



Poultry Press

Promoting the compassionate and respectful treatment of domestic fowl

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Vegan – More Than Just “Tofu and Sprouts”



UPC# 11656

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Concerns**

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Photo: United Poultry Concerns

Jill & Juniper

UPC President Karen Davis published the following Comment in the Internet letters section of The Independent, a popular newspaper in the United Kingdom. It is a response to what The Independent called “the distressing and unnatural conditions endured by Britain’s 800 million ‘broiler’ chickens” documented in a new video by Compassion in World Farming.

At the same time as these revelations appeared, People for the Ethical Treatment of Animals published a video of Tyson workers at

a U.S. slaughter plant in 2007 urinating on live chickens and other vicious behaviors. It is time for the humane people of the world to abandon animal-based diets and choose to eat compassionately. Leave “pee pee” steps to baby chicks – take a GIANT STEP!

**A response to “The Cost of Cheap Chicken,”
Jan. 4, 2008**

**By Karen Davis, President of United Poultry Concerns, *The Independent*, Jan. 22, 2008
Edited and updated for this issue of *Poultry Press*.**

Governments, corporations and others are looking for smarter, more efficient technologies to neutralize the negative impacts of intensive farmed animal production. There is this idea, this hope, that 6 billion-plus people on the planet, devouring huge quantities of animal products, can somehow consist with “humane, sustainable” animal agriculture. I think this is false, and that if a vegan solution to our environmental and animal welfare problems seems hopelessly idealistic, a shift away from industrial animal production practices to supply billions of omnivores is even more so.

It isn’t just “factory farming.” The problem is *animal* farming (which is all basically industrial, because hundreds and thousands of animals in a single commercial location = industrial). Make no mistake: even improved living standards for chickens and turkeys and other farmed animals are far lower than the standards most people

would consider minimally acceptable for animals of comparable sentience and intelligence, such as a dog, a parrot or a cat. Farmed-animal “welfare” will never come close to meeting the complex needs of the animals involved.

In addition, animal products pose a significant food-safety risk. According to the U.S. Department of Agriculture, the major foodborne pathogens (disease-causing microorganisms including *Salmonella*, *Campylobacter*, *E. coli*, and *Listeria*) that make people sick and susceptible to arthritis and other degenerative diseases are to be found in “meat, poultry, seafood, dairy products, and eggs.”

Given the international trade in animals’ bodies and in processed foods containing animal products – which are increasingly assembled not only from different animals but from different countries – it is virtually impossible to regulate the agribusiness economy in the interest of food safety. Each hamburger contains tissue from a hundred different “spent” dairy cows, as noted in Gail Eisnitz’s book *Slaughterhouse*. The dairy industry’s brutality to “spent” cows was recently documented in a highly-publicized investigation by the Humane Society of the United States at a California slaughter plant. But what was revealed there goes on all the time all over the world.

An icky little grease ball item like a chicken nugget can be made out of stuff from the four corners of the earth and is basically an assemblage of diseased flesh – skin, scabs, sores, bruises, pus. Chicken nuggets and patties supplied to the USDA’s National School Lunch Program have been said by inspectors to be made out of chickens who “usually have either airsacculitis, a pneumonia-like infection, or inflammatory process, which is similar to an infected cut.” In both cases, “pockets of pus” form in various parts of the body that can be “like a jelly.” However, “Even if a diseased bird is found, little is likely to happen.” An inspector can find “sores on 52 percent

of the birds, and the company’s product still will pass inspection.”

By contrast, a vegan diet is not only an opportunity to create a less violent and toxic world, but an intelligent food safety choice that doesn’t depend on the government. Nor will a vegan diet sacrifice jobs or ruin the economy. As long as people exist, the same amount of food will have to be produced and sold, and all plant food has protein.

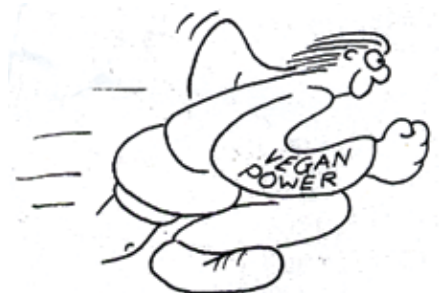
As consumers, we can use our purchasing power to speed technological conversion to the production of all-vegetarian foods. In retooling, producers will hire just as many workers as before to feed the hungry-as-ever population. For those who care about animals, health, and the well-being of the planet, the happy task is to show people the many wonderful vegan products, recipes and menu items that are available – delicious cholesterol-free meats, soy ice creams, and much more.

In any event, no one should be allowed anymore to get away with dismissing vegan food as a boring “diet of tofu and sprouts.” Not that there is anything wrong with tofu and sprouts; rather, what is unacceptable is the stereotype of vegan consumers and foods as meager and ascetic. We can have a happy, healthy life without slaughterhouses. ♡

– Karen Davis

“The promotion of Freedom Foods products, free range systems and the use of slower growing chickens can only ever have a marginal impact on bird welfare. The lives of these ‘high welfare’ birds are also miserable and deprived. The fundamental problem is the commodification of chickens (and of other farmed animals). There will always be a niche market for less roughly-treated birds, but for so long as animals are mass produced, fattened, transported and killed for food products, then those engaged in such activities will obey the rules of the market place and seek to reduce unit costs and maximise output. These cardinal rules of the marketplace translate inexorably into animal suffering. Animal Aid believes that it is cruel and immoral to treat animals as commodities, which is why we promote the non-animal diet.”

From “Give it up, guys,” by Andrew Tyler, Director of Animal Aid in the U.K., *The Guardian*, March 1, 2008



Go Vegan!

