



THE EPHEMERA PROJECT
THE EARLY YEARS

BOOK # 14/20

VivaVeggie Society

New York City
circa 1991–2002

e·phem·er·a • noun • Things that exist or are used or enjoyed for only a short time. Items of collectible memorabilia, typically written or printed ones, that were originally expected to have only short-term usefulness or effect.

Collected and bound in 2014

Pamela

萬 Season's Greetings

賀 Meilleurs Voeux

新 Felices Fiestas

禧 Pozdravenia

All the best for '94

HENRY SPIRA
1 WEST 85 STREET
NEW YORK, N.Y. 10024

The Convention on the Rights of the Child became international Human Rights law in September 1990 after 20 countries ratified it. It emphasizes all children's rights for survival, protection, development and participation.

La Convention relative aux droits de l'enfant est devenue loi internationale en septembre 1990, après avoir été ratifiée par vingt pays. Elle met l'accent sur les droits de tous les enfants à la survie, à la protection, au développement et à la participation.

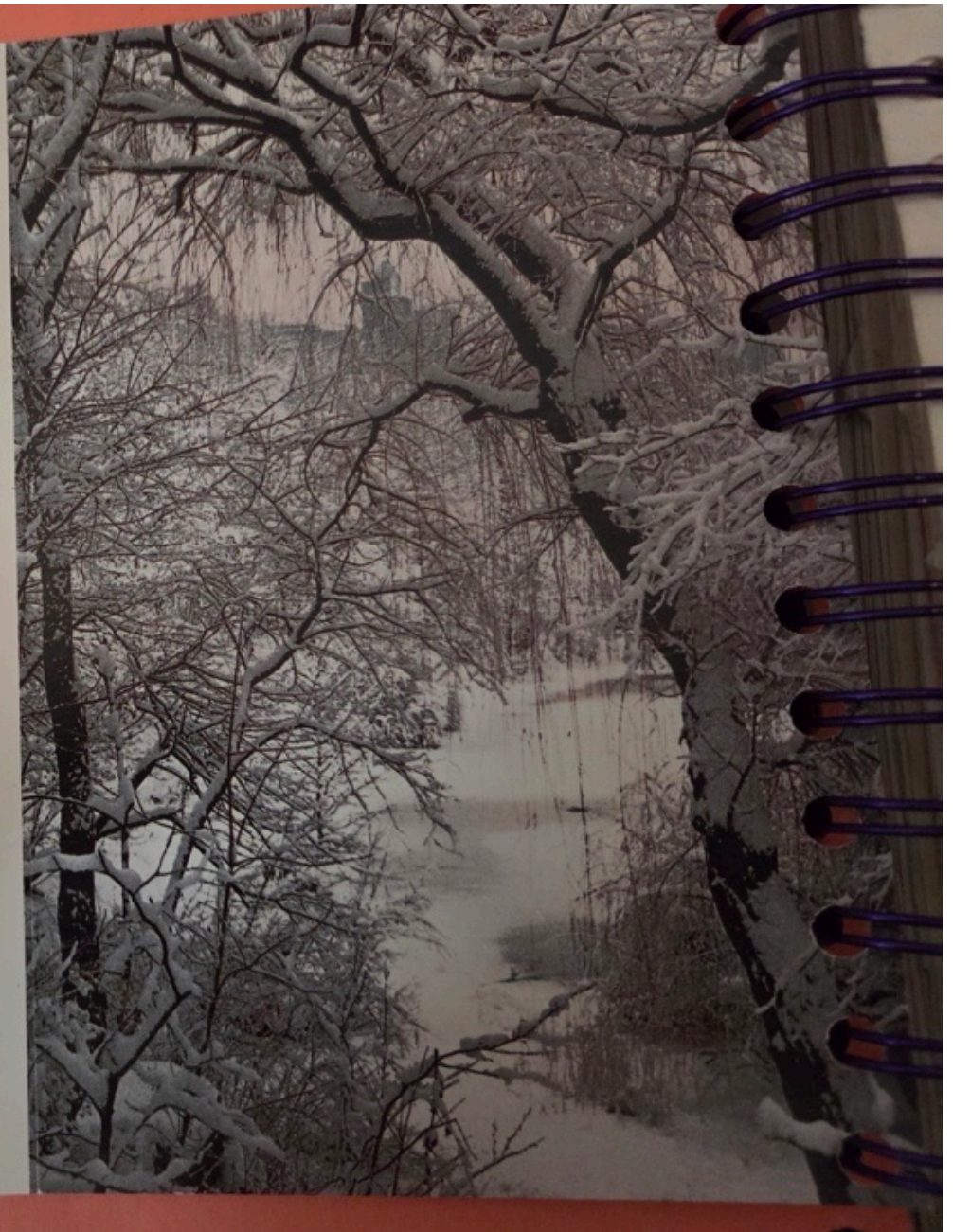
Peter Czum, Photographer • Germany • Allemagne • Alemania • Wintry Tree • Arbre en hiver • Arbol invernal.

For the well-being of the world's children • Pour le bien-être des enfants du monde •
Por el bienestar de los niños del mundo • На благо всех детей мира • 造福世界儿童。



United Nations Children's Fund
Fonds des Nations Unies pour l'enfance

93021 / 0362S
Printed in U.S.A./Imprimé aux É.-U.



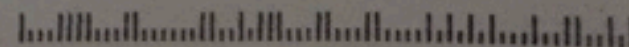
HENRY SPIKA
1 WEST 85 STREET
NEW YORK, N. Y. 10024



USA 32
SAVE OUR ENVIRON

Pamela Teisler Rice
VivaVeggie
Prince St. Station
P.O. Box 294
New York, NY 10012-0005

10012-0005



Animal Rights International

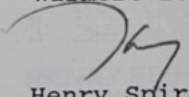
October 13, 1997

Pamela Teisler Rice
VivaVeggie
Prince St. Station
P.O. Box 294
New York, NY 10012-0005

Dear Pamela,

You're terrific! Thanks for spreading the word far and wide to your committed readers. It's great that such a dynamic crowd turned out for last week's event. And we couldn't have done it without you!

Warmest regards,


Henry Spira

\$30. check deposited

ANIMAL RIGHTS INT'L. (ARI): COALITION FOR NONVIOLENT FOOD, COALITION TO ABOLISH THE LD50 and DRAIZE TESTS
Box 214 • Planetarium Station • New York, NY 10024

Coordinator: Henry Spira. Consultant: Peter Singer. Advisors: Roger A. Caras, Barbara S. Clapp, Maureen Canine, Mark Graham, John A. Hoyt, Paul G. Irwin, Sid and Helaine Lerner, John Mitchell, Linda W. Petrie, Gus W. Thornton, D.V.M., Jeanne Waller, Palmer Wayne.
Science Advisor: Andrew N. Rowan, B.Sc., M.A., D.Phil. Legal Advisor Elinor Molbegott, Esq.
In Memoriam: Leonard Rack, M.D., Founding Science Advisor.

THE COALITION COMPRISES INDIVIDUALS AND ORGANIZATIONS WITH MEMBERSHIP IN THE MILLIONS

HENRY SPIRA
ANIMAL RIGHTS INT'L
POST OFFICE BOX 214
PLANETARIUM STATION
NEW YORK NY 10024



*\$100
donation*

*Pamela Tessler Rice
Vine Vieje
PO Box 294
Prince St Stn
NYC 10012*

HENRY SPIRA
1 WEST 85 STREET
NEW YORK, N.Y. 10024

A100!

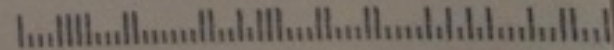
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Quicker only*



USA **32**
SAVE OUR ENVIRONMENT

Pamela Teisler Rice
VivaVeggie
Prince St. Station
P.O. Box 294
New York, NY 10012-0005

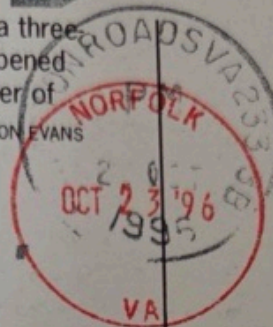
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THE DINER by Greg Metz is a political statement and a three-dimensional exposé of the modern meat industry. It opened on the National Mall in Washington, D.C., in the summer of 1995.

PHOTO: HARRISON EVANS

501 X 342



give

Are you guys tax
exempt? Are you
working on it? Let
me know, please!

Bruce

6 PETA
Bruce Friedrich, 501 FRONT ST
Norfolk VA 23510

Seven billion animals are slaughtered each year for meat in the U.S. To help make the switch to a vegetarian diet, contact:

PETA PEOPLE FOR
P.O. BOX 4251

7382
301-770-PETA
757-622-
7382
VivaVeggie Society

P.O. Box 294

Prince Street Station

NYC NY 10012-0005

101 Reasons Why I'm a Vegetarian

Contribute to the ^{11th printing} **2007 EDITION** of the "mighty convincer"

"101 Reasons Why I'm a Vegetarian" is due | 18-page booklet. We plan to print another to be printed again! We've almost run out. | 20,000 copies, which we expect to last for

The VivaVeggie Society needs all new sponsors to send it back to press. In exchange for \$65, have your name or your company's name appear in the

For \$65, this space will be reserved for you to place your name or your company's name.

about a year. The VivaVeggie Society is calling on you to help continue its quest to get the word out. Keep the "101 Reasons" alive!

Checks payable to VivaVeggie Society

Enclosed find \$65 (deadline: Fri., Apr. 20, 2007) to go toward the printing of "101 Reasons Why I'm a Vegetarian." In return, I am entitled to the box size/shape, above, for my name or my company's name. [Type or clearly print the text you want at right.] ▶

Date 4/20 Name CAROL ADAMS

Address [redacted] Dr

State TX Zip 75081 Phone 2 5

☒ No changes. Same as last time.

The Sexual Politics of Meat: A Feminist-Vegetarian Critique

Return this form to: The Viva Veggie Society, P.O. Box 294, Prince Street Station, New York, NY 10012 • (212) 242-0011.

