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# Poultry Press

*Promoting the compassionate and respectful treatment of domestic fowl*

*Celebrating 26 years of dedicated activism for domestic fowl*



UPC# 11656

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**Reva the Revenant: Our Chesapeake Chicken Rescue**

*Turn to page 6 to read her story!*



# Avoiding Burnout

## *How Does One Survive Dealing Day After Day with a Cruel Industry?*

By Karen Davis, PhD

President of United Poultry Concerns

This article is the text of my plenary presentation at the Animal Rights National Conference in Los Angeles July 7-10, 2016.



Karen speaking at the Animal Rights National Conference July 9, 2016

Several years after we met as hunt saboteurs in the 1980s, I had a conversation with animal rights advocate Norman Phelps, who told me, “Ten years ago when I started doing this, I thought we’d end sport hunting in no time. I thought reason would prevail. It seemed so obvious.” In 1994 Peter Singer, author of the book *Animal Liberation* which launched the modern animal advocacy movement in 1975, said in an interview that in the early 1970s, “My expectations ranged all the way from having mass support for goals such as getting rid of factory farming, which seemed to me to be absolutely indefensible. But that hasn’t come.”

Decades later, our campaigns against factory farming and sport hunting continue, along with all of our movement’s other campaigns on behalf of nonhuman animals. We stopped the Hegins Pigeon Shoot in Pennsylvania, but canned pigeon shoots continue to be held in Pennsylvania, South Carolina and Oklahoma; and the number of chickens being slaughtered every day in the United States has risen from 25 million to 35 million. We’ve reduced the number of chimpanzees in the laboratory but the numbers of birds, rats, and mice

being used are astronomical, and the genetic engineering of animals is in its global infancy. (See, for example: *The New York Times* Aug. 4, 2016, “N.I.H. May Fund Human-Animal Stem Cell Research.”)

It’s easy for an animal activist to be consumed by rage and despair, to grow exhausted and burn out confronted with the horror, each and every day, of our species’ relentless assault on other species. It’s important not to let this happen. While I have never burned out, I did drop out once before returning to the movement for good. Back in 1974, I joined a tour to Canada’s Grindstone Island, designed to show islanders that tourism was a better way to make money from baby harp seals than killing them for their fur. What I saw there caused me to withdraw from further activity for animals for nearly ten years.



Photo by Karen Porreca

Karen hugs Alice at United Poultry Concerns.

One spring day in the early 1980s, I walked across Lafayette Park in Washington DC in response to a newspaper ad for “World Laboratory Animals Day.” As I looked at pictures of animal victims of head transplants and burn experiments, I pledged I would never again abandon animals to the iniquity of our species because “I couldn’t bear it.”

I see three major causes of the exhaustion that threatens all of us in this movement: The endless omnipresence of animal suffering caused by humans, public resistance to our message, and letdown by other activists. We start out full of energy, we picture victory and a crowd of protesters at every demonstration, we envision reason and compassion taking charge of people’s lives, and then reality erodes our dream.

I have a motto I once saw pinned on a wall at the University of Maryland, attributed to a 19th-century European revolutionary: "Pessimism of the Intellect, Optimism of the Will." This expresses my basic attitude toward the work I do. My attitude is not "If I didn't think we'd win, I'd quit," to which I would say, "Then quit." Working for animal rights isn't a football game or a beauty contest. It's working to modify our species' attitudes and behavior at a deep level, to develop a different set of genes.

Of course I want to win. I want animals to win, but I realize that working fulltime to achieve this goal is no guarantee of success, because the forces out there may



**UPC's Vigil for Chickens at the Perdue chicken slaughter plant in Salisbury, MD, May 1, 1992**

be too strong to overcome. I value Colman McCarthy's advice in an interview in *The Animals' Agenda* magazine. To the question "Do you think we'll succeed?" he said, "Don't worry about being successful, just be faithful."

While we do not have full control over whether we'll succeed in the fight for animal rights, we do have full control over whether we are, and will remain, faithful. If we are not faithful we will not succeed. Faithfulness is not about having faith, but about keeping it.

Our chicken sanctuary will always protect me from burning out, because I could never abandon the birds whom I have come to know and love, and who need me to fight for them. Alice Walker spoke for me when she wrote after watching a hen shepherd her chicks across a road in Bali, now that I have absolutely seen a chicken, I can never not know (and thus be responsible for) chickens. This is the positive, obligatory sense of "once you've seen one chicken, you've seen them all." The morality of perception prescribes there is no turning back.

Activists often say that what burns them out the most is the defection of local activists, including all those "Sorry, I can't make it to the demo after all" last minute phone calls. When you burn out or don't show up, you encourage others to burn out or get lazy with you. You let animals and your colleagues down. Here again the activist who is working to hold the grassroots group together can take heart. Walt Whitman said, "We two form a multitude." An animal rights activist wrote about being a lone animal rights protester: "It's better to have one person out there, than no one (although it really irks me when I can't find a few more people to protest with me). Obviously the more people the better; but don't stay home because you can't find anybody to go with you. All you need is a huge, graphic photo and a good caption on poster board."

A committed activist who won't burn out needs three important things: facts, confidence, and passion. When we know our subject and can articulate our issues, our confidence grows along with our credibility, and we become stronger and more effective every time



Photo by Tal Ronnen

**Karen and Karla at United Poultry Concerns**

we speak. But facts by themselves may not be persuasive. If we lack or fail to convey passion for our cause, we will have a hard time getting people's attention. Arthur Koestler, who fought successfully to abolish capital punishment in England (it took fifteen years, from 1955 - 1970), said in his Preface to his book *Reflections on Hanging*, "My intention was to write it in a cool and detached manner, but it came to naught: indignation and pity kept seeping in. This is perhaps just as well, for capital punishment is not merely a problem of statistics and expediency, but also of morality and feeling. Fair pleading requires that one's facts and figures should be right, that one should not distort or quote out of context; it does not exclude having one's heart and spleen in it."

I believe this completely and hope I am living up to this measure. We should rage against the dying of the light in every animal's eyes that results from human cruelty and abuse. The thing is to transform that pity and rage into one's case for animal rights. It's hard to burn out once we see ourselves as advocates with a case to put before the public. What matters is making the most of the opportunity of being on the right side, win or lose, while we are living.

**KAREN DAVIS, PhD is the Founder and President of United Poultry Concerns, a nonprofit organization that promotes the compassionate and respectful treatment of domestic fowl. [www.upc-online.org](http://www.upc-online.org)**

## Black Vultures on Our Roof



We love these birds and the photo taken on July 29  
by Diane Harris, our new sanctuary assistant.