MorningStar Farms, a Kellogg's company, is a leader in providing delicious vegan products. They include:

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New cookbooks: available at your local bookstore or order online:

Veganomicon: The Ultimate Vegan Cookbook by Isa Chandra Moskowitz & Terry Hope Romero from Marlow & Company

Vegan with a Vengeance: Over 150 Delicious, Cheap, Animal-Free Recipes that Rock by Isa Chandra Moskowitz from Marlowe & Company

Vegan Seafood: Beyond the Fish Shtick for Vegetarians by Nancy Berkoff from The Vegetarian Resource Group ♡



Humane Education Committee Brings Teachers & Students Together for Chickens at New York City Conference, Jan. 26

“*Chickens Can Fly*” was a wonderful experience even though it was hard for me to stop crying.” – one teacher’s evaluation of the conference

C*hickens Can Fly: Learning About Farmed Animals and Farm Sanctuaries* provided a unique opportunity in learning to incorporate creative and interdisciplinary lessons about chickens, and other animals raised on farms, into the curriculum for teachers of grades pre-kindergarten to twelve. Organized by Dr. Sheila Schwartz, head of the Humane Education Committee of the United Federation of Teachers, and a member of United Poultry Concerns’ Board of Advisors, the conference featured UPC President Karen Davis, PhD as the keynote speaker (along with other excellent speakers including Pamela Rice of NYC’s VivaVeggie Society*), and included a vegan cooking demonstration by Certified Health Practitioner Sharon Cahr whose recipe booklet “Cluckless Cutlets and More” was passed out free to participants along with an amazing array of books, videos, posters and curriculum guides provided by United Poultry Concerns, Animal Place, Farm



Karen with Flopsie & baby chick

Sanctuary, and the Humane Education Committee.

Teachers learned how to integrate lessons about chickens and other farmed animals, as well as plant-based meals, into their classroom programs. The luncheon featured delicious soy “chicken” nuggets prepared by the cafeteria. Ta dah!

To learn more about the United Federation of Teachers Humane Education Committee, click on: <http://www.uft.org/member/committees/humane/>.



Karen Davis addresses Chickens Can Fly conference

*Pamela Rice, founder of the VivaVeggie Society, is the author of the terrifically informative book *101 Reasons Why I'm a Vegetarian* published by Lantern Books (To order, call 800.856.8664 or visit lanternbooks.com.) The VivaVeggie Society is organizing the **First Veggie Pride Parade in America, Sunday May 18 in Greenwich Village, New York City**. Procession begins at Noon in the Old Meat District and culminates in Washington Square Park where a

festival will take place. For information, call 212.242.0011 or visit www.veggieprideparade.org. ♡



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Minnie's Dream by Chickens' Lib founder Clare Druce is a powerful and moving story about a young girl's encounter with a "battery hen" named Minny, who begs her friend Paula to set her free. Should Paula help Minny and risk being arrested? Risk her parents' wrath? Minny's "dream" is the caged hen's "ancestral memory" of who she really is and how she was meant to live, told in her own words. *Minnie's Dream* dramatizes the story of the plight of chickens from the tropical forest to the battery cage and the moral issues involved in whether *to rescue or not to rescue*. "Paula knows she must stand up for what she believes in, but can she succeed against the odds?"



Minnie's Dream is perfect for middle school students. It is for all people 8 years old and up. Teachers who attended the Humane Education Committee's "Chickens Can Fly" conference each received a copy of this wonderful book. Order from UPC. \$10 includes shipping.



Chickens Slaughtered by New York Students: Curriculum Cruelty in the Classroom

“I am asking you to give the gift of life to these birds” fell on deaf ears.

On December 12, 2007, high school students slaughtered 22 chickens as an elective classroom exercise in Eric Cosman’s ecology class at Canandaigua Academy in upstate New York. UPC member Joel Freedman, chairman of the public education committee of Animal Rights Advocates of Upstate New York, published the following letter describing his effort to stop the killings:

“Wrong lesson for science class,” *Daily Messenger*, February 8, 2008
By Joel Freedman

A massacre took place in a Canandaigua Academy science classroom Dec. 12, when students were instructed to behead 22 live birds.

Two days prior, I met with the teacher, the principal, and the superintendent of schools.

I was told students cared for the hens for several weeks. The program is designed to acquaint students with “life’s realities,” including the slaughter of food animals. Had the school not purchased these hens, they would have been slaughtered elsewhere.

I countered that the students had already observed the teacher slaughtering two hens the previous week. I had been in touch with Farm Sanctuary. The birds could be transported there for lifelong care, at no expense or inconvenience to the school.

“I am asking you to give the gift of life to these birds. We all want mercy and compassion extended to ourselves, but we should also extend it to other living beings when it is in our power,” I pleaded on the birds’ behalf.

The teacher showed me the henhouse. The hens’ living conditions were satisfactory.

I reminded the educators the planned slaughter could traumatize some students, or produce a callous attitude in other students.

The principal phoned me the following morning to

explain the “activity” would be carried out, but with an effort “to spare as many birds as possible.”

On Dec. 12, 22 birds were beheaded. Farm Sanctuary rescued the surviving bird on Dec. 14. Now named Araminta, she is friendly and sweet, coos much of the time, and loves to be petted, to perch on people’s arms and ride on people’s shoulders.

In “Schindler’s List,” one of the Jewish workers told Oskar Schindler that when a person saves another life, that person “saves the world.” Whenever we are involved in endeavors to promote kindness to other species, we also “save the world.”

Just as cruelty to animals by humans can promote cruelty toward other humans, kindness to animals by humans promotes human-to-human kindness.

