I’ve had such fun reading the replies to the survey in our Winter newsletter. Thanks so much to everyone who responded. In this issue, we’re sharing your replies, which I think you’ll find both informative and reaffirming.

I was particularly struck by the huge variety of books and movies that inspired our Augustus Club members to adopt a cruelty-free way of life. All genres were represented, and I was delighted to see some children’s movies and books among the titles—proving that gems like *Black Beauty* and *Free Willy* can inspire people of all ages.

While I was reading your favorite vegan food items, I was reminded of when our office was across the street from a kosher supermarket many years ago. We took advantage of what was then an unusually wide selection of dairy substitutes specially created for Jewish customers. We couldn’t get enough of the non-dairy ice cream, cheeses, and other treats. What a joy it has been since then to see the appeal of vegan items explode to the point where even the most isolated mom ‘n’ pop store is likely to stock three flavors of soy milk.

You also sent us some great vegan recipes, and we’re sharing several on page 5 that will make your taste buds, and those of your friends and family who may think a vegan diet is boring, jump for joy.

The diverse list of your favorite vegan shoe sources proves how far we’ve come over the years. What fun to be able to peruse a catalog brimming with non-leather purses, belts, and wallets or to hop on the Internet and search for vegan shoes! (When I first went vegan about 25 years ago, shopping for shoes was a chore I dreaded. Basically my choices were canvas sneakers, plastic sandals, or rope espadrilles—remember those?!) I related to many of you who wrote that the worst thing about living cruelty-free is the frustration of knowing that we’re still in the minority. But I completely agree with the advice on the following pages to “not give up,” to “hold your resolve,” and to “always be able to find a link” to the compassion of others. Even if your friends or family seem unsympathetic, keep engaging them on various issues (e.g., circuses, product testing, or fur). I guarantee that you’ll find common ground somewhere, and that’s a powerful way to affirm their kindness and introduce the idea that other animals deserve their kindness, too.

The purpose of our survey was for us to learn about each other and from each other. Each of you is such an important, cherished member because of the lifetime commitment you’ve made to supporting PETA’s animal-saving programs, and your experience and insights are guiding lights. To further facilitate this sharing of ideas, we would

[Continued on page 6]
Your Responses to the
“Share Your Ideas” Survey

NKCC
J. Roberts
2
J. Roberts

Your survey responses have been received and are being carefully considered.

When we asked for your opinions on a new product line, we were impressed by the passionate feedback we received. Thanks for taking the time to share your thoughts.

We’re pleased to announce that your suggestions have led to the development of a new line of products, which will be launched in the coming months. We hope you’ll enjoy trying them out.

We’d also like to take this opportunity to thank everyone who participated in the survey. Your input is invaluable to us, and we look forward to hearing from you again in the future.

Sincerely,

The NKCC Team

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Survey Results

What do you like most about the current product line?

1. Quality of ingredients
2. Value for money
3. Variety of products

What would you like to see added to the product line?

1. More seasonal products
2. Organic and natural options
3. Better packaging

Do you have any suggestions for improving the current product line?

1. Improve the scent of certain products
2. Add more information about ingredients
3. Increase the size of some products

What do you think about the customer service?

1. Very helpful and knowledgeable
2. Friendly but not very informative
3. A little cold and unapproachable

Do you have any other comments or feedback?

1. None
2. Some suggestions for improvement
3. A request for more variety

Thank you again for your participation in the survey. Your input is valuable to us.
Spicy Peruvian Mashed Potato Salad by Robbie Coleman

3 lbs. potatoes, cut into chunks, peeled or not
½ cup lemon juice
½ cup pimento-stuffed green olives, diced
1 Tbsp. minced canned jalapeño chilies (optional)
1 large onion, diced
½ cup olive oil
Salt and pepper, to taste

Cook the potatoes in a large pot of boiling water until just tender, about 20 minutes. Drain and transfer to a large bowl, then mash. Add all other ingredients and mix well. Refrigerate until cool. Serve leftover potatoes cold straight from the refrigerator.