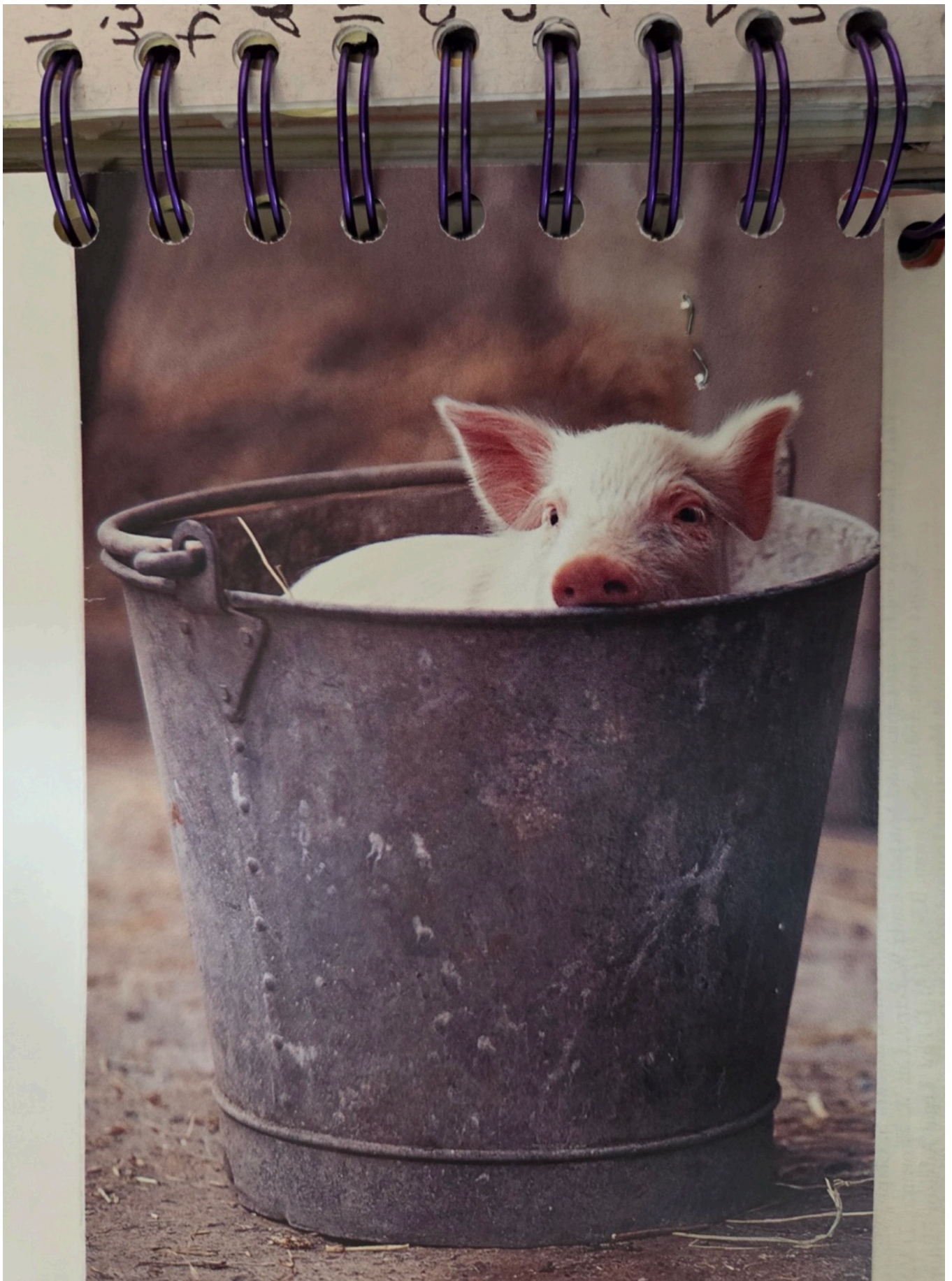
Isn't it time to read?

Dear Pamela,

Congratulations on
the new edition!

Good luck
with it & all
your projects!

Warmly,
Cass



Iorna J. Sass

XI-3-93

Dear Pamela —

Please excuse my rudeness
if not responding
earlier to your lovely
invitation to celebrate
your marriage. I was
touched to be included!

I was also a bit touched
in the head at that
time, with a book
deadline of Nov. 1.

I'm now trying to
catch up on post poned
communications.

Please accept my apologies
+ hearty congratulations.

With best wishes —

Iorna Sass

lorna j. sass

new york city 10024

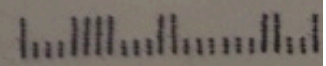
NEW YORK NY 100

Pamela -
thanks for
all your good
work! LJS

Viva!

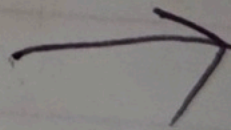
POB

Pn



Paola —
Love the latest line
+ the idea of a Center!
See you at the
Summerfest.
Keep up your
good work!

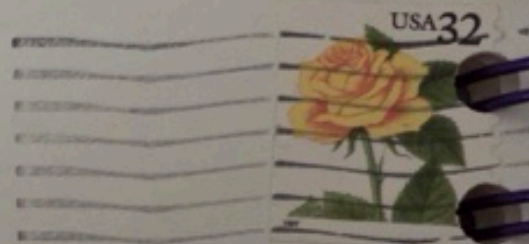
Trudly,
Rhoda & Ste



\$15 - memb.
+ 10. - donation

check #25

Mrs. Rhoda S
Dr. Stanley S
Ln.
Pittsford NY 14534



3

Pamela Rice
Viva Veggie Soc.
PO Box 294
Prince St.
New York, NY 10012

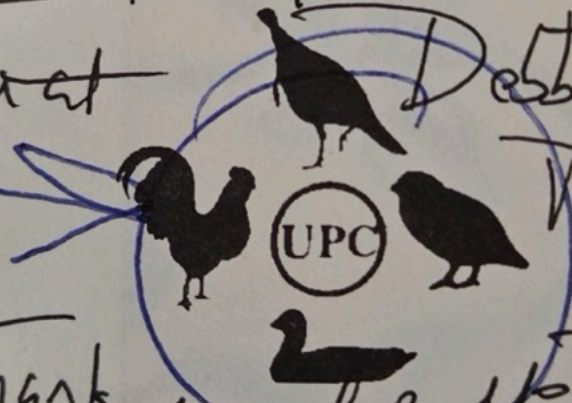
Paul Nison
P.O. Box 996
New York, NY 10002

Viva Veggi Socity
Pam Rice
PO Box 294
Prince St Station
NY NY 10012

Hi Pamela - Got your message - hope this picture is OK. It's my favorite, I think.

With Compliments and Good Wishes

from
United Poultry Concerns

I look forward to seeing
you at
on  Debby Tanzer's
May 17.

Thank you for your kind words

United Poultry Concerns promotes
the compassionate and respectful
treatment of domestic fowl.

P.O. Box 59367
Potomac, MD 20859 U.S.A.
(301) 948-2406

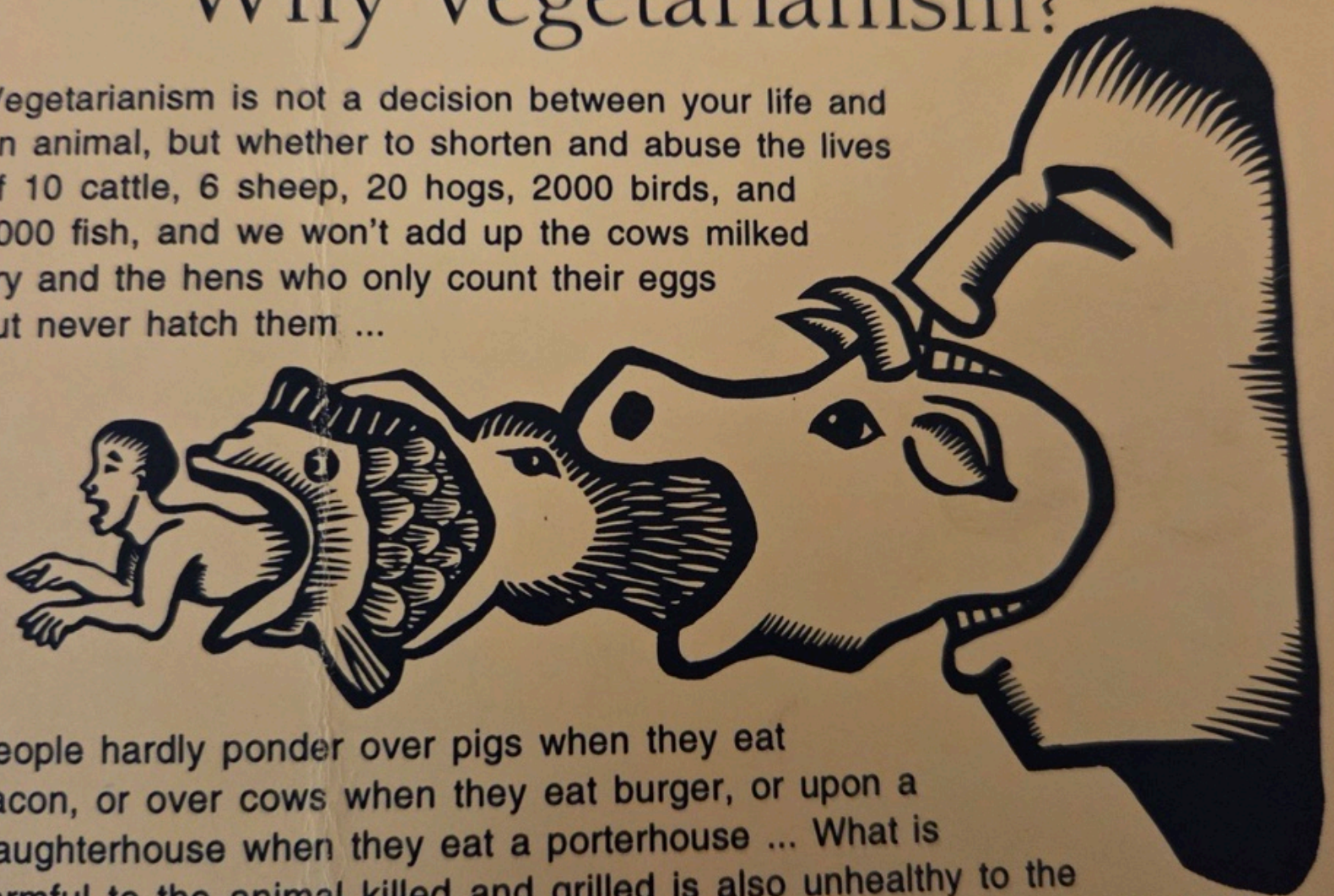
forward to Richard's Review.

