



“Creating respect and justice for animals”



Compassionate Action for Animals

Summer 2007 Highlights

## Exclusive: Zoe Weil Interview!



By Connor Wood

Zoe Weil married a vivisector. You read that right: a man who performed tests on live animals. It was the mid-eighties when they met, and she was already an animal-rights activist. Both she and her future husband were involved with research programs at the University of Pennsylvania, and they quickly found themselves on

opposite sides of a fence: animal rights, or animal research?

In the early years of their relationship, the couple were often at odds over this question, Zoe’s dogmatic animal-rights beliefs clashing with Edwin’s cool, scientific rationalism...not to mention his hopes for a Ph.D. in biochemistry. What finally ended their sparring matches, though, was not a divorce, or a built-up, explosive argument culminating in a dramatic ultimatum: Stop testing on animals, or leave! No, what finally happened was that Zoe decided that taking sides, and making enemies, is, well, kind of stupid.

Of course, she still stands up for what’s right. In the years since, Zoe Weil has toiled ceaselessly as the president of the International Institute for Humane Education (IIHE) to spread the message of compassion, empathy, and openness, convinced that it is better to identify with others than to vilify them or write them off as stupid, immoral, or wrong-headed. A vegan, Zoe is still active in the animal rights movement, but these days focuses most of her energies on humane education and running IIHE.

Recently, I conversed with her about animal rights, humane education, and seeing past the flimsy divisions that threaten to separate us all.

*continued on page 6*

## Campaign Victory: University of Minnesota Phases Out Battery Eggs!



By Gil Schwartz

Last April, the University announced that all the liquid eggs used in its residential dining locations will be “Certified Humane” cage-free. This means that the vast majority of eggs the University of Minnesota uses will no longer come from caged hens—very big news for CAA, whose campaign for the switch to cage-free began in the summer of 2005.

After over a year of active campaigning, dozens of positive letters and articles, and thousands of signatures

*continued on page 7*

# Animal Rights 2007 Conference Update

By Unny Nambudiripad

Compassionate Action for Animals seeks to innovate, learn new ideas, and work cooperatively with national and local partner groups. Several volunteers, board members, and staff attended the Animal Rights 2007 conference in Los Angeles from July 19-22, where we connected with several peer organizations and individuals, learned about movement directions, and found inspiration in our shared work.

We met with staff and volunteers of Vegan Outreach, our long time partner and the primary publisher of the outreach literature that we distribute. It was a pleasure to meet with the publishers of the literature that we distribute widely (about 60,000 pieces of their vegetarian outreach literature annually). We also connected with Mercy For Animals and Compassion Over Killing, both of which are similar organizations in purpose, mission, and tactics.

The relationships and the inspiration from the conference will assist in focusing our strategy and leverage resources for the upcoming year and beyond



## Sticker Contest: Be on the Lookout for Some Great New CAA Paraphernalia Coming Fall 2007!

By Sarah Jurenci

Compassionate Action for Animals is having a sticker contest! Since most of the stickers you've seen in circulation are designed by other groups, we've decided it's time to make stickers we can call our own!

The creative minds and energies of CAA are in the process of coming up with new designs, slogans, and drawings that will be turned into bumper stickers, magnets, buttons, and stickers.

This contest lasts until September 1st, 2007, so submissions are still welcome (send your ideas to [sarah@exploreveg.org](mailto:sarah@exploreveg.org)). Winners will receive a gift certificate for delicious vegetarian cuisine at a local veg restaurant.

Also be sure to order our brand new CAA t-shirts, sporting our logo and a flashy design. This is a great way to bring exposure to your favorite animal advocacy group and can serve as a good conversation starter. Orders can be placed online at, [www.exploreveg.org/catalog](http://www.exploreveg.org/catalog).



# Restaurant Review: Singapore Restaurant

By Dave Rolsky

Singapore is a tiny city-state in the middle of Malaysia. The population is mostly Chinese, but there is also sizable Indian and Malaysian population. This makes for an exciting mix of flavors, with influences from across all of Asia—from India to China.

At Singapore, there are two separate menus, one Chinese and the other Malaysian. I've never ordered anything off the Chinese menu, because when I'm wanting some veg-friendly Chinese food, I head to Evergreen.

I go to Singapore for the Malaysian food, which is absolutely fantastic. Malaysian food is strongly flavored, with many different spices and curries. If you like Thai or Indian food, you'll like Malaysian food, which reminds me of both of these cuisines.

Malaysian food can be tough for vegetarians, because like Thai it often incorporates fish or shrimp as flavorings. Fortunately, at Singapore, they are wonderfully helpful in making dishes vegan. The owner, Hoi, knows what vegetarian means to Americans (no shrimp paste, no fish), and they are happy to leave eggs out of the few dishes that have them.