Would you like to do more to help the birds?  
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# Happy Hens, Free of Factory Farms, Don't Peck Each Other

By Karen Davis, *The Washington Post*, August 19, 2016 (print edition Aug. 20)

## Letters to the Editor

The Aug. 7 front-page article "Activists hatch a major victory" said that giving hens more space in which to move around also gives hens "more freedom to peck each other." This implication of innate aggression is misleading. Pecking disorders developed as farmers uprooted chickens from the land and started forcing them to live in cages in the 1940s. Chickens evolved to forage. They spend much of their day digging in deep soil with their beaks and claws for nutrients and other items of interest. Hens cannot truly forage in a cage-free confinement building with a

thin layer of wood shavings on a solid floor. Prevented from acting naturally in a suitable outdoor environment, chickens can develop behaviors such as pecking at each other. But happy chickens do not pick obsessively on their flock mates. They're busy digging in the ground, sunbathing, dust-bathing and being chickens. Having kept chickens outdoors for more than 30 years, I can vouch for this. Cage-free confinement may be better than cages, but best of all is for chickens to live as nature intended, free of the onus of egg production for human consumption.

Karen Davis, Machipongo, Va.

The writer is president of United Poultry Concerns.

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# Reva the Revenant: Our Chesapeake Chicken Rescue

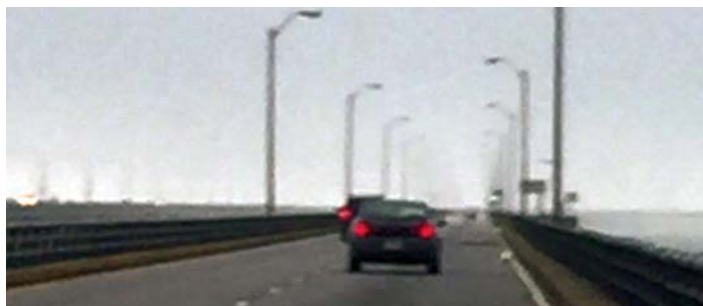
By Kathy O'Hara

**M**y husband Tom and I have driven across the 23-mile-long Chesapeake Bay Tunnel Bridge in Virginia countless times. But Friday night June 3rd was a sight like no other.

We were heading out of the second tunnel when we saw it – white, fluffy, and on the road. A few seconds passed before we realized what “it” was. I can still hear my husband, “Was that a chicken?”

It all happened so fast. I was in tears. Quick! Turn around. Make a U-turn at the first break in the road, drive back through the second tunnel, then the first. Another U-turn through tunnel, road, tunnel!

Our plan: If the chicken was still there and not hit by a car, we'd slow down, turn on the flashers. I'd be ready with a towel, throw open the door, and grab the bird!



Cars whiz past Reva on the Tunnel Bridge highway.

There she was, standing just the same, head stretched down and forward toward the oncoming traffic. I grabbed her!

This was not her day to die, and with that thought in mind, I named her Reva, short for “Revenant,” after the movie – a person who has returned from the dead or a long absence.

Now – what to do with a chicken? Heading toward our boat at the marina on the Eastern Shore, we got a box from a liquor store and laid Reva in it with her towel.

I called a friend hoping she knew someone who wanted a chicken. A few minutes later she called back. Turned out an advocacy sanctuary for chickens called United Poultry Concerns was a mere 20 miles up the road on the Eastern Shore!

I left a phone message, and waiting for a call back, I made Reva a makeshift plastic water bowl. To my

delight, she took several large gulps and even seemed to splash a bit on her beak. I later learned this was the first time Reva had ever had unlimited access to water.

On Saturday morning, Reva was still alive! A call from Karen Davis at United Poultry Concerns said she would take Reva, and that her sanctuary assistant, Holly Wills, would welcome Reva, Tom and me when we arrived. (Karen was driving to an animal rights event that morning.)

When we got there, Holly had a spot all ready for Reva on the screened porch with a bowl of food, fresh water, and a soft quilt. Holly said Reva probably fell out of the truck taking her to be slaughtered on the Eastern Shore.

Later I spoke with a woman who said she'd seen Reva on the Bridge that Friday afternoon, but didn't stop. From her account, Reva may have been there for at least 2 hours before we found her.

We left UPC knowing that Reva's story could not have a happier ending. She beat the odds. The rest of Reva's life could only be good.



Reva safely in the car



Reva exhausted from her ordeal



Reva with Holly and Kathy



## Reva Today

By Karen Davis

Today is Friday, July 29th. Almost 2 months have passed since Reva was saved by Kathy and Tom that fateful Friday evening on the Chesapeake Bay Tunnel Bridge.



By Wednesday the following week, I'd pretty much decided she would not make it. She lay sleeping in the kitchen.

What a surprise, then, when on Thursday, she showed signs of life! Within a few days, she was standing weakly on her legs, looking around. She started eating and drinking. She started following me around in the kitchen, stopping at my feet at the sink and the stove, sometimes staring straight up at me.



She cocked her face in a way that said she wanted me to stroke her throat and her beak. As long as I did that, she stood perfectly still.

But a Saturday morning came when, abruptly, she couldn't get up. When she tried to stand, her body spun backward and her left leg splayed out and I felt, this time for sure, she's going to be lame for life. She was very distressed, and so was I.

But a few days later, Reva was once again shakily on her legs trying to walk. This time I decided to put her on Metacam, an anti-inflammatory pain medication prescribed by our veterinarian.

Chickens bred for the meat industry are almost always in chronic pain, overburdened by too much weight for their bones and joints to support. If Reva was in pain, this would cause her to sit all the time, weakening her legs even worse.

The daily dose of Metacam worked wonders for Reva. When I got home from the airport at midnight on July 11th and walked into the kitchen after being at the animal rights conference in Los Angeles for four days, Reva greeted me on her feet! What a homecoming!

Today, Reva not only walks; she gets around well. At times she is almost spry in her jubilation.



A group of our hens gather to greet Reva.

Kathy O'Hara visited us recently for the first time since bringing her here, and the interest Reva showed in Kathy suggested to me very strongly that Reva remembered her savior on the Chesapeake Bay Tunnel Bridge. She just couldn't get enough of Kathy, and when it was time for Kathy to go, Reva tried to follow her out the door.