Makes 8 servings

Okra Sauce by Lutrecia Koffi

¼ cup organic canola oil
1 6-oz. can organic tomato paste
1 lg. or 2 sm. organic white onions, coarsely sliced
4 cloves organic garlic, chopped
2 cups organic baby carrots, sliced thick
2 cups organic green beans, cut into 2-3” pieces
¼ tsp. non-irradiated black pepper; freshly ground
½ tsp. non-irradiated cayenne pepper; ground
½ tsp. Vege-Sal® powder
2 Tbsp. Atlantic sea salt crystals
1 Tbsp. organic dried onion, chopped/minced
2 lbs. fresh or frozen okra, cut
1-1½ cups fresh (after soaked and cooked) or 1 15-oz. can organic chickpeas (garbanzo beans)
1 bunch fresh organic cilantro, chopped, or 1 Tbsp. dried flakes
2 Tbsp. dill weed flakes
5½-6 cups purified water

Slowly heat the oil in a 10-qt. stainless steel pot for about 1 minute. Empty the tomato paste into the pot before the oil gets too hot or it will cause the oil to spatter. Cook over low heat without a cover for about 10 minutes or until the tomato paste becomes dark. Stir every minute or so to keep it from sticking. Add the onion, garlic, carrots, and green beans, then blend in the black and cayenne pepper, Vege-Sal®, salt, and dried onion. Simmer on medium heat for about 12 minutes, stirring every 3 minutes. Add the okra and slowly simmer on medium heat for about 12 to 15 minutes, stirring every 3 minutes. Add the water and chickpeas. Bring to a boil and simmer for about 15 to 20 minutes, or until the vegetables are tender. Add the cilantro and dill weed after the heat has been turned off and stir in well. Delicious over rice or pasta.

Makes 12 to 18 servings

Vegetarian Chili by Vicki Fecteau

1 cup chopped onion
¾ cup chopped green pepper
2 Tbsp. vegan margarine
1 19-oz. can tomatoes
1 7½-oz. can tomato sauce
2 14-oz. cans red kidney beans, drained
1½ Tbsp. chili powder
1 tsp. salt
1 tsp. dried parsley flakes
1 bay leaf
1 package (12-oz.) soy-based veggie ground “round” (such as Yves Veggie Ground Round)

Cook the onion and green pepper in margarine until softened. Stir in the tomatoes, tomato sauce, kidney beans, chili powder, salt, parsley flakes, and bay leaf. Bring to a boil, cover, reduce heat, and simmer for 45 minutes. Add the veggie ground “round” and simmer for another 15 minutes. Remove the bay leaf. Serve over whole grain toast with a tossed salad with a vinaigrette of olive oil and balsamic vinegar (2 to 1 ratio).

Makes 4 to 5 servings
Your Special Ones
Animals You Have Saved

Corky and Buffie
Shari Barton
Corky is “Felix” to Buffie’s “Oscar”—that is how Augustus Club member Shari Barton refers to the relationship between these two happy souls who have come to share her life. Adopted by Shari from the local humane society four years ago, Corky is an 8-year-old ball of fire whose vibrant personality and orange color are only surpassed by her affectionate nature. She is extremely sociable, loves to be hugged, and is not shy with her kisses, despite three bullet holes in her back, which Shari believes are the result of being shot by kids in her earlier life.

Buffie was also adopted by Shari after she was picked up off the streets of Washington, D.C., at the age of 4 1⁄2 months. According to Shari, “Buffie’s tail never stops wagging and she always has a stuffed animal in her mouth.” Although they do occasionally engage in a bit of boxing, Corky is forever grooming Buffie and the two are the best of friends.

Ingrid’s message

We invite you to send in photos of your animal companions. Please remember to enclose the following:
• a note giving us permission to use the picture in the newsletter
• your name and address
• your animal’s name and age
• the story of how you came to care for this individual and something about his or her unique personality and favorite activities

If you would like to have your name printed, please state this in your letter or note. Otherwise, to protect your privacy, we will not print your name.

Please send your pictures to PETA, Augustus Club, 501 Front St., Norfolk, VA 23510.

Thank you!