Henry Drummond wrote: “I shall pass through this world but once. Any good therefore that I can do, or any kindness that I can show to any being, let me do it now. Let me not defer or neglect it, for I shall not pass this way again.”

This is what should be taught at school. – *Joel Freedman*

Joel’s letter prompted an article in the *Daily Messenger*, “Meat isn’t always wrapped in plastic,” defending the project. An outpouring of letters to the editor followed, including this letter from UPC President Karen Davis:

“Teach kids something useful, like vegan cooking,” *Daily Messenger*, Feb. 19, 2008
By Karen Davis, President of United Poultry Concerns

The article about slaughtering chickens at Canandaigua Academy last fall (“Meat isn’t always wrapped in plastic” by Stephanie Bergeron, Feb. 11) reminded me a little of the mainstream coverage of U.S. soldiers fighting in Iraq. Everything is pretty upbeat. You’d hardly guess the traumas involved. For that, you

have to bypass the conventional packaging of events. “Thinking outside the bun” means more than choosing one fast-food restaurant over another.

As a former classroom teacher, civil rights activist, and juvenile probation officer in Maryland, I know that many young people, faced with adult-sanctioned violence packaged as “necessity, “it’s always been this way,” the victim “doesn’t really suffer,” and so on, are intimidated into compliance at odds with their true feelings and moral impulses.

Thus, while some students may express the trauma they endured in watching a fellow creature be intentionally harmed, most silently carry the burden of a horrible memory of the cruelty they experienced at school. Ironically, some of the loudest defenders of this business are those very people.

Regardless of where one stands on the ethics of slaughtering animals in the classroom, the idea that chickens are “stupid” is false. Chickens are intelligent birds, as avian specialist Dr. Lesley Rogers shows in *The Development of Brain and Behaviour in the Chicken*, and as I know well from having run a sanctuary for chickens since 1987. Even if chickens were stupid, however, that wouldn’t justify betraying their trust and killing them just to make a point.

In January, I attended a teachers conference in New York City which served delicious vegan “chicken” nuggets made of soy, preceded by a cooking demonstration. Mock meats allow people to enjoy the texture and flavor of meat without the slaughter. People are amazed they’re not eating meat. It would be great if in the future, instead of killing chickens, the classroom course would teach students how to prepare a mock-meat vegan meal, and maybe even set up a vegan cooking contest. That would take the educational experience to another level of adventure, while helping to make the world a better place. – *Karen Davis, President, United Poultry Concerns*

“Lesson from a chicken,” Editorial, *Daily Messenger*, Feb. 19, 2008

<http://www.mpnnow.com/opinions/x1637128130>

On Feb. 19, the *Daily Messenger* editorialized in “Lesson from a chicken” that slaughtering chickens at school was justified if it taught children that “life is not easy.” UPC President Karen Davis responded

with **“Hard Truths,” in the *Daily Messenger’s* online Comments section, Feb. 19, 2008:**

Indeed, there are many hard truths for children to learn, but we do not teach children the most violent and brutal of these truths by reproducing them in the classroom. For example, the suffering and death taking place in Iraq is a hard truth, but we do not reproduce literal warfare in the classroom in order to get the point across. Rape, murder, spousal and child abuse are hard truths but we don’t argue that the only way for children to understand these human behaviors is to reproduce them in school. We don’t perform abortions in school and then say that if students understand abortion a little better as a result, there is nothing wrong with that. Schools teach geography and history in the belief that students can learn about the world and the past without literally traveling everywhere, including back in time. Therefore, the justification offered by this editorial is pedagogically weak. . . . – [Excerpt] *Karen Davis* 🐔

What Can I Do?

🐔 Please urge the Canandaigua City School District Superintendent to eliminate animal slaughter projects from the school district’s curriculum. Politely state your reasons and request a written response:

Mr. Donald Raw, Jr.
Superintendent of Schools
Canandaigua City School District
143 North Pearl Street
Canandaigua, NY 14424

You are encouraged to send a copy of your letter to:

Mrs. Tarry Shipley, President
Board of Education
Canandaigua City School District
143 North Pearl Street
Canandaigua, NY 14424

Legal News

U.S. Court Upholds Denial of “Humane Slaughter” Coverage to Birds

In light of investigations documenting extreme cruelty to birds in slaughter plants in Arkansas, West Virginia, and Maryland, the Humane Society of the United States and California-based East Bay Animal Advocates sued the U.S. Department of Agriculture on November 21, 2005, challenging the exclusion of poultry from the Humane Methods of Slaughter Act, and seeking to ensure that the birds are unconscious before being slaughtered. The lawsuit stated that poultry plants hang live birds injuriously in metal shackles, and subject them to paralyzing electric shocks, before cutting their necks and dumping them into tanks of scalding, feces-contaminated water while they are still alive.

However, U.S. District Court judge Marilyn Hall Patel dismissed the lawsuit in March, 2008, stating that in her opinion Congress “intended to exclude poultry from the definition of livestock when it enacted H.R. 8308,” the bill that became the Humane Methods of Slaughter Act in 1958.


In the mid-1990s, United Poultry Concerns led the campaign on behalf of legislation that would have extended federal “humane slaughter” coverage to poultry, who represent the majority of all animals slaughtered in USDA-inspected facilities – 9 billion of the 10 billion animals now being slaughtered each year, with millions more birds unaccounted for – only to meet with the same blunt object of defeat.

California Ballot Initiative Could Ban Battery Cages for Laying Hens

To put a measure on the November, 2008 California ballot that would ban barren battery cages for laying hens in the state, 433,971 valid signatures had to be gathered by the end of February. This goal appears to have been reached. Close to 90 percent of the 19 million hens used for egg production in California are stuffed in little wire cages stacked in long rows in dirty, windowless sheds, the size of football fields.

