



VivaVeggie Society

New York City • circa 1991–2002

e-phem-er-a • noun • plural noun: ephemera

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

VivaVeggie Society was a pioneer of vegan advocacy. It was founded and coordinated by Pamela Teisler Rice in 1991 after she adopted the vegan lifestyle. Ms. Rice's epiphany was the result of a vegan conference and later of reading the explosive exposé by John Robbins *Diet for a New America*. In the beginning almost all VivaVeggie activities surrounded Pamela's "veggie flyer": "101 Reasons Why I'm a Vegetarian." Out she would go with her cohorts to distribute it on the streets of New York City for free. She would get the attention of passersby by wearing a sandwich board that read: "Ask me Why I'm a Vegetarian." On her head would be a stretchy black stocking cap packed with colorful plastic fruit. Street outreach, indeed, continues to this day. But perhaps more significant has been the many other activities Ms. Rice and the VivaVeggie Society have engaged in over the decades since, particularly once the group obtained non-profit 501(c)3 status in 1997. A short list would include (1) providing a vegetarian center in New York City, open consistently since 1999 to the present day (2014), (2) publishing 50 issues of *The VivaVine*, a top quality magazine that tackled hard news topics indicting the meat industry (3) producing many updated and improved and exhaustive editions of "101 Reasons Why I'm a Vegetarian," and perhaps most impressively of all, (4) organizing the annual Veggie Pride Parade followed by a festive rally/expo in Union Square Park (NYC) with dozens of speakers on two stages, exhibitors, free food, and entertainment. This ephemera marks a distinct moment in time before the Internet took hold and people no longer communicated using paper. If you look close, you'll see a compassionate human spirit bursting out. Enjoy the inspiration. NOTE: This one booklet is but a tiny part of the full collection. And, the entire bound collection is but a small amount of what, in fact, once existed.





Binghamton, NY 13904

April 11, 1993

Dear Pamela,

Have you encountered people who when urged to eat plants instead of animals counter with the "fact" that plants are conscious and experience pain? The basis for this view stems from the book *The Secret Life of Plants* which was based on work published by Backster in 1968. Last week while searching out articles on bogus science at the Binghamton U. library I came across the enclosed article from *The Skeptical Inquirer* by Kmetz who attempted to replicate Backster's result.

bogus science at the Binghamton U. library I came across the enclosed article from *The Skeptical Inquirer* by Kmetz who attempted to replicate Backster's result.

Kmetz found no evidence of plant consciousness, a conclusion earlier reported by Johnson (1972), and Horowitz, et al. (1975). It appears that Backster's work claiming consciousness for plants was flawed in its methodology and conclusions.

Hope you find this of some value in your work. Best of luck on the 17th.

Mike

PLEASE SEND ME ONE COPY OF

"101 REASONS WHY I + A VEGETARIAN"

ENCLOSED IS \$1.00 AND A 32¢ STAMP.

THANK YOU.

ENCLOSED IS \$1.00

THANK YOU.

\$1.00

\$1.00
cash +

ANDREW KENYON
1535 COOLIDGE

Farid S. Kia
206 N. Bentley Avenue
Los Angeles, California 90049

February 17, 1993

Dear Pamela,

I am in receipt of your letter dated February 11th, 1993, in which I thank you for your most kind and informative reply.

Enclosed please find a check for \$15.00 as donation to your organization. Moreover, I am enclosing some quotes about

Dear Pamela,

I am in receipt of your letter dated February 11th, 1993, in which I thank you for your most kind and informative reply.

Enclosed please find a check for \$15.00 as donation to your organization. Moreover, I am enclosing some quotes about vegetarianism by some distinguished people. It will be nice if you publish some of these quotes in your newsletter.

I thank you again for your kind assistance and wish you lots of luck in your career.

I am an eighth grader from Sylvan Christian School in Grand Rapids, Michigan. I am doing a project on the biological effects vegetarianism has on the body. Since your organization specializes in vegetarianism, I was wondering if you had any information that could be of assistance to me. Any help you could give me will be very valuable to me in my research. Thank you very much.

Sincerely,

Jessica Keener

give me will be very valuable to me in my research. Thank you very much.

Dear friends,

Hi! my name is James and I'm a social and animal rights activist doing work down here in Guatemala trying to protect animals from being butchered mercilessly. I read your service in the Veggie Singles News, and I would like to request for a complementary copy of your " IOI Reasons Why I'm a Vegetarian " and other flyers. Here in Guatemala we have a veggie potluck once a month and we would like to have new ideas and strategies to advocate meatless recipes for green wannabe. Your bi-monthly "The VivaVine" newsletter can be circulated among newcomers and also the 40-50 regulars who are dedicated vegetarians.

Thanking you in advance and hoping to receive your response.

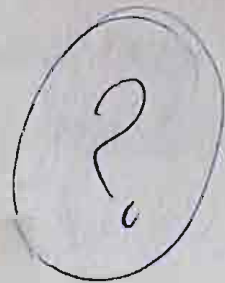
Fraternally yours,

Hi! my name is James and I'm a social and animal rights activist doing work down here in Guatemala trying to protect animals from being butchered mercilessly. I read your service in the Veggie Singles News, and I would like to request for a complementary copy of your " IOI Reasons Why I'm a Vegetarian " and other flyers. Here in Guatemala we have a veggie potluck once a month and we would like to have

DEAR VIVA VEGIE SOCIETY,

PLEASE SEND ME INFORMATION
ON THE VIVA VEGIE SOCIETY.

THANK YOU.



Ellen R. LePera
60 Old Field Road
Huntington, NY 11743

THANK YOU.



(2)

9/15/94

Greetings,

I spoke with you on the phone
earlier this week and I told you that
I was a junior high school teacher interested
in information that is easily presentable to children.
I am a junior high school teacher interested
in information that is easily presentable to children.
I've enclosed my \$1 for the 101 reasons and a
large envelope so you can put in whatever other
information you think is appropriate. Thanks a lot.

Sincerely,
Jason S.

5-10-02

Dear Vita Veggie

Hi How are you doing today? Well I do hope

I'm writing to you today to request some information about your group

I am too a vegetarian and have been for only five years. I'm always looking for new ideas on the subject of being a vegetarian

Would you send me some information on your society?

Hope you can be of help to me on my request and hope to hear back from you real soon

I am too a vegetarian and have been for only five years. I'm always looking for new ideas on the subject of being a vegetarian

Would you send me some information on your society?

Hope you can be of help to me on my request and hope to hear back from you real soon

Mr. JOHN W Lemman #10317-1

Hi :)

I would like to order fifty copies of the 1998 edition of 101 Reasons Why I'm a Vegetarian for Environmental Concerns of Students (ECOS), the student activism group promoting environmental awareness at The College of Wooster. In accordance with the ~~price listed on your website~~, I've arranged for a check for \$20 to be included with this letter. Please send the books to

Aaron B [REDACTED]
Box 1195
[REDACTED]ll Ave.
Wooster, OH, 4469

And ~~please feel free~~ to contact me if the price has changed or for any [REDACTED] reason!

Thank you very much,



Aaron B [REDACTED]
ECOS, The College of Wooster

The Viva Veggie Society,

Hello, my name is Christina Clay. A friend of mine gave me a copy of your "101 Reasons why I'm a Vegetarian;" I couldn't put it down until I had read them all. I would like any information you can provide on The Viva Veggie Society; I have recently become a vegetarian because of my love and devotion to animals. I would also appreciate your detailed list of references from "101 Reasons why I'm a vegetarian," so I can

i did a lot better -

✓

Society; I have recently become a vegetarian because of my love and devotion to animals.

read more about vegetarianism and animal treatment.
Thank you so much for your time and efforts in
educating people like me about the positive, guilt-free
side to vegetarianism. With much thanks,

Christina L. Clay

I have included a self addressed stamped envelope
and a quarter for the copy of the detailed list of
references.

my address is:

4254 citizen Cir.
Austell, Ga. 30001

references.

13-08-12

Dear Pamela.

I was handed one of your flyers - '100 reasons' by you (I think) in the village in May. On the drive back I read your reasons & was wrote and asked you for references.

the village in May. On the drive back I read your reasons & was wrote and asked you for references.

Nevertheless - I stopped eating meat & chicken - and in July I stopped eating fish. I eat very little dairy products; I feel a lot better - my weight has dropped; and mentally I feel clearer (physically

Taking [redacted] into account - I would like to thank you very very much for opening my eyes; making me realize that I'm a part of the world; that I do has an effect - positive or negative. I also feel that you have added years into my life. And for this and many other reasons.

negative! :-(
 have added years into my life. And for this and many other reasons.

Thank you!

H.

Brenda Paulignolle



Hannukah 1995
New York City

Pam -

Ellen and I are wonderously impressed with the incredible work you do on so many streetcorners. Even in Toronto everyone knew you!

We'd like to help with the printing of "101 Reasons." We wish we could do more - especially find the time to join you on the street, but it's heartwarming to know you're out there.

If you're a registered non-profit, send a receipt to "Ellen B. [redacted]" for tax purposes. If you aren't - then don't worry about it!

Good Luck and Thank You!

Eddy B. [redacted]
and Ellen B. [redacted]

a year of 1996: (v...
VEGETARIAN LIFE!

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
FRONT OF THIS BROCHURE. 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

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

: 212/966-2060 • FAX: 212/274-8988

EMAIL: vivavegji@novalink.com

WEBSITE: <http://www.earthbase.org/vivavegie>

Jan., '96

Feb 17, 1996

Dear Alex,

Thank you for hosting Vegan Jeopardy! I hope you don't mind my saying this, but this show was 300% better than the usual show on ABC. And you really looked better, too. I love the hat.

Love the ^{Pratt} hat. - Merv

Best wishes, Merv

PHOTO BY: JOSEPH DEVENNEY/THE IMAGE BANK



NATURAL
WAY
MILLS INC.



R.R. 2, Box 37

Middle River, MN 56737

VIVA VEGTEESOCIETY
P.O. Box 294
Prince Street Stati
NEW YORK, NY 10012

Prince Street Stati
NEW YORK, NY 10012

10012-0003



Gil Gi [redacted]
[redacted] Drive
Norwalk, CT 06851

(203) [redacted]
intern [redacted] @aol.com

July 19, 1995

The Viva Vegie Society
Prince St. Sta.
P.O. Box 204
New York, New York

Requesting the pamphlet "What is a hot dog made of?"

Friends:

I'd greatly appreciate being sent a copy of the pamphlet which you handed out at the demonstration on Coney Island to raise consciousness of the composition of hot dogs. Also, do you have a listserve group on the internet?

I've enclosed a stamped pre-addressed envelope for your convenience.

May your efforts on behalf of the welfare of animals and humans prosper.

Sincerely,
[redacted]
ower

e



The Viva Veggie Society
P.O. Box 294
Prince St. Station
New York NY
10012/0008 d0101

naid
Brooklyn, NY 11231-4029





Janet Skarbek, wife
mother and former
Republican embarks
on a political and
spiritual journey to
find out the truth about
the beef industry.

The Mad Cow Investigator

A Documentary by Milky Way Media

Nancye Good ☆ Charlotte Buchen

t: (718) 360-9227 c: (718) 501-4623

mwm-film@earthlink.net

www.madcowinvestigator.com

Please join filmmakers
Nancye Good & Charlotte Buchen
At a fundraiser for their film

The Mad Cow Investigator

At the home of Midge Valdes &
Stanley Kaplan
503 W 27th Street between 10th and
11th Avenues

July 7th, 6 – 8 pm

Speakers:

- **Janet Skarbek**, the “mad cow investigator” and focus of the film
- **Betty Fussell**, author of *The Story of Corn* and an upcoming book on the history of food.

At the home of Midge Valdes &
Stanley Kaplan
503 W 27th Street between 10th and
11th Avenues

July 7th, 6 – 8 pm

Speakers:

- Janet Skarbek, the “mad cow

Please RSVP to:
mwm-film@earthlink.net

Donations:

Please bring your checkbook to
make your tax-deductible donation.
We have 501c3 status through our
fiscal sponsor, Women Make
Movies.

www.madcowinvestigator.com

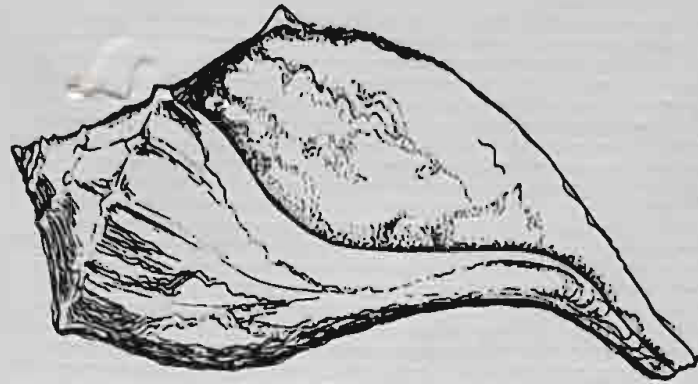
Host Committee:

Nina Planck of Local Foods, Anna Lappé of
Small Planet Institute, Bernardo Issel of
Corporate Campaign, Victoria Carnese

Donations:

Please bring your checkbook to
make your tax-deductible donation.
We have 501c3 status through our
fiscal sponsor, Women Make
Movies.

www.madcowinvestigator.com



Cape May

Pamela,
7 weeks,

Thank you for all you do
to raise awareness around
animal rights & the environment.

Norma

January 6th, 1999

Dear Sirs;

I am writing to
request 7 copies of
ee 101 Seasons⁹⁹ (1998 ed.)

I found a link
to your website at the
Vegetarian Times site.

I have enclosed
a \$5 check as per
request.

Thank you,
Rachel M. [redacted]

encl.



1001
CASE 1002
Please send
the copy of

101 Reasons if they
I'm a Veggie teacher

Many thanks

Toni [redacted]

[redacted] Rosedale

St. Clair (shares)

MI 48080.

post c. out 10/92

sent
references &
postcard

S.A.S.E
enclosed

7 SEPT 1992

DEAR PAMELA,

I'VE JUST READ YOUR PAPER

"REASONS WHY I'M A VEGETARIAN." I'M

VEGAN AND WOULD BE VERY INTERESTED

IN THE REFERENCES YOU USED. I'VE

ENCLOSED A S.A.S.E. AND WOULD LIKE

YOU TO SEND ME THE DETAILED

REFERENCES THAT YOU CDEAV ARNIT

AT THE END OF THE LIST. ALSO, IF YOU'VE

ANY OTHER REFERENCES / RESOURCES THAT

YOU THINK MIGHT INTEREST ME (& MY

1 OTHER VEGGIE HOUSEMATES) PLEASE

FEEL FREE TO SEND THEM ALONG.

MAYBE 35-45% OF THE STUDENTS

(NOT INCLUDING FACULTY & STAFF) ARE

EITHER VEGETARIANS OR VEGANS,
AND I'M SURE THAT THEY'D BE INTER-
ESTED ALSO. THANK YOU VERY MUCH

SINCERELY,

Adam Armstrong

ADAM ARMSTRONG

Dear Viva Veggie Society

Please send me a copy of
Pamela Teisler's list "101 Reasons
she's a vegetarian" and a copy of
your bi-monthly newsletter. I am a
strong member of PETA and am
always interested in other "pro-animal

groups. Thanks!

