

“Creating respect and justice for animals”



Compassionate Action for Animals

Fall 2007/Winter 2008 Highlights

An Interview with Jim Mason



By Connor Wood

Jim Mason, attorney, lecturer, journalist, and co-author of *Animal Factories*, a seminal work about the negative effects of corporate animal farming, is one of the guiding lights of the animal rights movement. He graciously agreed to be interviewed by CAA for this quarter's newsletter, sharing his opinions on humankind's choices and the

consequences for our actions.

CAA: Jim, you often use the word “misothery” to describe our culture's deep-seated hatred of animals. Could you provide an example of misothery?

JM: Watch the news after the capture of a serial killer. The reports usually refer to the perpetrator as “an animal” or “bestial.” You can see the same terminology in the propaganda of racist organizations when they refer to the race they despise: it is typical to call certain people “animals,” “brutes,” or “beasts.”

CAA: On a closely related topic, you've made connections in the past between our misothery and our collective misogyny and fear of sex. Could you explain how these concepts are related?

JM: Male supremacy depends on misogyny—the hateful ideology that puts women in an inferior place to males. Similarly, human supremacy depends on misothery—a hateful ideology that places animals and nature inferior to human beings.

CAA: It seems to me that most people would be outraged to see how animals are treated in factory farms. Do you think this is an accurate assessment?

JM: A dictionary defines dominion as “a supremacy in determining
see *Mason*, page 8

VegGuide.Org Continues to Grow: Introducing VegGuide 3.0

By Dave Rolsky

VegGuide.Org is CAA's online guide to veg-friendly restaurants and shops around the world. The goal of VegGuide.Org is to make it easier for people to live an animal-friendly life. We want to make it easy for folks to find vegetarian and vegan food, clothes, and other miscellaneous items. If you haven't checked it out yet, just go to www.vegguide.org to find out more.

Launched in late 2002, the guide has grown quite a bit since those early days. So far, we have more than 4,000 entries around the world (4,260 to be exact). We also have over 4,400 reviews, and nearly 8,000 ratings.

While simply being big is good, it's even more exciting to see that our growth rate is accelerating. It took approximately 16 months to go from 1,000 to 2,000 entries. But the next 1,000 entries took just 11 months,

see *VegGuide.Org*, page 8

A Very Veg-Friendly Thanksgiving

By Cara Kemnitz

For many vegetarians and vegans, Thanksgiving often means awkward conversations with grandma as to why you didn't touch her "baked-to-perfection" turkey or accusatory questions about why you aren't having the mashed potatoes of which, as a child, you used to take second or even third helpings. And while the rest of the relatives are asleep on the couch, stuffed to the brim, there's a good chance you're scouring the pantry for something other than the scoop of cranberry sauce and the two rolls you had for dinner.

But thanks to Compassionate Action for Animals' Fifth Annual Turkey-Free Thanksgiving Potluck, even the strictest vegans were able to celebrate the holiday the way it was intended: with good conversation, great people, and so much delicious food that you may not be able to eat again until next Thanksgiving. On Saturday, November 17th, over 120 attendees gathered in the beautiful Luxton Park Community Center to enjoy this festive occasion.



A table spanning the entire width of the gymnasium was filled with a seemingly endless variety of mouth-watering, veg-friendly options, from unique dishes like butternut squash, couscous, macaroni and soy cheese, and vegan chili, to the classics, which included cranberry sauce, sweet potatoes, and, of course, Tofurky! And with enough vegan cookies, brownies, cupcakes, and pumpkin pie to feed a small village, there was certainly no shortage of desserts. There was even a large assortment of tasty beverages, including some all natural juices and homemade apple cider.



It was truly a family affair, as attendees ranged from tiny tots to senior citizens, and everyone gathered together to enjoy their delectable cruelty-free cuisine. The festive atmosphere consisted of balloons and colored streamers to reflect the season, fabulous music, and a sea of buttons sporting the phrase "Happy Tofurky Day!" There was even a raffle that gave everyone the chance to win fun prizes, including t-shirts, books, vegan specialty foods, and gift certificates to some great local restaurants.

All in all, this year's Turkey-Free Thanksgiving was a brilliant success. Thanks to generous contributions of food, wonderful guests and volunteers, and a shared compassionate attitude toward animals, this was really a special day and another small step in the journey of creating a extremely profound change for human and non-human animals alike.