--Karen Davis, *United Poultry Concerns*, July 29, 2016

**Postscript. It turns out Reva is a rooster – a sweet, handsome, loving rooster!**

# Pet Food, Bird Shredding & Embryo Sexing: Behind the Scenes

By Karen Davis, PhD

President of United Poultry Concerns



**Newborn male chicks are destroyed at the hatchery. This is the true face of smiley-face pet food.**

Hatchery photo courtesy of The Animals Voice

Pet food packaging and advertising are designed to attract consumers – people who buy food for their dogs and cats. Purina and other brands market their products to buyers: “Chicken is *your* favorite food and your dog and cat’s favorite too.”

Recently the promoters of Evolution Pet Food, “Premium Vegan Pet Foods since 1989,” urged me to “start telling people that baby male chicks and spent layer hens are being ground up alive by the millions every day for pet foods. They are the ‘chicken’ in pet foods throughout the U.S. and Canada.”

Evolution’s plea came in June this year when a press release announced that “The Humane League convinces America’s largest representative of egg producers to take a historic stance on ending the practice of shredding newborn male chicks.”

In May, a proposed ban on chick shredding by German egg producers was voted down by the German Parliament in favor of a voluntary agreement by egg producers to end the practice. The vote was upheld by a court decision noting that chick shredding is “part of the process for providing the population with eggs and meat.” In other words, people’s consumption of poultry and eggs involves the mass destruction of newborn



**Newborn chicks are thrown into shredding machines for pet food.**

chicks and chick embryos as byproducts of their eating habits.

Hundreds of millions of male chicks, surplus and slow-hatching female chicks and unwanted baby turkeys are ground up alive – shredded, macerated by machinery – in the United States each year. Machines separate the female chicks bound for commercial egg production from the male chicks and unhatched embryos. The male chicks and embryos go to a waste removal system for transport to a rendering facility.

Other byproducts trucked to rendering facilities include slaughterhouse blood, feathers, heads, feet, viscera, preen glands and dead birds too diseased to disguise even as sausages. All this, plus the “hatchery waste” in which newborn chicks and sentient embryos are comprised, gets turned into farmed animal feed and pet food.

**American Proteins, Inc. – “The international resource for processing allied poultry products.”**

The rendering company American Proteins, in Georgia and Alabama, describes itself as “the largest poultry protein and lipids conversion operation in the world, annually producing more than 750,000 tons of



pet food and feed grade poultry protein meal and pet food and feed grade poultry fat and feather meal.”

Each week, a thousand truckloads of dead birds and byproducts from poultry slaughter plants, hatcheries and factory farms lumber to the Hanceville, Alabama plant to be converted into two feed grades: “pet-food-grade poultry meals and fat” in one plant, “feed-grade poultry meal, hydrolyzed meal, and fat for the livestock industries” in the other.



**Baby turkeys caught in the machinery**

Photos by Compassion Over Killing are posted on All-Creatures at [www.all-creatures.org/anex/turkey.html](http://www.all-creatures.org/anex/turkey.html).

## Chick Shredding

While millions of chicks are suffocated to death in plastic-lined garbage cans, shredding machines, known as macerators, have become the preferred method of destroying unwanted baby turkeys (poults) and chicks as soon as they hatch. “Inside a Turkey Hatchery,” by Compassion Over Killing, shows turkey poults being dumped into “the same disposal system as the discarded eggshells they were separated from earlier.” The advantage of live chick shredding according to *Poultry World* is that “The killing device is simple and affordable and the chicks stay unimpaired, so they can be sold to the pet-food industry especially for cat food.”

## Spent Hen “Chipping” Disposal

Baby chicks and chick embryos are not the only ones shredded. Along with gassing and slaughtering, wood-chipper-like machinery is used to destroy unwanted egg-industry hens, though at this writing I



**These woodchipper blades were used to grind egg-laying hens to death.**

Photo by the San Diego County Department of Animal Services

can't say to what extent the method is employed by U.S. egg producers.

Some readers may recall that in 2003, workers at the Ward Egg Ranch in San Diego, California were caught throwing 30,000 live hens into woodchippers, in which a piece of wood is “fed into a chipper’s funnel-shaped opening, and the blades on a rapidly spinning disk or drum cut it into small pieces.”

The disclosure, which United Poultry Concerns publicized through a Freedom of Information Act (FOIA) request to the San Diego County Department of Animal Services and reported in the Winter 2003 issue of *Poultry Press*, revealed that cramming live hens into woodchippers was not an isolated practice. A government document included in the FOIA file advises egg producers that “whole birds can be composted on site” and that “grinding birds first aids composting considerably.” A veterinarian told the San Diego Department of Animal Services that the woodchipper is “quick, it’s painless, and it’s over in seconds.” Canadian farmed animal investigator Twyla Francois said wood-chipping-like macerators are commonly used to destroy spent hens in Canada.

A Canadian publication in 2003 listed on-farm methods of hen disposal to include mobile electrocution units, carbon dioxide gassing, neck-breaking, and macerators. Researchers at the Nova Scotia Agricultural College were reported experimenting with macerators to convert spent hens into feed for the fur farm industry, vacuuming the live hens down a tube to the grinder.

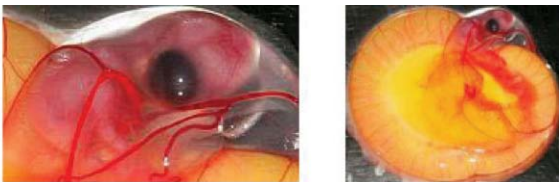
## In-Ovo Chick Sexing Technology

Public opposition to male chick disposal by the egg industry – male chicks being useless to egg producers since roosters don't lay eggs – has prompted a technology that sorts the male chicks from the female chicks inside the egg. An article in *World Poultry* in May 2016 says the technology could potentially “remove the routine hatchery practice of killing day-old male chicks.”

One technology uses “a laser beam to cut a small, circular hole at the top of the egg” to identify the embryo's sex based on its DNA content. An egg with a female chick inside is patched and returned to the incubator, while an egg with a male chick inside goes to waste removal. The technique is said to be 95% accurate with a target goal of 100,000 eggs per machine per day.

## Industry Support

Egg industry officials support embryonic chick sexing. It isn't just public opinion that drives them. Financially, they say that “only having to incubate 50% of the eggs from day 9 till 21, will have a significant effect on any hatchery cost structure.” A poultry advisor in the UK predicts commercial availability of the technology within a year and anticipates its ready adoption by egg producers. The U.S. trade association United Egg Producers says replacing live chick disposal with in-ovo technology could happen by 2020 if it is “economically feasible.”