Marlene A.

\$1.00
check
+ SASE



7, Apt 11H

NY 07047

June 21, 1994.

889

Dear Viva Veggie Society,

I just read a very interesting article in a new publication called Satyra, in which I was told I could write you to order a copy of 101 Reasons why I Am A Vegetarian by Pamela Tucker and to find out about Viva Vime and the VivaVeggie Society. I look forward to receiving this material at the ~~AP~~ above address.

Thank you in advance.

Yours sincerely,

Tracy A [redacted]

The VivaVeggie Society
3rd Street Station
P.O. Box 254
New York, NY 10012

NSR 1M/
Canada

[Handwritten signature]



December 15, 1993

Dear Pam,

Love your card!! I ordered 50 copies of your "101 Reasons." My husband and I hand them out to inquisitive friends, relatives and co-workers. It is so much easier to hand them this concise information than to try to explain the complex issues that are involved. Many thanks for this much needed service.

Please enroll me as a member of Viva Veggie for [redacted]. I appreciate receiving another (free) "100 Reasons" for becoming a member. I consider myself a veg-evangelist.

Many thanks,

Diane M. Ascoti

129 Beacon Terrace

11-9-01



July 13, '93

Dear Ms. Teisler,

I was looking through my PETA magazine and saw the article about you. I would love it if you would send me information about the vivavine, the society's activities, and of course a copy of your list! I have enclosed the \$1 donation. Thanks a lot.

Sincerely,
Kristin Al [redacted]

My address:
Kristin Al [redacted]
Trally St.
St. Thomas, Ont.
NSR 1M1
Canada

PAID
JUL 23 1993

\$1.00 cash

V9
I promised



AVIANT MN 56415

4-9-01

To whom it may concern,

In a newsletter I recently received from you, you said you were looking for people to collect vegetarian menus for you. Unfortunately, there aren't any in my area. I got a hold of a Minneapolis phone book and found the restaurants in that area. I am about 2 1/2 hours away so I can't go pick them up.

I've enclosed the names and addresses for you. I know the people at the "Mud Pie" are very nice and would be glad to help you.

I was wondering if it would be possible to get a copy of your "vegetarian New York" brochure and the "101 reasons why I'm vegetarian" booklet to give to a friend.

Thank you for your time. I am looking forward to hearing from you soon.

Peace, love, and animal liberation,

Heather R.

Dogwood Rd
Randall MN 56475

gent

\$5.00 check

September 4, 1999

Dear friends --

2 while ago, i heard "101 reasons why i'm 2 vegetarian" referred to on shelton walden's "walden's pond" ^{WBAI} radio program, & was delighted to finally find 2 source for it on your website, enclosed, please find my check for 6 copies of the 1998 version, & 1 copy of the original version!

since i am new to vegetarianism, i would also appreciate any other information that you think might be helpful to me!
thanks so much! i hope to hear from you soon!

with best wishes!

~~Denise~~

173

DENISE N
OFT ROAD
HOPATCONG
NJ 0784

Hi VIVA-VEGG

3/30/99

I'm from Crewe
in Chesapeake where
your headquarters
used to be

BARBARA

OVER



Ms. Barbara A. Simpson
251 W 92nd St
New York, NY 10025-7319

ASPCA

© 1999 Schiffer Publications, Inc.

Simpson

next for
date:

22, 199

Hi VIVA-VEGG

3/30/99

I'm from Crewe
in Chesapeake where

Oct 22, 1998

Enclosed please find payment for
copies of the following documents:

★ 1996 edition 101 Reasons	\$1. ⁰⁰
1998 edition 101 Reasons	2. ⁰⁰
★ 1996 references	<u> .50</u>
	\$ 3.50

★ SASE's also enclosed check

Thrilled to be able to find these
documents on the internet!
Thanks for all your hard work!

Sincerely,

Jo Karen Licata
3509 San Ramon
Arlington Tx 76013

Urrington 1X 10013

\$ 3.50
check

U

+ 2 stamps

(SENT)

11/22/98

Dear Viva-Veggie folks:

Please send me 7 copies of your 1998 version of

"101 Reasons why I'm a

vegetarian". Enclosed is a

check for \$5. Thank you!

You have my vegetarian

support!

Satsuki

314-862-7021

Satsuki Scoville
7535 Byron Pl. #3E
St. Louis, MO 63105

Satsuki Scoville
7535 Byron Pl. #3E
St. Louis, MO 63105

7535 Byron Pl.
St. Louis, MO 63105
scoville@intermail.com
Louis, MO 63105

#10, Chem

Hi Pam ✓

11/5/99

Just noticed in "101 Reasons"
 (back page) that you co-created
 the Sunnen Gallery Art
 Show in 1995 - which
 I went to see just because
 it was a pro animal/vegetarian
 event. What a pleasure to
 see the artist's sensitive
 expressions both in text &
 inspiration. (I am an
 amateur artist)
 Did you ever contact
 Sue Coe?
 Maybe some sort of

SO
34-
012



Just noticed in "101 Reasons"
 (back page) that you co-created

SO
34-
012

I note a ⁽²⁾
 nice Gardenburger
 ad in September ATTA
 Has anyone at VVS
 or Satyn contacted BOGA
 Burgers? Almost
 every night dinner is a
 Boca Burger
 (Chef's Favorite). I
 never tire of them
 - Break on Pita bread
 w/ Ketchup. (In case
 you didn't know)...
 I'm sure you do... am



nic Gardenburger
 ad in September ATTA

7/25/00

Viva-Veggie Society,

enclosed please find a donation in

memory of David Ben-Ami

to be put to a good use.

Sincerely,
in memory of
David Ben-Ami

Miranda Hambro

Miranda Hambro
Seaman Ave.
#5B

\$25.
check

10034

\$25.

5-1-99

Dear Friend,

Enclosed you will find a check for \$20.
I would like to have 50 copies of the
1998 edition of "101 Reasons" Others
will certainly benefit from it, and I look
forward to distributing it.

Thank you for all your efforts,

Sincerely,
Paul Henderick

P.S. Please mail to :

This info may
look incomplete
but it's correct !!

Paul Henderick
The Graduate College
Princeton, NJ 08544

This info may
look incomplete

Paul Henderick
The Graduate College



I want to contribute to the Vegetarian Center of New York City.

Enclosed find: \$ 25.-

[SEE FRONT FOR MAILING ADDRESS]

- Friend: \$25-\$199
- Sponsor: \$200-\$499
- Major Contributor: \$500-1999
- Benefactor: \$2000 plus

for VivaVeggie's Vegetarian Center of New York City. I understand that my contribution, if made before December 31, 2000, will be double matched—and therefore tripled—at the end of the year by a matching-fund grant.

Date: _____ Name: (see label) Organization: _____

Title: _____ Address: _____

City: _____ State: _____ Zip: _____

Phone number: 718-633-4181

VivaVeggie Society, Inc., is a nonprofit, 501(c)3, charitable organization. Donations are tax-deductible. VivaVeggie Society will issue receipts for contributions over \$15.

~~NO RECEIPT NEEDED~~
same paper

subscription ends: **Dec 2001**
 Rachel Friend
 521 41st. St., C-2
 Brooklyn NY 11232

*\$25.-
check
rec'd*

3/9/2000

Hi Pam.

How goes it? Lately, I've been keeping even more busy than usual - esp. trying to help organize this Boston event (see enclosed).

Please help spread the word - we really need to get a good turnout. Did Rae Schlecht get in touch with you? She was trying to line up speakers for a "Health & Compassion" Conference in Pongkepsia (Marist College) on June 17th. I agreed to speak on genetic engineering. Spoke on biotech last night to a new

"VEGETARIAN VISION group that just formed in Hoboken (+ meets at Hoboken Farmboy).

I was well received. Am hoping to be on staff at both the Toronto Veg. Congress and Summerfest in Asheville, N.C., but am

not sure exactly how I'm going to do that.

??? Am ^{planning} hoping to make it to that Mark Green event on Tues. at Brownie's, so hopefully I'll see you then.

??? Am ~~hoping~~ ^{planning} to make it to that Mark Green event on Tues. at Brownie's, so hopefully I'll see you then.

Take care - Love DB

NEVER GIVE UP
Against Genetic Engineering

FIRST CLASS MAIL

\$0.77



PAM RICE
VIVA VEGIE SOCIETY
P.O. BOX 294
PRINCE ST. STATION
NEW YORK, NY 10012-0005



I

Sorry if I'm bragging, but this uneducated animal lawyer needs to I submit his resume.

I'm a steady listener
to W B A T. FM. You folks
are familiar with W B A T's show
on Thursday's Following NATURAL
LIVING show called
"WALDEN'S POND" 1PM ~~THU.~~ THU. 1PM.
Host Shatten Walden

Bottom Line

Slaughtering Animals

Human Hostages in Bosnia

is how Mother Earth Functions

10 years ago + 6 1979

IRAN held Hostages

because United States had

computerized, highly mechanized
slaughter houses. Animals are

not paper. They can't be

Treated like sheets traveling
thru Sheet & Web Fed presses.

LAW OF KARMA SAYS WHAT YOU SOW YOU REAP

US + Industrialized countries have the

highly cruel industry & Law of CAUSE & EFFECT

SAYS Humans want to dine on carcass

CAUSE & EFFECT result is human hostages

highly cruel industry & Law of CAUSE & EFFECT

SAYS Humans want to dine on carcass

Pg. B

and the ^{MEAT} Dairy Council runs their
adds on T.V., the brainwashing
proceeds at WARP ^{ILL} ~~ILL~~ So now
that the stool is hittin the
Fan, the men in the suits are
faced with a new crisis. I am
Jimmy and I one time volunteered
at Fresh Meadows organic Food co-op
around 1978. There I had the
good fortune to get hold of
(1976) the literature from the Vegetarian
Activist Collective. From there the
Supersoul (Higher Power) in my heart
directed me to Friends of ANIMALS.
Dig this, I had their pamphlet pamphlet
FACTORY FARMING, but I lost my
apartment in ASTORIA and I either
gave away my veggie activist
literature, which in fact, I did. ^{YES,}
A long sheet measuring ¹¹12' x ¹⁴10' ¹⁴
was a bout cow slaughter, these brave
souls I mentioned above Filmed the
interior of these vampire slaughterhouses
I.E. COW SLAUGHTER and I mailed them
all over the place. I was in the
^{in the} ^{cow} ⁱⁿ all over the place. I was in the
printing INDUSTRY many times
I had a plate made, deposited sheets
it ON THE ROLLER ² x 3000 ³

II.

O yes (currently I don't
have wheels) THANKS FOR
Reading

NO STANDARDS IN THIS
SOCIETY

M. GANDHI SAID

A nations progress can
be judged by the
way its animals
are treated."

OK my name is
James Panagakos
32-43 88th St -
James Panagakos
32-43 88th Street
East Elmhurst, Queens
11369

sheets. But the FACTORY Farming pamphlet I lost when I was evicted. I also am a STUDENT OF THE UEDAS, The oldest books of Knowledge on our spaceship earth. Fortunately, I'm living up in Jackson Heights currently. I wrote because like you, I have not eaten slaughtered beasts or fish for 24 years.

And I love you people already because I've been playing public defender for animals. My goal is to hook up with you people. I received a

UIVA VEGIE SOCIETY. ^(yellow) _{Sheet} The mahatmas
STREET ADVOCATE ^{WORD}
SANSKRIT MAHATMA MEANS ^{MEANS} Great Soul

AT APOTLUCK vegan meal AT GULLIVERS, 120 E 41ST
CAST TUESDAY

I'm a student of Survival into the 21st century (Planetary Healers Manual) by Godbrother VIKTORAS KULVINSKAS
Cover Peter Max Art, Jean White
Dig Dick Gregory contributed

the INTRODUCTION ^{MAN IMPOSES}
(Law of Karma states succinctly ^{GOD IMPOSES}
Animal slaughter is the
cause for the world's ills

I am going to mail you
an entitlement for a VEGGIE CARRYING CARD
I dig the photo on so if
I mail you Five-10 bucks EXTRA
MAIL me BACK A BLANK yellow
The blood lady (sign on opper left)
Your dinner lead a horrible
life. The animals have
NO lawyers xcept committed people

I am a Queens resident & my
request is you keep my NAME &
phone # and address out of
any computer

Computers lead to internet.
Right now Mother Earth (represon-
-ted by the cow in the Vedic culture is
ACTING as the prosecutor ETC, ETC
Please, I'm lonely with a lot to discuss

On Behalf of our
mammal, bird & aquatic spirit souls.
Love Jimmy

P.S IF you can put me in touch
with your Queens branch, I
would dig it, I'm available for
envelope stuffing, hand collating
would dig it, I'm available for
envelope stuffing, hand collating
& clerical work. Thanks kindly

Currently looking for work, wouldn't
MIND Being a busboy I did that several
times

APPRECIATION & LOVE

THANKS

The material energy of the
Lond of the universe called maya
i.e. that which is not^{is} is keeping
human society with all the
B.S. hypnotic news. I'm gonna
write a letter to U.S. News &
World Report. I subscribe to
that magazine and I've seen
~~no~~ dead animal advertisers so
they should print it. In case
I forgot to tell you before
like it says in the Planetary
Heaters Manual, I also have
disliked since age 16 the
degradation of women &
devaluation of women. Hopefully
I can return to RAW
some day & get the cobwebs out
of my - brain

Anyway live long &
Prosper &
Love Jimmy

My Name

Jim Panagakos

My Name 32-43 88 TH Street

Jim Panagakos

32-43 88 TH Street

East Elmhurst Queens

Quote From Archie Bunker

I saw a cab driver makin
a citizens arrest to 1
of those Krsna Hare guys
because he wanted to pay
him with a song & a
Tambourine.

Friends

Today I had to get
3 or 4 money orders
From the Post Office.
I intend to get you \$100
to you soon. Anyway correspond

Animals have no masks
Only through culinary disguise
do illusioned meat eaters forget
that they are eating their pets
cousins. Us vegetarians are a tiny
do illusioned meat eaters forget
that they are eating their pets
cousins. Us vegetarians are a tiny

Alright Later

VegDining.com

Your Online Guide to Vegetarian Restaurants Around

\$360.

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

November 1, 2000

Dear Pamela,

Sorry for the delay but as promised here's our payment of \$360
ads in the Viva Vine.

To make up for the delay, please also find enclosed six (6) corr
for you to use as gifts to donors, as raffle prizes or in other wa

Sorry for the delay but as promised here's our payment of \$360
ads in the Viva Vine.

To make up for the delay, please also find enclosed six (6) corr

Oct. 30, 1999

Dear Pamela,

I would like to order another Viva Veggie Suburb
Board (Inbulove) which includes 20 copies of the
"101 Reasons" to be sent to my friend & member
of the San Francisco
Vegetarian Society.

Name: [redacted]

810 37th Ave.

San Francisco, CA 94121

Enclosed a check which should cover the

Cost of the Package - \$30.00

Cost of the postage - 6.40

Cost of the postage - 6.40

from my earlier order \$42.80

(see your email)

Sincerely,

Ann Wheeler

415.435.2124

PS

Since I'm writing, here's my contribution
and \$15 to renew my subscription/membership.

Also I got a computer, but it's not set up yet.

\$15!