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Evergreen Chinese Restaurant: Giving Vegans Variety

By Lukas Gohl

I was busy doing homework the other day when I decided to take a break to clean out my wallet. Among the trinkets I found were a guitar pick, a Chinese finger trap, and my now defunct CAA Veg Pledge Card.

As I peered at the text I realized there was a restaurant listed I had never tried before. Riddled with boredom and hunger pangs, I decided to set out on a quest for sustenance. With one hand holding my Google Maps printout and the other on the steering wheel, I headed off to Nicollet Avenue in search of some food worth raving about.

Owned and operated by two friendly Buddhists from Taiwan, Evergreen Chinese Restaurant is an authentically Eastern bonanza that's long been visited by omnivores and herbivores alike. This quaint basement establishment is easy to miss from the street, so even those familiar with the area might have overlooked this location.

Flipping open the enormous eight-page menu, I noticed something I liked immediately: all of the items that could not be made vegetarian or vegan were labeled with the letter "M" next to them. Evergreen is very veg-friendly; separate woks are used so that one needn't be concerned that the cruelty-free fare ordered will be mixed with any remnants of flesh foods. If typical mock meats are your bag, they have a wide assortment of meat substitutes, including mock pork, duck, beef, chicken, and squid. I opted for the tofu on my visit, but I've heard very good things about all of the meat substitutes offered here.

I opted for the tofu on my visit, but I hear very good things about all the meat substitutes offered here. The staff were great and gave me almost too many suggestions to choose from. Some good dishes to look out for are pepper fried mock pork, mock duck curry, and three-cup tofu (which is what I ordered). And be sure to ask for the larger menu to ensure you are exposed to all the wonderful veg-friendly dishes that are offered here. At last, my food finally arrived! Texture wise, my tofu wasn't as crisp as I generally like it. However, one can't argue with the fact that Evergreen serves up some of the most flavor-packed tofu in town. Coupled with a bed of white rice and complimentary hot tea, this was a well-balanced meal that was definitely worth coming back for.

Evergreen Chinese Restaurant is a great place for herbivores and omnivores to dine in bipartisan bliss. Though it may be a little expensive for the typical college student (roughly \$8-11 for a larger entree) and lacking in the ambience department, the price will be well worth it for those who like dining out without the hassle of finding meatless items. For more information, check out www.evergreen-chinese.com, for business hours, location, and reviews from site users.



Picture Courtesy Sharyn Morrow

Another Successful Year for CAA's Veg Food Showcase

By Katie Lindberg

On September 20, 2007, Compassionate Action for Animals (CAA) held their 4th Annual Vegan Food Showcase on the outdoor West Bank Plaza at the University of Minnesota campus. Volunteers offered University of Minnesota students and passers-by samples of a variety of delicious vegan products donated by over 50 companies and restaurants in an effort to prove just how appetizing cruelty-free fare can really be.

Volunteers were delighted by the positive responses they received from those who took samples, as people seemed to be pleasantly surprised by the wonderful taste of these cruelty-free food products. The Tofurky and soy cheese sandwiches, Tribe Hummus, Alternative Baking Company cookies, and Bumble Bars appeared to make an especially big impression on those fortunate enough to get a sample, as volunteers found they could hardly keep up with the demand for these vegan treats.

People were also given the opportunity to sample other irresistible veg-friendly foods, such as the faux jerky Primal Strips, So Delicious Purely Decadent vegan ice cream, Organic Valley soy milks, Ener-G cookies, and Angie's Kettle Corn.

"Not everyone is going to go vegan, but making better choices to live a more cruelty-free lifestyle is something everyone must strive for," said Cassandra Anclam, coordinator of the food showcase. "Not just for us, but for the planet and all living creatures alike. I believe our Veg Food Showcase helped provide everyone with a little more inspiration to EAT THEIR VEGGIES!"

About 1,500 people dropped by the event, with 400 signing on to our Veg Pledge—pledging to eat vegetarian or vegan for one week. Just as it has been in the previous years, the 4th Annual Veg Food Showcase really was a grand event and without a doubt everyone is eager to see just how big a success it will be next year!



