

SAFE CONNECTIONS

Society for Animal Freedom & Equality



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Spring/Summer 2006 Newsletter

Awe & Humility - a Winning Combination

Have you ever taken a moment and watched a hummingbird hover in mid air? Or have you ever marveled at a dog's keen sense of smell?



We often neglect to acknowledge the wondrous abilities of other species of animals. Instead, our competitive human nature takes over and leads us to focus on the ways we believe ourselves to be superior to all of them.

When we focus on competition it implies that there is only one winner. So in turn we automatically devalue all of the other species. That dominance denies their inherent right to live free of our control.

What do you think would happen if, rather than competing and focusing on what the other species can do for us, we engaged our qualities of community and compassion?

It is possible that we could help repair the imbalances we have created in the natural order. To make that a reality, it starts with the recognition that we are but one species among thousands, all sharing this planet.

The world needs all of us equally.

Community Engagement

This summer SAFE is reaching out to the community through various avenues. We are sponsoring a Humane Education workshop, presenting at an Earthsave Canada potluck, being a guest on the Animal Voices radio show, and joining other local animal protection organizations to celebrate Animal Rights Day, downtown Vancouver, BC.

For more information on these events, please go to SAFE's website at www.animalequality.org.

Discussion Board

Come join in on the forum discussion board on SAFE's website, www.animalequality.org. It is a great place for people to share their thoughts, hopes, and struggles, as they explore and shift their beliefs and perceptions towards other species of animals.



www.animalsinthewild.org

Whether you are in need of support, or want to share your successes, the discussion board is the right place for you.



Book Review: *Ishmael* by Daniel Quinn

Ishmael is a novel with heart and answers. Its style draws you in, making you hungry to learn the answers it provides to the biggest question facing humankind, "How can we save the earth from ourselves?"

This book clearly lays out a different, thought-provoking theory of why we hold the belief that we are separate from nature and that everything in the world is here for us to use.

It inspires us to use our inventive spirits, to get excited about creating new ways to live as part of the world, rather than justifying our taking away from it. *Ishmael* is a must-read for all who have hope for the future.

Take the Challenge

Are you like so many others who haven't given much thought to why you believe a certain way about our relationship, or lack-there-of, to other-than-human animals? If so, we challenge you to start thinking about it now.

We are confident that a natural shift in your perceptions of the world around you will occur. That is the gateway to freedom for yourself and for all animals.

If you need support in finding the answers, SAFE is there to help you. Join in on the discussion board, or contact us directly via phone or email.

Join SAFE's Volunteer Network

Do you have a special skill, or a bit of extra time and energy to give to help make the world a kinder and gentler place? SAFE has many volunteer opportunities. Contact us via email at safe@animalequality.org or call us at 778-371-8229.

Favourite Summer Recipe:

Mom's potato salad 'veganized'

This easy-to-prepare salad is a hit with vegans and non-vegans alike.

4-5 medium potatoes
1-2 sliced carrot
1-2 stalks celery, diced
1 ½ cups sliced cucumber
½ cup peas
½ cup Vegenaïse (vegan mayo)
2 tbsp. diced dill pickles or relish
1-2 tbsp. mustard
salt to taste

Boil potatoes, then let cool before slicing to desired size chunks. Combine all ingredients into one big bowl, mix well. Chill and serve.

You can make as much or as little as you want. Play around with the proportions to suit your tastes, add other veggies – it's all good!

YES! I want to help SAFE and animals.

Please accept my donation:

\$10 \$25 \$100 \$500 Other _____

Name _____

Address _____

Phone _____ Email _____

I would like to volunteer I would like to receive email updates

Mail cheque or money order to Society for Animal Freedom & Equality (SAFE)
PO Box 44143, Burnaby, BC, V5B 4Y2. *Thank you!*



Farm Sanctuary