NO...S:
IF YOUR LABEL IS OCTOBER

subscription ends: Apr 99

Joe Passaretti
428 Beach 45th St.
Far Rockaway NY 11691-1228

2-12-01

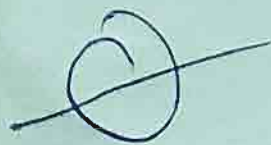
Hi,

Please send me your
"Vegetarian Guide to
New York City"

Also, I'm planning a
summer vacation in Cape
Cod & would like to know
if there's a guide or
booklet for Vegetarian
Restaurants & Bed & Breakfasts?
Thanks!

Sincerely,

Joyce F
395 Br
ny ny
ny ny





Jan 6, 1999

Dear Viva Veggie Society,
Hello! I've ~~seen~~ seen so much veg/vegan lit.,
and 101 Reasons is definitely one of the best!
We've just formed a new, grassroots AR
group and we plan to do lots of veg. outreach.
We have no money (for now), but we'd really
like to be able to table with the 101 Reasons.
Would it be possible to send us some for
free? If so, we would really appreciate
it!

Thanks so much!

Maine Animal

40 Chelsea

PO Box 87

New Gloucester

League

Take Care,

Melanie Bartlett

Dear Mrs Heister

Please see me a
copy of reasons why
you are a vegetarian. I learned
of you thru an article -
clip really - in the spring
1993. PETA NEWS

1.00

Thank you

Carolynn Sain
6 Sudden Valley
Bellingham, WA 98226

PATA
APR 19 1993

Cash

+ SASE

Feb 2, 1993

To Whom It May Concern

Please send me a copy of
"101 Reasons Why I'm A
Vegetarian". I am enclosing
1.00 and a self-addressed
stamped envelope.

Thank you.

Cash
2/11/93

Kimberly A. Collier
9805 Madison Plz. #4
Omaha, NE 68127

1, 1993

Viva Veggie Society

To whom it may concern:

Please send me a copy of "101 Reasons Why I'm Vegetarian"?

Enclosed is two dollars. (I saw your ad in June '93 Vegetarian

Times.) My name and address are:

Monique Chaisson
P.O. Box 206
Stemon Park, P.E.I. C0B 2A0
Canada

Thank you!

Sincerely,

Enclosed is

address are:

I would like to subscribe
to your mailing list for a
year. enclosed \$15.00

Thanks

Charlene Ch [redacted]

[redacted] Dr.

Memphis, TN.
38111

1-90 [redacted]



Yes I do want to become a card carrying member
of the VivaVeggie Society. Membership is \$10 per year. Also
please send me 0 copies of the flyer 101 Reasons Why I'm
Vegetarian. If I am becoming a member, my 1st copy of
the flyer is free. Otherwise one copy is \$1 w/a SASE.

Date: 5-5-95

Date: 5-5-95

Courtney Clinger

9029 Ashworth Ct. Indianapolis 46260

(317) 848-0086

consider myself a veg-e
Here with, also, is a donation ~~to~~ the VivaVeggie Society for \$10.

Total Enclosed = \$10

APR 28 1993

\$0 NO SASE

Sent promo flyers only

COOPER CITY, FL. 33328

THE VIVA VEGIE SOCIETY
PRINCE ST. STA.
P.O. BOX 294
NEW YORK, NY 10012

TO WHOM IT MAY CONCERN:

I. HAVE BEEN A VEGATARIAN FOR APPROXIMATELY NINE MONTHS. RECENTLY I RECEIVED THE FLYER "101 REASONS WHY I'M VEGATARIAN", THROUGH A COUSIN. THIS FLYER AS INSPIRED ME TO LEARN MORE ABOUT VEGATARIANISM. PLEASE SEND ME ANY INFORMATION YOU CAN. ALSO I'M INTERESTED IN JOINING AN ORGANIZATION TO SUPPORT THE CAUSE AND SAVE LIVES. THANK YOU FOR YOUR TIME.

SINCERLY,
MICHAEL CAS

Michael C

NEW YORK, NY 10001-3400-25

Be a Vegetarian...
Eat for Life!



GIVE TO UNITED
FEDERAL
THE DISABLED



Viva Vegie Society
Prince street sta.
P.O. Box 294
New York, NY 10012



DURAND, IL 61024

BARBARA N



Dear Pamela Teisker:

I'm writing to request
a copy of "101 Reasons Why
I'm a Vegetarian."

I'm slowly but surely trying
to change my lifestyle and improve
my eating habits.

Any other information you
could send me would be
appreciated.

Thank You,
Robert R. Colvin

Address: Robert R. Colvin
[redacted] Place # 104
Eagan, MN 55121

Dear Pamela,

I got a copy of your brochure, "101 Reasons Why I'm a Vegetarian" at the March for the Animals in D.C. I saw you walking around in your costume (I thought that you must've been hot in that hat!) I remember seeing a picture of you a few years ago in either Vegetarian Times or a Peta magazine. I thought I'd write and tell you I think what you are doing is GREAT! FANTASTIC! WONDERFUL! I've often thought I'd like to dedicate my life to turning people (the WORLD) vegetarian and I think your style is GREAT and effective. At the very least I've decided to distribute "101 Reasons..." to my NON-Veg friends (and beg them to take the time to read it!). I'd like 50 copies and 2 copies of the Detailed References. Enclosed a check for \$25 to cover the costs. Thank you so much and keep fighting the good fight!

Love,
Gina Mai De

Send 50 copies of "101 Reasons..."
2 copies of Detailed References

to Gina Mai De
[redacted] Rd
GREENBELT, MD 20770

Thanks!

Linda Dufurera, Grant Hellman Photography, Inc.

of kindness to animals.

The National Humane Education Society is dedicated to fostering a sentiment

problem – and it's healthier for your pet.

To help save pets from this appalling fate, the National Humane Education Society
urges you to spay or neuter your cat or dog. You will be helping to battle the overpopulation

in pounds and shelters to make room for more abandoned animals.

Each hour, every day, over 3,000 dogs and cats are born in the U.S. Only about one in 12
of these animals will be adopted. The remainder, over 10 million pets each year, are put to sleep

(703) 777-8319

521-A East Market Street, Leesburg, VA 22075
NATIONAL HUMANE EDUCATION SOCIETY



[redacted] Avenue
Belford, New Jersey 07716 [redacted]
February 8, 1999

To whom it may concern:

Enclosed is a check for ^{\$}2.00.

Please send me a copy of your
list of 101 Reasons to go Vegetarian.

Thank you & have a good day.

Sincerely,

Carolyn [redacted]

\$2.⁰⁰

check

Best wishes,

4-20-92

Dear Mr. Teisler,

th you for compiling the ("101 Reasons
re reg-") I am very glad to have
your info + have quoted from it
2x already, + will do again. It's
got also of important info.

I feel we've simply got to reach
mainstream, + get people to cut
down on, + quit, and products for
food.

you really are doing this. I am
so glad + ~~that~~ ^{now} I wish you well
in your efforts. It's just great
what you're doing.

Best wishes,

Mrs Richard A I [redacted]

mgrs.

— also

Encls. including 1 cash. for "101 Reasons"

April 4, 1992

Dear Ms. Leisler,

I am interested in getting a copy of
"101 Reasons Why In Vegetarian". Your
name and address was printed in
New York Tuesday. There was no mention
of a fee, but if there is, please let me
know.

Thank you.

Sincerely,

Miss D. [redacted]

[redacted] Dr.

Manassas, Ky 40511

PAIN
MAY 20 1993

355
#376

5/18/93

\$25.00 check

Dear Pamela and Everyone Involved,

I like not only your product,
but the way you have
structured your organization.

The honesty in the way
you try to raise funds,
instead of trying to lure
people in too many gadgets
to buy. The trust you give
in sending the 101 answers
for a couple of dollars,

knowing people could easily
make many other copies for
a few cents. But hoping the
trust and honesty you give
first, will be returned to
you next, as best as possible.
You don't threaten by saying
"it is illegal to make copies of
your own!" You just ask
"please do not make your own

ies," in a friendly way. I wish
re organizations would use
such an approach. I wish you
great success!

~~Elizabeth L.~~

P.S. I have seen the video
"Diet for a New America" from
John Robbins. What an eye
opener! It is more than
time we do something about it!
I'll be glad to give one
of your brochures to anyone who
ask me why I am a
vegetarian!

Please send me 50 copies &
put me on the mailing list
for one year.

3 Sept. 2000

Dear Viva Veggie Society —

I'm writing to request a copy
of the "Vegetarian Guide to NYC"
(as well as meat-free)

I'm newly dairy-free¹ and would
appreciate the info.

Thanks.

Renee Peters
appreciate your info.

35-43 84th St,
302

Jackson Hts

35-43 84th St
NY 10022

encl:
\$25. - check

don

BRENDA CHIARELLO
24-40 29th STREET
APT. # 3B
ASTORIA, N.Y. 11102

Home: (718) 545-4509
Work: (212) 578-2878

Email: chiarellocat@cs.com

Work: (212) 578-2878 CS.COM

DEAR

I HAVE HAD A FEW OF
YOUR MEETINGS AND HAVE
REALLY ENJOYED THEM! YOU
ARE A FANTASTIC PERSON.
I ADMIRE YOUR STRENGTHS
AND PERSONALITY. I MYSELF
DO ANIMAL RESCUE WORK
IN ASTORIA, QUEENS. (FRAN
RAPPO IS A FRIEND OF MINE).
I HAVE 9 CATS - ALL OF
WHOM ARE RESCUED STRAYS.
KEEP UP THE GREAT WORK.
I LOOK FORWARD TO ATTENDING
FUTURE MEETINGS, YOU WERE
GREAT.



\$ 1. check
11/6/98
phone →
\$

A friend loaned me her
copy of 101 RWI~~W~~, and I
was impressed! Of course, I've
been a Vegan for over 20 years,
much of it was all too
clear. I can't afford to
become a member - sorry. I
belong to the Amer. Vege. Soc.

But I would like a brand
new copy to return to my
friend, because I marked
up hers in order to deliver a
brief "soap-box" plea to friends.

Enclosed is a check for \$1.00
— enclosed

Thanks so much. It's so
good to know you're out there.
Wish there were a NJ group

here in NW NJ — there is a
central & south Jersey group -

Take care!

Love,

Joan Clifford
162 Maple
Chester,

07930

908-879-4277

Penson

Box 604

ny NB 04684



\$20 check

4/2/00

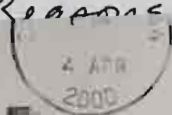
50 cop.

Paula Rice:

Please accept \$20 in check for 1 '98
Reasons and as many more as this will cover.
You sent me the 1 in 8/98 and I haven't paid
you till now. Unconscionable of me and
there's no excuse.

I would like to share your Reasons

ny NB 04684



9/98

Propensity

Please remit #2. -
and remind me
why you're sending
it. Thanks,

Francis
Francis

check
check
to:

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



cost P. 15 for

141-18 Holly Ave
Flushing
NY 11355

Jan 26, 2008

Dear Fried —

Please put me
on your active
mailing list.

Thank you

Yours truly,

S. L. Torris
Yours truly,

Hi!

I've enclosed a SASE for your Vegetarian Guide to NJ. Also, are you aware of Udupi Sri Krishna Vegetarian Restaurant? They opened in October, 2001.

I've also enclosed a few leaflets for NJARA's upcoming Meatout dinner. If you'd like more leaflets, just let me know. Thank you!

Sincerely,

Doris Lin

Doris Lin
26 Winchester Drive
Freehold, NJ 07728

Doris Lin

Dear Pam,

Hi, it's Toni from New Jersey! I meant to drop my "\$50.00 Pledge" form in the mail as soon as I got off the phone with you last week but I got delayed by the mountains of papers & exams I've had to correct. Anyway, here it is.

As I think I mentioned on the phone, 1995 has been an especially difficult & painful year for me. I lost my father suddenly & very unexpectedly on the morning of January 10th. He was (a healthy & robust) 83 years old. Our precious cat Flip, died only 7 1/2 months later on August 31. Because they both meant (& still mean) so very much to me, I'd like my "reserved space" to read:

In loving memory of my father, Lambert Heleotis and our beloved cat, Flip - always and forever in my heart.

And even though you never actually "met" me (let alone my significant others), I'd like you to "meet" Dad and Flip since I had extra copies of this photo on hand. It was taken last Christmas, 2 weeks before Dad died. (He was a vegetarian)

Best of luck with "The New 101." I've already made several copies of your flyer/pledge form and will pass them along to anyone I think might be interested. I can't promise anything but I will try - I want this to succeed - it is important!

Take care & happy holidays,

Jeni Helbois

Let me know what happens with the paper version of Viva Vine - If you're still taking subscription fees, I'll gladly send you a check.

paper version of Viva Vine - If you're still taking subscription fees, I'll

I'd like you to know...
Since I had extra copies of this photo
on hand. It was taken last Christmas,
2 weeks before Dad died. (He was a vegetarian)



P.S. Let me know what happens with the

no. box 274
New York, NY 10012

Booklet - "101 Reasons Why I'm A
Vegetarian" - 20 [redacted] edition

\$2.00 postp [redacted]

enclosed

Please mail to:

Steve Land
1755 Robson St.
Suite 502

Van [redacted]
1755 Robson St.
Suite 502



Cape May

Cent

check

Hi!

\$50-received

Hope all is well.
As usual I want to
do my part in
getting the word
out.

Norma

you're out.

March 19, 2002

Ki there! (Pamela?)

I was in our local (15 miles or so away) veggie eatery when I saw "101 reasons why I'm a Vegetarian." It was a great read and I decided that more folks in this area should read it. So I have enclosed a check for membership and 50 copies of your print-out. I'll distribute them in our area and also at our Food Co-op in Plattsburgh - North Country Co-op.

The Veggie Restaurant/cafe where I read your "Reason's" print-out is called The Cliff Hanger Cafe. It's a wonderful place (but small) with yummy foods that I know that I can eat when I go out to dine. There aren't any other restaurants like this in the Adirondacks and we really need more! It's hard to find a restaurant up here with any veggie alternatives which makes it difficult to dine out. I'm a good cook but sometimes you want to be waited on and have someone else do the cooking.

If my husband and I were younger,
we'd open a veggie restaurant our-
selves. There are so many B+B's up here
who need places to send their guests to
for lunch and dinner. We are close to
Lake Placid but even there - all of the
eateries have the same stuff - steaks,
burgers, fish and pizza. It's boring to
say the least. Do you have any friends
who are interested in moving to the
spectacular North Country who'd also
want to open a veggie cafe/restaurant?
It's so beautiful up here. I live on
a mountain, surrounded by [redacted] d
mountains.

I look forward to hearing
from you!

Warmly,
Margo Glicksman
View@whiteface.net

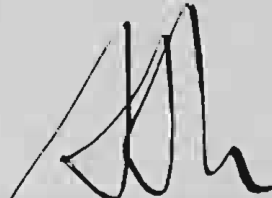
Seth Wilpan
375 South End Avenue
New York, NY 10280

January 27, 1996

Pamela,

This is just to express my continuing gratitude for your dedication and perseverance in helping to take care of our earth.

Carrots,

A handwritten signature in black ink, appearing to be 'Seth Wilpan', written in a cursive style.