For appetizers, get the roti with curry. It's thin, pan-fried bread with a small bowl of the absolutely fantastic Captain's Curry with veggies in it. There are actually few vegetarian dishes listed on the menu, but don't let that fool you. Put some curry on the bread and eat it messily. This isn't listed on the menu, but just ask for it. You can also get some great tofu spring rolls. The rolls are excellent and the sauce is a nice change from the super-sweet sauce served at many Vietnamese restaurants. It has a richer flavor and less sugar.



When it comes to entrees, you must try the Captain's Curry, which is the best curry dish I've ever had, bar none. The Singapore Rice Noodles are also excellent. This is actually a staple Chinese dish (the name comes from the city, not this restaurant) of thin rice noodles stir-fried with veggies and a hint of dry curry, and there's something about the way they make it here that's just perfect. I also love the Mee Goreng, which they make with spaghetti noodles, veggies, tofu, and potatoes. The sauce combines tomato with various spices in a really intriguing way.

There are actually few vegetarian dishes listed on the menu, but don't let that fool you. Many items can be made veg simply by replacing the meat with tofu and/or vegetables, so don't be afraid to ask if you see something that sounds interesting.

If you've never had Malaysian food, then you're lucky, because you have an exciting food experience waiting for you!



**Singapore Restaurant 5554 34th Avenue South Minneapolis, Minnesota 55417**

# Minnesota Leafleting Day: A Huge Success

By Ben Acaso

College students are one of the most receptive demographics to learning about factory farming and transitioning to vegetarianism. Unfortunately, however, thousands graduate each year without ever having an opportunity to consider these issues. That's why this past spring, Compassionate Action for Animals sponsored a historic, first-ever Minnesota College Leafleting Day to try and spread the word!

CAA coordinated over 55 volunteers in Minnesota to help with this event. Some came from remote areas around the state, and many had never leafleted before. Yet on this beautiful, sunny day, we leafleted at every major college in the Twin Cities area and many others throughout the state, distributing over 9,500 leaflets at a total of seventeen colleges!



The idea for this event came up last winter in an effort to escalate our college leafleting campaign, and it was a huge success. Not only did it effectively spread the word, but it also helped CAA overcome some of the challenges surrounding leafleting. In the past, CAA has found that many potential leafleters perceive leafleting as an opportunity without a deadline. There is never any urgency to leaflet on any particular day, and it can be difficult for new volunteers to leaflet by themselves and feel like they are making a significant difference.

Minnesota College Leafleting Day was designed to overcome these challenges. Picking a specific day and a specific goal (to leaflet at every college in the Twin Cities area and many others statewide) offered old and new volunteers alike a way to experience being part of a large, influential group that was truly making a difference. (It also gave people a fun reason to take the day off school or work!) The post-event picnic further contributed to the feeling of coming together, and gave volunteers a chance to share their unique experiences while enjoying raffle prizes, games, and awesome vegan pizzas!

Thus, not only were we able to distribute a vast number of leaflets, but the event provided an impetus for volunteers to get out and start leafleting, and showed the many first-timers how easy it was. Some of the activists in other cities were with local animal advocacy groups, and CAA will be encouraging them to make leafleting a regular activity for their groups.

This was a challenging event to organize, but it was well worth it, and we learned a lot. We now plan on doing this as a regular event—annually, or perhaps every semester!

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## Study Abroad Guide

By David Lueth

CAA has a newly updated guide aimed at helping vegetarians and vegans maintain their diets while traveling or studying abroad. This full color guide offers a variety of tips for finding animal-friendly options in regions where eating vegetarian can be difficult. It also stresses preparation, and includes tips such as finding out the diets and customs of the intended destinations in advance. We have already and will continue to promote this guide to various "Study Abroad Programs" at US colleges.

To obtain a guide or for more information, visit [www.exploreveg.org/resources/veg-study-abroad-guide](http://www.exploreveg.org/resources/veg-study-abroad-guide) or email us at [info@ExploreVeg.org](mailto:info@ExploreVeg.org).



# Featured Donor: Patrick Tullo

By Alana Horowitz-Friedman

The first thing Patrick Tullo asked me when I called him to learn about his involvement with CAA and animal advocacy was whether the restaurant Swede Hollow had vegan options. He was planning on having lunch there with one of the judges at the Minnesota Court of Appeals, where he works as an attorney, and wanted to make sure the restaurant was in line with his values. "I'm trying to find out the voting record of the judge, a former congressman, on animal rights issues," he told me, "so I can be prepared to ask him some questions while we're there."

