guide for the masses. It has over 3,000 entries of the best places anywhere in the world to satiate your hunger. Because its community-maintained, you can even add your own favorite restaurant or shopping place if it has not been discovered yet!

www.vegweb.com -A vegetarian/vegan recipe and product guide. Great place to find yourself a gameplan for a good meal!

www.veganessentials.com -Awesome shopping place, for everything from vegan inspired t-shirts to hair care for the animal testing concious. Their slogan says it all, "Compassion Meets Convenience."

www.veggiepets.com -Your friendly four legged companions need to stay cruelty-free too! This site provides all of the essentials to keep your beloved Fido or Fifi vegan/vegetarian. They even sell biodegradable waste bags! (For the pet on the go..)



CAA: How did you get involved in animal rights and cruelty prevention?

Shapiro: In 1993, a friend showed me a video of animals being abused in slaughter plants and factory farms. I became a vegetarian and started learning more about animal cruelty and animal advocacy.

CAA: Fighting for cruelty-free food and vegetarianism must get frustrating sometimes. Do you feel that you are making a tangible difference in our society? How do you overcome moments of doubt?

S: The animal movement is making amazing progress on the factory farming issue right now. We've seen new laws passed prohibiting some of the worst cruelties entailed in factory farming and we're seeing an increasing awareness that eating is indeed a moral act.

CAA: How does working for a larger, 50-year-old organization with lots of backing and precedent behind it differ from working for a company you helped to found? (Shapiro co-founded Compassion over Killing, a D.C.-based action group, in 1995, and still sits on the board for that organization.)

S: Working for the Humane Society of the United States is wonderful, as the organization is so influential it really has enormous ability to effect positive change for vast numbers of animals. I continue to be inspired by the work of Compassion Over Killing and think it does a phenomenal job, and I'm also happy to play a part at a larger organization such as the Humane Society of the United States.

CAA: What's the best advice you have for recently-converted vegetarians (things to eat, habits to cultivate, etc.)?

S: It's important to maintain a positive attitude and be a good example for other people to follow. As far as eating is concerned, I think that trying new foods can be exciting and should be encouraged.

CAA: Paul, where do you see yourself professionally in five or ten years? Do you hope to still be doing work in animal rights?

S: I intend to work for the prevention of cruelty to animals for the rest of my life.

CAA: What's the greatest success story you have from your time so far with the factory farming campaign at HSUS?

S: Hundreds of thousands of fewer hens are confined in battery cages as a result of HSUS's factory farming campaign. That's not to say that cage-free hens don't also suffer, but they generally suffer far less than do caged hens. We still have a long way to go, but this is a good step in the right direction.

Facebook and Myspace

Hey all you CAA supporters!! Show your love and support for our organization by joining our MySpace or Facebook online friend's list! On MySpace just visit myspace.com/ExploreVeg and add us as a friend! If you are on the Minnesota Colleges network for Facebook, search for Chris P. Carrot and add us onto your growing list of college buddies! Send us a message and get your friends to join the team. Meet people like you and hear about upcoming events or campaign alerts!

Upcoming Events

By Ivan Martino

Here are a few events that CAA is either planning, or some volunteers are attending in order to keep their activist skills sharp!

Featured Upcoming Event: MN College Leafleting Day

■ On **Monday, April 23rd, from 9am-3pm** CAA is organizing a day full of leafleting at numerous colleges all across Minnesota. It will be a great opportunity to alert thousands of college students and professors about the cruelty that animals endure in factory farms every day. To maximize the message being delivered, CAA has ordered 13,000 leaflets specifically for this event! CAA continuously keeps active by planning many events to help spread the truth about the pain and suffering that animals endure due to factory farms.



- **Volunteer Appreciation Party** Planned for **6pm on April 23rd** after College Leafleting Day this party will show CAA's appreciation for the volunteers that make CAA such an effective animal advocacy group. This will be held at Mathew's Park in Seward, Minneapolis, with a rain location of 2806 E. 22nd St, Minneapolis.
- **Animal Rights 2007, Los Angeles, CA** Many CAA members and volunteers are attending this conference in Los Angeles, California from **July 19-23rd**. CAA co-founder and board member Dave Rolsky plans to speak to activists from all over the country on effective technology for animal advocacy efforts.
- **Summer Donor Appreciation Event** - This event will take place later this summer as a thank-you to all the donors who fund CAA's work in helping animals. More details TBA
- **Mini-MN Leafleting Tour**-In the Fall Semester of 2007, Ben Acaso plans to take a tour of Minnesota colleges in order to provide top-notch information about factory farms to many uninformed college students.

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