MAY 2013

Compassionate Carnivores

May's Recipe website:

International Vegetarian Union (IVU)

Meat free products: Garden Protein Intl. (GPI)

Recommended book: Omnivore's Dilemma

Please remember to buy only cage-free eggs & to pass this email to your mailing list.

Thank you! Lois

Never doubt that a small group of thoughtful, committed citizens can change the world: Indeed, it is the only thing that ever has. -Margaret Mead

* * *



Hello VIPs,

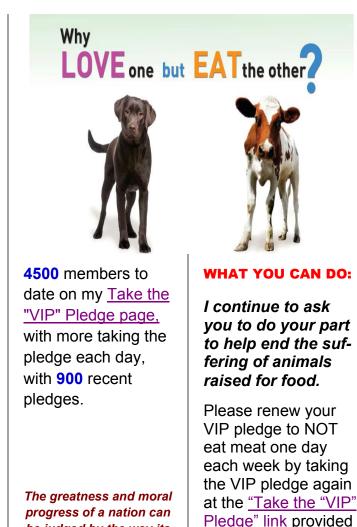
EIGHT years ago I sat across the table from a friend and told her about my idea to launch the Compassionate Carnivores' organization, dedicated to educating meat eaters about the abuses of factory farming. She liked the idea and became my first VIP.

Compassionate Carnivores' VIPs now number 453 from 41 states and 13 countries.

Social networking has become a fabulous forum for spreading this important message with 2700 members on my Compassionate Carnivores Facebook page

1800 members on my **VIP Veggie In Progress** Group page, and

HAPPY 8th ANNIVERSARY **COMPASSONATE CARNIVORES!**



be judged by the way its

animals are treated.

—Mahatma Gandhi

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www.compassionate-carnivores.org

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