Incidentally, Patrick's first experience with vegetarianism and veganism happened at a different restaurant: the world famous, feminist, vegan restaurant called Bloodroot. ([www.bloodroot.com](http://www.bloodroot.com))

Although he and his wife had always been interested in animal issues, they hadn't yet connected that value to food until a friend who had recently become vegetarian took them to Bloodroot, where, in addition to the food, there was a large selection of books on animal rights and veganism. "10 pages in to Diet for a New America, I knew that I had had my last meat meal," Patrick tells me. Just two weeks later, Patrick and his wife made the switch from vegetarianism to veganism, a date he still remembers clearly. It was Earth Day, April 22, 1990.

The switch to veganism was just the beginning of Patrick's involvement with animal advocacy. He and his wife participated in a number of animal advocacy groups in NY, where they lived until 1995. When they relocated to a 160 acre farm in Welch, Minnesota (which they eventually want to turn into a site for veganic farming), Patrick became involved with SOAR, the fore-runner to CAA. He also decided to go to law school with the goal of getting legally involved with animal rights issues. At William Mitchell College of Law, he co-founded a student chapter of the Animal Legal Defense Fund (ALDF), and formed an animal law clinic with two other students. The clinic took on real clients and worked on a range of animal rights issues from neuter contract work to first amendment protection for distributing information. Patrick hopes to continue this type of work when his term ends at the Minnesota Court of Appeals. "I'm considering retiring and doing pro bono legal work for groups like the ALDF and PETA," says Patrick.

When asked why Patrick chooses to donate to CAA, he responded, "CAA is a grass-roots organization that makes every dollar it gets count...It seems to me that CAA spends its money wisely and effectively. I am impressed by the commitment and dedication of CAA's volunteers to the focused mission of expanding people's awareness of the issues involving animal agriculture...I think CAA is making a difference."



**CAA:** Zoe, first off, how can we raise children to be kind in a world that seems increasingly divided along religious, economic and national lines?

**Zoe Weil:** We raise children to be kind by being kind ourselves—modeling kindness in our relationships. Kindness means that we assess at the deepest level what does the most good and the least harm as fully as possible. This is a powerful way to live.

**CAA:** How can your philosophy of humane education be applied to the animal rights and cruelty-free living movement?

**ZW:** Quality humane education includes 4 elements: providing accurate information about important issues; fostering the 3 Cs of creativity, curiosity, and critical thinking; nurturing the 3 Rs of reverence, respect, and responsibility; and offering the tools for problem-solving. Treating animals with respect and compassion is a component of humane education, and a humane educator teaching about animal issues would provide age-appropriate information about what is happening to animals and then foster the 3 Cs, nurture the 3 Rs and offer healthy, humane choices. What happens when people are exposed to these issues is that they generally wish to lead more cruelty-free lives and make changes accordingly.

**CAA:** Your blog website's acronym is MOGO, which stands for Most Good. What specific actions do you think we, as Americans, can take to do the most good for the planet and for each other? And what can we do to do the least harm?

**ZW:** That's a huge question! The first would be to endeavor to make your everyday choices actually embody your values, from what you eat to what you wear to what you buy. Try to make your choices humane, sustainable and peaceful. The next step is your work, volunteerism, and participation in democracy. Unfortunately, given the suffering, exploitation, destruction, and violence in the world, each of us must do more than make personally humane and sustainable choices; we must also work for change.

**CAA:** How does America's overdependence on animal products, especially our high level of meat consumption, reduce our ability to do the most good and least harm?

**ZW:** The diet of most people in the United States is very unhealthy, very unsustainable, and very cruel. The more we eat local, organic foods, low on the food chain, the better for our health, the environment, and other species.

**CAA:** Do you consider vegetarianism to be necessary or important to overall ethical living?

**ZW:** I've chosen to be vegan, but I live on the coast of Maine. I could walk to the shore from my house and collect mussels and clams to eat. I suspect that if I did this, I might actually cause less suffering than I would by driving to the co-op and buying tofu. That tofu came from beans grown in fields in which tractors may have killed field mice, snakes, and other animals. Those beans were boiled and processed, and then that tofu was shipped in refrigerated trucks. Oil drilling and processing kills countless animals. Global warming is perhaps the biggest threat to all species on Earth. Eating locally is a good choice, and some people who try to figure out the way to do the most good may make a different choice than I made.

**CAA:** Where can CAA readers look in the contemporary world for hope that progressive, compassionate principles can have a meaningful effect?

**ZW:** Everywhere! Positive change is happening all over. Get involved with it. Consider becoming a humane educator, too. The more positive work you do, the more positive experiences you'll have.

**CAA:** Our organization is producing a documentary on the benefits and practices of leafleting. What are some of the ways you've found to successfully educate people in a mass format?

**ZW:** Using the 4 elements of humane education in all settings and endeavoring to be a positive role model. Few want to join a movement of angry, embittered, burned-out people, but many want to make new choices when they witness the joy, health, and beauty that you radiate when you are deeply kind.