Chick embryo on the 9th day of incubation

## Is In-Ovo Chick Sexing and Disposal Humane?

The operation if successful will be less cruel than current practices. Billions of birds with no future will die in 10 days instead of 3 weeks. They will not have to struggle out of their shells only to go into a garbage can or a shredder. They will avoid the brutal handling of hatchery employees.

At the same time, we must understand that a chick embryo's nervous system starts developing within the first 24 hours of incubation. During the first 2 days, the embryo is described in industry literature as “very sensitive.” By the 9th day, when the chick sexing machinery starts separating the unwanted embryos for removal to the renderer, the embryo is visibly a baby bird with eyes and a face inside the egg. The ethical advantage of in-ovo chick sexing is that an unwanted life doomed to suffer and be killed at birth is shortened by several days, and birth is avoided.



“Let us not be born.”  
Hatchery photo courtesy of The Animals Voice

## What Can I Do?

As well as being vegan ourselves and getting others to join us, please explore vegan pet food options. We encourage everyone to learn all they can when considering these options. Discuss the diet with your veterinarian and learn more about vegan pet food products and nutrition from:

🐔 Evolution Pet Foods Shop  
1081 Highway 36 East  
Maplewood, MN 55109  
Phone: 1-800-659-0104  
[www.petfoodshop.com](http://www.petfoodshop.com)

🐔 Vegan Essentials  
Companion Animal Products  
Phone: 1-866-888-3426  
<https://store.veganessentials.com>



## *Freddaflower Memorial & Appreciation Fund*

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

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, both those who have passed away and those who are with us.

Dear Friends, please accept this memorial donation in honor of Daisy, Hyacinth, Bianca and Aloysius. These beautiful creatures were the animal companions of our friends Joanne Scott and Eric Scott. They were greatly loved and are greatly missed. – *Lynn Abbott & Eric Ries*

My donation is in loving memory of Eleanor, the Hen. – *Lucille Kaplan*



Our donation is in loving memory of our amazing dog, Frikie. This talented toy fox terrier, Frisky, was renamed by a young family member when they were both two years old. He will always and forever have our hearts. August 1998-August 2016. – *The Varnit Family*

My donation is in memory of Tulip, a red ranger chicken who was being raised for meat. She had an injured deformed leg. Someone took compassion on her and brought her to Animal Rescue in Pennsylvania. Tulip received medical treatment and was showered with love and kindness. She was a wonderful ambassador for all chickens. You are free to fly. Miss you, Tulip. – *Bonnie Winter*

Our donation is in honor of United Poultry Concerns and in memory of our special child, Creamcicle, who gave us love and joy for 19 years – a Mr. Cat like no other! – *Carole & Bill Sutton*

Our contribution is in honor of our dear friend, Betty Rand. – *Brian C & Shelly R Dubin*

We would like to make a donation in memory of our beloved Cricket, Chicklet, Ruffles, Cuddles, Puddles, and Leighla. You are so very much missed, but we hope this donation can help other special birds. – *Cindy & Jason Green Morarend*

My donation is in loving memory of my beloved cats, Noel, my handsome Siamese, and Felix, my adorable red tabby. Noel, I miss your chatter (the apartment is too quiet!) and your beautiful blue eyes. Felix, I miss you waiting by the door for me and cuddling at night in bed together. You are gone but always loved and never forgotten. Love, Mom. – *Ana A. Garcia*

Our donation is in honor of Reva the baby chicken, who was alone on a busy Bridge until we found her and brought her to United Poultry Concerns, where she is being loved and cared for. – *Kathy & Tom O'Hara*



**Reva walking in the grass**

In honor of Nero, Fredericka, Julie, Nathaniel, Leonard, and Bertha, remembered forever and sadly missed. – *Paul Deane*

My gift is in honor of All God's Creatures. – *Brien Comerford*

# United Poultry Concerns Annual Report for 2015



## Federal ID: 52-1705678

A Financial Statement is available upon written request to: Officer of Consumer Affairs, PO Box 1163, Richmond, VA 23218.

United Poultry Concerns is certified by Independent Charities of America to receive donations through the Combined Federal Campaign. Our CFC Agency Code is #11656.

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United Poultry Concerns holds that the treatment of chickens, turkeys, ducks and other domestic fowl in the areas of food production, science, education,

entertainment, and human companionship situations has a significant effect upon human, animal, and environmental welfare. We seek to make the public aware of the ways poultry are used, and to promote the compassionate and respectful treatment of these birds and the benefits of a vegan diet and lifestyle. UPC conducts full-time educational programs and campaigns through our quarterly magazine *Poultry Press*, our Website at [www.UPC-online.org](http://www.UPC-online.org), and our chicken sanctuary in Machipongo, Virginia.

United Poultry Concerns maintains a permanent office, sanctuary and education center at our headquarters at 12325 Seaside Road, Machipongo, Virginia 23405. We respond daily to Internet and telephone requests for help with bird-care problems, student projects, alternatives to classroom chick-hatching projects, and numerous other communications on the care, treatment and abuse of domestic fowl. We are grateful to all of our members and supporters for enabling us to fulfill our mission in 2015. From all of us at United Poultry Concerns, thank you for your support!

## Highlights of Our Activities and Accomplishments in 2015

For a complete listing of UPC's action alerts, news, photos & activities in 2015, please visit What's New 2015 at [www.upc-online.org/whatsnew/2015.html](http://www.upc-online.org/whatsnew/2015.html).

### *UPC Sanctuary - 2015*

*Adopted 15 wonderful chickens in need of a loving home into our 12,000 square foot predator-proof outdoor aviary for the total safety of our 100 + rescued birds!*



Felix and Gabby



**International Respect for Chickens Day May 4/  
Month of May - Celebrating the Life and Dignity  
of Chickens & Protesting Their Abuse in Farming  
Operations. For a full view of our 2015 campaign,  
please visit [www.upc-online.org/respect](http://www.upc-online.org/respect).**

- ✚ Hosted our annual public outreach demonstration & leafleting at the White House.
- ✚ Ran *What Wings Are For-Go Vegan!* King-Size Bus ads in Washington, DC, Minneapolis, San Francisco, and Boston.
- ✚ Promoted Chicken Run Rescue Chicken Photo Contest, May.
- ✚ Distributed UPC chickens literature & posters through our activist members in offices, libraries, shopping centers & university campuses in the U.S. and Canada.
- ✚ Garnered media coverage across the USA via PR Newswire and radio interviews!