Love, Kuen

Please Return
Photo. Thanks!
April 6-7, 1997

Why Vegetarianism?

Vegetarianism is not a decision between your life and an animal, but whether to shorten and abuse the lives of 10 cattle, 6 sheep, 20 hogs, 2000 birds, and 2000 fish, and we won't add up the cows milked dry and the hens who only count their eggs but never hatch them ...



People hardly ponder over pigs when they eat bacon, or over cows when they eat burger, or upon a slaughterhouse when they eat a porterhouse ... What is harmful to the animal killed and grilled is also unhealthy to the killer and griller ... Those who live by the swordfish die by the swordfish.

Passages from Radical Vegetarianism:
A Dialectic of Diet & Ethic by Mark
Mathew Braunstein. Book & postcard
from: Braunstein, P.O.Box 456,
Quaker Hill, CT 06375-0456

Pam
Wow March / April ~~Issue~~ Thanks
wow great issue,
for sending it
Mark

One way to make ends meet
is to make meat end.

art by Rade Prostranzi



Pam
Viva Veggie Sauce
Prince St Station
POB 294
NY NY 10012-
0005



**Vegan
Action**

• Berkeley, CA 94704 • Phone /Fax

• <http://www.vegan.org>

Dear Pamela,

Thanks for ~~run~~ running the small ad in your great newsletter. It does look great.

Unfortunately, we're on a tight budget at the moment, so I can't send a contribution at this time.

I will put a note to the newsletter editors to see if we can mention you in our next issue of the vegan news.

Thanks for all your energetic work on promoting Vegetarianism!

Yours Veganically,

Leon Jacoby



VegNews

North America's only Vegetarian Newspaper

December 5, 2000

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Compassionate Living
Joanne Stepaniak

Pamela Rice
The VivaVeggie Society
P.O. Box 294
Prince Street Station
New York, NY 10012-0005

Dear Pamela,

Thank you for sending us a copy of *The Viva Vine*. We've already mailed you the most recent copy of *VegNews* (early November) and would be pleased to continue a regular exchange between the two publications. I've put you on our "COMP" list. Thanks for doing the same!

I'd also be happy to send bulk copies of *VegNews* to distribute at the Veggie Center and/or VivaVeggie Society events. We currently send the paper to many individuals and organizations around the country. If this interests you, we'll put The VivaVeggie Veggie Center on our distribution list. Please let me know.

Also enclosed is a check for \$25 to assist you in meeting David S' f's generous matching fund offer. Best of luck. I only wish I had known earlier so I could have placed a blurb in *VegNews*. Next time!

Finally, the next time the VivaVeggie Society has a large event or newsworthy happening planned please do not hesitate to contact me. We would be happy to give you editorial space, or a Society Page, and send extra copies of the paper to you to help publicize the event.

Yours in Vegetarianism.

Joseph Connelly
Editor
VegNews

\$25
match
fund

Post Office Box 2129 • Santa Cruz, California 95063
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INSTITUTE OF NUTRITION EDUCATION AND RESEARCH
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Ms. Pamela Rice
Viva Vegie Society
P. O. Box 294
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10012+0005



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E-mail: MKMD@drklaper.com

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Ms. Pamela Rice
VivaVegie Society
P. O. Box 294
New York, NY 10012

Re: Sponsorship box

July 8, 2003

Dear Pamela,

Enclosed please find the text for the sponsorship box, announcing that the Vegan Health Study is available online. Also enclosed is our Institute check in the amount of \$55.00, payable to VivaVegie.

Accolades to you on going back to press for another 20,000 copies of your "101 Reasons Why I'm a Vegetarian." I look forward to seeing the new printing.

Thank you for all your very important work.

Sincerely,

Michael Klaper, M.D.

Michael A. Klaper, M. D.

Enclosures (2)

DIETETICS

BRENDA DAVIS, R.D.
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GEORGE EISMAN, R.D.
Burdette, NY
SUZANNE HAVALA, M.S., R.D.
Chapel Hill, NC
VESANTO MELINA, M.S., R.D.
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District Heights, MD

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Bethesda, MD
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MARK S. ROTHSTEIN, Ph.D.
Baltimore City, MD

**HELP ADVANCE
VEGAN NUTRITION RESEARCH**
ENROLL ONLINE:
www.veganhealthstudy.org



May 13, 2003

Pamela Rice
PO Box 294, Prince Street Station
New York, NY 10012

Dear Pamela,

Thank you for your wonderful contribution to the current issue of *VegNews*. It is because of the support we receive from those in the vegetarian community like yourself that we can continue to produce this magazine. I think you'll agree that this is one of our best issues ever!

I greatly anticipate working with you again in the near future. Please do not hesitate to contact me if you have ideas for articles or reviews you deem suitable for *VegNews*.

Thanks for all you do to promote vegetarianism.

Sincerely,

Joseph Connelly
Editor-In-Chief

photo enclosed

1 A. Klaper,
O. Box 1055
ao, HI 96768

Box 1055
HI 96768

ael@drklaper.com

Fax: (808) 573-5831

12-6-96

Pamela,
Do you remember me! I taught
the tubing class at the
Vegetarian conference.

well merry christmas!

I hope all is well with
you, and I hope to get
one of your newsletters!

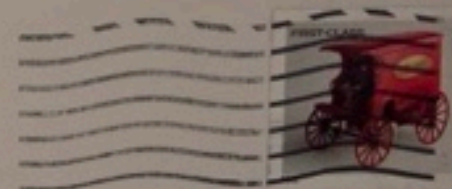
Love Y &
John Pierre.



**MAY ALL YOUR
CHRISTMAS WISHES
COME TRUE!**



Michael A. Klaper, M.D.
P. O. Box 1055
Makawao, HI 96768-1055



VivaVegie Society
P.O. Box 294
Prince Street Station
New York, NY 10012

MICHAEL A. KLAPER, M. D.

Post Office Box 1055
Makawao, HI 96768

Telephone: (808) 573-0085

e-mail: drmichael@drklaper.com

Fax: (808) 573-5831

*\$25
check*

Ms. Pamela Rice
VivaVeggie Society
P.O. Box 294
Prince Street Station
New York, NY 10012

August 9, 2002

Dear Pamela,

Thank you so much for your great work. I wish the donation could be more.

Best of luck.

Kindest regards,

Michael Klaper MD

Michael A. Klaper, M.D.

Enclosure



Martin Rowe
120 Second Pl.
Brooklyn, NY 11231-2

NEW YORK

30 APR 2009 PM 4 T

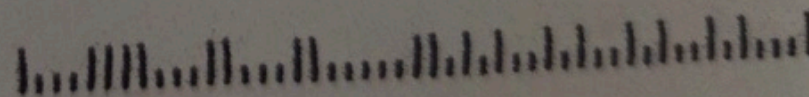
Pamela Rice
VivaVeggie Society
P.O. Box 294
Prince St. Sta.
New York, NY ~~10003~~

Hi

203

(0012

10003+9999



Become a card carrying member of The VivaVeggie Society!

You've just read *101 Reasons Why I'm a Vegetarian*. So, why not indulge the "veg-evangelist" in you? Become a member of The VivaVeggie Society and receive: a membership card, one copy of *101 Reasons Why I'm a Vegetarian*, and five issues of the society's newsletter *The Vine*. Membership is \$15 per year.

(Yes, I) (No, I do not) want to become a card carrying member of The VivaVeggie Society.

Please send me _____ (copy / copies) of
101 Reasons Why I'm a Vegetarian.

MY FIRST COPY IS \$1 + FIRST CLASS STAMP

- Add'l copies are 50¢ each
- 50 copies are \$20 • 100 copies are \$35

(ENCLOSING POSTAGE FOR ADDITIONAL COPIES IS APPRECIATED)

Name: Gail Eisnitz

Address: PO BOX

Bigfork State: MT Zip: 59911

Phone: (40) 6 Date: 11/98

Herewith, also, is a donation to The VivaVeggie Society
for \$ _____. TOTAL enclosed: \$ 15.00.

CHECKS PAYABLE TO THE VIVAVEGIE SOCIETY

Still about 40% of Americans have trichi-

check \$15.00

Jagannatha Dasa Puripada, 5/31/99 4:23 PM, Hi

X-WebTV-Signature: 1

ETAsAhRxAwZFEEsI0VLh2ppQAsSx5PJg6QIUStJb3XQ03dKt9

From: sri108@webtv.net (Jagannatha Dasa Puripada)

Date: Mon, 31 May 1999 17:23:17 -0400 (EDT)

To: pamela@nycbiz.com

Subject: Hi

MIME-Version: 1.0 (WebTV)

I am Geoffrey Giuliano/Ronald McDonald
do you need me for a speaking engagement?

716-433-6322

Thanks,

GG

Please bookmark our websites:

<http://www.neonblue.com/sri>

<http://www.neonblue.com/indigo>

Would you also kindly add us to your links?

..... Contributors will be listed in future issues of *The VivaVine* unless we are notified otherwise.....

Yes, I want to help the VivaVegie Society become tax-exempt with 501(c)3 status.* Here is my check for:

- ☐ \$10 ☒ \$25 ☐ \$50
☐ Other \$ _____

Name: MANJIN ROLIE

Address: [REDACTED] PLACE

City BRONX State NY Zip 1031

* ☐ I want to help now, but please reimburse me for my principle once you are able.

THE VIVA VEGIE SOCIETY • P.O. BOX 294 • PRINCE STREET STA. • NEW YORK, NY 10012 • 212/966-2060

The VivaVine • January / February 1997 • 3

This is a great newsletter!



Martin C Rowe

[REDACTED] Pl

Brooklyn NY 11231-4029



rounded-up animals an ill-rounded American inattentively devours in an average life span, and we won't add up the cows milked dry and the chick-

Hello,

Please send a copy of 101 Reasons
why I'm a vegetarian. Thank you!