Absurdly, egg industry spokeswoman Joy Mench, director of the University of California’s Center for Animal Welfare, says an advantage of the caged environment is its cleanliness! Forget the cobwebs, floating debris and droning machinery, droppings plopped on hens’ backs from the cages above, encrusting the wires and accumulated in mountains beneath the cages. Forget the rodent droppings in the hens’ food, the excretory ammonia fumes burning into their eyes and lungs. Forget the cellulitis, respiratory infections and other diseases spawned in the presence of filth. Forget the corpses the hens use as footstools to relieve their feet from the chronic pain of wire floors.

Battery cages are hell on earth, but let no one be misled to think that the “cage-free” environment is humane. “Cage-free” hens are deprived of the outdoors. They typically live in darkened, crowded, ammonia-filled buildings, with nothing to do but lay their eggs and eat mash, until the survivors are dragged off to slaughter (or a live poultry market or a landfill) the same as their battery-caged sisters, of whom more than 5 billion are confined in cages around the world each year.

“Cage-free” hens are almost always debeaked. Why? Because bored chickens, deprived of outlets suited to their energies and interests, can be driven to peck at one another and, sadly, the “cage-free” environment is but a notch or two above the totally impoverished environment of the battery cage. As a result, some “cage-free” proponents are advocating beak trimming as an acceptable deterrent to beak-related injuries in the “cage-free” systems. Virtually all hens in all egg-production systems are debeaked at the hatchery – a brutal, painful surgery that “will always cause a deprivation of sensory input in the beak, an important source of information in birds” (Glatz, *Beak Trimming*, 2005, p. 77). 

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Freddaflower Memorial & Appreciation Fund

The pain of losing them is the price we pay for the privilege of knowing them and sharing their lives. . . .
Vicky Barbee

We thank those people who have contributed to our work with recent donations *In Loving Memory and in Honor and Appreciation* of the following beloved family members and friends:



Please accept this gift as a thanks from all of Feathers' friends who depend on you and all that you are doing to make their lives better. – *Jeri Kratina*

Liqin Cao and Freddaflower

Enclosed is my contribution to United Poultry Concerns in memory of Regina Hyland. – *Mary Picca*

This is in memory of Regina Hyland. As always, thank you so much for all you do. – *Pam Harders*

My donation is in memory of United Poultry Concerns' beloved hens, Petal and Annabelle. – *Madelaine Burgess*

In honor of Leonard, Nathaniel, Julie, Fredericka, and Bertha. – *Paul Deane*

Please accept my gift in memory of my chicken Sunny, whom I loved and will never forget. – *Amanda Willis*

In memory of all the suffering turkeys and chickens. There has to be an end to all this terrible suffering. – *Hilde Wilson*

International Respect for Chickens Day, May 4, 2008 Listed in Chase's Calendar of Events

***Stick Up for Chickens in Your Community!
School * Office * Home * Street * Media - Do a
positive Action!***

Lunched in 2005, International Respect for Chickens Day is a project of United Poultry Concerns designed to celebrate the beauty, dignity and life of chickens and to protest against the bleakness of their lives in farming operations. We encourage people to do an ACTION for chickens on or around May 4 – May is International Respect for Chickens Month!

Ideas include leafleting on a busy street corner, holding an office party or a library display, writing a letter to the editor, doing a radio talk show call-in, tabling at your local school, church or shopping mall, holding a classroom celebration, showing the movie *Chicken Run*, hosting a vegan open house – or simply talking to family, friends or strangers about the plight of chickens. For a minimum \$5 donation, UPC will provide you with beautiful posters and brochures. Here is a sample of last year's activities:

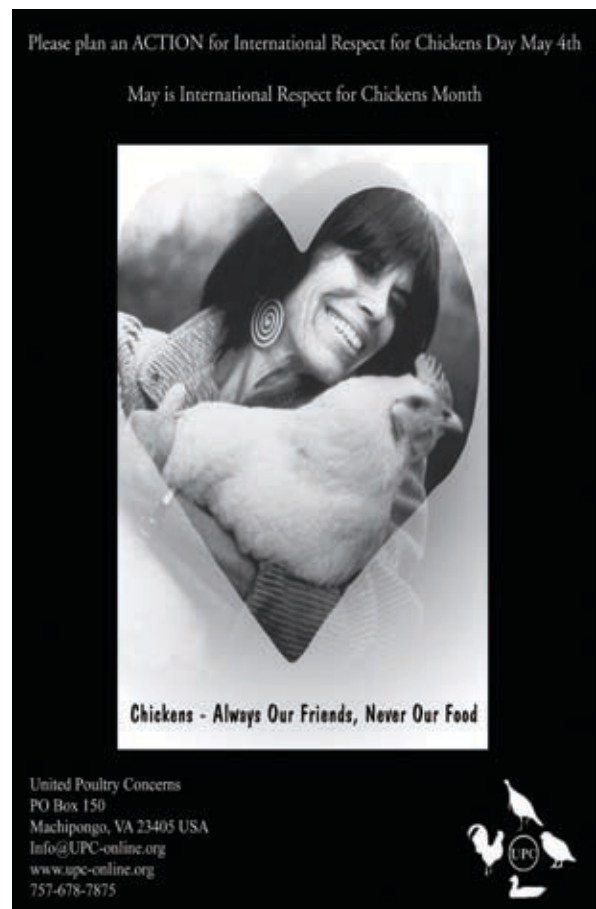
"My office set aside time to let me address International Respect for Chickens Day at our meeting that week, and I was very pleased at the result and the interest my co-workers showed." – Chalon Carroll Young, Esq.
Orlando, Florida