Seth Wilpan
375 South End Avenue
New York, NY 10280

all on Canada - so I think
your Society is very important
The "RR1" in my address
seems to be very important,
or my mail is returned.

Thank you -
Sincerely,

Rda C. Chandler.

check: ~~\$20~~ \$20. -
over 50 copies

The "RR1" in my address
seems to be very important

23-8-12 of this Rd.,
RR1 Summerland B.C.,
Canada VOH 1Z0

Viva Veggie Society -
New York -

I bought copies of "101 Reasons etc"
from "Common Ground Mag" in
Vancouver a few years ago - & three
more, recently.

Now I think ordering 50 from
the source makes more sense,
no one ever returns the mags,
so I think 50 (or whatever ²⁰
will buy) should do it.

Will become a member at a
future date. I'm a senior
senior, so have to save up for
extras.

Seems to be more and more
Animal friendly in the
Canada VOH 1Z0



Become a card-carrying member of the VivaVegie 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 VivaVegie Society and receive: a membership copy of "101 Reasons Why I'm a Vegetarian" and the society's journal *The Veg* 5 per year.

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

NO

Please send me 50 (copy / copies) of "101 Reasons Why I'm a Vegetarian."

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

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

Special rates for international orders: Go to: www.vivavegie.org.

Name: Mrs. Ada C. Chandler,

Address: 203-8412 JUBILEE RD,

City: SUMMERLAND State: B.C. Zip: CANADA

Phone: (250) 404 0330 Date: 8/18/02

Herewith, also, is a tax-deductible donation to the VivaVegie Society, Inc. for \$ _____. Total enclosed: \$ _____.

CHECKS PAYABLE TO THE VIVAVEGIE SOCIETY, INC.

Name: VivaVegie Society Phone: (250) 404 0330 Date: 8/18/02

Herewith, also, is a tax-deductible donation to the



1



The Viva Veggie Society

Sent

Please MAIL me "101 Reasons why
I'm a Vegetarian

thank you,

Denise Valentine

MAIL to Denise Valentine
11225 PIAZZALE ST
LAS VEGAS
NEVADA, 89141

Denise Valentine

11225 PIAZZALE ST

Action4animals@aol.com,4/19/00 2:19 PM,Greetings..

From: Action4animals@aol.com
Date: Wed, 19 Apr 2000 15:19:00 EDT
Subject: Greetings..
To: pamela@vivavegie.org
MIME-Version: 1.0

Hello, hope all is well ! I'm writing in regards to acquiring vegetarian literature (leaflets, handouts, info packs,etc..) in order to distribute throughout my city.

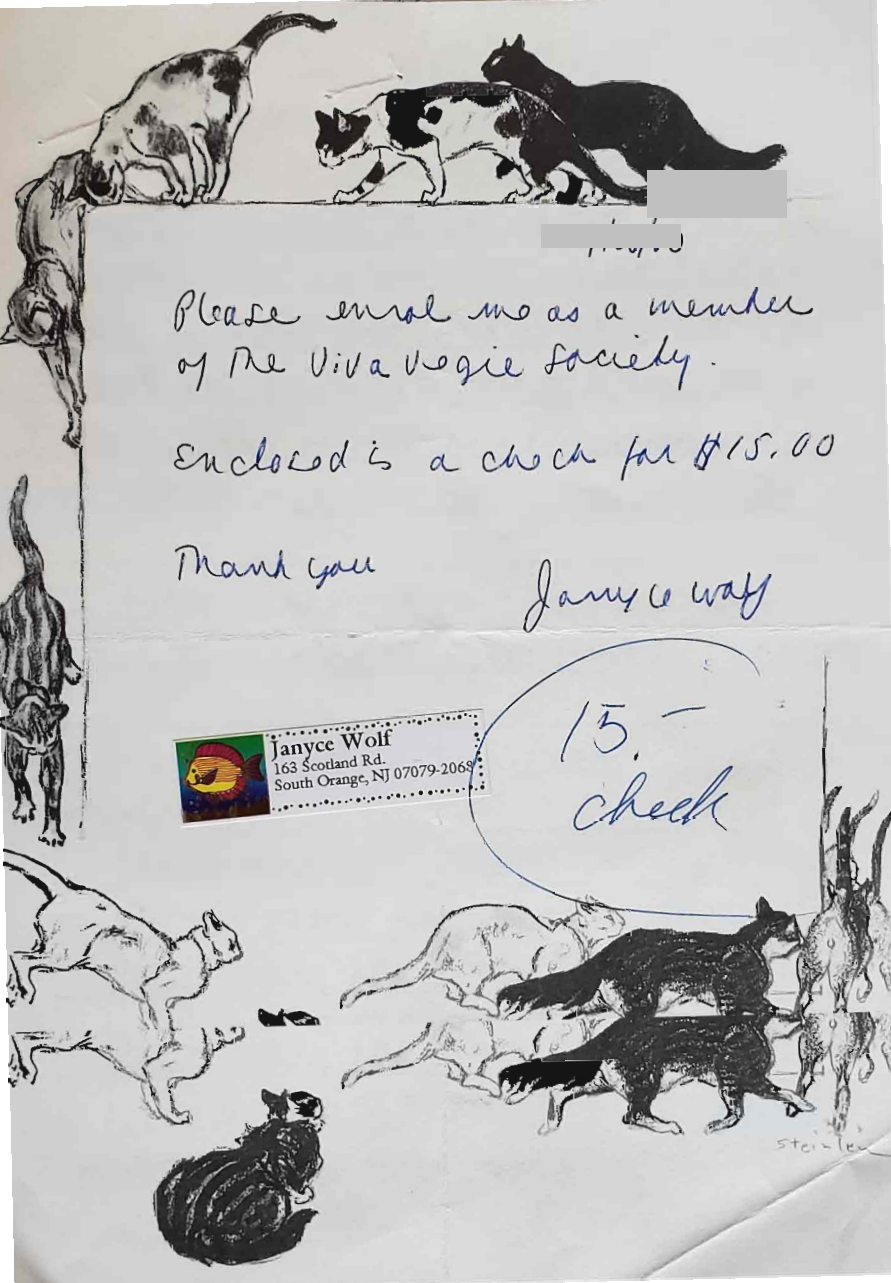
I've begun to create an animal rights action/reaction network here in Maine and the first step i wan't to take is the promotion of a compassionate meat-free lifestyle.

It's extremely difficult to sleep at night knowing of the continual suffering and killing of all the voiceless victims of the meat industry. The way i see it, every minute counts for a living being.

To: pamela@vivavegie.org
MIME-Version: 1.0

Hello, hope all is well ! I'm writing in regards to acquiring vegetarian literature (leaflets, handouts, info packs,etc..) in order to distribute throughout my city.

I've begun to create an animal rights action/reaction network here in Maine



Please enrol me as a member
of The Viva Veggie Society.

Enclosed is a check for \$15.00

Thank you

Janyce Wolf



15.-
check

\$40-

MAY 19TH, 1999

DEAR PAMELA:

(\$20 from Margarita)

I AM REALLY SORRY I COULD NOT
MAKE IT TO THE OPEN HOUSE LAST
SUNDAY BUT WITH THE HOUSE MOVING
WORK, I LOST THE POSTCARD THAT YOU
MAILED ME WITH THE TIME INFORMATION.
I HOPE YOU HEARD MY MESSAGE OF
THAT SAME MORNING ON YOUR M. [REDACTED]

I HAVE MANAGED TO COLLECT SOME
SMALL DONATIONS (FOUR CHEQ [REDACTED])

PLEASE UPDATE YOUR RECORDS WITH MY
NEW ADDRESS:

MARGARITA M. VELEZ

86-15 ELIOT AVENUE

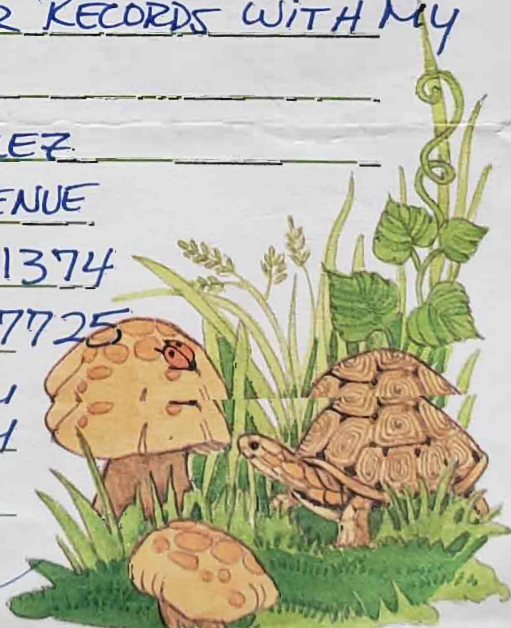
BEGO PARK, NY 11374

NEW PHONE #: (718) 565-7725

I HOPE TO HEAR FROM
I HOPE TO HEAR FROM

YOU SOON!

Margarita



Please send me a copy
of "101 Reasons Why I'm
a vegetarian"

Enclosed is \$2

→
cash

Thank You, From:

CINNA VESTERBERG
360 S. 1st St. # 26
Brooklyn 11211, NY

Ph: (718) 963-2456

CINNA VESTERBERG

Lawrence B. ...
410 Packer Ave.
Exeter, Pa. 18043

To Mrs. Pamela Tepler,

I am an eighth grade student
at Wyoming Area who is doing
a research report on vegetarianism.
I would greatly appreciate any
information you might be able
to send me. Thank you.

Sincerely,

—^{D.} Exeter, Pa. 18043

Dear Pam,

Enclosed find \$1 of SASE
envelope. Will you please send
me a copy of "101 Reasons".

Thank you for this information
of your dedication to 'living simply
that others might simply live'.

Betty Baxter

28229 C.R. 33

Leesburg, FL 34748

July 13, 1997

To Whom it May Concern,

I'm going to try again.

Last year I wrote to you &
requested that you send a
copy to my daughter of
the "101 reasons why I'm a
vegetarian" — the 1996

Election. She never rec'd it,

she is a vegetarian but
would like to convert some

of her friends. I had
included Am. money.

included Am. money.

I'm enclosing her

the name of

2. This page

THORE CALDWELL

2242 BONAIR PL., S.W.,

SEAT. E, WASH. 98116

SEAT. E, WASH. 98116

Thank you very much

Mrs. Bittner

no cash \$

Dear VivaVeggie Society,

My name is Jennifer Blatt, and
am a Lacto-vegetarian. I heard about
you in Animal Agenda, and would
greatly appreciate it if you would
send me your pamphlet on "101 Reasons Why
to be a Vegetarian". Thank you.

Jennifer Blatt
2858 12th Street
Cuy. Falls, OH 44223

...some meat free in their
diets.

Thank You very much.

S. I have
rec'd a stamp.
SORRY

Linda Bittner

Thank you very much!

April 26, 1997
2242 BONAJR' PL. S.W.
SEATTLE, WASH. 98116

Hi;

Would you kindly send
me '101 Reasons why I'm
a vegetarian', 1996 Edition.

I am a vegetarian, but
I'd like to convince a few
other people I know to
become meat free in their
diets.

Thank You very much!

~~I have~~
Thank You very much!

~~I have~~

~~illustated~~

~~Di.~~

~~P. #~~

P.O. Box 90547,
Scarborough, Ontario,
Canada, M1J 3N7.
April 28, 2000.

Pamela Rice,
P.O. Box 294
Prince Street Station,
New York, N.Y.
U.S.A. 10012.

Dear Madam, I'm tremendously
impressed about your amazing research.
Your "101 Reasons Why I am Vegetarian"
was quoted in "Vegetarian Times"
April, 1999.

When next I come to New York
I would like to meet you. You are
doing a wonderful work in
the message of
vegetarianism and

...more living.

Please autograph your booklet
and rush at the earliest opportunity.
I'm anxious to examine your fabulous
writing.

By the way would you be speaking
at the Toronto Vegetarian
Conference this Summer?
Hope to see you there.

Thanking you in advance.

Enclosed is Money Order to
the value of \$3.50 (U.S.) to cover
cost and postage.

Yours respectfully,
A.A. Zahoor

p.s. You have my permission
to publish my article in
your magazine - ANI -

Please send a copy of
Teisler's "101 Reasons

To the Following Address

Please Find the \$1.00

Request For the copy



Yvonne D. Edwards
5521 Belleville Rd.
Baltimore, MD 21207



5521 Belleville Rd.
Baltimore, MD 21207

Thank You.

in love with you

Yvonne Edwards

Jeanette Dugan
828 Fairfax Rd. (Apt. C)
Drexel Hill, PA 19026
February 9, 1994

Dear Pam Teisler,

Enclosed is a SASE. I read about
your "101 Reasons..." in "Vegetarian Times".
I would very much like to share your
pamphlet with others.

~~Yours truly,~~ Sincerely,

Sincerely,

226 Sprungvale Rd
Croton on Hudson
NY 10520.

June 24th 1994

Dear Pamela -

I was interested in ~~your~~ the article on you
in "Society magazine".

I am gradually veering towards a vegetarian
diet; as I get more spiritual & metaphysically minded I find
my desire for unhealthy foods is slowly but evenly diminishing.

I would be interested in receiving a copy of your
101 reasons as it may just give me the prompt I need to give up
meat totally.

Thank you!

Libby Doreghan

Membership -
Through 4/94

25.00
check
rec'd 5/1/93

Dear Viva Vegies,
Sent 50 copies
5/7/93

I'd like to order 50 copies
of "101 Reasons..." +
receive The Viva Vine.
Enclosed \$25 -

VT

Appreciate your publications +
work. Have you considered
sending copies of "101 Reasons..."
to for example, college newspapers
prior to Great American
Meat Out or Earth Day +
requesting they publish part or
all in their papers? College
students I've spoken to seem
receptive to this information.

Quotes:

Who has decided... that the
supreme value is a world
without insects, even though
it be also a sterile world
without insects, even though
it be also a sterile world
ungraced by the Curving

authoritarian temporarily
entrusted with power...

Rachel Carson, The Silent
Spring

Animals are such agreeable
friends — they ask no
questions, they pass no
criticisms.

George Eliot
Scenes of Clerical Life

Thanks!

Betsy Brune

65 Pearl St.

65 Pearl St.

Wellsboro, PA 16901

April 7, 1993

I read about the
Viva Veggie Society in the last
PETA news I received. I'm
a vegetarian, (yes, a real live
vegetarian from South Dakota)
and I would like to learn
more about your activities
+ your bi-monthly newsletter.
I would also love to have
a copy of the "101 reasons I'm
a vegetarian list"! Thanks, Laura
Daw

Olevia Freund

July 17- 92

Vida-Veje Society

Please send information
on vegetarianism -

Thank you

Olevia Freund

To _____

Olevia Freund

Viva Veggie,

Please send me
the detailed
references for the
1996 edition of

101 reasons Why I'm
a vegetarian so I
can convince others!

THANKS,

THANKS

July 8, 1992

I'm a twelve year old vegetarian and I would appreciate it if you could send me any information you have on the nutrients required for my age. Could you also tell me what non-animal products you can get amino acids from. Also, if you have some recommended books.