\$ 1.00

cash

rec'd

3/21

SAB

(M3)

Patti B. [redacted]

BRE [redacted]

PATTI B. [redacted] • PUBLISHING PROJECTS

[redacted] LY COURT • FAIRFAX, CA 94930

(415) [redacted] 6



Why Vegetarianism?

Vegetarianism is not a decision between your life and an animal, but whether to shorten and torture the lives of about 15 cattle, 10 sheep, 25 hogs, 1000 birds, and 1000 fish. These are the rounded-off numbers of rounded-up animals an ill-rounded American inattentively devours in an average life span, and we won't add up the cows milked dry and the chickens who only count their eggs but never hatch them . . . People hardly ponder over pigs when they eat a pork chop, or over cows when they eat a hamburger, or upon the slaughterhouse when they eat a porterhouse . . . We kill to live, but the less we kill the more we live . . . What is harmful to the animal killed and grilled is also unhealthy to the killer and griller . . . Those who live by the swordfish die by the swordfish.

Passages from Radical Vegetarianism:
A Dialectic of Diet & Ethic by Mark
Mathew Braunstein. Book & postcard
from: Braunstein, P.O. Box 456,
Quaker Hill, CT 06375-0456



Pam - according to most recent
NAV's VegVoice,
Connie S. [redacted]'s new address
is: [redacted] St
Brooklyn NY 11218
(718) [redacted] 18

(This is a postcard PS. to video
package you should receive some
"One way to make ends meet
is to make meat end.")

- Mark

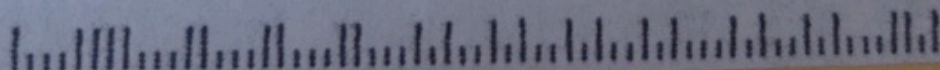
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10012

Why Vegetarianism?

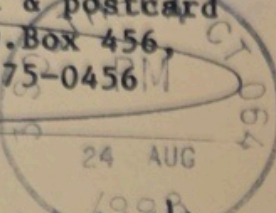


Vegetarianism is not a decision between your life and an animal, but whether to shorten and abuse the lives of 10 cattle, 6 sheep, 20 hogs, 2000 birds, and 2000 fish, and we won't add up the cows milked dry and the hens who only count their eggs but never hatch them ... People hardly ponder over pigs when they eat bacon, or over cows when they eat burger, or upon a slaughterhouse when they eat a porterhouse ... What is harmful to the animal killed and grilled is also unhealthy to the killer and

DI reaso



Passages from Radical Vegetarianism:
A Dialectic of Diet & Ethic by Mark
Mathew Braunstein. Book & postcard
from: Braunstein, P.O. Box 456,
Quaker Hill, CT 06375-0456



VivaVeggie Societ
P.O. Box 294
Prince Street Station
New York NY 10012

Pam - Thanks for newscip on
Roadkill by Mark Matthews
(V). My full-length
article with full-color photos
will be appearing in API's
(Animal Protection Inst) mag
in one month. Am still waiting
for Veg Fest to come closer to

One way to make ends meet
is to make meat end.

home, but I understand 99 is down
in PA & 2000 in Toronto so am not

likely to see you soon, not there anyway.
art by Dee Dee Greene
is a one-day event in Providence Sept. 20 w/
Don Davis & me & others, can inform you more
you're interested in art

11/02/96

TO:

The Viva Vegie Society
Prince St. Sta.
P.O. Box 294
New York, N.Y. 10012



FROM:

Steve B. [redacted]
[redacted] Avenue
Nampa, Idaho 83686



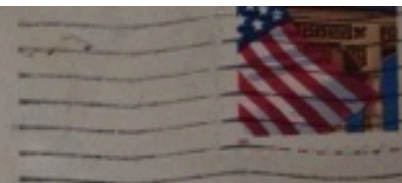
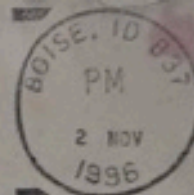
Enclosed is a \$20.00 dollar bill for 50 copies of "101 reasons Why I am
A Vegetarian"

Thank You,

Steve B. [redacted]



Steve B
[redacted] 5th Street
Nampa, Idaho 83687



The Viva Vegie Society
Prince St. Sta.
P.O. Box 294
New York, N.Y. 10012
Attention: Pamela Teisler-Rice



MAR-07-95 TUE 00:05

P.01

Dear Karen Davis / United Poultry Concerns:

2/25/95

Enclosed is a copy of Gary Francione's law view of animal rights/welfare. I highlighted what he says about humane slaughter regulations.

I thought of you when I read the passage, because you are working for a Humane Slaughter Act for Chickens.

Some people become perplexed, you know, when they hear that you are working for this act. They see a contradiction. People are thinking, "doesn't working for the amelioration of slaughter procedures condone the eating of chicken, and isn't this something we should not support?"

I am sure you have thought a lot about this. - yes.

For a future issue of The VivaVine, I would like to do a phone interview of you at your convenience. I have a phone which I can switch so that our conversation can be tape recorded.

I would like to get your train of thought on the subject. From the tape I can transcribe your words for the story. Perhaps there is less disagreement between you and Mr. Francione than first meets the eye.

I might mention that where I stand on the issue is that we must do everything we possibly can to ease the suffering of chickens in whatever way is necessary.

Factory farming is reality today. For the moment that is not going to change. In the meantime, I see no contradiction whatsoever with supporting a humane

The ultimate problem is not factory farming; it's the farming "of animals and over"
the treatment of other creatures as property, objects, and means. Animal

The VivaVeggie Society • Prince Street Sta. • P.O.B. 294 • New York, NY 10012
Voice: 212/966-2060 • Fax: 212/274-8988 • Email: vivavegi@novalink.com

aperture
has always
been very
cruel. People
slaughter methods are inherent
in the machine

March 6, 1995
A good
idea.
Evening is fine.
Let me know.
(Work of March
20, I'll be out of
town.)
Please

\$ 35.⁻
Check



Pamela,

Jun 21

~~2011~~

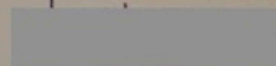
2012

I enjoyed meeting you and learning about the wonderful work you're doing at the Center. It's very inspiring!

I look forward to working with you in some capacity in the very near future.

Keep up the great work!

Traeger McDurster





retrospect, I probably should (3)
have MC'd myself as I'm sure
that without an official MC to
promote your talks, yours +
George's presentations didn't get
the audience they deserved. It
was an important lesson, and one
that I hope didn't dampen
your experience.

Thank you from all of us at CAS, and
hope to see you soon.

Warmly,
Kathy

July 3, 2008

Dear Pam,

On behalf of farmed animals every-
where, thank you so very much
for bringing your encouraging
and inspirational message to
guests at our annual Shindig!

I know full well, Pam, of your
full-out commitment to our
cause, and am so grateful that

from

Catskill Animal Sanctuary



you squeezed in some time to help people who love their cats and dogs but eat cows and chickens and pigs begin to connect the dots.

We had some unanticipated logistical problems when we lost our Master of Ceremonies at the last minute. In

"101 Reasons Why I'm a Vegetarian"

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ALL ORDERS IN U.S. DOLLARS. The first copy is \$2.

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Name: Alex Wheat Date 8/24/03

Address: [REDACTED] 2d.

City: Belvedere State: CA Zip: 94920

FOREIGN ORDERS: Add 25% to cover postage; max. quantity: 100 copies.

ENCLOSED FIND (U.S.)\$ 22. . **HEREWITH, ALSO,** is a tax-deductible donation to support the work of the VivaVeggie Society: (U.S.)\$ _____.

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* Credit-card orders through PayPal also give you these special rates.

Panda -

Millennium ad look

great -

Thanks -

Ami Heald

Jeff &/or Sabrin_

,11/7/97 1:00 PM,New Book: Milk --

Date: Fri, 07 Nov 1997 10:00:24 -0800

Reply-To: leadingsource.org

Sender: owner-veg-news@envirolink.org

Precedence: bulk

From: Jeff &/or Sabrina l leadingsource.org>

To: veg-news@envirolink.org

Subject: New Book: Milk -- The Deadly Poison

MIME-Version: 1.0

Hi, I'm fairly new to this list, and enjoying it.

I just received a book (published this month) which I am looking forward to reading, called "Milk: The Deadly Poison," by Robert Cohen (whom Howard Lyman has spoken of with great respect and admiration). It looks fascinating, and full of solid information.

Here's a blurb from the jacket cover:

"A sip of milk contains hundreds of different substances, each one having the potential to exert a powerful biological effect when taken independently of the others. Pus, blood, feces, allergenic proteins, naturally occurring powerful growth hormones, fat, cholesterol, pesticides with vitamin D added, viruses and bacteria (including bovine leukemia, bovine tuberculosis and bovine immunodeficiency virus) all combine to produce a vast array of ailments in our society.

"America's drug stores and supermarkets are stocked with numerous remedies designed to counteract adverse reactions brought about from consuming milk and dairy products. Pills for headaches, sprays for clogged nasal passages, decongestants and antihistamines to alleviate allergic symptoms line the shelves. Stool softeners and laxatives are needed to relieve intestinal gas, bloating, diarrhea and irritable bowel syndrome, caused by lactose intolerance which plagues three quarters of the human race. Casein in milk has been described as a primary cause of mucous, congestion and childhood earaches. Without dairy consumption, there might no be a need for those antidotes."

[end of quote]

I don't know whether posts regarding books of potential veg-interest are appropriate for this list, but I have recently read a few wonderful books I would highly recommend, including "Vegan: The New Ethics of Eating," by Erik Marcus. Are we permitted to submit a brief review of relevant books to this list, to let others know about them?

Thanks,

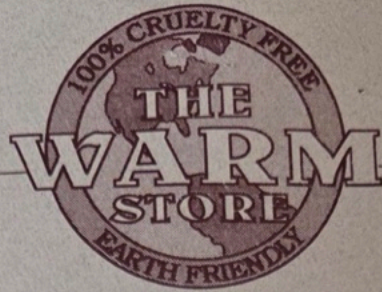
Jeff N leadingsource.org

--

leadingsource.org

<http://www.vegsource.org>

Vegetarian Support, Inc.