## Further Actions, Investigations & Outreach Campaigns - 2015

- ✚ Published "Compassion is a Beautiful Thing" display ad in *University of Maryland Visitor Guide* for 2014-2015.
- ✚ Urged Chandler Chamber of Commerce to Cancel Cruel Ostrich Races, March.
- ✚ Urged Comanche County, Texas prosecutor to convict Cassius Mankin of felony animal cruelty for torturing and killing Molly the emu on Feb. 14, 2015.
- ✚ Demanded Canadian chicken slaughter company Maple Lodge be punished for false advertising.
- ✚ Disrupted Ferry Building Meat Market Business in San Francisco May 2.
- ✚ Petitioned Honolulu to stop cruel roundup and gassing to death of feral chickens, July.
- ✚ Urged Yellville, Arkansas to stop dropping turkeys from airplanes, October.
- ✚ Urged Perdue Farms to stop appalling chicken



abuse, December.

- ✚ Published display ad series in the University of Maryland student newspaper *The Diamondback* Spring & Fall semesters.

## Alliance to End Chicken Kaporos Campaign - 2015

- ✚ The Alliance to End Chickens as Kaporos is a project of United Poultry Concerns comprising individuals and groups seeking to replace the cruel use of chickens in the Kaporos ritual with compassionate tokens of atonement. In 2015, the Alliance, formed in 2010, filed a lawsuit in the New York Supreme Court requesting the court to compel the New York Police Department, Health Department, and other city agencies to enforce the 15 laws being broken by Kaporos practitioners. On September 14, the court denied our lawsuit request and the Alliance filed an Appeal in 2016. In September 2015, the Alliance was also a plaintiff in a lawsuit filed in the Los Angeles County Superior Court seeking to prohibit "the illegal business practices" of 7 sets of Kaporos practitioners. An ongoing record of media coverage, protest demonstrations and legal actions can be viewed on the Alliance website at [www.EndChickensAsKaporos.com](http://www.EndChickensAsKaporos.com).



## Fabulous Bus Posters for Chickens and Turkeys! - 2015

- ✚ UPC ran giant bus posters for chickens and International Respect for Chickens Month in May 2015 in Washington, DC, Minneapolis, San Francisco, and Boston.
- ✚ UPC ran giant bus posters for turkeys and a compassionate holiday in November 2015 in Seattle, Chicago, New York, and New Jersey.



## New Website Documents - 2015

- ❖ A Chicken Named Viva Changed My Life - A Plea for Compassion on International Respect for Chickens Day [www.upc-online.org/respect/150504\\_a\\_chicken\\_named\\_viva\\_changed\\_my\\_life.html](http://www.upc-online.org/respect/150504_a_chicken_named_viva_changed_my_life.html)
- ❖ Animal Rights Vegan Guilt [www.upc-online.org/activism/150914\\_animal\\_rights\\_vegan\\_guilt.html](http://www.upc-online.org/activism/150914_animal_rights_vegan_guilt.html)
- ❖ Stop (Saying) Factory Farming. The Term "Factory Farming" is Not Vegan [www.upc-online.org/diet/151012\\_stop\\_saying\\_factory\\_farming.html](http://www.upc-online.org/diet/151012_stop_saying_factory_farming.html)
- ❖ Open Rescues: How UPC Introduced This Strategy to U.S. Activists [www.upc-online.org/activism/150807\\_open\\_rescues\\_how\\_upc\\_introduced\\_this\\_strategy\\_to\\_activists.html](http://www.upc-online.org/activism/150807_open_rescues_how_upc_introduced_this_strategy_to_activists.html)
- ❖ Nearly Everything You Have Been Told About Diabetes Is False [www.upc-online.org/pp/winter2015/thin\\_fat\\_diabetes.html](http://www.upc-online.org/pp/winter2015/thin_fat_diabetes.html)
- ❖ Is Chicken Healthier Than Red Meat? [www.upc-online.org/diet/151106\\_is\\_chicken\\_healthier\\_than\\_red\\_meat.html](http://www.upc-online.org/diet/151106_is_chicken_healthier_than_red_meat.html)

## Keynote Speaking Engagements, Lectures &amp; Exhibits – 2015

- ❖ UPC's 13th Annual Conference – "Conscious Eating" – Berkeley, CA, April 4.
- ❖ "An Evening with Karen Davis," Brock University, St. Catharines, ON, March 10.
- ❖ Veggie Pride Parade, New York City, March 29.
- ❖ Institute for Critical Animal Studies, Binghamton University (NY), April 17-19.
- ❖ Left Forum, City University of New York, May 30.
- ❖ Real Truth About Health Conference, Orlando, FL, May 30.
- ❖ Animal Rights National Conference, Washington, DC, July 30-August 2.
- ❖ Moving Vegan Festival, Millville, NJ, September 8.
- ❖ Charlottesville VegFest (VA), September 26.
- ❖ World VegFest, San



Francisco, October 3-4.  
 ❖ "The Plight of Farmed Animals in Virginia."  
 College of William & Mary, Williamsburg, VA, October 15.

- ❖ SoCal Vegfest, Orange County CA, November 1.
- ❖ Green Festival, San Francisco, CA, November 12.

## Additional Community Outreach – Exhibits, Demos – 2015

- ❖ Oakland VegFest, Oakland, CA, April 25.
- ❖ Baltimore VegFest, Baltimore, MD, May 9.
- ❖ Green Festival, Washington, DC, June 5-7.
- ❖ Richmond VegFest (Virginia), June 20.
- ❖ CARE Vegan Fest, West Chester, PA, August 8.
- ❖ Washington, DC VegFest, October 3.
- ❖ Protest demonstrations in Brooklyn, New York against the use of chickens in Kaporos rituals, September 20-21.
- ❖ Annual Leafleting for Turkeys at the White House, November 22.
- ❖ Peaceful Protest for Turkeys, Santa Rosa, CA, November 26.
- ❖ Life-Affirming Thanksgiving Celebration, Washington, DC, November 26.
- ❖ UPC Thanksgiving Open House & Sanctuary Tour, November 28.