"I wrote a letter to the editor of the Messenger-Inquirer and journalist Suzi Bartholomy called to interview me for her article that said, 'Because of her pet chickens, Ray has become a farm animal activist and will be celebrating her second annual International Respect for Chickens Day on May 4.'" – Sheila Ray, Owensboro, Kentucky

"Wanted to let you know that we celebrated International Respect for Chickens Day again this year. We had a blast! I did a really lively interview on one of Vancouver's most popular late-morning radio shows, and my colleague took Henny, our six foot escaped battery hen mascot, out on the street to educate the public. What fun!" – Bruce Passmore, Vancouver Humane Society, British Columbia

"I teach at an elementary school in Miami Florida. For the last several years, my classes have celebrated International Respect for Chickens Day. The students really enjoy it and have a lot of fun while learning about chickens." Rick Rizzo, Miami, Florida

"Just wanted to report back on International Respect for Chickens Day in Baltimore. We leafleted and distributed samples of mock 'chicken' in front of a McDonald's in downtown Baltimore, then held a demonstration at a KFC stand at the Lexington Market. People eagerly took our mock 'chicken' nuggets, and we had all positive reviews!" – Erin Marcus, Baltimore Animal Rights Coalition, Maryland




"Chickens - Always Our Friends, Never Our Food" appears in the 2008 Genesis Awards Souvenir Journal March 29, and in the Souvenir Program Book of the American Anti-Vivisection Society's 125th Anniversary Celebration Dinner April 5.



Life
Can Be
Beautiful

Go
Vegan!



United Poultry Concerns (757)678-7875 www.upc-online.org

UPC display ad "Life Can Be Beautiful" appears in Washington, DC Metrorail cars mid-April through May, in honor of International Respect for Chickens Month.

Chicken Photo Calendar Contest – Enter Your Favorite Chicken Photo!

Please join Chicken Run Rescue and United Poultry Concerns in recognizing May as International Respect for Chickens Month. We invite you to capture the beauty, joy, intelligence, dignity, agility, and zany exuberance of your birds in a photograph. Each year, twelve winning photos will be published in a calendar and winners will receive a free calendar. All of the proceeds of the calendar sales will enable Chicken Run Rescue to continue to help chickens for another year.

For information on how to enter your chicken photo and learn more about Chicken Run Rescue, located in Minneapolis, Minnesota, please click on <http://www.brittonclouse.com/chickenrunrescue/photos08/index.php?x=about>.

Chicken Run Rescue Director Mary Britton Clouse is a member of UPC's Advisory Board and was featured in the Winter Spring 2007 issue of *Poultry Press*. ♥

Debeaking: The Defining Moment for Me



Photo by: David Bergeland, The Courier News

Ashley & Spencer

By Jane Kramer

About four years ago I watched a film that our Unitarian Church was showing about farmed animal abuse. I forget the name of the film but remember that it was narrated by Mary Tyler Moore. Looking back, I realize it was actually a very mild depiction of factory farming. I've since seen much worse.

The defining moment for me was watching baby chicks being debeaked. Each baby chick closed its eyes and winced as it encountered the debeaking machine. I sobbed, and haven't eaten meat since.

I appreciate your magazine and what you are trying to do for chickens and other poultry. I write any letters you suggest. I write letters to the newspapers. I tell my friends and acquaintances about the tortures of factory farming. Many people, like me, believed there were laws in place to protect animals and that those used for food lived good lives and were humanely killed.


The truth is so much more terrible and most people are shocked and upset. I see people making changes in their lives and at least seeing that this is a terrible thing, factory farming.

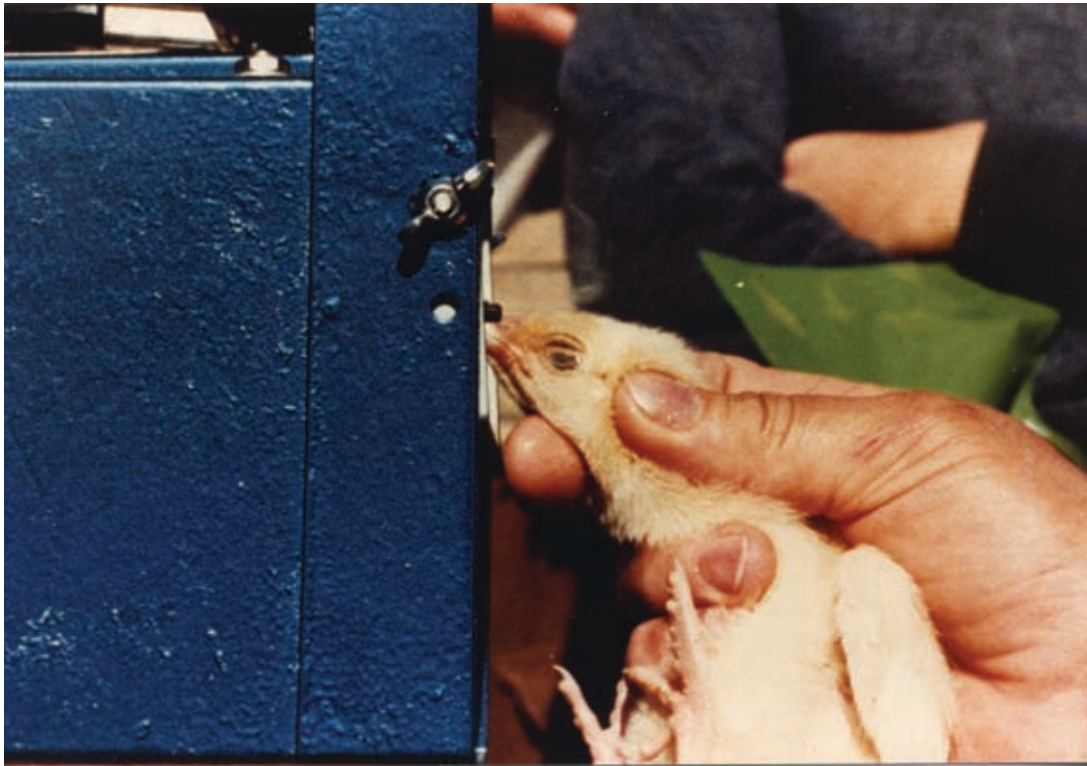
Our torture and use of living creatures comes at a huge price to humanity, physically, spiritually and morally. You can't hurt someone else without first hurting yourself.

