



"Creating respect and justice for animals"



Compassionate Action for Animals

Fall 2006 Highlights

Third Annual Veg Week

—A Tasty Success!

CAA's Third Annual Veg Week proved to be remarkably successful this year. We kicked the week off with a presentation by world-renowned biologist and author Dr. Marc Bekoff.

He shared fascinating insights on animal emotions and current research with over 330 attendees in his lively presentation "Animal Passions & Beastly Virtues: Happy Hounds, Pissy Baboons, and Playful Pigs."

A whopping 580 students took the Veg Pledge for the week—a testament to the growing interest in animal-free eating. Pledgers received an exclusive card for the week that allowed them discounts at over a dozen local restaurants and businesses in the Twin Cities, as well as a special Veg Pledge Care Pack stuffed with vegan goodies, recipes, coupons, and info on factory farming.

Other Veg Week events included a large, celebratory potluck and a vegan cooking demo featuring chefs from a local natural foods co-op. CAA hopes that these sorts of activities will build a committed community of people concerned with animal cruelty issues and the promotion of vegetarianism.

As one happy pledger remarked after the week, "Not only were all of the events fun and friendly, but it really made me think a lot more about what I eat."

Midwest Leafleting Tour Spreads the Word

This past fall CAA volunteers Ben Acaso and Karl Noyes completed a two-week Midwest Leafleting Tour, leafleting at colleges and universities across the region.

In an effort to conserve resources and make less of an environmental impact, Ben and Karl were able to travel for free with a specially modified diesel car that ran on recycled vegetable oil.

In total over 11,000 individual students received copies of the powerful "Even If You Like Meat..." pamphlet. We expect that many of the recipients will go veg, withdrawing their financial support from the animal agriculture industry!

Our Largest Thanksgiving Feast Ever!



CAA's Fourth Annual Twin Cities Turkey-Free Thanksgiving Potluck was a rousing success!

Over two hundred people came together to enjoy each other's company while sharing delicious vegetarian holiday foods.

We are thankful that so many have come together to create a vibrant and positive vegetarian community and for all the cruelty-free foods we enjoyed together.



Donor Appreciation BBQ Wrap-up

The first ever donor appreciation barbecue for CAA supporters was a huge success! Our vegan menu not only impressed but proved just how fantastic a vegan barbecue can be.

The casual summer event was inviting and filled with good stories, and over 30 people attended. It turned out to be a wonderful meeting ground for those interested in CAA, animal awareness issues, and vegan food. The food was graciously donated by Lakewinds Co-op and Trader Joe's.

To show we truly appreciate our supporters, everyone left with a gift bag. Included were coupons and goodies from Let's Cook, Vegan Essentials, Sick on Sin, and Fast and Furless. CAA deeply thanks all of the donors who support our work.

We hope to conduct another donor appreciation event in the summer of 2007—stay tuned!



CAA 2007 Annual Banquet



Mark your calendars! Compassionate Action For Animals' Third Annual Banquet is coming soon.

On Thursday, March 1, 2007, we will celebrate another year of advocating for animals with classical music, fine food, and a silent auction.

We hope you will be able to attend!

CAA Treats 1,500 to Delicious Vegan Foods at the Annual Showcase

Over 1,500 people meandered through CAA's Third Annual Veg Pledge Food Giveaway this past September!

These lucky individuals sampled a huge variety of free vegan food ranging from hot minestrone soups and Tofurky sandwiches to decadent soy ice cream, amazing eggless cookies, and rich chocolate truffles.

The showcase was held two weeks before Veg Week, as a way to introduce students to delicious vegan products.



Dr. Greger On The Threat of Avian Flu



Over 150 curious attendees showed up to hear Dr. Michael Greger, Director of Public Health and Animal Agriculture at the Humane Society, speak on the imminent threat of Avian Flu posed by modern factory farms.

His exhilarating multimedia presentation pointed the blame at today's large-scale farms, packing together tens of thousands of sick and abused chickens for quick profits.



Campaign updates

Leafleting and Tabling: Over the past few months we have staffed dozens of informational tables in high-traffic venues, offering great resources for the veg-curious. In addition to the Midwest Leafleting Tour, CAA volunteers have also passed out thousands of leaflets at local colleges, concerts, and other opportune venues.

Cable Access: Many people cite their move towards vegetarianism as a response to a video they saw on factory farming. In light of this, CAA has now ramped up its Cable Access Program, with captivating videos airing on five different cable access channels across the Twin Cities, and plans for more to come.

VSK Stands: Hundreds of Vegetarian Starter Kits are conveniently picked up each month by those wanting to make the switch, at any one of our twelve volunteer-maintained literature stands scattered around the metro area.

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