

Just
Say
you heard
it
through

The Viva Vine

THE NEWSLETTER OF THE VIVA VEGIE SOCIETY
Edited by Pamela Teisler-Rice



DEAR VEGETARIAN ADVOCATES AND VEG-EVANGELISTS: It's been a productive couple of months for The VivaVegie Society. Though you may have missed getting your VivaVine because there is no July-Aug. issue, our vegetarian street advocacy has been flourishing. New names have been added to the roster of brave crusaders in the valiant effort to educate the public about vegetarianism. We've seen quite a few new faces out on the street with us, flyers in hand and in some cases sitting in a *veal* crate — made to spec for a dramatic visual effect [see page 2 for the story]. The VivaVegie Society is also seriously working on the planning of a vegetarian resource and community center in Manhattan. And look for our vegetarian art show this

(—cont. on page 3)

Thirteen reasons to stop using dairy products

by Robert Greene

1. Pesticide residues. Dairy products have high pesticide residues, 6 times higher than the average non-animal food products. [See graph on page 317 of *Diet for a New America* by John Robbins.]
2. Antibiotics are routinely added to the feed of cows. This comes through in the milk (and meat) people eat. This can upset the natural balance of intestinal flora in the body and may be related to candida albicans problems so widespread today.
3. Cruelty. Purchase of dairy products supports the hideously cruel veal industry. Cows must continuously be calving for the production of milk. The female offspring generally become more milk producers. The "superfluous" males, mostly, are individually crated so they can grow to semi-adulthood with flesh still as tender as a baby calf, just more of it.
4. Congestion. Dairy products are mucous producing and their consumption is often the source of allergies, sinus congestion, post-nasal drip, bronchial congestion, and lung congestion.
5. Prostate cancer. Milk and cheese are identified (along with meat and eggs) as risk factors for fatal prostate cancer. [See *American Journal of Epidemiology*, August, 1984.] Prostate problems are very widespread in men over 40 years old, increasing in probability with age.
6. Reproductive system disorders. The consumption of dairy products is strongly linked to various disorders of the female

reproductive system, including ovarian tumors/cysts, vaginal infections/discharges, and uterine fibroids. [See *Food as Healing*, by Annmarie Colbin.]

7. Multiple Sclerosis. Dairy products are implicated as a causative factor in multiple sclerosis, the progressively debilitating disease that strikes young adults. [See page 279-282 of *Diet for a New America*, by John Robbins.]
8. Osteoporosis. Despite the good amounts of calcium that are found in milk, the high concentration of protein also found causes urinary excretions of calcium. This calcium loss leads to osteoporosis (a disease of thinning bones commonly found in older people). [See *McDougall's Medicine* by Dr. John McDougall.]
9. Lactose intolerance is a condition of lacking the digestive enzyme "lactase" which digests the carbohydrate portion of dairy products known as lactose or milk sugar. This commonly causes headaches, gas, abdominal pain or cramps. This affects 5-10% of Caucasian adults, 70% of Black adults, both American and African, and many Oriental adults. [See "Incidence of Lactase Deficiency in Ulcerative Colitis," *Gastroenterology*, 53:890, 1967.]
10. Saturated fat. The fat content of dairy products is saturated fat. This contributes to heart disease, which kills 40% of Americans, and to strokes, which kill 10% of Americans. Saturated animal fat consumption is also strongly linked to

many forms of cancer.

11. No fiber. Dairy products also contain no fiber, potentially contributing to constipation, hemorrhoids, and colon cancer.
12. Colic in babies is caused by antibodies in milk. This can happen even if the baby is breast-fed and the mother consumes dairy products. [*Pediatrics*, April, 1991.]
13. Recombinant Bovine Growth Hormone (rBGH) is a genetically engineered hormone that forces cows to produce up to 25% more milk (on top of the increased production amounts—up to 10 times more than in nature—that have already been achieved through selective breeding). Synthetic rBGH puts great stress on cows, making them susceptible to udder infections such as mastitis as well as other diseases. Since dairy farmers treat mastitis with antibiotics increased residues of antibiotics will now more likely be found in milk. Mastitis itself increases the likelihood of pus being secreted into the milk as well. The FDA has already approved usage of rBGH on cows whose milk is destined for human consumption.