Hi Pamela -
How are you? I was wondering
what you would charge for a
stack of 101 reasons? - I'd like
to give them out at the store -

THANKS -

Audrey (Glick)

A NOT-FOR-PROFIT BUSINESS OF WOODSTOCK ANIMAL RIGHTS MOVEMENT

31 MILL HILL ROAD WOODSTOCK, NY 12498 914-679-4242 (GAIA)



Gretchen Wyler, President
THE ARK TRUST, Inc.
11012 Ventura Boulevard, Suite 1258
Studio City, California 91604-3301



Viva Veggie Society
Prince St. Station
PO Box 294
NYC NY 10012

Please send me
101 Reasons, etc!

Thank you -



V Holland Van [redacted]
P.O.B. [redacted]
Pasadena, CA
91109-1500

\$1.- cash
rec'd 4/10/93
no SASE

LUCKY'S JUICE JOINT
75 W. HOUSTON STREET
N.Y.C., NY 10012

#25.

Check

7/7/00

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Become a card-carrying member of the VivaVeggie Society!

I've just read "101 Reasons Why I'm a Vegetarian." So why
indulge the "veg-evangelist" in you? Become a member of
VivaVeggie Society and receive: a membership card, one
copy of "101 Reasons Why I'm a Vegetarian" and five issues of
the society's journal *The VivaVine*. Membership is \$15 per year.

**Yes, I / (No, I do not) want to become a card-
carrying member of the VivaVeggie Society**

Please send me ____ (copy / copies) of
"101 Reasons Why I'm a Vegetarian."

My first copy is [US]\$2, postage paid.

- Add'l copies are 50¢ each
- 50 copies are \$20 • 100 copies are \$35

Name: Richard

Address: 263 War

City: Staten Island State: NY Zip: 10314

Phone: (718)

Date: 4/14/98

Herewith, also, is a tax-deductible donation to the
VivaVeggie Society, Inc. for \$ 15. TOTAL enclosed: \$ ~~15~~ 15

CHECKS PAYABLE TO THE VIVA VEGGIE SOCIETY, INC.

VivaVeggie Society is a 501(c)3, nonprofit, charitable organization.

Hi Pamela,

4/14/98

I really like the
look of the 1998
edition & I'm looking
forward to reading it.

Best wishes &
regards,

Richard

Lorella & Richard Sr.
4000 Avenue
Staten Island, NY 10314-



Viva Veggie Society, Inc.
P.O. Box 294
Prince Street Station
New York, NY 10012

10012/0003



Patricia,

Please send 100
copies of "101 Reasons".

Thank you!

Great news about Canter
Books - Congratulations!

All best,

Patricia

100-101

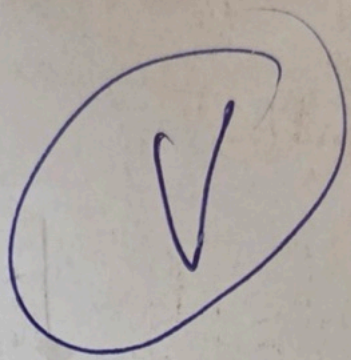
\$35 -

4/04

check



Dear
Pam,



*May all the joys
of the season
be yours.*

ALL OF US AT **VegNews** WISH YOU A
HAPPY, HEALTHY & COMPASSIONATE HOLIDAY.
THANK YOU FOR ALL OF YOUR SUPPORT!

I can think
of 101 reasons
why we appreciate you,
the Viva Veggie Society, and
all the work you do to
promote a compassion diet
and lifestyle.

Thanks for all
you do!
Happy Holidays!
Love,
Pamela
Green
Holland

Yes, I want to help the VivaVeggie Society become tax-exempt with 501(c)3 status.* Here is my check for:

☐ \$10 ☐ \$25 ☒ \$50

☐ Other \$ _____

Name: MARIAN S. [REDACTED]

Address: [REDACTED] THOMPSON ST

City NY State NY Zip 10012

* ☐ I want to help now, but please reimburse me for my principle once you are able.

THE VIVA VEGGIE SOCIETY • P.O. BOX 294 • PRINCE STREET STA. • NEW YORK, NY 10012 • 212/955-2060

The VivaVine • January / February 1997 • 3

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FAT

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Satsya Magazine
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Brooklyn, NY 11215



Viva Vegie Society
Pamela Rice
P.O. Box 294
New York, NY

\$100
Sticker

10012

LORNA J. SASS
40 WEST 100th STREET
NEW YORK, NY 10024



Hi Pamela -
As promised...
Warm regards -
Love

Viva Veggie Soc.
POB 294
nyc 10012

Jo Willard

2/14/96

Dear Ina Vessie

would appreciate
a blurb in your
periodical that the
film "Babe" won
honors in the film
world -

This is a giant
leap forward to
Vegetarianism
much love
Jo Willard

am
Thanks for call and VV info and 101 Reasons,
and gratis membership,
but still am awaiting some sort of
application form for my German friend

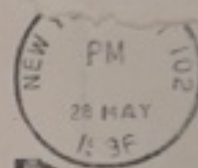
Meanwhile here's some propaganda of my own
on "Why am Veg"

You may not have heard, The NAVS Summerfest
will be in Rhode Island some ~~as~~ place (as
2 and 3 years ago, July 26-30

Yours with Light

Mark

Greatest Cookies On Earth
70 Spring Street
New York, N. Y. 10012



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New York, NY 10012

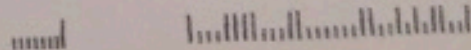
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Renewal



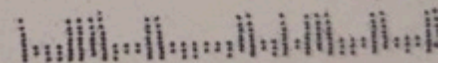
Carl A. Adams
Bruce A. Blum in
Grinnell Dr.
Richardson, TX 75081



\$65

Viva Veggie
Pam Rice
P.O. Box 294
PRINCE ST. STATION
N.Y., N.Y. 10012

10012+0005



Hi! Will this fit?
Thanks. Carol

A great book for you:
Living Among Meat Eaters

A great book for someone you know?
Help! My Child Has Stopped Eating Meat!
An A-Z Guide to Surviving A Conflict in Diets

both by Carol J. Adams
author of *The Sexual Politics of Meat*

David cash

Norman

15. - memb.

+ 25. 00
donation

"101 Reasons Why I'm a Vegetarian"

More powerful than ever, the 1998 edition of "101 Reasons" is sure to wake 'em up.

YES... please send/give me _____ (copy / copies) of the 1998 edition of

"101 Reasons Why I'm a Vegetarian." The first copy is \$2, postage paid ~~for just \$2.00 per copy~~
~~your first copy at VivaVeggie's fund-raiser on October 20, 1998.~~

• Add'l copies are 50¢ each, postage paid • 50 copies are \$20 • 100 copies are \$35

Name DAVID NORMAN ☎ (81) [REDACTED]

Address PO BOX [REDACTED]

City HURST State TX Zip 76053

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For a COST of \$15 PER YEAR receive:

- one copy of "101 Reasons Why I'm a Vegetarian"
- five issues of VivaVeggie's newsletter, *The VivaVine*
- one copy of the "Vegetarian Guide to New York City"
- one membership card

Yes, I / (No, I do not) want to become a card-carrying member of the VivaVeggie Society.
with, also, is a tax-deductible donation to the VivaVeggie Society for \$ _____. Total enclosed. \$ _____.

ORDERS TO: VivaVeggie Society, P.O. Box 294, Prince St. Sta., New York, NY 10012



Michael Greger
P.O. Box #2
Malden, MA 02148
Please Read Noam Chomsky

I made this collage
of sorts from the
"Handbook of Livestock
Management Techniques".
I was reminded of this
when you mentioned
getting arguments from
the "enemy".

- Michael



Pam
c/o VivaVegete Society
Prince Street Sta,
P.O. Box 294
New York, NY 10012

June 22, 1993

Dear Pamela,

I would like to find out about
Viva Veggie Society's activities and bi-monthly
newsletter. I read about you in PETA's
catalog.

Thanks!

Sincerely,
Davy Davidson

PAID
JUL 02 1993
W/SALE \$1 - cash
PETA (V9)

Hi Pam -

Here are the discs and the money for shipping - Many many thanks.

And by the way, in case people don't tell you this on a regular basis, you're doing an excellent, necessary job. Keep it up!

See you next time -

P.S. A Party out here is happening on 3/2. If any of you City folk feel like traveling - Call me!

Bob J.

SEND TO:

BOB DIBENEDETTO
- ROAD

HUNTINGTON, N.Y. 11743



Dear Pam,

Thanks for your
support of my
work by hosting
my website.

Congratulations
on your success
with 101!

Warmly
Carm



Pamela, hi -
Please send
two copies of
the 6th edition
of 101 Reasons.

Thank
you!

Pat
Br [REDACTED]



[REDACTED] lly Ct.
Fairfax, CA 94930

*foundation of true spiritual life
because it is the practice of
letting go."*

—Jack Kornfield



SPIRIT ROCK MEDITATION CENTER

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VIVA VEGIE NEWS

"101 Reasons Why I'm a Vegetarian"

More powerful than ever, the 1998 edition of "101 Reasons" is sure to wake 'em up.

No carnivorous human has a chance against the "101 Reasons."

YES... please send me 50 (copy / copies) of the 1998 edition of

"101 Reasons Why I'm a Vegetarian." The first copy is \$2, postage paid,

- Add'l copies are 50¢ each, postage paid • 50 copies are \$20 • 100 copies are \$35

Name PEACE LOVE HARMONY COMPANY ☎ (212) 2 5

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City NY State NY Zip 10013

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- five issues of VivaVegie's newsletter, *The VivaVine*
- one membership card

(Yes, I) / (No, I do not) want to become a card-carrying member of the VivaVegie Society.
Herewith, also, is a tax-deductible donation to the VivaVegie Society for \$ _____. Total enclosed \$ _____.

Checks payable to the VivaVegie Society • Send order to the VivaVegie Society, P.O. Box 294, Prince Street Station, New York, NY 10012

Hi Pam,

4/2/96

Your newest Vine is informative. I particularly like the Project for Economic Justice for Vegetarians. It's a great idea!