Thank you,
Sara Falsone
3846 Villa Dr.
Salt Lake City, Ut. 84109

6/9/91

Dear Viva Veggie Society -

Enclosed is a donation to your cause. I am wondering if you could send me four copies of your "101 Reasons Why I'm a

Vegetarian". I found it very informative and would like on myself and several

Here is my summer address:

Susan Fry
Star Island
P.O. Box 178
Portsmouth, NH
03802

Thank you!

Thank you!

The Viva Veggie Society
234 Mulberry St, Apt 17
NY, NY 10012

March 30, 1992

Mary Ann Weeks
74-63 260th St.
Glen Oaks, NY 11004

Dear Pamela:

I read somewhere of a booklet "101 Reasons Why I'm a Vegetarian". I'd like a copy can you tell me how I can get it.

What is this Viva Veggie Society? Do you know anything about the Gourmet Cooking School on 21 St?

I'm interested in healthier eating. If you can't write you can call via relay N.Y.S. Relay Svc 800-421-1220 and my # 718 343-2414.

I'm deaf). What do you think of ~~Thanks~~ ~~hau~~ ~~ban~~ ~~weeks~~ and my # 718 343-2414. I'm deaf).

PAUL A. WEBER
1261 South State Road 415
New Smyrna Beach, FL 32168
407-323-5104

10-10-91

DEAR PAMIRA —

BEAUTIFUL---- BEAUTIFUL---!! YOUR "101 REASONS
WHY I AM A VEGETARIAN" → THANKS TO
OLD FRIEND LOUIS WARTER FOR SENDING ME
THIS

AGE 70, VEGETARIAN ABOUT 30 YEARS
(PRAISE BE TO GOD) and ALWAYS A VEHICLE
TO PREACH VEGETARIANISM EVERYWHERE.

MS SINCE WWII, BUT HANGING IN THERE.

I HONESTLY BELIEVE MY 1960 "DIETARY
REFORM" (along WITH MY "DIVINE SPARK"
IS THE REASON WHY I AM STILL HERE!

ON DISABILITY INCOME BUT WOULD LIKE TO
DISSEMINATE SOME OF THESE TO CHOICE
FAMILY & FRIENDS, DIPLOMATICAL
COURSE.

SINCERE BEST WISHES

P. A. W.

COURSE.

I returned it
because he is
already
a member

LOUIS WARTER
180 East 163rd Street
Bronx, N. Y. 10451

(718)

538-6579

Sept. 12, 1992

Dear Pamela:

Congrats for you finally putting out
a paper. May it get better and better
and be blessed with unbounded success.

My check for \$100 for "membership"
is enclosed. The chart in the lower
right corner of Page three is not
easy to understand. In any event,
why bother with anything less than
\$100. Your expense of mailing, binding,
printing, rent and cost of administration
must be covered. Otherwise you will
be subsidizing the project out of your
own pockets, which is not good business.

The idea of the pressure cooker is
not conducive to good health. It
shocks the food - like being struck
by lightning, rendering it lifeless.

Further, if your paper is to become
a medium for advertising, your original
objective of a "non-profit, educational
enterprise" will be compromised and
TRUTH will fly out of the window.

Best wishes, and GOD BLESS YOU,
as ever,
(over)



(212) 538-6579

July 16, 1991

Dear Pamela: Does my name strike a bell in your recollection? Please send me ten of those light blue sheets titled "101 Reasons Why I'm a Vegetarian" and include a bill so that I can send you the money.

About two months or so you and I had a nice telephone conversation during which I had invited you to have dinner or lunch with me, simply so that kindred souls should know each other. You suggested I call in about 3 or 4 weeks. I called -- and left a message with a gentleman, but you did not call back. I called again a week or two ago and left a message on your answering machine, but still no return call.

I trust you are well and that your enterprise is prospering as you hoped it would. May you and your efforts be rewarded with unbounded success.

Sincerely,

Louis Warter
with unbounded success.

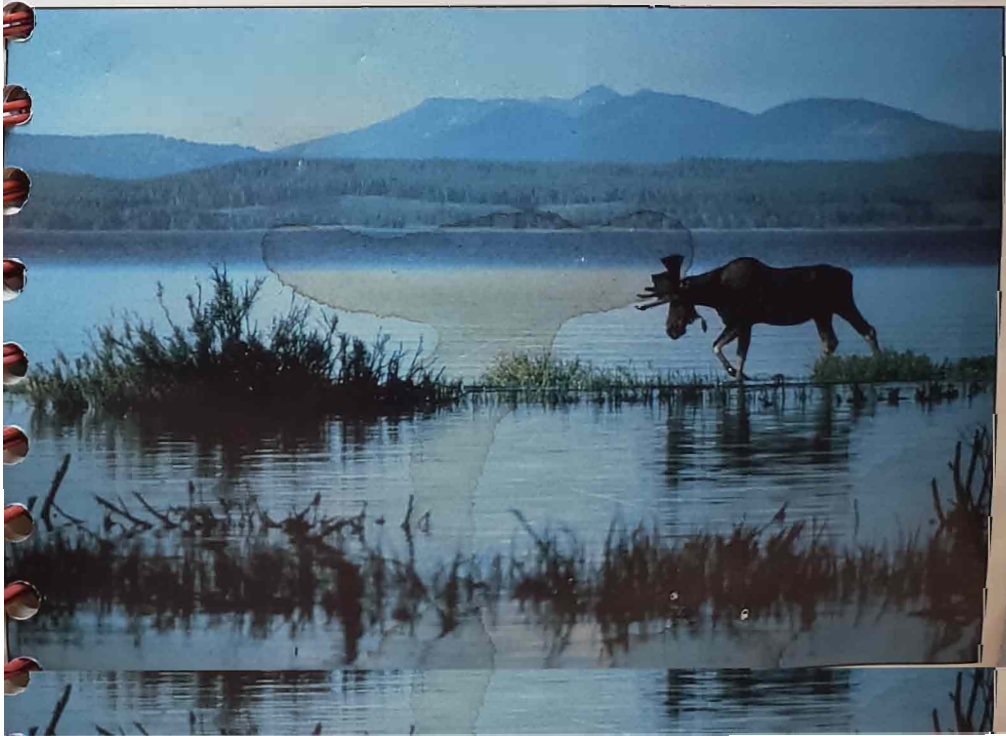
Sincerely

Greater Yellowstone Recovery Corps
A project of Student Conservation Association
P.O. Box 550
Charlestown, New Hampshire 03603
603-826-4301



National Park Service photo by Harlan Kredit.

A bull moose traverses Yellowstone Lake,
Yellowstone National Park.



Send
letters
& newsletters
& mem. app.
form.

Ruth Wells
Rt 1-Box 178
Van Buren,
Ark. 72956

PAMELA TEISLER
The Viva Veggie Society
34 Mulberry St.
New York, New York. 10012

1/8

Dear Pam,

Boy was I ever impressed
on the paper "101 Reasons why I'm
A Vegetarian"! IF you want, I
could probably pass 1,000 of
them out (or more). I am anxious
for people to learn the truth
about meat. In FACT, I may run
an ad in the paper on it, & send
them your literature with your
name. I would also like us
to become friends! Are you a
Group of Vegetarians; & can I
Join? Do you share Recipes?

I am also fixing to go
to Homeopathic & Holistic college &

I am presently studying Acupressure
I am going to be studying Acupuncture
Just to let you know, I have
converted to being a vegetarian.

I converted because of existing
health problems - But after reading
your pamphlet - I also am against
cruelty to animals, & crimes
mother Earth. Let me hear

from you soon. I would be
honored to pass out your
material. Enclosed is a stamped
addressed envelope.

-RSVP-

Your New
Friend,
Ruth

(501) # 471-8517

Rt 1-Box 170

Van Buren

Ark.

2295170

Van Buren



Louis Warter
180 E 163rd St
Bronx, NY 10451-3240

June 2, 1995

Dear Pamela:

In going over some old papers, I found the enclosed paper marked "hold for Pamela," so here it is for you to have it NOW.

I knew this wonderful woman personally. She used to trapse up and down the land on foot, in the winter time in the South, in the summer time in the north. She made a tremendous impression on many people. Just in case you did not know about her, here you have an introduction.

All my best to you. and,
all my love, as ever,

we my best to you. and,
all my love, as ever,

11/12/93

Dear Viva Veggie Society,

I am a 33 y. old woman who is contemplating becoming a vegetarian because of the realness to animals and to improve my own diet.

Would you please send me a copy of Pam Teisl's "101 Reasons for becoming a vegetarian". Also, if you can recommend any ^{books} (not really complicated for me) to read, I would greatly appreciate it.

Enclosed is \$1.00 per your request.

Thank you -

Mary Jo Klepac
1198 East 175th St.
1198 East 175th St.
Cleveland, Ohio
44119

\$1.00
cash

To Whom It May Concern,

5-29-97

I have recently converted to a vegetarian and although I like giving others a drawn out explanation for my new and improved lifestyle, sometimes I just don't have the time. While reading "The Animal's Agenda" I saw your flyer "101 Reasons Why I'm a Vegetarian" and I thought that that would do the job nicely. Please let me know how I can get a copy or copies of this flyer. I would really appreciate it.

Thank You,

Vivien Kubulan

"I would really appreciate it"

FREDERICK W. KIRK
919 RIDGE HEIGHTS DRIVE
FALLBROOK, CALIFORNIA 92028-3663

October 5, 1995

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

Sir, Enclosed is a self-addressed and stamped envelope and \$1.00 in cash. Please send me 101 Reasons why I'm a Vegetarian mentioned in the 1995 Bay Area Vegetarian Magazine.

Sincerely
Fred Kirk

14 May 1993

Dear Sir,

Here is my \$1.00 donation to
Vera Veege Society. Please send
me information on the ~~the~~
bi-monthly newsletter and on
your activities.

Thank you for your help.

Ms. Gail J. King
5824 Banning Place
Burke, VA, 22015

PAID
MAY 20 1993

PAID
MAY 20 1993

\$1.00 check

Gary Johnson
P.O. Box 824
Boise, Id. 83701

May 15, 1992

Dearest Pamela:

Thanks so much for 101 Reasons and the bi-monthly newsletter both of which I dearly appreciate.

I have two thoughts you may be interested in and you can use in anyway you wish, and one question —

Thought 1 - Here is a list of ten "bottom lines" I have been using for some time now —

Total Vegetarianism benefits —

1. Personal & Family Health & Fitness
2. Gene Pool Transfer (many illnesses are stamped in the genes)
3. Personal & Family Finance
4. Organization and ~~Natural~~ ^{Government} Health & Fitness
5. Organization and ~~Natural~~ ^{Government} Health & Finances (health care will bankrupt America.)
6. The Condition of Animals (one can only cry for the animals, fish, poultry being tortured and killed)
7. Natural Resources
8. The Environment ^{and therefore our water Reserves,}
9. Landfills and Sludge ponds (less putrefaction of organic stuff from animal factories and by and through humans)
10. Personal, Family, Organization and National Psychic Health (more sensitivity toward everyone and everything and less aggression, fear and superiority)

Thought 2 - I have looked at Total Vegetarianism as a foundation and stepping stone to a more personal and loving awareness because the same positive qualities show up all over. Therefore I use the term Total Vegetarianism-Plus, with the Plus meaning all those other things. Two examples: I seldomly use wrapped, packaged or containerized foods or drinks because I can't consciously discard the container and its resources for 60 seconds of enjoyment. I don't smoke or even put a caffeine or alcohol slave

I seldomly use wrapped, packaged or containerized foods or drinks because I can't consciously discard the container and its resources for 60 seconds of enjoyment. I don't smoke or even put a caffeine or alcohol slave

3-19-92

I would like to receive
a copy of "101 Reasons Why
I'm a Vegetarian".

Thank
Ms. Shirley Grier

P.S. I am chronic ill person
I try a lot of ways treat
I am on steroids very hard
to keep the weight off. I
cannot do strenuous exercises
I think not eating too much
meat is good for me.
to keep your weight off. ✓



1
ch
(address on back)

Hi Pam -

Here's my renewal.
Isn't that a great photo on
the front of this card? I
can't tell you how busy I've
been - between doctor's appointments,
time at the gym, and other
stuff. I'll call you soon.

Love,

Here's my renewal.
Isn't that a great photo on
the front of this card? I

8-30-94

Dear Viva Veggie Society,

I have recently read of your actions

you've taken to help animals in a leaflet
received from PETA.

I am a vegetarian now of 5 months.

Any information you could send me to help

protect animals in anyway would

greatly be appreciated. Also, if possible, I

would like a copy of Pamela Teisler's - 101

Seasons She's a Vegetarian.

Thank you so much!

Jami A

[Redacted] St, #1

Waukesha, Wisconsin


53186



Could you please send me a copy
of Pamela Teister's 101 reasons
why she's a vegetarian.
Enclosed is a self-addressed
stamped envelope.

PTR

Thank you,

Terese 

PAID
APR 22 1993

No Money

CTR

Please send ~~10~~ ¹⁰ copies
of 101 Reasons Why I'm
a Vegetarian

Brenda G

~~XXXXXXXXXX~~

Rd

Wilton, N.H.

03086

1st copy 1.00

9 x 50.00 4.50

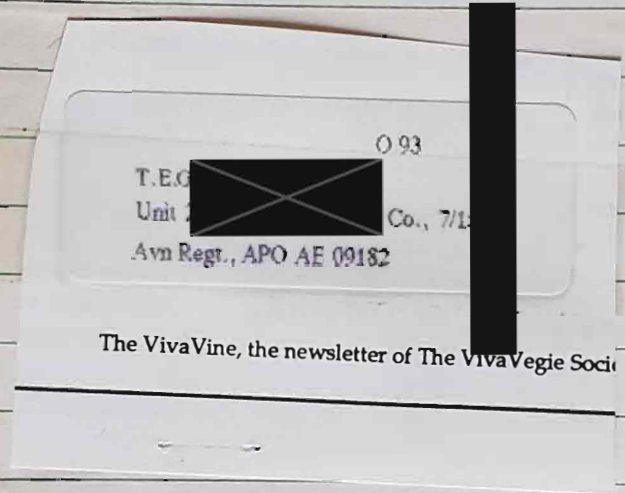
9 x 50.00 4.50

5.00

check

Dear Pamela,
We're moving and I no longer wish to
receive the "Viva Veggie."

Lisa R. Es



Cancelled

827 Oronoke Rd. 2-8

Waterbury, CT 06708

rec'd 5/7/93

\$ 1.00 check, + SASE

Dear Viva Vegie Society,

Recently I saw mention of your organization in a PETA publication. I would appreciate receiving information on your group, its activities, and its bi-monthly newsletter. Enclosed is a SASE and a \$1.00 donation as requested.

Thank you.

J. G. [redacted]

J. G. [redacted]

} Unit
} Unit
Rd. } 2-8
n

Waterbury, CT 06708

827 Oronoke Rd. 2-8
Waterbury, CT 06708
-3917

Dear Viva Vegie Society:

Enclosed is a check in the
amount of \$20.00 as payment for a
one-year subscription to your newsletter.
Thank you.

PAID
JUN 17 1993

\$5.

N5ASÉ
check

net G

Rd.

Waterbury, CT

Peta

06708
-3917

Gentlemen,

(Nov. 1 '92)

Enclosed is one dollar
in cash.