(Robert Greene is the accountant of The VivaVegie Society and an avid vegan. He counsels: "Wean yourself!" with the many cow's milk substitutes you can find at the health food store.)

If you still need convincing about dairy, send for the video *Dealing in Downers: California's Dairy Industry*. Send \$15. plus \$3.50 s/h to Farm Sanctuary, P.O. Box 150, Watkins Glen, NY 14891.

The VivaVeggie Society: SUMMER UPDATE, 1994

The V.V.S. displays veal crate in SoHo and irks Nathan's at Coney Island in recent advocacy missions

THE VIVA VEGGIE SOCIETY IS A vegetarian advocacy group which was formed in 1991. It's advocacy is done in a number of ways. First, The VivaVeggie Society is the organization that published Pamela Teisler's popular 4-page manifesto, *101 Reasons Why I'm a Vegetarian* — the "mighty convincer" for a vegetarian lifestyle as well as the society's newsletter *The VivaVine*.

With copies of *101 Reasons Why I'm a Vegetarian* in hand, along with lots of other pro-vegetarian pamphlets and leaflets from other groups, VivaVeggie Society members take to the streets. Members/advocates go out regularly to any place they can find a lot of pedestrian traffic to spread the word about the vegetarian lifestyle to which they feel they owe so much.

Regular "gigs" include annual street fairs, Earth Day, the Easter Parade, Veal Ban Day, the Mermaid Parade, the Human Propulsion Fair, the Halloween Parade, World Vegetarian Day, Meat Out Day and the Greenpeace Walk, as well as one-time events such as the 1992 Democratic National Convention in New York. Advocates also go out on short notice, just putting up a table for no special occasion at all.

One recent achievement of The VivaVeggie Society was its Veal Ban Day silent vigil. The Viva-Veggie Society took part in the nationwide Mother's Day event [created by the Maryland based group Farm Animal Reform Movement (F.A.R.M.)] by organizing a veal protest/silent vigil. The VivaVeggie Society probably reached several thousand people that day. Fourteen activists were on hand to get flyers explaining the veal story into the hands of some 500 passersby. It is estimated that about 2 to 3 thousand people walked by in the 4 hours the group was on the street in the SoHo district of New York City. If a person walking by did not take a flyer, at least he or she saw a veal crate (commissioned to spec by The VivaVeggie Society) right there on the street... simple and stark. And this same pedestrian also probably saw a person sitting inside the crate making this image even more dramatic.

VivaVeggie demonstrators beckoned passersby that day to themselves enter and sit in the crate, but unfortunately only a couple

of people were willing to do this (a picture of one brave soul is shown below). "The reason to have people actually sit in the veal crate," VivaVeggie Society president Pamela Teisler-



The VivaVeggie Society beckoned passersby to sit in its veal crate for 3 minutes to get the feel of the horror — in silent vigil; an act designed to radicalize.

Rice noted, "was to radicalize them to the reality of factory farming. Actually sitting in the crate (confined, and no less tethered at the neck), I thought, was a good way to make a person realize the horror of a veal calf's life." Though few passersby were willing to sit in the crate, many were quite eager to sign a petition directed at USDA secretary Mike Espy urging his department to take immediate steps to ban of the veal crate. And anyone who did sit in the crate for at least 3 minutes was handed a pre-printed postcard addressed to "first mother" Hillary Clinton asking her to publicly refrain from serving fancy veal in

the White House to bring vital awareness to the veal issue. Space on the card was available to the sender to write comments too.

On the 4th of July this year, The VivaVeggie Society was at Coney Island giving food for thought at the annual Nathan's Famous hot dog eating contest. Society advocates gave away tofu pups and several hundred copies of the "What is a hot dog" poster as well as the "101 Reasons..." to passersby and contest attendees. Described as a vegetarian passing out leaflets, society member Rochelle Goldman was quoted in New York Newsday giving her disapproving second opinion about the contest.