I have a suggestion for 101 Reasons. If they were grouped under headings such as Cruelty, Environment, Health, etc. I would find the facts easier to use and remember. Good luck with the new printing!

Thanks for all your great work for animals.
Best wishes, Davy D. [redacted] on

AMERICAN VEGAN SOCIETY
53 DINSHAH LANE
P. O. BOX 369
MALAGA, NJ 08312-0369

SOUTH JERSEY NJ 080

26 MAR 2009 PM 1 T



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<http://www.vivavegie.org>

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\$270.
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\$70 -
same as last printing.

\$200 -
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AVS



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Youth Buddhism Communications, Inc.

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Office Address: 11 East Broadway, Suite 8B, New York, NY 10038

Tel: [REDACTED]

Fax: [REDACTED]

Email: youthbuddhism@yahoo.com

@Yahoo.com

Sept., 12, 2008

Hi, Pamela

How is everything ?

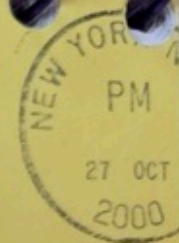
The DVD production is done eventually!
Enclosed is a original copy for your
reference. The production is not perfect
but with a lot of hardworking and best
effort! I hope the Chinese version (both
in Cantonese & Mandarin) would help
more Chinese become Veganian.

Please feel free to give us
advice!

I would like to say thank you again
since your translation and advice makes
~~our~~ the production of our DVD possible!
Keep in touch. Best Wishes! Joan

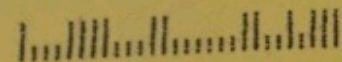


Rhio's Raw Energy
1 [redacted] Street
New York, NY 10013



PAMELA & ALAN RICE
P O BOX 294 - PRINCE ST STATION
NEW YORK NY 10012

10012-0005



HOME OF "101 REASONS

VivaVeggie Society, Inc.

FOUNDERS OF THE VEGETARIAN CENTER OF NEW YORK CITY
HOME OF "101 REASONS WHY I'M A VEGETARIAN"

OFFICE
Vegetarian Center of NYC
121 E. 27th St.
btwn. Lex. & Park Ave. So.
(This is not a mailing address.)
646-424-9595

MAILING ADDRESS
The VivaVeggie Society
P.O. Box 294
Prince Street Station
New York, NY 10012

JOURNAL
The VivaVine
Publisher: Pamela Rice
Editor: Glen Boisseau Becker
Managing editor: Chris Russo
Reference editor: Alan Rice

CONSULTING EDITORS:
Karen Davis, Ph.D.
Richard Schwartz, Ph.D.
Michael Greger, M.D.
Mike Hudak, Ph.D.

INTERNET
pamela@vivavegie.org
<http://www.vivavegie.org>

HOTLINE MESSAGE
212-871-9304

attn: Steve Lynn
Burritoville
re: Veg City Diner
W. 39th St.
New York, NY 10018

INVOICE

Dear Steve:

Thank you for your placement of a 1/6-page ad in our magazine: The VivaVine.

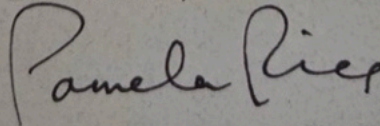
As agreed, please send check for \$80 to:

VivaVeggie Society
P.O. Box 294
Prince Street Sta.
New York, NY 10012

If you have any questions, please call me.

646-424-9595

Best wishes,



Pamela Rice
president
VivaVeggie Society

\$ 15, check

February 24, 1998

Pamela Rice
Viva Veggie

Dear Pamela:

Way to go girl. I found the 101 reasons powerful! Very moving. You did a greeeeeat job. I'm ordering a few just to have on hand for when I feel people to be receptive. I'll whip it out and gift them.

Don't forget you're invited to a raw dinner when your time eases up. Call me.

Yours in peace and health

Rhio

Rhio

Send me \$15 worth of 101 reasons

Thanks

To: Rhio's Raw Energy
Robert St.

NY NY 10013

6/13

Good for you,
Pam, for pushing
on with more

"101 Reasons" to
change the world.

Charles

ETERNAL TREBLINKA

by Charles Patterson

www.powerfulbook.com

10 August 195

Hi Pam!

Finally - I get around
to becoming a supporter
of the Viva Veggie Society.

I'm looking forward to
receiving the Viva Vire.

Sorry our meeting was
so brief - and in the rain.

Keep up your good work
and I hope we'll have
a chance to do another

Project together sometime

All the best

Barbara Stagno



Barbara Stagno
Meadowway
Dobbs Ferry, NY 10522



VivaVeggie Society Inc.

PO Box 294

Prince Street St. Pam,

New York NY 10012

Thanks for
the dining
guide. We
will put it to
good use!

Please recel tree to

DORIS LIN
[REDACTED] ER DRIVE
FREEHOLD, NJ 07728
(732) [REDACTED] VOICE
(732) [REDACTED] 2 FAX

Guid

February 8, 2003

VivaVeggie Society
P.O. Box 294
Prince Street Station
New York, NY 10012-0005

Re: Vegetarian Guide to New Jersey

To Whom It May Concern:

I know that this is a tumultuous time for Viva Veggie, and I'm so sorry to hear about the closing of the office! I will absolutely understand if you do not respond immediately.

I am a volunteer with New Jersey Animal Rights Alliance. Enclosed is a SASE for the latest edition of the **Vegetarian Guide to New Jersey**. We are hoping to distribute copies at a Meatout event on Sunday, March 16, so I would really appreciate it if we could have it before March 11 for photocopying. We did the same thing last year, and Pamela said to feel free to make as many copies as we'd like. We do still have last year's original, but we would like to be able to distribute the most recent edition.

Also enclosed is our flyer for our event, just FYI.

Thank you!

Doris Lin

Doris Lin
Volunteer, New Jersey Animal Rights Alliance

The VivaVeggie Society
Prince St. Sta.
P.O. Box 294
New York, NY 10012
212/966-2060

Pay to the order of Home Savings
of America for deposit only in
The VivaVeggie Society
Account: # 653-904767-7

Become a card carrying member of
THE VIVA VEGGIE SOCIETY

You know the issues associated with a meat-centered diet. You're a vegetarian, and you carry around a copy of "101 Reasons Why I'm a Vegetarian" as often as possible. You use the flyer to refer to when people you know need that nudge of enlightenment. You don't just keep the compelling arguments for vegetarianism to yourself. So, why not ... Indulge the veg-evangelist in you ?

Become a member of The VivaVeggie Society and receive 5 issues of *The VivaVine*, a membership card, and one copy of the flyer "101 I'm a Vegetarian." Membership is \$ 5 per year.



Hain Pure Food Co.
Pet Incorporated
714 Marguerite Avenue
Corona Del Mar, CA 92625

don't) want to become a card carrying member of
VivaVeggie Society, (for \$5 per year)

and me _____ (copy / copies) of the flyer:

"101 Reasons Why I'm a Vegetarian"

(If I am becoming a member, my first copy is free. Otherwise, one copy is \$1 with a self addressed stamped envelope. Add'l copies are 50¢ each; 50 copies are \$20. 100 copies are \$35. All copies after the first one come postage paid.)

Date: 2-15-93 Name: Mr. Jody Perkins
Address: 714 Marguerite Ave City: Corona Del Mar, CA
State: CA Zip: 92625 Phone no.: (714) 721-4246

I consider myself: a ☒ vegetarian advocate ☐ student a ☐ veg-evangelist

Herewith, also, is a donation to The VivaVeggie Society for \$ ~~5.00~~.

Total enclosed: \$ 5.00.

Checks payable to The VivaVeggie Society

Please feel free to duplicate this order form. Please post.

check
rec'd 2/19/93



NEW YORK NY 100 FEB 14 93 11:41 AM

Viva Vegie Society

Prince St. Sta.

P.O. Box 294

New York, NY 10012

To Viva Veggie Society, ✱

I am an vegan like to subscribe the viva
vine. Also I like to join the society and participate
some of your activities. Enclosed \$5 for my
membership.

Joe Yu

membership

Address: JOE YU

[REDACTED], 7 FLOOR,
N.Y. N.Y. 10011

Sent letter

NSASE

JUL 11 1993

\$5. cash

PETA

Joe. Yu
2 St., 7 Fl.,
N.Y., N.Y. 10011



VIVA VIGIL SOCIETY
PRINCE ST. STA.,
P.O. Box 294
N.Y. NY 10012

1/5/94

Dear Pam -

Many thanks for plugging my book
in your newsletter. It got ^{favorably} reviewed by
the 3 major journals for library purchases,
so it has a good chance of making it
into mainstream libraries out there in
America. I love reading "Viv & Vine" (you
are a very good writer!).

PS - I am approaching The New
School about doing another AR
program next fall.

Best regards,
Charles

sent info 10/30/92

12/2/92

Please send me information
about publications and membership.
Thank you.

Sincerely,

Charles P. [redacted]

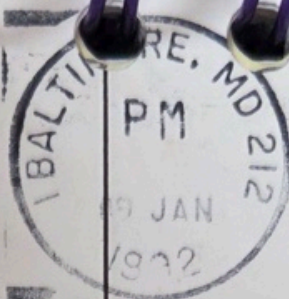
Charles P. [redacted]
[redacted] End Avenue, 12D
New York, NY 10024

Dear Pamela,

Thank you very
much for mentioning
the Vegetarian Resource Group
in your Jan/Feb. newsletter.
Your support is greatly
appreciated.

Thanks!

Ann [redacted]
VRG



PAMELA TEISLER
THE VIVA VEGIE SOCIETY
234 MULBERRY ST. #17
New York, NY. 10012

To order postcards or receive information
on vegetarianism, write to The Vegetarian
Resource Group, PO Box 1463, Baltimore, MD 21203.
(301) 3[redacted] EGE

**Be Kind
To Animals**



**Don't Eat
Them!**

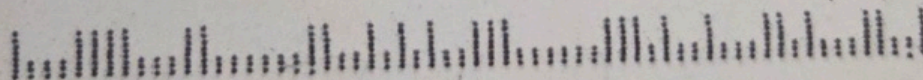
The Creative Culture, Inc. has moved!