Vegan Chocolate Chip Banana Bread: An Easy Vegan Recipe That's Easy To Love!

By Kelly Jo Ernst

Ingredients

- 1/3 cup margarine
- 2 cups unbleached flour
- 1/2 cup sugar
- 2 ripe bananas
- 1 1/2 tsp. baking powder
- 1/2 cup soy milk
- 1/2 tsp. baking soda
- 1/2 cup vegan chocolate chips

Directions

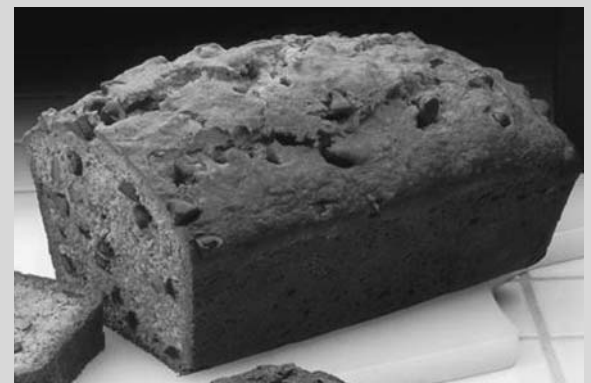
Preheat the oven to 350 degrees.

Cream the margarine and sugar, then stir in the flour, baking powder, and baking soda. Add the remaining ingredients and mix well. Pour into an oiled 8 1/2 x 4 1/2-inch bread pan and bake for 50 minutes.

Makes 1 loaf

Preparation Time: 15 minutes

Baking Time: 50 minutes



CAA Makes University of Minnesota Most Leafleted College in the US!

By Gil Schwartz

In fall of 2003 Vegan Outreach, the makers of the “Why Vegan?” and “Even If You Like Meat...” pamphlets, started the nationwide Adopt-A-College (AAC) program to encourage activists to regularly leaflet at their local colleges. Although CAA has been leafleting at the University of Minnesota for many years, we have now topped the list with the U of M as the most leafleted school in the United States since the inception of AAC! Recently compiled statistics from Vegan Outreach show over 39,070 leaflets being distributed by 24 activists on 126 occasions! The U of M is the fourth largest university in the US, with an average enrollment of 50,000 students. We are very proud of our past leafleting accomplishments with the confidence that thousands of new individuals have been empowered with powerful information on the animals’ plight and positive alternatives.

MN College Fall 2007 Leafleting Week Breaks Records

By Moira Olson

Last spring’s launch of CAA’s Minnesota College Leafleting Day was an exciting and effective initiative. And it’s that success that inspired an even bigger, better statewide event this past October—not Leafleting Day, but Leafleting Week. By expanding this outreach event to a full week, we were better able to accommodate the schedules of our busy activists, resulting in more leaflets distributed at more colleges around Minnesota.

From Monday, Oct. 22nd through Friday, Oct. 26th (and a few days afterward), a total of 55 activists leafleted at 26 colleges and two high schools around the state, for a grand total of 11,693 leaflets! This time around we were able to cover 10 more schools—some of which had never before been leafleted—and distribute over 2,000 more leaflets!

A few highlights from the week:

- Seeing countless students absorbed in reading the leaflet story shortly after receiving it
- Numerous students citing the pamphlet as their impetus for going veg
- Connecting with many students who were already avid vegans or vegetarians

The complete list of campuses included in this outreach effort can be viewed at: <http://www.exploreveg.org/news/mn-college-leafleting-week-a-record-breaking-success>.

CAA threw an after-party on Tuesday, October 30th to celebrate the huge Leafleting Week success. A featured guest was Jon Camp, the hard-working outreach coordinator for Vegan Outreach (www.veganoutreach.org). In the last five years, Jon has handed out many thousands of copies of “Why Vegan” and “Even If You Like Meat” at colleges nationwide. He spoke to attendees about why leafleting is important, and why it is important to try to stay in animal advocacy for the long run. He also shared some personal leafleting tips. Knowing the number of leaflets presented, of course, doesn’t tell the whole story. It’s about developing awareness. As long as consumers remain unaware of the realities of industrialized animal farming, cruel practices will continue to go unchallenged.