Please send copy of
10) REASONS why I'M A VEGETARIAN.
Thank You

Sincerely

Rita B. [Redacted]

Rita B. [Redacted]

Belleville MI

\$1. -
NO SASE
but NO flyer
sent 11/6/92

XXXXXXXXXX

4-23-92

Dear Sir or Madam

Please send me a copy
of "101 Reasons Why I'm
a Vegetarian"

Thank you

Barbara ~~_____~~

~~_____~~ BL

Las Vegas, NV 89118

Viva Veggie Society,
Please send

"101 reasons why
I'm a vegetarian" to:

Kathy B...

Dr. NW

Comstock Twp, MI

49321

MB

rec'd 4/2/93 Sincerely,

so check

V...

R. L. D.

Viva Vegie Society,

Enclosing a check for \$ 5.00

Please send me a subscription for
a year of "Viva Vine".

JOAN B. [REDACTED]

JOAN B. [REDACTED]

[REDACTED] PL,

1/11/92

Dear Sir or Madame.

Please send me 2 books
of "101 Reasons Why I'm a
Vegetarian." My address

is (Ms. Lynn She [redacted]
[redacted] Drive
San Francisco, Ca 94132

Thank you.

Sincerely yours,

Lynn She [redacted]

Lynn She [redacted]

VT
\$ 2.50
(check)
2/15/92
\$ 2.50
(check)

As noted in your recent newsletters,
please send a copy of the
editorial published in the
Wall Street Journal regarding

factory farming. Books -

factory farming. Books -

Donna B. 

Dear PAMELA,

THANKS for sending me
the info on VIVA Veggie Society.
I'm off for Michigan
for the summer.

THIS IS the best I CAN do
for the fan.

HAVE a good summer

MAY GOD BLESS you

JS-

Julian

Lynbrook, N.Y. 11563
March 28, 1992

The Viva Veggie Society
34 Mulberry St., apt. 17
New York, N.Y. 10012

Dear Sir/Madam:

Please send me a copy of "101
Reasons Why I'm a Vegetarian," as
per your ad in the Newday.

A self-addressed envelope is en-
closed for this purpose.
Thanks!

Sincerely yours,

(ms.) Laura J. [redacted]



P.S. Bless You for
caring about ANIMALS
& their rights.

April 1, 1992



Univ.
Avenue

St Paul MN 55104

Ms. Pamela Teisler,

Your address was in the Minneapolis Star-Tribune in a vegetarian article. Please send me your book "101 Reasons Why I'm a Vegetarian" as well as information on the Viva Veggie Society. I am a vegetarian and am concerned about animals' rights, therefore I'm interested in your group. Thank you.

Sincerely,

Sheryl Tr

interested in your group...

Sincerely,

4/25/92

Hi -

We met briefly at the Earth Day Rally in Bryant Park when I requested your last copy of the "101 Reasons Why I'm a Vegetarian" and you instructed me to write this to request you send me it through the mail.

I have friends interested in it, so I'm requesting 3 copies of your pamphlet.

Cost \$5.
Sent "

Look forward to receiving it -

John Beist
(address on back)

JOHN B



BUFFALO, NY

R

4215-2001

April 1, 1992
#1309 Hamline Univ.
1536 Hewitt Avenue
St Paul MN 55104

Ms. Pamela Teisler,

Your address was in the Minneapolis Star-Tribune in a vegetarian article. Please send me your book "101 Reasons Why I'm a Vegetarian" as well as information on the Viva Vegie Society. I am a vegetarian and am concerned about animals' rights, therefore I'm interested in your group. Thank you.

Sincerely,

Sheryl Trittin

concerned about animals

The book

LOUIS WARTER
180 East 163rd Street
Bronx, N.Y. 10451

Dear Pamela: 9-11-94

Greetings! Did you get my
computerized letter?

In going over slush of papers,
I found the enclosed item that I
felt would be of interest to you. Do
not know how old it is. It may
be old to you.

It would be nice to know that
you have decided to remain in
N.Y.C.

In any event, you have
my blessings and best wishes.
Hope all is well with you.

Love,
Hope all is well with you.

Fondly, as always,

Louis Warter

LOUIS WARTER
180 East 163rd Street
Bronx, N. Y. 10451

(118) 538-6

Nov. 6, 1994

Dear Pamela:

Thank you for the NOV/DEC issue
of the Viva Veggie Vine, and for the
personal note you included. It has
been read from the first letter to the last.

The Vegetarian Art Show is a
splendid notice or rather announcement.

I feel fine after that hospital ex-
perience, except for a few side effects or
after effects that are now surfacing. My
walking is reasonably good, but
other problems are demanding attention.

However, I am determined to lick
the problem in my attempt to reach
the 21st century.

Congratulations on your (apparent)
decision to remain in New York City.

My heartiest good wishes to you
for good health, happiness and success.

As always,

Louis

HATTIE WIENER

393 W. 49 #300

NY, NY 10019

Hi Pamela -

Here's \$20 for 50 copies of
101 Reasons -

I request no mail be sent to me -

I'm obsessive about having a
virtually empty mailbox.

Gratefully, Hattie

I request no mail be sent to me -

RETRO AGE



Hattie Wiener
212.388.8509

Hattie Wiener
212.388.8509



Louis Warter
180 E. 163rd St.
Bronx, NY 10451-3240

4

Nov. 9, 1995

Dear Pam:

Congrats on your latest circular on light blue paper.

It's nice to see you being active. This works both ways. It provides an opportunity for you to find a constructive method of expression as well as providing education to your readers.

On Feb. 3rd next I shall be 96 and am laughing the years away. I do not feel anywhere near those years.

May you be blessed with God's most precious bounty. Lovingly

Louis

May you be blessed with God's most precious

JAN 4, 1996

DEAR SIRS,
COULD YOU PLEASE
SEND ME INFORMATION
ABOUT YOUR SOCIETY
PLUS A COPY OF "101
REASONS", I HAVE ENCLOSED
\$1.00 AS PAYMENT PLUS
.55 POSTAGE, THANK YOU,

YOURS TRULY,
Cecil White

PS. ARE YOU FAMILIAR
WITH THE WORK OF
15. ARE YOU FAMILIAR
WITH THE WORK OF

Pam -

I don't know whether
your families with this
place. Anyway, I thought
it deserved some publicity.
I've eaten there a few times
and it's wonderful food in
a friendly space.

Yours Aruigula,

Yours Aruigula,

Databas

send info to:

Hattie W. [redacted]

oo

NY, NY 10019

Dear Pamela:

I had the pleasure of meeting you at
the candle cafe -



I write a newspaper column &
wish to have readers write you &
purchase your "101 Reasons" flyer

Please send me relevant details
so I can give them that information.

I am personally deeply
grateful for your stand.

Jaths

Please send me any information
about Vegetarian diet. I have read
your 101 Reasons why I am a Vegetarian
and am greatly interested in learning
more. Your paper requested \$1.00 and
a self addressed envelope.



- Julie

Julie Wittich
1277 Pinecrest Lane Apt I
Manchester, MO 63021

Feb. 20, '93



Vivabeggie Society -

I saw your ad
in Vegetarian Times
recently and would
like to get a copy
of "101 Reasons Why
I'm a Vegetarian".

Enclosed is \$ [redacted]
cash [redacted] to:

Shawna Ulrich
229 Carney St.
Twin Falls, Id 83301

\$2.00
cash

rec'd 2/25/93

Thank You!

No. [redacted] Ker
109 Palisade Ave
Jersey City, NJ 07304



Dear Person,

6-17-96

Do you have an edition
of "101 Reasons Why I'm a
Vegetarian" that is based
upon current information?
I have the 1992 edition - which
is very powerful - but I'd
appreciate a more current
version -
Thanks!



Dear Sr/MADAM;

I would like to become a card carrying member. I have enclosed \$15 for my membership; PLUS \$70 for 200 Copies of "101 Reasons why I am a vegetarian!"

I am interested in putting a presentation together for school children (possibly 7th or 8th grade). I never had this information AND I think we should start planting seeds in schools.

In addition, I also intend to start trying to provide information to priests + clergy members. IF they believe life is sacred, How can they turn their backs on these Ideas.

Thanks
Randolph C. Ragland



Mr. R. C. Ragland Jr.
354 New Market Ct
Wayne, PA 19087-1213



Printed with soy ink on paper made
from 50% recycled fibers,
10% minimum post-consumer content.
Printed in USA.



To whom it may concern,

Please send Veggie Infor-
mation to address

SASE (In

4130 Branding Pl.

Allison Park, Pa

15101.

Use envelope if info. fits
inside it.

I've enclosed a check for
\$2.00 to cover mailing
costs.

I heard about your or-
ganization from Talk Radio
(WEDO.) Alternative medicine
show featuring Dr. Stiner
from Dr. Jan [redacted]'s Pain

R [redacted]

1320 C. Carson St.

Pgh, Pa. 15203

Thank you [redacted]
Jana M. Keehl

12 APRIL 97

Kiva-vegie

NEW YORK, NY 10012

SIR / MADAME

KINDLY SEND ME A COPY
of '101 REASONS
WHY I AM A VEGETARIAN.

I HAVE NO MONEY TILL NEXT
MONTH (TO SEND YOU \$ 2.00).

I APPRECIATE O THANK. YOU

Yours

SEND TO:

To: [REDACTED] [REDACTED]
[REDACTED] [REDACTED]

P.O. Box 4053

YONKER HILL, CA. 95965.0100



D. H. 1997

4/23/90

Dear Pamela -

Today I received a copy of "101 reasons why I'm a vegetarian". I am very interested in having myself and my children become vegetarians. Please send any info, ie: getting correct amounts of vitamins etc. I do not know how to go about it.

I will read this to my 10 year old this evening. We have already stopped eating red meat.

I cannot afford a donation today but will send one in the future. Enclosed SASE for info.

Thanks a lot!

Mary R. [redacted]

[redacted] #
Clifton Park NY

12065

10 May 1996

Dear Viva Veggie Society -

I think your "101 Reasons" pamphlet is great! How can I get some to and out?? If, by chance, they are free, I would like to receive a dozen to start with. Thanks for the support! God bless.

Mukanday Vann-Moore
222 Dwyer Lane
Lewisburg, WV 24901 -
1206

DEKE SIMON PRODUCTIONS

January 28, 1993

The VivaVeggie Society
Prince Street Sta.
P.O. Box 294
New York, N.Y. 10012

Please send me a detailed list of references for your paper, "101 Reasons Why I'm A Vegetarian." Enclosed is 25 cents, and a self-addressed, stamped envelope.

Thank you very much.

A handwritten signature in dark ink, appearing to read "Deke Simon". The signature is fluid and cursive, with a long horizontal stroke extending to the right.

Deke Simon
Producer

3/18/92

Please send me a copy
of "101 Reasons Why I'm a
Vegetarian".

I am interested in the
environment & animal rights
& read about you in Newsday.

Thank you

Mrs. Lida Smith
666 6th Ave.
New Hyde Park, N.Y.
11040

01/15/94

479-1080

I already received from you one copy of "101 Reasons why I'm a vegetarian" and it's fascinating, even though I already was aware of most of the reasons. It's just a wonderful accumulation of facts and information. I want more to send to friends. Thanks for spreading the word. (I've been a vegetarian for five years and there is absolutely no going back!).

ptawkins

12/8/94

To Whom it may Concern,
I would like you
to send me the 101
reason for a vegetarian
pamphlet.

↓ 25¢

~~101~~

Thank you
Helle Hannibal



TRANSAMERICA
FINANCIAL SERVICES

Please send me
more information
on vegetarianism

Thank You

Shari Hilleveid
4517 Tennessee Walker Av.
No. Las Vegas, NV

Wash 89031

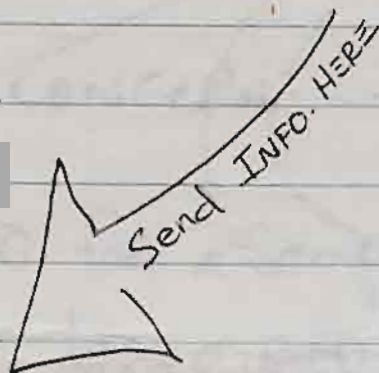
Dear Pam - Viva Veggie Soc.
I read the article
in VT about your
"101 Reasons..." I'd
love to have a
copy. My \$1 and
STSE is included.
Thanks for your efforts!
John Hayward

Viva Veggie Society
234 Mulberry ~~St.~~ St.

apt. 17

New York, NY [redacted]

[redacted]
Bianca Lowan
1010 W. 2060 N.
Helper, UT 84526



Can you send me some information
for an active 16-year old girl
who won't eat meat or dairy products?
She never gets enough protein and
is consequently always very tired
and sickly.

Thanks Very Much!!!

[redacted]
Bianca Lowan

\$2. cash

to whom it may concern:

SENT

enclosed is \$2.00 for a sample of your publications as described in your

ad in the small publishers co-op catalog.

I am a VEGAN and feel I must thoroughly

informed about what's safe and what's not.

thanks so much!

MEMORANDUM

Date 5-13-93

Subject _____

To _____

Please send [redacted] the mighty convincer!

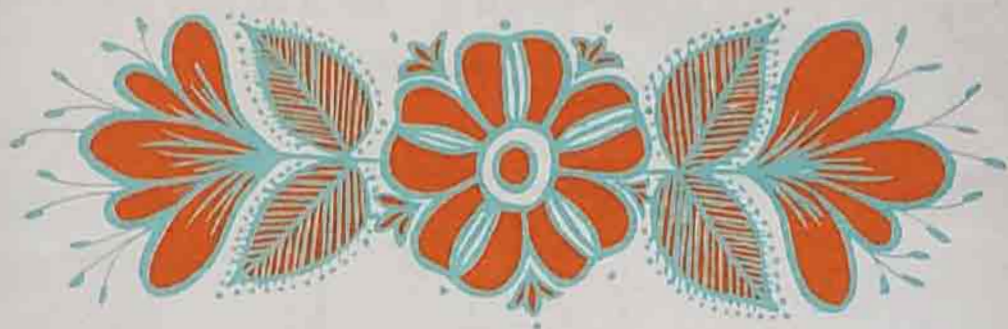
Send to:
Sue Niles
1411 Paradise Ln #4
Stevens Point, WI
54481

MAIL
JUN 8 1993

NSASE \$2.00 cash

VT VV8

Signed _____



10.18.91

Hi, I'm a graphic design student at the School of Visual Arts, and I'm doing a project where I'm redesigning a frozen vegetable ~~the~~ manufacturer's image. In this I would like to redesign the packaging using biodegradable materials and was wondering whether you had any information about this.

3) I loved "101 reasons why I'm a vegetarian". It was the most interesting, shocking, scary, angering + informative thing I've read in a long while & would

love to be sent more detailed information
along the same lines!

thanks very much

Kirsten Heinke

P.S. I thought you would like to know
that I know of **3** people who have
seriously altered their eating habits
as a result of reading "101 reasons"

Ms. Ronnie Molinelli
120 Bette Road

[REDACTED]
54 Lansing Street
Auburn, N.Y. 13021
November 15, 1993

Dear Sirs,

Please send me a copy of
"101 Reasons to be a Vegetarian" as
advertised in this notice.