Enclosed is a picture I cut from a local paper a few years ago. It speaks volumes. Keep keeping on, please! –
Sincerely, Jane Kramer

Jane Kramer is a member of United Poultry Concerns. She lives in New Jersey.

Debeaking: It Isn't Just "Factory Farming"

Debeaking ("beak trimming," or as the turkey industry now calls it, "beak conditioning") was invented by farmers in the 1930s as a "solution" to the frustrated pecking behavior that develops in chickens forced into crowded confinement. As poultry scientist Ian Duncan has emphasized: *"Feather pecking is NOT aggression; rather it's foraging behaviour gone wrong. The solution of industry is to chop off beaks."* 



What Can I Do? Say 'Bye to Shells from Hell

Try Ms. Ticklefeather's Pumpkin Spice Cookies!

Makes 36 cookies

Pre-heat oven to 350 degrees

These delicious soft cookies are made with a flaxseed & water puree to replace eggs. Flaxseeds can be bought at most grocery stores.

- 3 Cups pastry flour
- 4 teaspoons baking powder
- 1 teaspoon salt
- 1 teaspoon baking soda
- 1 teaspoon cinnamon
- ½ teaspoon nutmeg
- 1-1/2 Cup sugar or other sweetener
- 4 Tablespoons flaxseeds
- 1 Cup water
- 1/3 Cup vegetable oil
- 1-1/2 Cup solid-packed canned pumpkin
- ½ Cup water
- 1 Cup raisins

Mix dry ingredients together and set aside.

Blend flaxseeds and water in a blender for 1 to 2 minutes till mixture has the consistency of a whipped-up raw egg. Add oil to flaxseed mixture, and blend to mix. Add to the dry ingredients, along with the pumpkin, additional water and raisins. Mix till just combined and no dry flour is left. Drop by tablespoons onto an oiled baking sheet. Bake 15 minutes till lightly browned. Remove from baking sheet with a spatula, and place on a rack to cool. Store in an airtight container.

Recipe by Jennifer Raymond in UPC's Replacing Eggs booklet with 16 fabulous chicken-friendly recipes! \$3.50 includes shipping direct from United Poultry Concerns – order now! ♥

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A LEGACY OF COMPASSION FOR THE BIRDS

Please remember United Poultry Concerns through a provision in your will.
Please consider an enduring gift of behalf of the birds.

A legal bequest may be worded as follows:

I give, devise and bequeath to United Poultry Concerns, Inc., a not-for-profit corporation incorporated in the state of Maryland and located in the state of Virginia, the sum of \$ _____ and/or (specifically designated property and/or stock contribution).

We welcome inquiries.

United Poultry Concerns, Inc.
P.O. Box 150 • Machipongo, Virginia 23405-0150



Photo by Tal Ronnen

ANIMAL PEOPLE - the Humane Movement in America

A film by Gary Kaskel, Music by Robert Douglas.
This 84-minute award-winning documentary includes UNITED POULTRY CONCERNS, Karen Davis and many other leaders from within the animal advocacy movement in America. DVD \$23 USD



STOCK CONTRIBUTIONS

Dear Friends,

Several of our members have made financial contributions in the form of stock to United Poultry Concerns through our securities account. We are deeply grateful for these gifts, and anticipate more in the future. There are two obvious benefits in making stock contributions. Please consider these advantages in making your future gifts to United Poultry Concerns.

Donors may give as much stock as they want to a nonprofit organization without impinging upon their estate. By giving this way, they avoid paying a capital gains tax on their assets, because they are gifting their assets.

The benefits to the nonprofit are obvious. In giving a gift of stock, you enable the nonprofit of your choice to grow and do more. It's as simple and important as that. Everyone wins.

United Poultry Concerns has a securities account with **UBS Financial**. For information on how you can donate to us this way, please call our financial advisor, **Claudia Puopolo**, at UBS at **757-490-5639** or **800-368-4070**.

From United Poultry Concerns and all our Feathered Friends, we thank you for helping to ensure our future!

Sincerely,
Karen Davis, Ph.D.
President



POSTCARDS

20 for \$4.00,
40 for \$7.50



"Love is Best"
23¢ version

**"Misery is Not
a Health Food"**

37¢ version



**"Chickens - To Know Them
is to Love Them"**

37¢ version



**"Peaceable
Kingdom"**

23¢ version

PLUS:

- Re-Searching the Heart
 - Turkey & Child: Friends
- both 23¢ versions

UPC Ordering Information:

All Prices Include Postage
To order indicated items send check
or money order to:
United Poultry Concerns
P.O. Box 150
Machipongo, VA 23405-0150

Or order online at upc-online.org

FACT SHEETS

20 for \$3.00:

