

PETA's Gift &amp; Estate Planning Club

# Augustus club



## Ingrid's message

## We Asked, and You Answered!

### Learning From and About Each Other

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 nondairy 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 nonleather 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

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# Your Responses to the “Share Your Ideas” Survey



## Has a book, movie, and/or song inspired you to adopt/continue a cruelty-free way of life?

*Diet for a New America*, by John Robbins  
 Just my heart, with a little help from *Ishmael*, by Daniel Quinn  
*The Jungle*, by Upton Sinclair  
*Animal Liberation*, by Peter Singer  
 When I started reading about product testing, I was shocked and then changed my life forever.  
*Animals Really Do Talk*, by Katie Hepfler  
*The Best of James Herriot*, by James Herriot  
*Chicken Soup for the Cat and Dog Lover's Soul*, by Mark Hans and Jack Canfield  
*The Pig Who Sang to the Moon*, by Jeffrey Moussaieff Masson  
*Black Beauty*, by Anna Sewell  
*Free Willy*  
*Slaughter of the Innocent*, by Hans Ruesch  
 A group of vegetarian women supported and encouraged me  
*Babe*  
*All the Little Animals*  
 Peggy Lee's "Sweet Happy Life"  
 Seeing my first PETA magazine  
*Fast Food Nation*, by Eric Schlosser  
 When my dad died, I started the cruelty-free way of life.  
*The White Bone*, by Barbara Gowdy  
 Linda McCartney  
*Twelve Monkeys*

*Gorillas in the Mist*  
*Dr. Rat*, by William Kotzwinkle  
*Free the Animals*, by Ingrid Newkirk  
*Plague Dogs*, by Richard Adams  
*Siddhartha*, by Hermann Hesse

## What is the best thing about being vegan/vegetarian/shopping cruelty-free?

"I'm not contributing to animal cruelty. And I'm helping the planet."  
 "I enjoy 'inner peace.' When I go to sleep at night I know my day has been cruelty-free. Just knowing I have chosen to contribute to mercy, rather than misery, is worth everything."  
 "I can look my two cats in the eye without guilt."  
 "Saving animals!"  
 "Not exploiting or deleting the Earth's inhabitants."



**"When one lives a cruelty-free life, their heart is a little lighter for the interconnectedness all other animals feel. Animals know when you don't eat or wear them."**

"Having the wonderful knowledge that your pleasure was not bought at the cost of another creature's temble suffering and pain."  
 "Being guilt-free! Yesterday I saw a tractor-trailer hauling chickens, stuffed in open crates, in freezing weather. It made me cry to see their frightened faces."  
 "Obviously—no animals are hurt. Also is

healthful and [a] good way to keep weight under control."

"Save animal lives, my own, and the planet!"

"I feel stronger and healthier since I ditched the dairy. I feel good about living this way that I am living in harmony with God's creation, and can be at peace with myself because my actions reflect my beliefs."

"Feel like I've made a difference with each purchase. Consumers are powerful! Sends a message to big corporations."

## What is the worst thing about being vegan/vegetarian/shopping cruelty-free?

"Nothing—except, perhaps, sharing your life with a partner who isn't there yet."  
 "Nothing at all! We love our vegan lifestyle."  
 "There aren't many places to eat out where I live."  
 "Awareness of human atrocities is not a blessing—but I would rather be out on the edge of the blade where it's difficult—fighting the good fight."

**"The pain of seeing your own culture in a new and disturbing way, i.e., realizing the other side of all the Easter hams, veal roasts, and steaks on the grill. Memories of happy times and traditions turn sour with wisdom."**

**—Jane Coe**



"Knowing so few people who understand."

"Unable to feed family pets this way; hard to establish that a product is really vegan; knowledge that most other humans don't care."

"Not one thing wrong about being vegan and shopping cruelty-free."

"I often feel very alone, and I can't understand why others won't make changes in their lifestyles when they are informed about the cruelty to animals—very frustrating!"  
 "Friends and family members who find it threatening."

## If you could offer one bit of advice to someone new to the movement, what would it be?

"Don't focus on what you can't/shouldn't eat. Rejoice that you can enjoy fabulous, healthy food that hurts no one."

"Get active—educate yourself to the problems, then do something about those problems."

"If a product doesn't mention it's cruelty-free—ask how it is tested."  
 "Every animal life matters, we are all connected, so every action you take counts, no matter how small. Even if you doubt it sometimes."  
 "Be strong, cultivate peace, hold to your resolve."

"Know you are doing the right thing."  
 "Use your imagination and put yourself and your loved ones in the position of other animals being abused, and then think how you would feel!"

**"To eat no one with a face—Red is dead, green is lean and mean. Use every minute of your life's existence polishing your hamlessness toward all sentient life."**

**—Diana Moreton**  
 "Do what your heart tells you to do and don't worry so much about 1) what others say and do, and 2) try[ing] to convert everyone you

know all at once—is too big a job and too stressful. People learn by example. If you do the right thing, others will follow."

"Do not give up. Every effort to lessen suffering is an expression of loving kindness."

## Anything else you would like to add?

"Get into the school system, somehow, and try to educate teachers and students."

**"One well-placed provocative button—I fake it' is my choice—can get more conversation started about animal issues than a whole book bag covered in buttons."**



**—Heidi Lynn Olson**  
 "How we do things depends on how we view things."  
 "Buy vegan cookbooks and books like John Robbins' *May All Be Fed*, [Jeffrey Moussaieff] Masson's *The Pig Who Sang to the Moon*, and [Cleveland Amory's] *The Cat Who Came for Christmas* [and give them as holiday gifts]."  
 "I love animals and I refuse to let them suffer in labs, science classes, or for the sake of human(?) experiments! I act! Which we all must do! Animals



have feelings and they do 'talk.' We just have to listen for their agonizing whisper."