## ANIMAL FARM

Art, Activism, and Factory Farming

LECTURE BY **SUE COE**  
ARTIST AND ACTIVISTOPENING LECTURE BY **KAREN DAVIS**,  
PHD, PRESIDENT AND FOUNDER OF  
UNITED POULTRY CONCERNS  
*The Plight of Farmed Animals in Virginia Legally  
& Literally: What I've Learned in My Work*THURSDAY, OCTOBER 15, 2015  
7:00PM, TUCKER THEATRE

## UPC in the News:

## PRINT MEDIA (Including Internet Publications) - 2015

## Published Articles &amp; Letters to the Editor - 2015

- ❖ "Let's Embrace a New Ethic" by Hope Bohanec,



- Press Democrat (CA), January 14.
- ❖ "Sick Chickens" by Karen Davis, *New Yorker*, February 16.
- ❖ "Animal Compassion is More Than Just Pets" by Karen Davis, *Cape Charles Wave*, February 16.
- ❖ "Dead Meat Aspires to Be Fake Meat" by Karen Davis, *Los Angeles Times*, March 8.
- ❖ "No Beings Are Lesser" by Karen Davis, *Earth Island Journal*, Spring issue.
- ❖ "Don't Blame Wild Birds" by Karen Davis, *Daily Item*, Sunbury, PA, June 21.
- ❖ "Don't Turn County Into a Dumpsite" by Karen Davis, *Cape Charles Wave* (VA), June 22.
- ❖ "Asphyxiation is Cruel to Chickens" by Karen Davis, *Honolulu Star-Advertiser*, July 15.
- ❖ "Respect Animals by Not Eating Them" by Karen Davis, *Cape Charles Wave*, August 2.
- ❖ "An Exemplar of Human Kindness" by Karen Davis, *New York Daily News*, August 29.
- ❖ "Provide Fire Protection for Farmed Animals" by Karen Davis, *DelmarvaNow*, September 4.
- ❖ "Is Chicken Healthier Than Red Meat" by Karen Davis, *Center for Health Journalism & OpEd News*, November 6-7.
- ❖ "Dying Tradition" by Hope Bohanec, *North Bay Bohemian* (CA), November 19.

### Additional Print Media Coverage - 2015

- ❖ "Wayne Creed Pays a Visit to United Poultry Concerns," *Cape Charles Wave*, Feb. 23.
- ❖ Virginia Press Association Media Award for Media Coverage of United Poultry Concerns, April 18.
- ❖ "Asphyxiation Used to Kill Condemned Poultry," *InForum*, Fargo, ND, April 25.
- ❖ *Update*, publication of the New England Anti-Vivisection Society tribute to UPC President Karen Davis, Summer issue.
- ❖ End Chickens as Kaporos coverage: *New York Daily News*, *New York Post*, *Gothamist*, *Smithsonian.com*, *Daily Mail Online*, *Jerusalem Post*, *CBS New York*, *Bay Ridge Journal*, and many more news & opinion publications, July-October.

### BROADCAST MEDIA - 2015

- ❖ *Jack Murphy Show* 105.7FM San Diego, CA, January 5.

- ❖ *University of Missouri Peace Studies Radio KORN* 89.5FM, Columbia, MO, January 14.
- ❖ *Conscious Lifestyles Radio*, January 30.
- ❖ *Louie B. Free Radio*, *Brainfood from the Heartland*, February 11.
- ❖ *Howard Straus Radio*, *Global.net*, March 4.
- ❖ *International Respect for Chickens Day Action In San Francisco*, *YouTube*, May 2.
- ❖ *Louie B. Free Radio*, May 15.
- ❖ *Animal Voices Vancouver (BC)*, May 29.
- ❖ *Humane Hoax Video*, May 4.
- ❖ *Conscious Eating Conference 2015 Video*, May.
- ❖ *Louie B. Free Radio*, June 4.
- ❖ *WABC-TV New York Channel 7 Eyewitness News*, July 7.
- ❖ *Activists Disrupt Kaporos Chicken Massacre*, *Video*, *Their Turn*, September 26.
- ❖ *Impromptu Video Interview with Karen Davis*, October 8.
- ❖ *Tune To Nature*, *WEFG Atlanta (GA)*, November 24.

### Financial Report - 2015

**United Poultry Concerns Fiscal Year: January 1 - December 31, 2015**

<b>Revenues.....</b>	<b>\$446,000</b>
Public Support.....	426,000
<b>Expenses.....</b>	<b>\$565,000</b>
Programs and Education.....	480,000
Organizational Management .....	85,000
<b>Net Assets/Fund Balance at End of Year.....</b>	<b>\$1,421,000</b>

**United Poultry Concerns gratefully acknowledges the kind assistance of**

**Harold B. Larson Charitable Trust**

**The Marino Foundation**

**Pinnacle Investments LLC**

**Donors Trust**

**Joan E Briody Trust**

**Eric and Peggy Lieber Living Trust**

***Thank You for Your Support!***





# Highlights of Our Summer 2016 Activism!



National Animal Rights Day in NYC



National Animal Rights Day at the White House



Tabling at Animal Rights Conference, Los Angeles, CA



Tabling at CARE Chester County VeganFest, West Chester, PA



Tabling at Sonoma County Vegfest, Santa Rosa, CA



Tabling at Vegan SoulFest, Baltimore, MD





Tabling at Richmond VegFest, Richmond, VA



Leafletting in Berkley, California



Demo at live poultry market in Long Beach, CA



## 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**  
**(757) 678-7875**



Karen & Mr. Frizzle ©2008 Davida G. Breier



## Vegan Recipe Corner

### Caramelized Onion Tart

*Recipe from [www.onegreenplanet.org](http://www.onegreenplanet.org) (slightly modified)*

#### Filling Ingredients:

- 2 tablespoons olive oil
- 3 medium-sized brown onions, finely sliced
- 1 teaspoon dried thyme
- 6 ounces silken tofu
- $\frac{2}{3}$  cup soy creamer or almond milk
- 2 teaspoons Dijon mustard
- Salt and pepper, to taste

#### Pastry Ingredients:

- $1\frac{1}{4}$  cups self-rising flour (or all purpose flour with  $1\frac{1}{2}$  teaspoons baking powder &  $\frac{1}{2}$  teaspoon salt)
- 5 tablespoons vegan butter
- $\frac{1}{4}$  cup walnuts, finely chopped
- $\frac{1}{3}$  cup soy/almond milk

#### To Make the Pastry:

Rub the vegan butter into the flour until it resembles fine breadcrumbs. Mix in the walnuts and add enough soy/almond milk to form dough. Knead the dough on a lightly floured board until smooth and elastic. Wrap in plastic wrap and put in the refrigerator for 30 minutes.

#### To Make the Filling:

Heat the olive oil in a pan and add the onions. Cook the onions slowly on low heat for 20 minutes or more until they caramelize. Keep stirring all the time. When they are clear and soft, add thyme, salt and pepper and cook for another 5-10 minutes. Set aside.