As of March 1st,
Debra G [redacted] and Mary Ann N [redacted]
can be reached at:

[redacted]ing Street
Suite 304
New York, New York 10012

Phone: 212-6 [redacted]
Fax: 212-6 [redacted]

Email: d [redacted]@thecreativeculture.com
m [redacted]@thecreativeculture.com



520

Pamela Rice
The Vegetarian Center
118 East 28th Street, Suite 704
New York, NY 10016

291



Pam-

4/25/96

It looks great! Con-
gratulations. You and
Alan are making a
difference! Please send
me \$10 worth.

Charles
PS - I went to the Factory
Farming conference in White
Plains - very good!

(over)

you are an (unclear)

Pam - I wasn't sure if
you wanted ^{me} to make
this up, so I put my
marks in pencil (in the
left & right columns).

Impressive lead article!

I like the new look
(and advertising no less!)

~~In future do you~~
~~ask me to send MS~~
~~to you at home or P.O. Box?~~ (over)

FYI - (Pam)

To get a free review
copy of Karen Davis's
new book Prisoned

Poisoned Eggs, contact

The Book Publishing Co.
P.O. Box 99

Summertown, TN 38404
(615) 964-3571 or
(800) 964-2241 (mail order)

Pam -

Good issue - as
usual!

Charles

I took a bunch of
"IDI"s up to Farm Sanctus
and they were gobbled up
(metaphorically speaking).

I hope you did well
at Summer Fest and got
some new followers.

Charles

Afterwards, I wrote up
my second book query for
agents on any new idea for
book - AUSCHWITZ
AMERICA: Animals and the
Holocaust - Disturbing Parallels
(that should get their attention!)
It did - 2 agents asked to
see the proposal (which I now have
to write).

will
be
sent
to
agents
in
a
few
days
I
hope
it
will
get
their
attention
and
they
will
ask
to
see
it

12/16/93

Dear Pam —

I finally got to read the Vegetarian Times piece on you — and it was very good! I asked Amy Clarke for a copy and it came in today's mail. You are an American original, so I'm glad more people now know about you (are you getting more mail now?). Today VT; tomorrow People magazine!

Somebody recently told me you were at the Fur-Free Friday march. I was too — up front as a "marshal!" (over)

FYI - (Pam)

To get a free review
copy of Karen Davis's
new book Prisoned Chickens

Poisoned Eggs, contact:

The Book Publishing Co.

P.O. Box 99

Summertown, TN 38483

(615) 964-3571 or

(800) 964-2241 (mail order no.)
(over)



Give me a call (874-5664) and let me know about any feedback you've gotten from the article. Any Ophrah invites?

Painting by "The Pet Portrait Painter"

© MIMI VANG OLSEN

New York, NY

Happy Holidays!

Charles P.

ASPCA

THE AMERICAN SOCIETY FOR THE PREVENTION OF CRUELTY TO ANIMALS
424 EAST 92ND STREET, NEW YORK, NEW YORK 10128

NATURAL HYGIENE, INC.

P.O. Box 2132 HUNTINGTON STATION, SHELTON, CT 06484
PHONE (203) 929-1557

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1/20/93

Dear Pamela:
I was delighted to receive your excellent periodical and very happy for your paragraph on our radio program.
! Loving Thanks!

Your article on juicing was excellent - 2 points come to mind

1) It is best to sip or spoon feed the juice rather than drink it like water - The body gets shocked when you just "drink" it

2) Resistance exercise is key to health - Resistance exercise forces blood into the bones and detoxes as well - This resistance is necessary for our bones as well - So it is imperative that we eat (and chew well) a wide variety of fruits and veggies and a goodly amount -

Your Contributions are Tax Deductible

Am enclosing a Sample Journal from
which you may want to excerpt material
for your Periodical - Credits appreciated -
or you may want to exchange
periodicals - do let me know.

Warm best wishes
J. Wendell

Also happy for your acknowledgment
of Walden's Pond and our dear
friend Shelton Walden

*Joyful Holidays
and Every Happiness
in the New Year*

Best wishes for your activism

Mike Hudak

Dear Pamela,

2/25/96

Congratulations on your new Campaign for "Justice for Vegetarians". I think that it is very important. I hope the enclosed will be helpful. Also, I hope you'll send your flyer to vegetarian groups & publications for greater publicity. Best wishes,
Richard



Dear Pamela -

1 [redacted] 2nd St
NYC 10009
12/2/98

Please send me:

① 101 reasons Why I'm a
vegetarian - in BULK

and

② a "detailed list of references

or a ~~copy~~ copy in
white so when ~~xeroxed~~ it, its
legible.

No \$

Please let me know how
much the cost is:

sent

Thanks so much
Nancy Kogel
733 [redacted] 1017

101 reasons

WHY I'M A

vegetarian

NEWLY REVISED

1. About 7 billion farm animals, mostly chickens, die or are slaughtered in the U.S. every year for the production of flesh food.

2. Virtually all animals raised for food in the U.S. today are the product of a highly mechanized factory-like system, incorporating unprecedented and largely unregulated methods of effi-

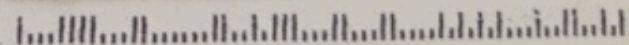
Animal Welfare Act, which governs the humane treatment of animals, excludes animals intended for food consumption.

9. Meat contains no essential nutrients that cannot be obtained directly from plant sources. By cycling grain through livestock, we lose 90% of the protein, 96% of the calories, 99% of its carbohydrates, and 100% of the fiber.

plucking. Piles of them are thrown aside every day.

17. Chicken feed today is routinely laced with hormones and antibiotics. Only by maintaining the birds on drugs, a practice which began about mid-century, is agribusiness allowed the luxury and efficiency of massive flocks and intensive confinement. Today's medicated feed also pumps out market weight birds in half the time from two-thirds the feed of 50 years ago.

18. Meat-centered diets are linked to many



Nancy Kage
100 E 2nd St
NYC 10009



The Viva Veggie Society
Prince St. Sta.
P.O. Box 294
New York, NY 10012-0005



VEGETARIANISM VINDICATED

NO EGG ! NO PEG !

*(Excerpted from the Saturday Times of India,
dated 20th July '91, from the article 'Out In The Cold')*

- By MEERA JOSHI

An Indian ecologist, R.S. Gangadhara, and his colleagues, have set up a Research Station, named Maitri, on the Shirmacher Oasis of the Antarctica. Here, the word 'oasis' is used not in the sense of a watering hole in the midst of a desert. Oasis in Antarctica is that two per cent land mass, which is not perpetually ice-covered. The remaining 98% is solid ice, and is called ice-shelf. The Research Station is for scientific studies in the fields of atmosphere of the region, plus its geology and biology.

Mr. Gangadhara has been to the Maitri three times in three years. The first two years were during local summer months, when the sun never sets. The third, lasting 16 months, included winter, when the sun never rises, and it is a long night of at least two months. Staying in such an environment, human biological clocks are very much disturbed, no doubt; temperatures plunge to below minus forty degrees Celsius, and blizzards may rage at speeds of 200 Km. an hour !

Dr. Gangadhara says it is possible to work outdoors, where wind speed is around 100 km/h., but taking shelter in the vehicles every five minutes to warm up, is imperative. Special boots, several pairs of socks, woolen gloves covered with working gloves and mittens, are not enough. Exposed facial skin turns red and brown due to the cold, and peels off ! A mask is not feasible, since water continuously drips from the nose, and has to be constantly swabbed. And heaven help you, if you grow a beard or a moustache; droplets on them turn to ice, and become solid rock, which are very difficult to take off."

The interesting story for teetotalers and vegetarians is this : Gangadhara was a vegetarian all his life, and remains so even at Maitri ! He says : "Before I first went out there, people had told me I'd have to start drinking to keep warm, but I have survived the toughest winter out there, without a single peg !" And without a single egg, we presume, for he is a strict veg !

Maitri, which is manned by 25 people during winter, and 100 during summer, has one-third of them as Researchers such as Gangadhara. Two lady-scientists also join during summers. Thanks to Gangadhara, now Maitri boasts of a green-house. Where only lichens and algae grew before, now grow coriander, spinach, radish, beans, chillis, cucumbers, tomatoes, potatoes and onions ! Encouraged by good crops, a second green-house is also being set up now !

The news proves - if proof ever was needed - that man can not only survive, but also can do the best of brain work, on a completely vegetarian diet - and without any kicks from the booze - even in the coldest regions of our planet.

Jo
Submitted by Dr. M. M. Bhamgara,
Director, Health Science Trust,
[redacted] Marine Drive,
Bombay 400 002, INDIA.
Phone : 2[redacted]6.

Dr Bhamgara
is a dear friend of
mine -
Jo

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PLEASE JOIN FRIENDS OF ANIMALS AT

TAVERN ON THE GREEN

FOR AN EVENING TO BENEFIT OUR
SPAY/NEUTER & INTERNATIONAL PROGRAMS

ENJOY DANCING, ENTERTAINMENT, VEGETARIAN (VEGAN) DINING
AND OUR
"DISCOUNT HOLIDAY BOUTIQUE"*

OCTOBER 10TH, 1995
6:30 - 10:00 PM
CENTRAL PARK WEST AT 67TH STREET
NEW YORK CITY



PLEASE RSVP BY SEPTEMBER 29TH • BLACK TIE OPTIONAL

**Personal checks, Visa and MasterCard accepted.*

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777 Post Road
Darien, CT 06820



For the Animals

Friends of Animals Annual Benefit 1995
at Tavern on the Green

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Education
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John Yiamouyiannis, Ph.D.
Biochemistry

Dear Pamela

The enclosed was sent
to me by a dear friend in
India -

If interested - you may
want to edit for your
periodical -

If any other articles come
up from the package he sent
me - I'll forward them to you -

all the best

Jo Willard

Your Contributions are Tax Deductible

* Family *

Mr. Jay Stelzer
3017 S. Ave A
Daytona Be, FL 32118

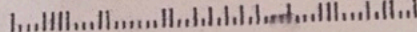
James Stelzer
Jay Stelzer



25.
25.
Donation
MR. & MRS. RICE
234 MULBERRY ST. APT 17
N.Y., N.Y. 10012



10012+3717



donation

TED TEISLER
ERWOOD
LA GRANGE PARK, IL 60525



Contributors will be listed in future issues of The VivaVine unless we are notified otherwise

Yes, I want to help the VivaVeggie Society become tax-exempt with 501(c)3 status.* Here is my check for:

☐ \$10 ☐ \$25 ☐ \$50

☐ Other \$ 100.00

Name TED TEISLER

Address 941 SHERWOOD

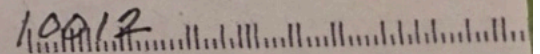
City LA GRANGE State IL Zip 60526

* ☐ I want to help now, but please reimburse me once you are able.