"We are so thankful to be part of such an important movement—animal rights."

"Wherever you live, phone anyone in the area with a 'Free to a Good Home' ad immediately to warn them about bunchers! Mention that animals are totally mutilated in laboratories!"

"A big challenge to many of us is our family members' reluctance to go vegan. I've had success with my spouse by gently pointing out the cruelty, negotiating, compromising, and giving him pats on the back. It's taken awhile, but he is almost there! Small steps lead to big changes."

"Going to animal rights seminars, workshops, conferences at least once a year helps keep one in tune with the movement and energizes tired souls."

**"Do anything in your reach to be active for animals. People can actually use any of their talents to find creative ways to help them. Be a proud PETA member and spread our liberation news everywhere ... at the end, we will win this long and hard battle!"**



## What is your favorite cruelty-free beauty or personal-care product?

Kiss My Face products, particularly the Aloe Vera toothpaste  
 Tom's of Maine products  
 The Body Shop products  
 Pangea Hemp Lip Balm, peppermint flavor; from Pangea Vegan Products  
 Estée Lauder products  
 Clinique Laboratories products  
 Dr. Bronner's Organic Castile Soap (lavender)  
 Clearly Natural soap



Nature's Gate toothpaste and body lotion  
 The toothpaste powder I make  
 Aveda products  
 Thai Crystal Deodorant Stone  
 Avalon Organic Botanicals products  
 Beauty Without Cruelty products  
 John Paul Mitchell products  
 Mary Kay Cosmetics products  
 Magick Botanicals shampoo and conditioner  
 Earth Science Gentle Apricot Facial Scrub

## What is your favorite cruelty-free household product?

Earth Friendly products, especially the furniture polish and Orange Plus® cleaner  
 Soapworks products  
 Vinegar and water  
 Citra-Solv laundry and dish soap  
 Seventh Generation products, especially liquid laundry detergent and toilet paper  
 Astonish Industries products, particularly "The Great Household Cleaner"  
 Ordinary alcohol  
 Huish Detergents "Sun" laundry detergent  
 Baking soda and vinegar  
 Warm water and elbow grease  
 Planet laundry detergent

## Where is your favorite place to purchase cruelty-free shoes and/or accessories?

MooShoes  
 Pangea  
 Payless Shoe Source  
 VeganEssentials.com  
 The Right Foot

LL Bean  
 Lands' End  
 Road, Track, and Trail  
 PETA  
 Vegetarian Shoes  
 Pinky Wear Fashions and Shoes  
 American Environmental Health Foundation

## Where is your favorite place to purchase cruelty-free clothing?

EarthCreations.net  
 Goodwill  
 I shop at regular stores and avoid the animal-based stuff.  
 PETA  
 VeganEssentials.com  
 Victoria's Secret  
 Pinky Wear Fashions and Shoes  
 Chico's

## What is your favorite vegan food item?

Soy milk  
 Soy cheese  
 Soy Delicious™ ice cream  
 Tofu  
 Tofutti Sour Supreme®  
 Almond milk  
 Earth Balance® Natural Buttery Spread  
 Tofurky with rice and steamed vegetables  
 Veganaise® mayonnaise  
 Vegan Gourmet™ Cheese Alternative  
 Tofutti ice cream and frozen desserts  
 Morningstar Farms™ vegan products  
 Rice cheese  
 Vegan Yakisoba tenyaki stir-fry noodles  
 Gardenburger® vegan burgers and Meatless Riblets  
 Original Wheat Thins® crackers  
 Vitasoy® chocolate soy milk

Soy yogurt  
 Everything vegan at Veggie Works restaurant in Belmar, N.J.  
 Tofutti "Better Than Cream Cheese®"  
 Tofu Pups® hot dogs from Lightlife  
 Soy burger on a Kaiser roll with lightly cooked kale or fresh romaine lettuce, one jalapeño pepper sliced, sliced dill pickle or sweet onion, hot chunky salsa, and mustard.  
 Faux "taquitos"

## What is your favorite vegan cookbook?

*Foods That Don't Bite Back: Vegan Cooking Made Simple*, by Sue Donaldson  
*Meatless Meals for Working People*, by Debra Wasserman and Charles Stahler  
*How It All Vegan: Irresistible Recipes for an Animal-Free Diet*, by Sarah Kramer and Tanya Bamard  
*The Compassionate Cook: Please Don't Eat the Animals*, by Ingrid E. Newkirk and PETA  
*May All Be Fed: A Diet for a New World*, by John Robbins and Jia Patton  
*Simply Vegan*, by Debra Wasserman and Reed Mangels  
*Vegan Vittles*, by Joanne Stepaniak  
*The Peaceful Palate*, by Jennifer Raymond  
*The Cookbook for People Who Love Animals*, by Michael Klaper, M.D.  
*Vegetarian Times* magazine  
*Breaking the Food Seduction, Food for Life*, and other books by Neal D. Barnard, M.D.  
*Moosewood Cookbook*, by Mollie Katzen  
*Simple Vegetarian Pleasures*, by Jeanne Lemlin  
*The Classic Vegetable Cookbook*, by Ruth Spa



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### What is your favorite vegan recipe?

Here are three tasty delights to tickle your taste buds:

#### 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 4½ 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

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like to add another facet to our newsletter—"The A.C. Members' Exchange." This will be your forum to submit questions, provide answers to other members' questions, and offer suggestions and advice concerning all topics related to protecting animals. We will try to print as many submissions as possible, and we hope to premiere the "Exchange" in the next issue. I hope you will benefit from this new feature as well as from the survey responses of your fellow club members. Enjoy!

### 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!