Leafleting empowers the recipients with the information necessary to making informed and compassionate food choices. Additionally, the effect of each individual decision to go vegan is exponential, raising another resounding voice for compassion that reaches out long after an outreach event concludes! We hope you’re inspired to leaflet with us at several other colleges and evening concerts that attract receptive teenagers and young adults. Please send us an e-mail at info@ExploreVeg.org to get involved with our fun and effective campaign.



Featured Donor: Kathleen Acaso

By Unny Nambudiripad

Before Kathleen Acaso's son, Ben, volunteered with Compassionate Action for Animals, she knew little of the horror and suffering that animals raised for slaughter endure on a daily basis and she believed that animals were still raised like the ones she saw on her grandparents' small traditional farm as a child.

"My complete unawareness of these changes in farming leads me to believe that much of the population of this country do not realize how much cruelty is involved in the production of their food," says Acaso.

But because of the educational efforts of large-scale grassroots movements like the women's rights and the civil rights movements, Acaso has seen positive changes come about in this country and knows that such changes happen because of groups like CAA.

Like other animal advocates throughout the nation, she hopes that in 10 or 15 years, current cruel factory farming practices will be unlawful.

"Changes do take time," she states. "My hope is that every member of CAA will look back and remember that they were the beginning of the ending of these practices." A consistent supporter of CAA for three years, Acaso says, "I'm very proud of my son, Ben, and of all of you."



2008 New Year's Resolution: Step Up My CAA Involvement

By Moira Olson

CAA offers many great volunteer opportunities to help animals and promote vegetarianism. Check out our regularly-updated web-posting of CAA events at: <http://exploreveg.org/events>. However you're able to help, you're bound to find something that matches your interests and skills! What better way to start off the new year than by channeling your beliefs into action? If you haven't done so already, be sure to fill out our online volunteer application at: <http://www.exploreveg.org/help/volunteer.html>.

Let us know if you would like to help with any of the following opportunities, or if you'd like more information, by emailing: volunteer@ExploreVeg.org. You can also call us at the CAA office: 612-626-5785. If you can't find an opportunity that interests you, we can help you create one that does!

Upcoming Events:

- Sunday, February 10 at 2:00PM, Vegetarian Valentine's Potluck - Join CAA this February for our annual Veg Valentine's Potluck which will feature dozens of delicious animal-friendly delicacies to sample. Bring a dish to share and some friends!
- Friday, April 4, 2008 – CAA's Annual Banquet and 10th Year Birthday Celebration! Support CAA while enjoying great company and gourmet cuisine at our annual fundraiser banquet. We'll also be celebrating our tenth year of advocating for animals.
- Thursday, April 17, 2008 - Join CAA at the Bell Museum in Minneapolis at 7pm where Gowri Koneswaran will discuss how cruel factory farming not only hurts animals, but also human communities and the planet we all share in a presentation on the environmental impacts of animal agriculture.

Veg Week 2007: A Week in Review

By Gil Schwartz

We kicked off Veg Week 2007 with a special presentation by Gene Baur, co-founder and president of Farm Sanctuary, who gave a compelling argument for the rights of farm animals to live out their lives free of suffering and to create laws that codify these sentiments! Over 160 attendees came to the presentation, and many got a chance to interact with Baur, enjoy delicious food from Holy Land Restaurant, and take the Veg Pledge.

The week continued with two film showings of *Peaceable Kingdom*, which were well received and provoked great discussion. During the middle of the week we held a great potluck attended by dozens of hungry Veg Pledgers and CAA members who got to sample a variety of tantalizing vegan dishes and win cool prizes.

On Friday, we had a skilled chef prepare all-vegan tacos, barbecued mock duck, and chocolate pudding! During the cooking class, dietitian Suzanne Sorenson gave a presentation on planning for a well-balanced and nutritious vegan diet. The week ended with two fun dine-outs at Evergreen Chinese Restaurant and Grumpy's Bar and Grill, where attendees could kick back and enjoy topnotch animal-free cuisine.

Best of all, hundreds of new people have learned about veg and animal issues, and nearly 600 people ended up pledging to go vegetarian or vegan for the week!

Campaign Highlights: Cage-Free Victories and More!

By Ivan Martino

CAA has made tremendous strides towards helping our fellow non-human creatures through our various advocacy campaigns.