Serious vegetarian street advocates are welcome to call and join The VivaVeggie Society on its next street advocacy mission. To learn of its whereabouts, contact Pamela Teisler at 212/966-2060.

To obtain a copy of *101 Reasons Why I'm a Vegetarian*, send \$1 and a stamped self addressed envelope to the address on the back of this newsletter. Obtain additional copies for 50¢ each (60¢ each, foreign or retail). And to pass out to all of your friends: \$20 for 50 copies (\$30, foreign or retail), and \$35 for 100 copies (\$50, foreign or retail). Note: multiple copies, over 2, come postage paid.

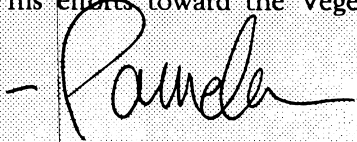
For \$5/yr. (\$7, foreign), become a member of The VivaVeggie Society and receive 5 issues of *The VivaVine* (the newsletter of The VivaVeggie Society), and a membership card plus a complimentary copy of *101 Reasons Why I'm a Vegetarian*. Checks should be made payable to The Viva-

Veggie Society.

NOTE: VivaVeggie Society membership rates will be going up after January of 1995.

Finally, VivaVeggie Society activities and materials cost money. The veal crate is, at press time, still not completely paid for. Please be generous with your donations to the advocacy group that educates the public about the veal crate as well as corrects misconceptions about the vegetarian lifestyle. Checks may be made out to The VivaVeggie Society and sent to the address on the back page of this newsletter.

(cont. from front page!) Spring (see back page for more information). The following courageous activists deserve mention: Alix Fano, Hubert Davis, Mia McDonald, Martin Rowe, Rochelle Goldman, Jean Thaler, Susan and Jed Civic, Susan Kalev, Lourie Jordan, Charles Patterson, Jesse Silverman, Susan Rothman, Marcia Hershkowitz, Joan Zacharias, and Hugh Rothbaum. Also, thank you to Donna E. Waldman of Baltimore for the generous donation to help defray the cost for our mailing of the "101 Reasons" to every U.S. Congressperson last Fall. Also, thanks to Gerard Sunnen for his efforts toward the Vegetarian Art Show.



Correction: In the last issue of *The VivaVine*, it was noted that VivaVeggie Society members could receive a discount on copies of *Recipes from an Ecological Kitchen* by Lorna Sass. The address to write to was missing however. To receive a copy of REK for \$23. (postage paid), make checks out to Lorna Sass, send to: P.O. Box 704, New York, NY 10024-5253. While you're at it, enclose an SASE to inquire about her upcoming book, *Great Vegetarian Cooking Under Pressure*, which is chock full of fabulous veggie recipes using the *fast* and easy pressure cooker.

grapevine

letters from readers

The VivaVine welcomes letters, articles, manuscripts and graphics for publication or reference. Deadline for submissions for next issue is October 10. *The VivaVine* always needs help at mailing time. Next issue mails at the end of October.

Dear Pamela: I recently received a copy of your *101 Reasons Why I'm a Vegetarian* from you. I have been a vegetarian for almost five years and there were many things listed I found very disturbing and upsetting. I had no idea what was happening. I am thankful people such as yourself are out there circulating information for consumers. It's so unbearable. I cannot decide which is worse — the treatment of the animals or the ingesting of their flesh! Each time I change my phone message on my answering machine I leave one of your 101 reasons.

—Angry & disgusted, R. O'Neil, Granada Hills, CA

Dear Pam, Our vigil at Townsends [chicken slaughter plant in Millsboro, DE where one and a half million chickens die every week] in late April went very well. There were at least 25 people from several states and we got extensive coverage. I did several preliminary radio interviews, and got letters in the newspapers, etc. It was proclaimed by the Delaware media that this was the first "chicken" protest ever in Delaware—a major poultry producing state, unused to attention in this area. You should have seen the chickens being trucked past fancy shops on the Main street with their sad, defeated little faces and hopeless eyes. It's the saddest thing in the world.