Thank you,

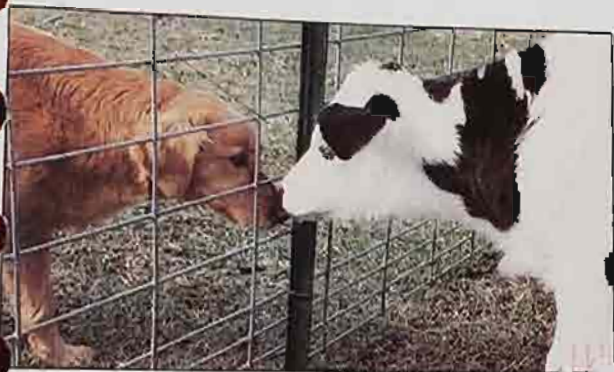
Miss Judith Nolan

Pamela Teisler of the VivaVeggie Society pounds the pavement of New York City telling passersby the 101 reasons she's a vegetarian. For a copy of her list, or to learn about the VivaVeggie Society's activities or bi-monthly newsletter, *VivaVine*, please send a self-addressed, stamped envelope and, if possible, a \$1 donation to: VivaVeggie Society, Prince St. Station, P.O. Box 294, New York, NY 10012.

Spring 1993 PETA NEWS 29



Ms. Ronnie Molinelli
120 Bette Road
East Meadow, NY 11554



**FOOD ANIMAL CONCERNS TRUST
FOR HUMANE TREATMENT OF FARM ANIMALS**

VivaVeggie Society
234 Mulberry St. #17
New York, N.Y. 10012

1001111111

November 23, 1992

Dear Sir or Madam,

I recently saw mention of your organization in the classified section of Vegetarian Times. I have recently moved to New York and would like to meet other vegetarians. I tried calling the toll-free Vegnet number, but no one ever called back. In any case, could you please send more info about your group to the following address? :

Martha McClintock

171 E 89th Apt 3-C

New York NY 10128-2381

Thank you.

Sincerely,
Martha McClintock

THE MINNEAPPLIST.

#1.00 rec'd
for 4 copies
of reference



Cash

Deen Parmele -

Friday 1/15/53

It was good telling to you the other day (in the morning - about 10:30 AM EST). Remember - you had to be somewhere in an hour - you told me about some dinner meeting & had your "101" laying out & these people were looking at them. They served "Fishwatts!"

Anyway, you said you hadn't read "Fit For Life" by Marilyn & Harvey Diamond.

I was appalled! This is the bible!!!

This book lays a foundation on diet & life in general. It tells you about proper fruit compsuptim; nature hygiene; natural cycles; High-water content food; food combining; etc, etc, etc.

NO-ONE should go throu life w/out
this knowledge. Its in-human, I believe
It should be taught in elementary school!
It should be a requirment to move-on to
another grade! Shame on you for not teaching
it.

Getting back - I would like a list
of references please. Heres a \$1 - send
4 or keep the change. (postage)

Thanks
All my love
John

John Mc [redacted]
[redacted] S

Minneapolis MN

55416

"Way on"

as one might

Love you all

Keep smiling

Bonnie De Long

Sue Ann Hamilton

Dear Pam,

3-18-95

Gos Bless You and Warmest Greetings! It is as though we know each other very well. Our concern for the Animal Kingdom runs deep. Your most recent edition is powerful, dynamic and even more informative! How terrific to have Henry Spira. He is awesome. Sorry the eraser ribbon is not in my machine! Pam, are you familiar with the magazine called, "The Bunny Gazette"? It is hot, highly informative. Also a magazine called, "Friends of Animals" Great reading! I am meeting more and more people who are eating a nonviolent diet. It is interesting to note that many are young people, mostly teenagers. Have you noticed this back East? What a most welcome and refreshing bit of uplifting news. A scientific study done to confirm this would be fascinating. Don't you agree. Too bad a VivaVeggie Society does not exist out here in California, especially down in Sacramento, the state capital. Daily there are crusades and protests taking place in front of the building. It seems you and I both celebrate our 40th birthday this year. The year McDeath's opened and has continued to poison this country with its diabolical message of meat eating. Animals are my friends and I don't eat my friends! My tummy is not a casket for dead animal! My body is not a moving, mobile mortuary! Pam, your paper has tremendous potential and it is all very exciting indeed! I am pleased to know you are growing in leaps and bounds. Have you considered doing a feature on all the celebrities that are vegans? It is a fact the celebrities set a precedent with this entire nation. As much as I dislike Madonna's image, she is a strict vegan and for this I applaud her! But only for that! Shame on me! If you ever are in CA. you are more than welcome in our home. It is large and filled with calmness, prized pets and a lovely view! We are 34 miles east of Sac. Your "101 Reasons..." is well received by everyone and I take tremendous pride in passing it out. It is excellent.

The book information here I beg you to read. It has completely changed my life. The book is marvelous and when ordering many copies the price is 50% less. I am attempting to order 25 and hoping they will give me the discount. My birthday present to myself and I already have a list of all who will receive this fabulous book. Do keep a box of tissues nearby and I suggest never reading this book when even slightly depressed! It is all true stories and most are heart wrenching. Must scoot for now and you take care and thank you so much, so very much for getting the word out and being a great trooper! People like you are heroes! Have one fine day and take care now!
Most Sincerely,

Jane McAnnew - Manges

UP NEWS. I am interested in

2/26

John Cole

Hi!

Please send details
of the 106 Reasons Why
Don't a Vegetarian flyer
in my S&SE is noted
in the Animals' Agenda.

And to think that I
saw it on Melberry Street!
Thanks!

1180 BWA 7

Dear Pamela -

I read about your organization
in PETA NEWS. I am interested in
your news letter, activities, a copy
of your list mentioned in the
article, etc. I have enclosed
dollar donation as requested in
the article's

Thank

Jennifer Simpson

4520 Summer Ave.
Ste. B, Box 175
Memphis, TN 38122

M [redacted], 1993

V [redacted] gie Society
P [redacted] St. Station
P [redacted] ox 294
N [redacted] rk, NY 10012

Please find enclosed my donation of \$1.00 for a copy of Pamela Teisler's list (as noted in the Spring '93 issue of PETA News). I would also like information on VivaVegie's activities as well as the bi-monthly newsletter VivaVine.

Thanks a lot!

Abby P. Smith

Abby P. Smith
PETA Member/Supporter

My address is:

Abby P. Smith
3525 Club Drive, Apt. 601
Lawrenceville, GA 30244

(404) 279-9558

Nov 18, 1991

Hello,

I'm starting lectures
on health, nutrition, and
HERBS!

Please send me ^{extra} copies
of

101 Reasons why I'm
a vegetarian

THANKS!

Rita DIANA M,
[REDACTED]

NY NY 10007



Dear Pamela,

I'm glad you
like the stain glass
thing.

Yes I am the Vera
you met at world
veg Day in the East
Village.

I wish you well,
Peace & Long Life.

Sincerely

P.S. I like your
card. give peas
a chance...

Vera P. [redacted]

10-12-94

Dear Via Vegi Society,

I was looking through some old issues of Vegetarian Times and found your ad for "101 Reasons why I'm a Vegetarian" - The last issue I saw it in was Dec. 1993. I was wondering if there was anyway I could obtain a copy? Anything that you can do regarding this request will be greatly appreciated.

Thank you,
Virginia A Puller

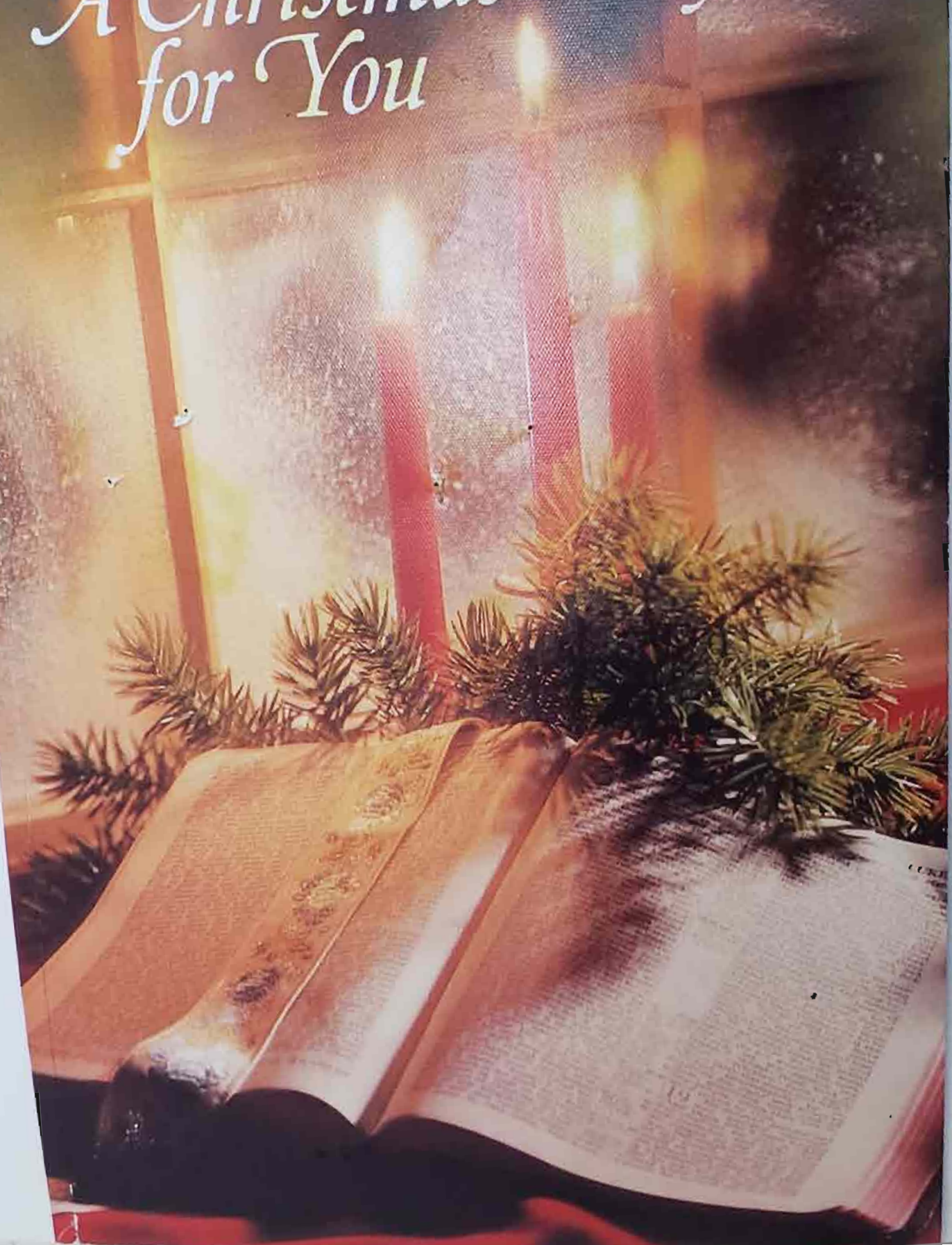
HEALTH

LOVE!

*A special prayer
at Christmastime
that God will always bless
Your days with lasting peace
and joy,
your heart with happiness.*

Leon S.

A Christmas Prayer for You



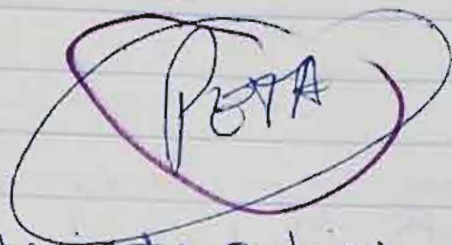
check
database
wrote address?

MAIL
APR 19 1993

1.00

Cash + SASE

Dear Mr. Teisler:



I would appreciate a list of the
101 reasons you're a vegetarian.
Enclosed is \$1.00 and a SASE.

Thanks:

Sincerely,

Kim Maxson

P.S. - I am currently planning my
wedding and we would like an
animal-free reception. Do you know
of any caterers that could handle
such a request? Thanks again!

VivaVeggie Society:

Could I have a copy of "101 Reasons Why I'm a Vegetarian." If there is price, please tell me.

Thank you.

A devoted 16 year old Lacto-Ove Vegetarian

Lynn Tydingco

Lynn Tydingco

6/16/96

Vita Veggie Group.

I heard about your organization through a caller to a radio program.

I would like to receive the booklet, "Reasons Why I am a Vegetarian".

I would also appreciate receiving other literature and source information concerning being vegetarian or vegan.

Enclosed is a small contribution.

Thank you,

Robert L. Taylor

Mr. Robert L. Taylor
503 Long Dr.
Pittsburgh, PA 15241

Dear Friend,

I'm enclosing \$1.00 and SASE for your pamphlet
on reasons why im a vegetarian. Thanks!

I've been one for [redacted] yrs. Would love info on
your via v. societies now. Good luck to you
[redacted]

love,
Wayne

Wayne Sullivan

809 Komegaya Cir.

Indian, SC 29020

1 April 1992

Pamela:

I would appreciate receiving a copy of "101 Reasons Why I'm a Vegetarian". My daughter has been a vegetarian for the past four years (she is now 16), and has made it almost a way of life for the rest of the family. Her reason for becoming a vegetarian was because she did not think it was right to kill animals for food and clothing sources. We all read labels very carefully and will not purchase any food that contains any type of animal product. To my dismay we recently found out that gelatin is boiled animal bones, hoofs and hides. Goodbye jello!

We recently subscribed to Vegetarian Times and find it to be a very educational magazine.

Thanks [redacted] cle.