- "Viva, the Chicken Hen / Chickens Raised for Meat"
- "Jane-one tiny chicken foot"
- "Debeaking"
- "Starving Poultry for Profit" (forced molting)
- "Poultry Slaughter: The Need for Legislation"
- "Why Be Concerned About Mr. Perdue?"
- "The Rougher They Look, The Better They Lay" (free-range egg production)
- "Intensive Poultry Production: Fouling the Environment"
- "Philosophic Vegetarianism: Acting Affirmatively for Peace"
- "The Rhetoric of Apology in Animal Rights"
- "Providing a Good Home for Chickens"
- "Chicken Talk: The Language of Chickens"
- "Celebrate Easter Without Eggs"
- "Chicken for Dinner: It's Enough To Make You Sick"
- "Guide to Staffing Tables: Do's & Don'ts"
- "Assume No Animal Products are Safe"

- "Henny's New Friends"
- "Avoiding Burnout"
- "The Life of One Battery Hen"
- "Bird Flu - What You Need to Know"

BROCHURES

20 for \$3.00:

- "A Wing & A Prayer" (kapparot ritual)
- "Don't Plants Have Feelings Too?"
- "Chickens"
- "The Battery Hen"
- "Turkeys"
- "Ostriches & Emus: Nowhere To Hide"
- "Japanese Quail"
- "The Use of Birds In Agricultural and Biomedical Research"
- "Free-Range' Poultry and Eggs: Not All They're Cracked Up to Be"
- "Live Poultry Markets" (in English, Hispanic, & Chinese)
- "Chicken-Flying Contests"

LEAFLETS (FLYERS)

20 FOR \$1.50

- "Chicken for Dinner?"
- "Where Do Eggs Come From?"

Bumper Stickers

Don't Just Switch from Beef to Chicken: Get the Slaughterhouse out of your kitchen. \$1 each

Don't Just Switch from Beef to Chicken: Go Vegan. \$1 each



Beautiful Chicken Button

Full Color! \$2.00 Each

- Other Buttons \$1 each
- Stick Up for Chickens
- Be Kind to Turkeys: Don't Gobble Me



T-Shirts IN 2 STYLES!

Too Neat to Eat

Beige or white T-Shirt in full dazzling color.
Specify "Rooster" M, L or
"Hen with Egg." S, L, XL - \$18.00



VIDEOS

The Emotional World of Farm Animals

By Animal Place

This is a wonderful documentary produced by Animal Place and led by best-selling author Jeffrey Masson. This delightful film – for viewers of all ages – is all about the thinking and feeling side of farmed animals. **A PBS Primetime Favorite! Get your local station to air it.** VHS and DVD \$20



The Dignity, Beauty & Abuse of Chickens

By United Poultry Concerns

Our video shows chickens at UPC's sanctuary doing things that chickens like to do! 16:07 min. — Color * Music * No Narration. VHS and DVD. \$10



Inside a Live Poultry Market

By United Poultry Concerns

This horrific 11-minute video takes you inside a typical live bird market in New York City. An alternative to "factory farming"? Watch and decide. VHS and DVD. \$10

Behavior of Rescued Factory-Farmed Chickens in a Sanctuary Setting

By United Poultry Concerns

See what a chicken can be when almost free! This 12-minute video shows chickens, turkeys, and ducks at UPC's sanctuary racing out of their house to enjoy their day. VHS and DVD. \$10

Inside Tyson's Hell: Why I Got Out of the Chicken Slaughtering Business

by Virgil Butler

Produced by United Poultry Concerns and the Compassionate Living Project. DVD. 58.35 min. \$15



45 Days: The Life and Death of a Broiler Chicken

By Compassion Over Killing

This 12-minute video shows the pathetic industry treatment of the more than 8 billion baby "broiler" chickens slaughtered each year in the US. VHS and DVD. \$10



Hidden Suffering

By Chickens' Lib/ Farm Animal Welfare Network

This vivid half hour video exposes the cruelty of the battery cage system and intensive broiler chicken, turkey and duck production. VHS. \$10



Hope for the Hopeless

By Compassion Over Killing

An Investigation and Rescue at a Battery Egg Facility documents the living conditions of hens at ISE-America in Maryland. www.ISECruelty.com 18:28 minutes VHS. \$10

Ducks Out of Water

By Viva! International Voice for Animals

This powerful 5-minute video takes you inside today's factory-farmed duck sheds in the US. VHS. \$10

Delicacy of Despair

By GourmetCruelty.com

This investigation and rescue takes you behind the closed doors of the foie gras industry and shows what ducks and geese endure to produce "fatty liver." 16:30 minutes. DVD. \$10



Humane Slaughter?

By Farm Sanctuary

Humane Slaughter takes the viewer into poultry slaughterhouses to witness the horrendous suffering endured by chickens and turkeys. 9 minutes. VHS. \$10

CHILDREN'S BOOKS

Replacing School Hatching Projects: Alternative Resources & How To Order Them

By Karen Davis

Our stimulating booklet catalog has all the information you need to hatch great new lessons for young students – videos, books, models, and more. \$2.50

Bird Watching as an Alternative to Chick Hatching

By Karen Davis

More great classroom ideas and outdoor activities. \$2.50

A Home for Henny

By Karen Davis

This wonderful children's book tells the touching story of a little girl, a chicken, and a school hatching project. Beautifully illustrated by Patricia Vandenberg, it's the perfect gift for a child, parents, teachers, your local library. \$4.95

Animal Place: Where Magical Things Happen

By Kim Sturla

Enchant young children with this charming tale about a stubborn girl who is secretly touched by a cow while visiting a sanctuary for farm animals. \$11.00

Clara the Chicken

By Jackie Greene

This endearing children's book tells the story of a rescued hen named Clara and those who love her. \$4.95