—Karen Davis, United Poultry Concerns

Wings and blue cheese

by Eddy Bikales

I'm not one of those vegetarians who doesn't like the taste of meat. In fact, I envy those sorts. I was once a carnivore in a big way.

I write this four years to the day after my last taste of the stuff. The scene was the popular "all-you-can-eat chicken wings night" at The Ground Round in South Burlington, Vermont. I can say honestly that before that night I'd never entertained the slightest thought of giving up meat. *Vegetarians?* An odd, self-depriving lot, driven by mysterious motives, which I certainly didn't care to find out about. Me? Only an occasional cream or buttered vegetable would interrupt my chuck steaks and whole roasted chickens. When I got too fat—every couple of months or so—I'd fast until my weight reached its high school-level target. Fasting was no major endeavor, it was just part of the routine.

Well, that night my friend and I were each presented with a basket of twenty chicken wings, which we devoured as fast as we could lop-on the dripping blue-cheese sauce. As was my custom at all-you-can-eat anything, I

aimed to bankrupt the restaurant by eating many times the value of the \$4.49 price I paid. Between mouthfuls, I noticed eight large, raucous men, elbow-to-elbow at another table piled high with baskets of chicken bones. The waitress was placing down several more fresh baskets. One of the eight was a fellow I knew but hadn't seen for over a year—then he had actually been quite trim. No longer.

I sauntered over and said hello. Rick, his mouth brimming, was surprised and glad to see me. I was witnessing a chicken wing eating contest, Rick told me. I surveyed the large, greasy-fingered men and tried to estimate who was ahead from the piles of chicken bones and mounds of gooey napkins in front of them. "I'm winning!" Rick suddenly roared. "Number ninety-two right here!" he exalted, shoving an entire wing into his mouth.

My stomach clenched. At that moment, age 29, I felt a type of revulsion I'd never felt before.

I returned to my table to find a fresh basket of twenty wings. I eyed it suspiciously. Something was happening to me. Still, trying to be nonchalant, I ate a few wings anyway and resumed some forced conversation. Soon we were onto our third basket each.

Suddenly, cheers from across the room. I meandered over to find Rick, *standing* with both fists clenched high in victory. He had edged out his buddy by eating wing number 126. His buddy was in the bathroom, puking.

I stumbled back to my table, now very confused. I could no longer maintain eye contact with my friend. Now, I stared at the pile of chicken bones...Chicken bones...

Chicken bones!

For the first time I wholly grasped that these wings were, in fact, really wings. Wings of real breathing, strutting, living creatures. *Wings*. These were *wings*. This was flesh. Twenty-two living birds, killed so that I could eat 44 wings one afternoon. I remembered a bird I had, a beloved parakeet, which I cherished for nearly ten years. I was devastated when it died before my eyes. Now, dead bird wings rested in a basket in front of me, piping hot and ready to eat. My stomach was already stuffed with them. *And they were killed for me.*

Four years later my weight holds steady at my high school level without fasting. I feel healthier, more alert; more full of energy, yet I wonder: was I destined to become a vegetarian? If those events had not coincided four years ago, would I still be grilling steak?

American Airlines serves cruel food

The Bethesda based farm animal advocacy group F.A.R.M. has received word that American Airlines has begun to serve "milk fed" veal on its international flights. F.A.R.M. has contacted the airline to educate its representatives about the origins of "milk fed" veal and to protest its disappointing menu choice. Please write to American Airlines to ask them to remove veal from all of its inflight menus. The address follows. Ask your friends to do the same! Write: Mr. George Goetz, Consumer Relations Dept., American Airlines, Box 619612-

MD-2400, DFW-Airport, TX 75261.