Marge Morris
13590 196th Ave.
Elk River, MN 55330

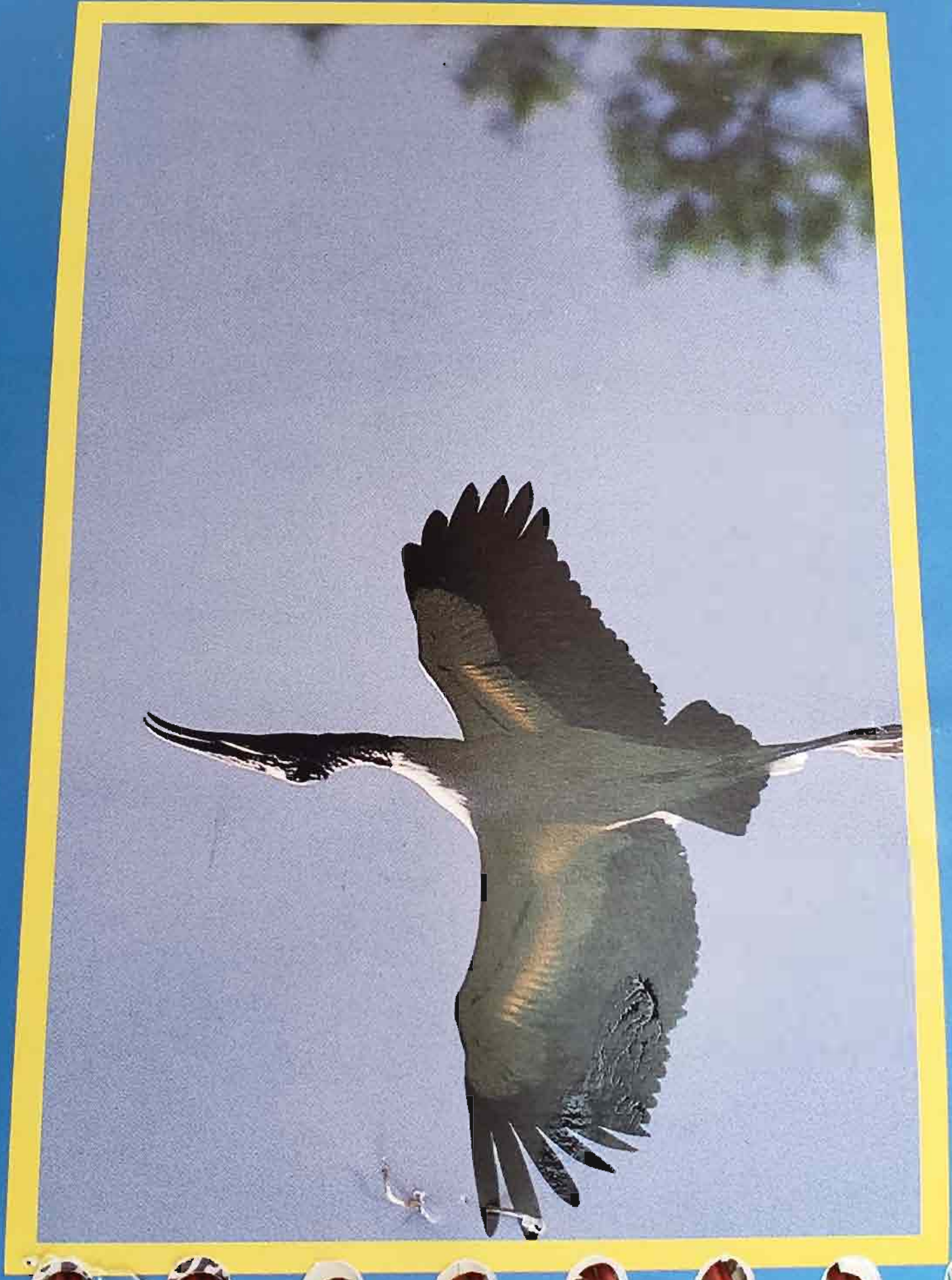
km

Dear Pam,

you have been invited to speak at a local Health food store. I gave the owner 101 Reasons for being a Vegetarian. & was impressed I lost your phone #

- No money involved -
you can call me Vera - 201 9910229
or JoLitta - 201 9911905
Lotus Light
Northridge
New Jersey

P.S. Do you know if its true P.E.T.A. does some bad things against animals. and Humane society raises livestock for slaughter



rec'd 4/20/92
check | no SAS
\$ 3.⁰⁰

Sent flyers out

4-16-93

Dear Viva Veggie, immediately

I will be working at
Earth Day booth and I'm
interested in obtaining any
literature or paraphernalia I
can get my hands on regarding
vegetarianism.

Enclosed is a check for
\$3. Please send three pamphlets
of "101 REASONS WHY I'M A VEGETARIAN" for
display at the booth. If you
should have any items that
you would be interested in
donating for either display or
distribution, please know
that it would be greatly
appreciated!

(314) 949-8874

PATRICIA MEYER


9 J SAN MIGUEL DR.

ST. CHARLES, MO. 63303

(314) 949-8874

Thank You!

Patricia Meyer



Please send me "101
Reasons Why I'm a
Vegetarian" #2.00

George Stephens Jr.
1108 Pinecrest West
Marshall, Texas

75670-6650

Just what ever you could send

To whom it may concern,

I am a mix between a lacto and a lacto-ovo vegetarian.

My reason for being a vegetarian is because I can not handle what people do to animals.

I would like ~~some~~ ^{All} information you could send to me on animal cruelty, CO. using animals

in these studies or products, Also may some information for vegetarian cookbooks.

Just what ever you could send me. I do not know any other vegetarians and just experiment, so I do not know really anything about vegetarianism except from my self.

Thankyou Kim Nicho

Rochester, MN 55902
April 19th, 1992

Pamela Teisler
The Viva Veggie Society
234 Mulberry St., #17
New York, NY 10012

Dear Ms. Teisler,

Thanks for the 20 copies of
"101 Reasons Why I'm a Vegetarian".

Enclosed is a check for \$5⁰⁰
to pay for the copies & postage.

Thanks again,
Maria Mediarilla

K/i ... I PICKED UP "101 REASONS WHY I'M A VEGETARIAN" AT
NYC'S ECOFEST THIS YEAR AND I HAVE TO TELL YOU IT'S GREAT!!!
~~IT~~ IT ADDS MORE AMMUNITION FOR MY RESPONSE TO THE
MOST COMMON QUESTION ASKED OF ME... "HOW COME YOU'RE
A VEGAN?" THANK YOU FOR LAYING OUT ALL THE INFO.

COULD YOU PLEASE SEND ME (2) COPIES OF DETAILED REFERENCES
FOR THE 1996 EDITION. I'VE ENCLOSED 1\$ AND A SASE

THANK YOU

KEVIN MCKAY

STUDENT - ENVIRONMENTAL SCI
UNIVERSITY OF SOUTH FLORIDA

GFH

SPARKS, NV 89432



PLEASE MAIL
EARLY FOR
CHRISTMAS



The Viva Veggie Society

Prince Street Station

Box 294

NY, NY 10012

one copy + vine



FROM: P.O. Box 635 *Suzanna Masket*
NH 03031-0635
Amherst



ry 9, 19
and have
looking
s and lo

Viva Veggie
Prince St. Stat
P.O. Box 29
New York, NY

Ride a bike
Plant a tree
Recycle and
Save energy



~~Write account number on the back.
Do not fold or staple on this page.
Make sure our address shows through window when enclosing payment stub.
Mail all other correspondence separately to the Business Office listed in your phone book.~~

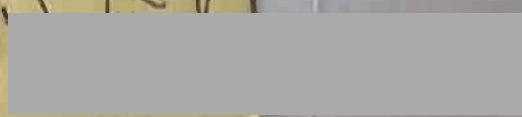
PLEASE:



Jane McAvin...

er-Rice

Hi Pam
Great
concept
Best wishes
TKS





a few miles east of ...
to enter the ...
nc

Pamela Teisler-Rice
PO Box 294
New York, New York
10012

Jane McAviney-Manges
3230 Cessna Dr
Cameron Park, CA
95682



Dear Pamela,

February 9, 1994

I ordered 50 copies of "101 Reasons" and have not yet received them. Am entirely anxious and looking forward to getting them. Please check your files and look into this! The date on my check here is January 27 and the check number is 2022. I sincerely thank you for your time and efforts.

A Fe -Vegie,

Jane!

4 1 96

Dear Pam,

How are you doing? I sure hope allis going well. I am enclosing a check for 35 dollars for 100 copies of your AWESOME, "101 Reasons"!! Too bad the U.S. Post Office does not print a stamp that says, "Vegetarian, a Healthier Alternative"!! Too bad you and I don't run the world!

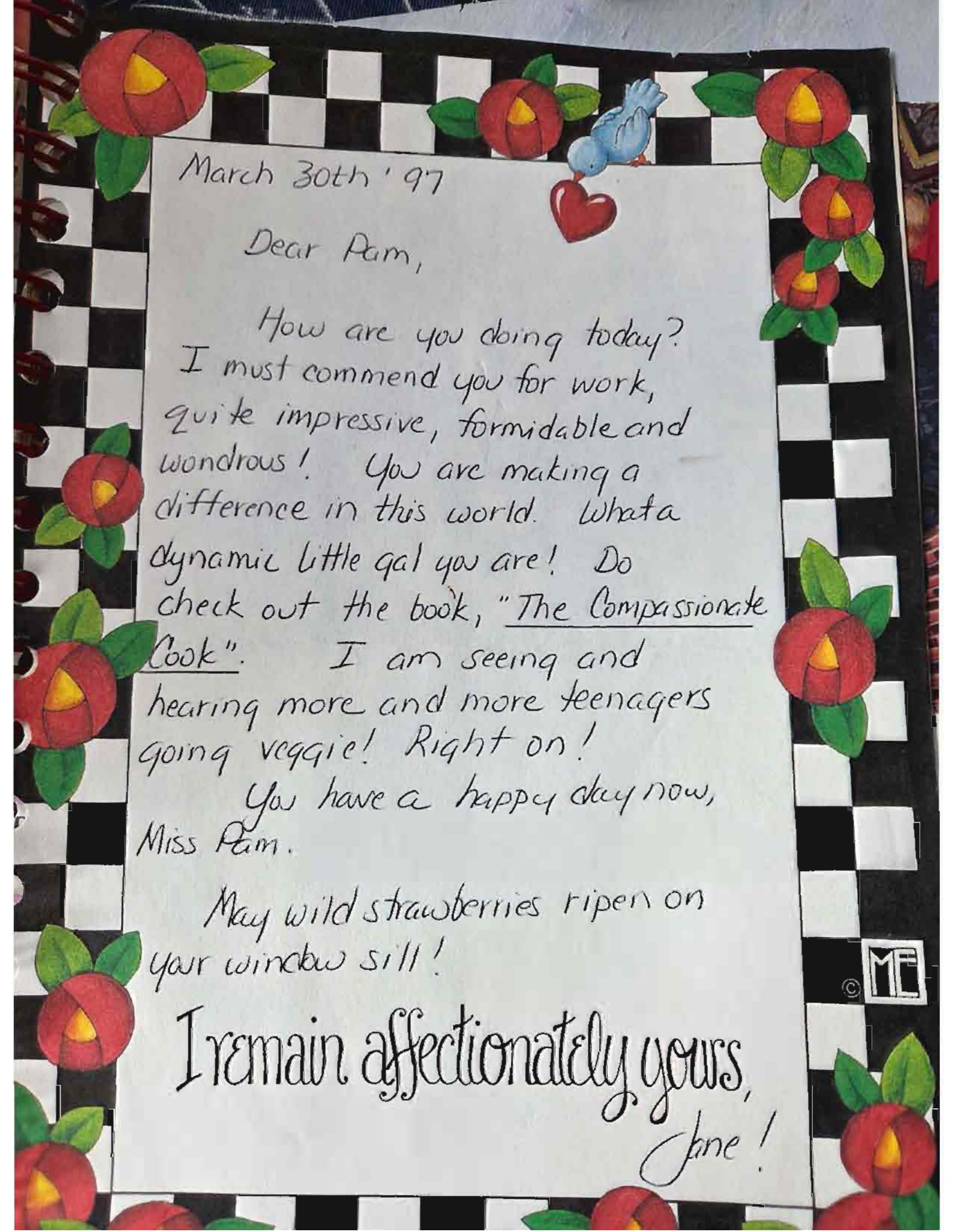
Last night I worked with the director of the cat shelter, it is a no-kill shelter. Anyway, we are trying to catch the colony of 30 feral cats a few miles east of here. I sat there waiting and waiting for the cats to enter the traps. I was thinking how cruel it is people do not respect animals enough to spay and neuter. To abstain from slaughtering and eating. Just too bad.

Thank you for listening. We did trap 9 cats and will be returning tomorrow for more trapping. Have a lovely day, Pam. YOU are making a difference and I commend you highly.

Most Sincerely,

Jane Manges

Jane Manges
3230 Cessna Dr
Cameron Park, CA
95682



March 30th '97

Dear Pam,

How are you doing today?
I must commend you for work,
quite impressive, formidable and
wondrous! You are making a
difference in this world. What a
dynamic little gal you are! Do
check out the book, "The Compassionate
Cook". I am seeing and
hearing more and more teenagers
going veggie! Right on!

You have a happy day now,
Miss Pam.

May wild strawberries ripen on
your window sill!

I remain affectionately yours,
Jane!



Michelle [unclear]



MAIL
APR 10 1993

\$ 1.00

Cash

SASE

Hey, Pamela Teuler!

I like your spirit! Please send me a copy of your 'list of reasons', and information about the V.V. Society, bi-monthly newsletter, and whatever else you're up to.

Thank you!

A Fellow Vegetarian

Dot Hammer

#1 enclosed

SASE enclosed

(PETA NEWS, Spring, '93)

28 February 1992

Rob Osler
4307 N. Paulina, #2F
Chicago, IL 60613

Viva Vegie Society

234 Mulberry St, #17
New York, NY 10012

Folks:

Please send me a copy of your flyer, *101 Reasons Why I'm a Vegetarian*
I've enclosed a SASE per the article in *Animal's Agenda*

Thank you.

Sincerely,



Rob Osler

Dear P.

4 Pinewood Dr.
Taylors, SC 29687
November 15, 1993

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

Dear Ma'am or Sir:

I am a subscriber to Vegetarian Times. In their December 1993 issue, I read the article about Pam Teister. I would like a copy of Ms. Teister's "100 Reasons Why I'm a Vegetarian." I have enclosed a SASE and \$1. Thank you.

Sincerely,
Megan Oakley

\$ 35

check
sent back
per julian

7-7-94

Dear Pamela -

Everyone I show your "101 Reasons" to is amazed & troubled. I think the wisdom of it is its constant crossover from animal concerns to human health to environmental impact. Makes it hard for people to "run away" from the issue! It also gives enough concise fact to not overwhelm people, but also to make sure that they can't think this is a "1/2 of 1% nut-job, crazy" issue.

I'd like to order 100 copies. I am going to use it as the precursor to discussion with those who show interest. I find people have loads of questions, but they are so disappointed & colored by prejudice & commercial advertising that they can't hear a systematic presentation right off. I believe this will help them focus & clarify.

When you "update" again - consider the July 5 beginning of USDA rulings that meat sold in the U.S. must have "warning labels"!!
Creek! How blind can people be?? Also - many people hide behind the word "meat" →

Feb. 1, 1994

Dear Pamela

Jan
June 14

I recently received a copy
of 101 reasons why I'm a
Vegetarian.

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
was happening.

I am thankful people
such as yourself are out
there circulating information
that's trying to be kept
from consumers.

It's so unbearable I
can not decide which is
worse, the treatment performed
on the animals or ingesting their
flesh! Each time I check
my phone message I leave one
of the 101 reasons. Please send
as much info as possible and
anyway I can make a difference.

Crazy & Disgusted
Nicci



234 Mulberry St Apt 17

8-21-92

HELLO

COULD YOU PLEASE SEND ME A COPY OF YOUR "101 REASONS WHY I'M A VEGETARIAN"? I AM ONE - JUST WANT TO SHARE OTHER REASONS. MORE REASONS THAN ONES I KEEP. THANKS!

HAPPY EATING,
MRS N. HOWARD
2844 SE WALNUT
HILLSBORO, OREGON
97123

The Vegetarian Society
2 [redacted] St., Apt 17
New York [redacted]

Ms. Teisler,
[redacted]

31 Aug 92

[redacted] send a copy of "101
Reasons Why I'm a Vegetarian
to the address below.

Thank you

Susan M. Trucks

Susan M. Trucks

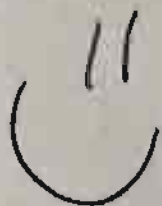
327th Signal Company

Unit 23624, Box 1241

APO, AE 09189



12/10



Dear Pamela-

I am so sorry I forgot
about the Dollar \$! ! Eek!
Sometimes I space out! Here's
a check, in case some other
spaced out caring person
forgets - Bless you - Thanks L