Blend the tofu, soy creamer (or almond milk), and mustard in a blender until smooth and creamy.

#### To Make the Tart:

Preheat the oven to 390°F. Roll the pastry on a lightly floured surface and gently lift into a pie pan. Trim the top and refrigerate for 20 minutes. Pierce the crust repeatedly with a fork to produce small holes. Blind bake (pre-bake) the pastry for 10 minutes until golden. Spoon the onion mix into the pastry crust. Pour the tofu mix over the top and smooth with a knife.

Bake for 40 minutes until set and golden.

*For more great recipes, go to [www.upc-online.org/recipes/](http://www.upc-online.org/recipes/)!*



Photo by Liqin Cao



## POSTCARDS

20 for \$4.00, 40 for \$7.50



"Love is Best"



"Peaceable Kingdom"



"Chickens - To Know Them is to Love Them"



"Misery is Not a Health Food"

## Life Can Be Beautiful - Go Vegan! Brochure

24 full-color  
5.5" x 8.5" pages.  
**Now in Spanish!**

\$1.00 each.  
20 for \$5.00.  
50 for \$10.00.  
100 for \$15.00.  
200 for \$25.00.



## 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](http://upc-online.org)

## FACT SHEETS

**20 for \$3.00**

"Viva, the Chicken Hen / Chickens  
Raised for Meat"  
"Jane-one tiny chicken foot"  
"Starving Poultry for Profit" (forced  
molting)  
"Poultry Slaughter: The Need for  
Legislation"  
"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"  
"Henny's New Friends"  
"Avoiding Burnout"  
"The Life of One Battery Hen"  
"Bird Flu - What You Need to Know"  
"How I Learned the Truth About Eggs"

"Peeper the Turkey, a Story of Endless  
Love"  
"Factory Farming vs. Alternative Farming:  
The Humane Hoax"

## 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" - New &  
Revised!  
"Live Poultry Markets" (in English,  
Spanish, & Chinese)  
"Chicken-Flying Contests"

## LEAFLETS (FLYERS)

**10 for \$1.00, 25 for \$2.50**

"Chicken for Dinner?"  
"The 'Human' Nature of Pigeons"  
"The Truth about Feather Hair Extensions"  
"Birds Suffer Horribly for Pillows & Coats"

## 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 and Turkey Buttons

\$2 each. 3 for \$5. 10 for \$10. Any mixture.

Stick Up For Chickens • Chickens are Friends, Not Food  
Turkeys are Friends, Not Food • End Chickens as Kaporos  
Be Kind to Turkeys - Don't Gobble Me



**T-shirts** Too Neat to Eat (Hen &  
Egg or Rooster) • Give a Cluck. Go  
Vegan! • Available in Unisex (S, M, L,  
XL) or Ladies (S, M, L, XL) \$20



## BOOKS

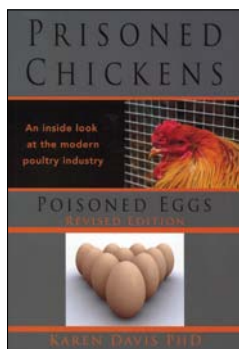
**Prisoned Chickens, Poisoned Eggs:  
An Inside Look at the Modern  
Poultry Industry**

By Karen Davis

This newly revised edition of *Prisoned Chickens, Poisoned Eggs* looks at avian influenza, food poisoning, chicken suffering, genetic engineering, and the growth of chicken rights activism since the 1990s. Presents a compelling argument for a compassionate plant-based cuisine. "Riveting . . . Brilliant."

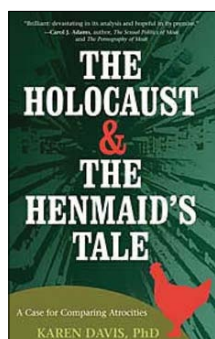
– *Choice magazine, American*

*Library Association* \$14.95. 40% off bulk orders of 5 (\$8.97 each) = \$44.85 for 5.

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

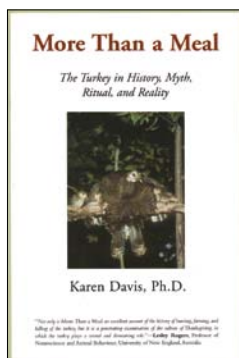
By Karen Davis

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. "Compelling and convincing . . . this bold, brave book." – Charles Patterson, author of *Eternal Treblinka* \$14.95

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

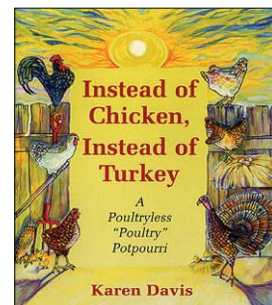
By Karen Davis

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* \$14.95

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

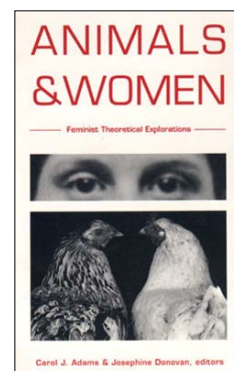
By Karen Davis

This delightful vegan cookbook by United Poultry Concerns 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

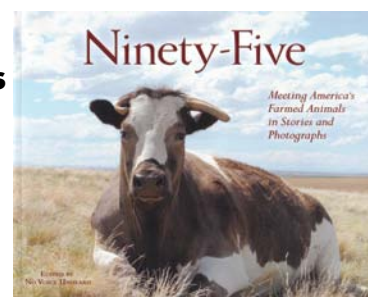
**Animals and Women:  
Feminist Theoretical  
Explorations** Edited by Carol J.