Goosie's Story

By Louise Van Der Merwe

A wonderful illustrated children's book about a "battery" hen who is given a chance to lead a normal life – a happy life. This moving book will be warmly welcomed and shared by children, parents and teachers, highlighting as it does the concern and compassion we ought to feel for all our feathered friends on this earth. \$4.95

A Boy, A Chicken and The Lion of Judah – How Ari Became a Vegetarian

By Roberta Kalechofsky

This wonderfully gifted children's story, set in modern Israel, is about a young boy's quest for moral independence. An intelligent book for all ages. Winner of the Fund for Animals "Kind Writers Make Kind Readers Award." \$10.00

Nature's Chicken, The Story of Today's Chicken Farms

By Nigel Burroughs

With wry humor, this unique children's story book traces the development of today's chicken and egg factory farming in a perfect blend of entertainment and instruction. Wonderful illustrations. Promotes compassion and respect for chickens. \$4.95

Minnie's Dream

By Clare Druce

What happens when a young girl from the city discovers a battery-hen operation in the country? What happens when a "battery hen" named Minny speaks to her? What must she do when her friend Minny is going to be killed? This book is a must for the young person(s) in your life, age 8-14. \$10

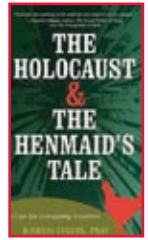


BOOKS & BOOKLETS

The Holocaust and the Henmaid's Tale: A Case for Comparing Atrocities

By Karen Davis

In this thoughtful and thought-provoking contribution to the study of animals and the Holocaust, Karen Davis makes the case that significant parallels can – and must – be drawn between the Holocaust and the institutionalized abuse of billions of animals on factory farms. \$20



More Than a Meal: The Turkey in History, Myth, Ritual, and Reality

By Karen Davis

Karen Davis shows how turkeys in the wild have complex lives and family units, and how they were an integral part of Native American and continental cultures and landscape before the Europeans arrived while drawing larger conclusions about our paradoxical relationship with turkeys, all birds and other animals including other human beings. "The turkey's historical disfigurement is starkly depicted by Karen Davis in 'More Than a Meal.' " - *The New Yorker* \$20



Prisoned Chickens, Poisoned Eggs: An Inside Look at the Modern Poultry Industry

By Karen Davis

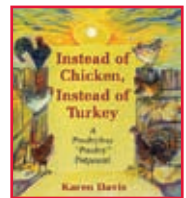
This book is a fully-documented source of up-to-the-minute information about chickens, including everything from how a chick develops inside an egg to the causes of salmonella, and much more. Provides a chilling account of the morally handicapped poultry & egg industry. \$14.95



Instead of Chicken, Instead of Turkey: A Poultryless "Poultry" Potpourri

By Karen Davis

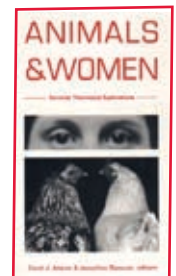
This delightful vegan cookbook by United Poultry Concerns, Inc. features homestyle, ethnic, and exotic recipes that duplicate and convert a variety of poultry and egg dishes. Includes artwork, poems, and illuminating passages showing chickens and turkeys in an appreciative light. \$14.95



Animals and Women: Feminist Theoretical Explorations

Edited by Carol J. Adams & Josephine Donovan

"Karen Davis's brilliant essay [Thinking Like a Chicken: Farm Animals and The Feminine Connection] brings together the books' central concepts, leading to conclusions that rightly should disturb feminists and animal advocates alike." – Review by Deborah Tanzer, Ph.D. in *The Animals' Agenda*. \$16.95



Replacing Eggs

By United Poultry Concerns

Sick of salmonella? Our exciting booklet invites you to cook and eat happily without eggs! 16 delicious recipes. \$3.50



Stop Look Listen - Recognizing the Sentience of Farm Animals

By Compassion in World Farming

A must-have educational resource for humane educators, animal advocacy organizations, schools, and libraries. \$2.50



Stickers

Send a message with your mail!
Order our eye-catching color stickers!
Size: 2" X 2 3/4"
100 stickers for \$10.



Size: 2" X 2.5"



With Heart and Voice - a Beautiful Greeting Card from UPC

\$19.95 for 20 cards. \$38.95 for 40 cards.
Envelopes included. Single card & envelope \$1.00.



POSTERS

A Heart Beats in Us the Same as in You

Photo by People for the Ethical Treatment of Animals

Full-color poster vividly captures the truth about factory chickens for the public.

Vegetarian message. 18"x22"



Friends, Not Food

Photo by Franklin Wade
Liqin Cao & FreddaFlower.
Full color 19"x27" poster.

What Wings are For: Chicks Need Their Mothers

Photos by Kay Evans & Karen Davis
Great educational tool. Full color 11-1/2"x16" poster.



Walking to Freedom After a Year in Cages

Photo by Dave Clegg
Full color, 18"x22" poster.



"Battery Hens"

Photo by Susan Rayfield
Roosting in Branches After Rotting in Cages
This beautiful color poster shows the rescued Cypress hens at UPC. Perfect for your office, your home, your school — Size 11.5 inches



Great Turkeys Poster!

Photos by Barbara Davidson & Susan Rayfield
The posters are in color, and come in two sizes; 11.5" x 16", and 18" x 27"



**UPC posters in any mix:
One for \$4. Two for \$5. Three for \$7.**



UPC Sanctuary Assistant Holly Wills with Friend, Aubrey

UNITED POULTRY CONCERNS, INC.



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23405-0150

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Do Something Beautiful – Go Vegan
Chickens in the Classroom
"Debeaking – The Defining Moment for Me"
Ms. Ticklefeather's cookies

Happy Spring! Renew your membership for 2008