**CAA:** Zoe, any other final comments regarding humane education, humanity, peace, or animals?

**ZW:** If I can make a shameless plug for our organization, we desperately need to change education so it gives people the knowledge, tools, and inspiration to create a better world. We need teachers and advocates of all issues to become humane educators. We IIHE offer workshops around the U.S. and Canada thabitual scribble, something she fires off to everyone she writes emails to. She probably uses something similar in most of her business correspondence, of course, but somehow it seemed to me as if, in a very real way, she actually meant it, and it was hard not to feel a genuine warmth shine through the words.

**CAA:** Zoe, thank you so much again for agreeing to answer these questions.

**ZW:** I was thrilled to do it! Thanks so much for wanting to interview me!

As a young, sometimes self-righteous person who is concerned about things like society and the environment, I was humbled to communicate with someone who has gone through the fires of angry youth and emerged with the understanding that, deep down, we all have the same capacity for change and growth. We could all stand to be so kind, forgiving, and calmly accepting of the foibles of the world and of each other. After all, it's only when we stop trying to force our views onto others that real communication can begin, something Zoe Weil figured out a long time ago.

Oh, and that vivisector husband of hers? He's now a vegan veterinarian.

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*Page 1 continued*

on our petition, we are delighted that the University of Minnesota has taken this important step. Despite an active effort by the battery cage industry to combat our campaign, the University of Minnesota has withdrawn support from one of factory farming's worst cruelties, highly restrictive caging of hens. This move, from one of the largest universities in the United States, sends a clear message to the egg industry: battery eggs are simply too cruel for any socially responsible school to support.

In announcing the switch on its website, the University Dining Services describes the "exciting" switch as "bringing environmental and social awareness to the University of Minnesota." Serving nearly 28,000 cage-free eggs per week, the University of Minnesota is now the largest school in the country to serve cage-free eggs, setting a precedent for other schools and businesses to follow. The decision also garnered a variety of positive media coverage ranging from the St. Paul Pioneer Press and City Pages to the Minnesota Daily.

The battery-cage egg industry has never come under as much pressure as now, with countless other schools, restaurant chains, grocery stores, and individual consumers participating in boycotts. Although we recognize that cage-free hens do not live cruelty-free lives and may not be able to go outside, they are able to walk, spread their wings, stand on solid ground, dust bathe, and lay their eggs in nests—all instinctive behaviors permanently denied to hens confined in battery cages. Thus, this victory is a huge step for animal rights, and will tangibly improve the lives of thousands of animals each year.

A special thank you to all the donors who lent their support and volunteers who worked tirelessly campaigning on this issue—none of this would have been possible without your unrelenting efforts! We are now working with students at several other Minnesota colleges and community members to enact similar policies at other colleges, as well as local businesses and restaurants.

# Upcoming Events

By Ivan Martino

For more details on these events, please visit [www.exploreveg.org/events](http://www.exploreveg.org/events) !

## ■ Donor Appreciation Barbecue – August 28, 2007

CAA could not run without the donations of those who care about animals as much as our volunteers do. For their contributions towards the betterment of animal lives, CAA wholeheartedly thanks the donors who make it possible to spread a message of compassion. Come to our free celebration barbecue for all those who financially support our efforts to help animals.

## ■ New Volunteer Meetings – September 7 and 10, 2007

These meetings are for those who are interested in learning more about what CAA does and how to get involved. Newcomers will explore different opportunities for making a difference as a volunteer.

## ■ Walk for Justice – September 16, 2007

Walk with CAA at Boom Island Park from 11:30 a.m. to 3:30 p.m. on September 16th and show your support for a cruelty-free world! Bring friends and some walking shoes for this fun event!

## ■ 4th Annual Veg Pledge Food Showcase – September 20, 2007

- In order to show the large variety of delicious vegan options available and how easy transitioning to a more compassionate diet can be, CAA will give away free samples to community members and students. Our large “Free Food” signs on the West Bank plaza should attract the attention of all who pass by!

## ■ Veg Week 2007, October 2-9, 2007

- Pledge to be veg at the Food Showcase and then attend our annual Veg Week, a week-long series of events dedicated to educating new vegetarians and vegans about multiple veg-related topics. The week will kick-off with a special presentation by Farm Sanctuary co-founder Gene Baur, and will also include a potluck, dine-out, and cooking class.

## ■ 5th Annual Turkey-Free Thanksgiving Feast - November 2007

-Every year, CAA hosts a wonderful Thanksgiving Feast with enormous amounts of attendees and veg-food, leaving everybody happy and full. With the delicious Tofurky making an appearance here, it will be a feast not to miss!

## ■ Compassionate Action for Animals Banquet - April 2008

-To celebrate and reflect on CAA's work during the year 2007, the CAA Banquet brings together donors and volunteers in order to show how the efforts of both parties have bettered the lives of animals.



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