THE VIVA VEGIE SOCIETY • P.O. BOX 294 • PRINCE STREET STA. • NEW YORK, NY 10012 • 212/966-2060

The VivaVine • March / April 1997 • 3

10012/0003 34



* Family *

3-8-02

BETWEEN THE HALIFAX RIVER AND THE ATLANTIC OCEAN
Photo by John Nyberg

DEAR PAM,

JUST A QUICK
HELLO TO LET YOU
KNOW WE'RE THINKING
OF YOU AND HOPE "THE
BOOK" IS COMING ALONG
OK (IF YOU'RE NOT TOO
FRUSTRATED!). HANG IN
THERE & GOD SPEED!

1006713

SCN-9851

JAY & BOB



PAMELA RICE
234 MULBERRY ST.
APT. 17

N.Y., N.Y.

10012



VIVA VEGIE NEWS

"101 Reasons Why I'm a Vegetarian"

No carnivorous human has a chance against it.

YES... please send me ____ (copy / copies) of

"101 Reasons Why I'm a Vegetarian." The first copy is \$2, postage paid.

- Additional copies are 50¢ each, postage paid.
- 50 copies are \$20.
- 100 copies are \$35.

Name JAY S # 303

Address [REDACTED]

City DAYTONA BEACH SHORES State FL Zip 32118

Now: BECOME A MEMBER of the VivaVegie Society.

For a COST of \$15 PER YEAR receive:

- one copy of "101 Reasons Why I'm a Vegetarian"
- five issues of VivaVegie's newsletter, *The VivaVine*
- one copy of the "Vegetarian Guide to New York City"
- one membership card

(Yes, I) / (No, I do not) want to become a card-carrying member of the VivaVegie Society.

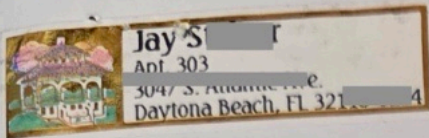
Herewith, also, is a tax-deductible donation to the VivaVegie Society for \$ 35. Total enclosed \$ 50.

Checks payable to the VivaVegie Society • Send order to the VivaVegie Society, P.O. Box 294, Prince Street Station, New York, NY 10012.

check
↓

Greetings from Daytona Beach Shores

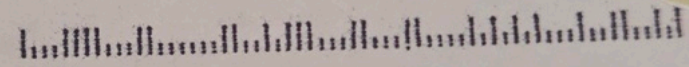




MRS. PAMELA RICE,
c/o VIVA VEGIE SOCIETY
P.O. BOX 294
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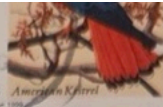


from: COUSIN JAY
10012/0005



Autumn

Jay Stelzer
Apt. 303
Atlantic Ave.
Daytona Beach, FL 32111



\$50. PAM & ALAN RICE
234 MULBERRY ST APT 17
NY, NY

check 10012

10012/5718

Just A Note

a little help!

Bonny & Jay

\$100
rec'd

101 Reasons Why I'm a Vegetarian

12th printing

Contribute to the **2009 EDITION** of the "mighty convincer"

"101 Reasons Why I'm a Vegetarian" is due to be printed again! We've almost run out. The VivaVeggie Society needs all new sponsors to send it back to press. In exchange for \$70, have your name or your company's name appear in the

For \$70, this space will be reserved for you to place your name or your company's name.

16-page booklet. We plan to print another 20,000 copies, which we expect to last for about a year. The VivaVeggie Society is calling on you to help continue its quest to get the word out. Keep the "101 Reasons" alive!

Checks payable to VivaVeggie Society

Enclosed find ^{100.00} ~~\$70~~ (deadline: Tues., Apr. 21, 2009) to go toward the printing of "101 Reasons Why I'm a Vegetarian." In return, I am entitled to the box size/shape, above, for my name or my company's name. [Type or clearly print the text you want at right.] ►

Date 4-1-09 Name TED TEISLER
Address SHERWOOD City LA GRANGE Ill
State IL Zip 60526 Phone 708

☐ No changes. Same as last time.
I'M 84 going on 100!
Thanks you Pamele
Ted Teisler

I'm 82, going on 100!
Thank you, "101 Reasons..."
—Ted Teisler

*
Family
*

Return this form to: The Viva Veggie Society, P.O. Box 294, Prince Street Station, New York, NY 10012 • (212) 242-0011.

* Family *

Place Your Label Here

Paid \$110. ✓

6-21-03

DEAR PAM,
HOPE YOU & THE ALAN ARE
OKAY.

HERE'S OUR 55 BUCKS TO
HELP THE CAUSE!!!

I'M LEAVING THE DEDICATION
TO THE BONZ—SOMETHING TO
HONOR HER MOM & DAD PERHAPS?

KEEP UP THE IMPORTANT
WORK — LOVE,

JAY

① BERNICE & HOWARD
WINNIE & JIM
MRS. T. & MRS. H.

WE MISS AND LOVE Y'ALL!

BONNY & JAY

(over)

101 Reasons Why I'm a Vegetarian

Contribute to the **9th printing** **2003 EDITION** of the "mighty convincer"

"101 Reasons Why I'm a Vegetarian" is due | page booklet. We plan to print another to be printed again—yes, already! The | 20,000 copies, which we expect will last for VivaVeggie Society needs all new sponsors to send it back to press. In exchange for \$55, have your name or your company's name appear in the 16-

For \$55, this space will be reserved for you to place your name or your company's name.

about a year. The VivaVeggie Society is calling on you to help continue its quest to get the word out. Keep the "101 Reasons" alive!

Checks payable to VivaVeggie Society

Enclosed find \$55 (deadline: Tues., Jul. 15, 2003) to go toward the printing of "101 Reasons Why I'm a Vegetarian." In return, I am entitled to the box size/shape above for my name or my company's name. Type or clearly print the text you want at right. 

Date 7/11 Name _____

Address _____ City _____

State _____ Zip _____ Phone _____

☐ No changes. Same as last time.

TED & LU TESLER

6,1 SHERWOOD

LA GRANGE PARK IL

Return this form to: The Viva Veggie Society, P.O. Box 294, Prince Street Station, New York, NY 10012 • (212) 871-9384.

* Family *

101 Reasons Why I'm a Vegetarian

Contribute to the **11th printing** **2007 EDITION** of the "mighty convincer"

"101 Reasons Why I'm a Vegetarian" is due | 16-page booklet. We plan to print another to be printed again! We've almost run out. | 20,000 copies, which we expect to last for

The VivaVeggie Society needs all new sponsors to send it back to press. In exchange for \$65, have your name or your company's name appear in the

For \$65, this space will be reserved for you to place your name or your company's name.

about a year. The VivaVeggie Society is calling on you to help continue its quest to get the word out. Keep the "101 Reasons" alive!

Checks payable to VivaVeggie Society

Enclosed find \$65 (deadline: Fri., Apr. 20, 2007) to go toward the printing of "101 Reasons Why I'm a Vegetarian." In return, I am entitled to the box size/shape, above, for my name or my company's name. [Type or clearly print the text you want at right.] ►

Date 3/29 Name TED TEISLER
Address SHERWOOD City LAGRANGE PARK
State IL Zip 60526 Phone 708

☐ No changes. Same as last time.

I'M 82 GOING ON 100!

THANK YOU-

101 REASONS!

TED TEISLER

Return this form to: The VivaVeggie Society, P.O. Box 294, Prince Street Station, New York, NY 10012 • (212) 242-0011.

* Family *

Jay Stelzer
Del 388
Daytona Beach, FL 32118



PAID

234

MRS PAMELA RICE
~~200~~ MULBERRY STREET # 17
NY, NY
10012

1001235776 C013



DEAR PAM,

JUST A TINY GIFT--AND THE NEWS MY NEW WILL HAS MY 50
YR. CHILDHOOD FRIEND, JOHN, AND HIS WIFE GLORIA AS
MY EXECUTORS AFTER BONNY AND GETS YOU OFF THE
HOOK. THEY'VE AGREED TO MOVE US DOWN TO POMPAHO
WHEN WE CAN'T LIVE HERE ANY MORE AND ESSENTIALLY
WATCH OVER US!

I HAVE NO IDEA HOW YOU AND ALAN ARE DOING, BUT OF
COURSE I HOPE IT'S OK...WE'RE STILL HANGING IN, WHICH
IS GOOD CONSIDERING THE ALTERNATIVES.

LOVE, DEAR CUZ,

JAY



101 Reasons Why I'm a Vegetarian

Contribute to the 10th printing **2004 EDITION** of the "mighty convincer"

"101 Reasons Why I'm a Vegetarian" is due to be printed again! The VivaVeggie Society needs all new sponsors to send it back to press. In exchange for \$65, have your name or your company's name appear in the 16-page booklet. We plan to print another 20,000 copies, which we expect will last for about a year. The VivaVeggie Society is calling on you to help continue its quest to get the word out. Keep the "101 Reasons" alive!

For \$65, this space will be reserved for you to place your name or your company's name.

Checks payable to VivaVeggie Society

Enclosed find \$65 (deadline: Thur., Nov. 18, 2004) to go toward the printing of "101 Reasons Why I'm a Vegetarian." In return, I am entitled to the box size/shape above for my name or my company's name. Type or clearly print the text you want at right. 

☐ No changes. Same as last time.

Date _____ Name _____

Address _____

State _____ Zip _____ Phone _____

Mrs. Bonita Stelzer
Daytona Beach FL 32117

Return this form to: The Viva Veggie Society, P.O. Box 294, Prince Street Station, New York, NY 10012 • (212) 242-0011.

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