Meatfree burger intro turns ugly

THE HAGUE, (AP) Aug. 11— The thought of a new meatfree burger from a leading U.S. fast food chain apparently turned the stomachs of vegetarians at The World Vegetarian Congress in the Netherlands, according to the Rotterdam daily *Algemeem Dagblad* today. There were cat-calls and jeers as a speaker from the firm took the podium in front of delegates from 32 countries to extol the virtues of the culinary creation to be sold alongside traditional burgers with

ham and cheese fillings. Things came to a head when an American shouted that no self-respecting vegetarian should eat a meatfree burger from the "Butcher McDonald's." Several dozen audience members agreed and stormed out of the hall.

Vegetarian Art Show in Spring, '95 Works now being accepted

The Sunnen Gallery and The VivaVeggie Society have teamed up to produce a vegetarian art show in the Spring of 1995. Look for our ad in *Vegetarian Times* later this year. All vegetarian artists are encouraged to submit works. Call: 212/966-3188.

So, what is The VivaVeggie Society?

THE VIVA VEGGIE SOCIETY takes vegetarian advocacy to the streets. VivaVeggie advocates confront Mr. and Ms. Pedestrian to get the facts out about their healthful, ethical and environmentally conscious vegetarian diet.

Advocates assemble where there is plenty of pedestrian traffic. They come equipped with brightly-colored T-shirts with vegetarian messages, and plenty of fact-filled information. Founder Pamela Teisler wears the outfit shown on the reverse side of this newsletter. The mission? To distribute, for donation, the flyer, *101 Reasons Why I'm a Vegetarian*, written by Pamela Teisler and inspired by John Robbins' book, *Diet for a New America*.

The VivaVeggie Society has been, and will be in the future, involved with various projects such as World Vegetarian Day and mass mailings of *101 Reasons Why I'm a Vegetarian*. Donations can be sent to the address below.

C a l e n d a r

•Sun. - Mon., Sept. 3-5: FARM SANCTUARY LABOR DAY WEEKEND CAMP & CONFERENCE, Watkins Glen, NY; call 516/944-8166 or 212/535-9385 for more information. •Sun., Sept. 25: BIG APPLE

VEGETARIANS, the new kid on the block, which organizes get-togethers taking place mostly in the boroughs. Next potluck is in Kew Gardens at the Civic's place, home of Environmental Travel. Call 718/263-0048 •Sun., Sept. 25: the GREAT LONG ISLAND WORKOUT, with the world's largest aerobics class (ie: Guinness Book of World Records). Organizers, hip to veggieness... Call

516/427-7037. •Sun., Oct. 2-Mon., Oct. 3: WORLD FARM ANIMALS DAY: 24 hour vigil to protest meat and dairy industry practices in front of the offices of the US Department of Agriculture in

Washington, DC; contact Scott Williams of F.A.R.M., 301/530-1737. •The third Sunday of every month, barring last minute changes: VEGAN SOCIETY OF QUEENS POTLUCK, 2 p.m., Flushing, Queens; call Hubert at 718/263-7160 for details. •The fourth Tuesday of the month: BREAK BREAD... FOR A CHANGE (vegan potluck) 6:30 p.m., Greenpeace offices, 462 B'way @ Grand St, 6th Fl. Call 718/797-4175.

Schedule to distribute *101 Reasons Why I'm a Vegetarian* in VivaVeggie-style vegetarian street advocacy (call ahead, 212/966-2060, to confirm):

•Sun., Sept. 11: FIFTH ANNUAL HUMAN PROPULSION FAIR, (sponsored by *Metro Sports Magazine* and Transportation Alternatives; no meat vendors allowed), 12 Noon-6 p.m, Union Square Pk. The VivaVeggie Society will have a booth. •Sat., Sept. 24: FARM SANCTUARY WALK FOR FARM ANIMALS, 11 a.m., Riverside Pk. (Call 516/944-8166 to walk and pledge.) •Mon., Oct. 31, THE GREENWICH VILLAGE HALLOWEEN PARADE: 6 p.m., meeting place to be determined.

(The VivaVeggie Society frequently goes out on short notice. Call to learn of unscheduled events. 212/966-2060.)



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Cash or check with your request should be sent to the return address show at left.