Our successful leafleting campaign has seen an amazing year of growth! We hope to surpass our previous distribution rates of 60,000 leaflets per year! This increased level can be attributed to our Minnesota college leafleting efforts, as well as consistent leafleting at large concerts and festivals throughout the year. Countless recipients have gone veg or cut down their consumption of animal products as a result of this sustained effort!

Our No Battery Eggs campaign garnered a major victory with the University of Minnesota transitioning to using third-party audited "Certified Humane" cage-free eggs in all of its campus cafeterias. With the help of CAA volunteer Amy O'Maley, Hamline University soon followed suit with a phase-out of cruel battery eggs. Our campaign has also ventured in to the arena of restaurants with our first non-school victory announce in early December with Pizza Luce switching its eggs to cage-free at all five restaurants in Minneapolis, St. Paul, and Duluth. Hundreds of thousands of fewer battery eggs are now being purchased as a result of our efforts, sending a strong message to the national egg industry that conventional, battery cage eggs are simply too cruel for any socially responsible school or business.

While CAA provides many people with the resources to go vegetarian and vegan, we also work on fostering a stronger vegan community." In light of this, we have had consistent monthly dine-outs to great restaurants, such as the Village Wok, Evergreen Chinese Restaurant, Seward Café, and Holy Land Deli. The dine-outs provide a time for mingling and fun, with attendance from new and old vegetarians alike, as well as omnivores and the veg-curious. Our new book club has brought together many CAA supporters to discuss important animal rights, vegetarian, and advocacy issues. Past titles that the club has read, include *The Way We Eat: Why Our Food Choices Matter* by Peter Singer and Jim Mason, and *Living Among Meat Eaters* by Carol Adams.

CAA's public speaking campaign has seen much growth in just the past few months, educating large audiences on animal issues and inspiring action. The roster of platforms for our speakers has ranged from a statewide youth social justice conference based at St. Cloud State University and class presentations at the University of Minnesota and Hamline University, to high school animal rights clubs in Mahtomedi and St. Louis Park. These and other campaigns that CAA pursues would not be possible without the your financial support and all the wonderful volunteers that donate their time. With your many contributions, it is possible to keep campaigning for a better future for all animals.

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and directing the actions of others.” This is exactly the way the Western world sees and acts in regard to nature. Yes, I agree that most people would be outraged to know how animals are treated in factory farms. But I think most would get over the initial shock, the scenes would become familiar, and they would draw on deep-seated dominionist traditions of thinking to rationalize eating animal products.

CAA: It seems to me that most people would be outraged to see how animals are treated in factory farms. Do you think this is an accurate assessment?

JM: A dictionary defines dominion as “a supremacy in determining and directing the actions of others.” This is exactly the way the Western world sees and acts in regard to nature. Yes, I agree that most people would be outraged to know how animals are treated in factory farms. But I think most would get over the initial shock, the scenes would become familiar, and they would draw on deep-seated dominionist traditions of thinking to rationalize eating animal products.

CAA: Speaking of the public, in these days when public opinion seems to be irrelevant to those in power, what hopes do you entertain of our being able to effect change through the political system?

JM: Guarded hopes, knowing how diseased our quasi-democratic system is. The best we can hope for from this system is gradual change in small pieces, none of which will, by itself, end animal suffering.

CAA: What role can science play in the reawakening of our holistic understanding of life?

JM: More and more, modern society is pursuing a rational approach to progress and abandoning the older religious approach. Religions and irrational ideologies are by no means dead yet, but they are giving ground to rational, reality-based systems.

CAA: Do you see our view of ourselves as separate from the rest of nature as something that can eventually be overcome?

JM: Yes, and the modern environmental movement is a good sign. Science and television— for all of their flaws— are showing us daily that we are just another animal in the great web of life.

For more information about the life and works of Mason, please visit www.jimmason.info.

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and the next 1,000 after that which brought us to 4,000 in just 10 months!

On January 1, 2008, we launched a major new release of the software that powers the guide: VegGuide 3.0. Some of the highlights include integration with Google Maps, a greatly enhanced search system, and the opportunity to bookmark search results. But features are really not the focus of VegGuide 3.0. Instead, we've focused on improving usability, as well as the appearance of the site.

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