Adams &amp; Josephine Donovan

"Karen Davis's brilliant essay [Thinking Like a Chicken: Farm Animals and The Feminine Connection] brings together the book's 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

**Ninety-Five:  
Meeting America's  
Farmed Animals  
in Stories and  
Photographs**

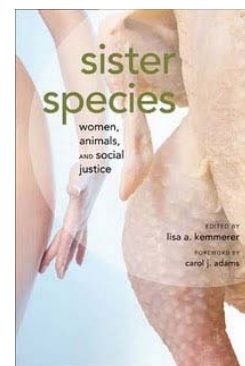
An anthology of photos and stories by No Voice Unheard Editors: Marilee Geyer, Diane Leigh and Windi Wojdak. \$20

**Sister Species: Women,  
Animals, and Social**

Justice Edited by Lisa Kemmerer,

Forward by Carol J. Adams

Sister Species presents the experiences of fourteen women activists who are working on behalf of non-human animals and a more just and compassionate world. \$14.95



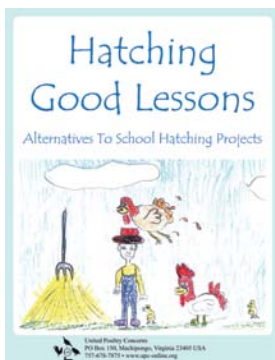


## CHILDREN'S BOOKS & EDUCATIONAL MATERIALS

### Hatching Good Lessons: Alternatives To School Hatching Projects

By United Poultry Concerns

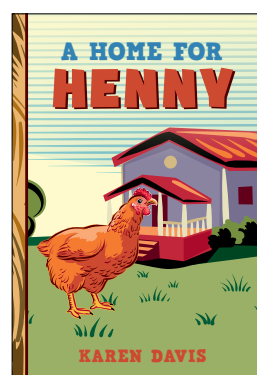
A guide booklet for elementary school teachers and other educators including parents. Revised & Updated, 2013. 16 pages of information, storytelling, classroom activities & color photos. Grades K-6 (some activities are designed for K-12). \$2.50 per booklet. 5 for \$5. It can be viewed and printed out at [www.upc-online.org/hatching/](http://www.upc-online.org/hatching/).



### 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



### A Home for Henny

By Karen Davis

Melanie is a 3rd grader who is excited about a chick hatching project in her class at school. The project seemed like a good idea at first, but unexpected problems arise and the whole class learns a lesson in compassion. When the project is over, Melanie adopts one of the chicks she names Henny. *A Home for Henny* explores the challenges and concerns with school hatching projects

while evoking the lively personality of Henny and her loving relationship with Melanie. \$6.99



### Dave Loves Chickens

By Carlos Patino

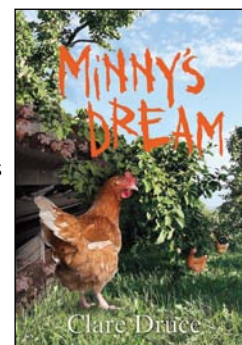
Dave is a quirky monster from another planet who loves chickens and all animals on Earth. He encourages people to share his love and not eat any

animals! Filled with fun and bold colors, this book is perfect for young children to learn compassion for chickens and all animals in a sweetly told, lovable story. \$10

### Minnie's Dream

By Clare Druce

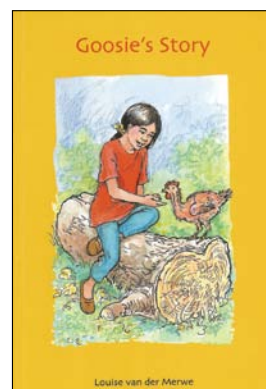
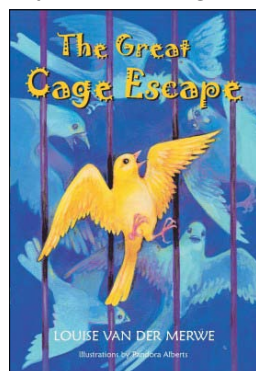
What happens when a young girl from the city discovers a battery-hen operation in the country? What happens when a "battery hen" named Minny speaks to her? What must she do when her friend Minny is going to be killed? This book is a must for the young person(s) in your life, age 8-14. \$10



### The Great Cage Escape

Grades 4-7. By Louise Van Der Merwe

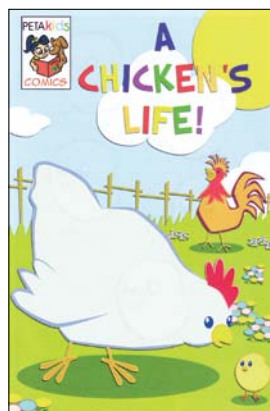
The birds in a pet shop think they are happy until a brown box punched full of air holes is left overnight on their front door step. The creature inside looks very weird at first. But as his feathers begin to grow, his true identity becomes apparent, and the stories he tells inspire the pet shop birds to pull off a Great Cage Escape. This is a story that encourages respect for all forms of life and helps learners realize that heaven can be right here on earth if we choose to make it so. \$4.95



### Goosie's Story

By Louise Van Der Merwe

A touching story 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 Chicken's Life!

Grades 4-6. PETAKids Comics

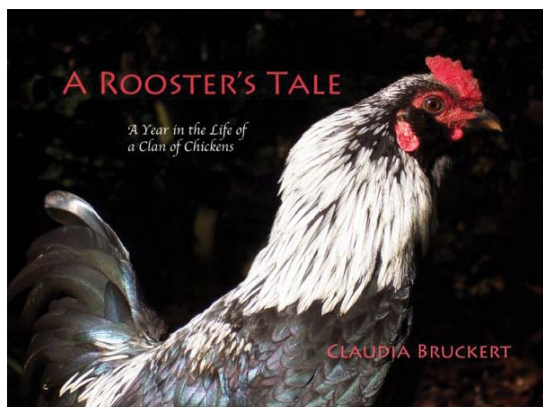
This cute comic book illustrates a group of children visiting an animal sanctuary where they meet a flock of chickens and learn all about them including the differences between Nature's Way and The Factory Farm Way. "Are these chickens really your friends?" they ask. "I've never met a chicken before." *A Chicken's Life* includes a puzzle for elementary school students to unscramble

words including barn, beak, cluck, feathers, grass, hatch, peck, peep, wings, and lots more. \$1.50 each. 10 for \$10.

**More Books, plus Videos available at  
[upc-online.org/merchandise](http://upc-online.org/merchandise)**

**(continued) CHILDREN'S BOOKS & EDUCATIONAL MATERIALS**

**A Rooster's Tale: A Year in the Life of a Clan of Chickens**, by Claudia Bruckert, transports readers to the fascinating world of Change, who tells the real life story of his chicken family during his first year of life. Enchanting experiences and intriguing facts, chronicled and photographed beautifully over the course of one year, convey deep insights into the daily life of chickens. Grades 3-12 and a reading joy for all ages. \$20

**Chickens at Play**

By United Poultry Concerns

This vibrant video shows chickens at the United Poultry Concerns sanctuary accompanied by lively music, with brief explanations of what the chickens are doing throughout their daily activities into the evening as, one by one, they hop up to their perches for the night. Narrated by a young child. 10:04 minutes.

Watch: <http://vimeo.com/13210456> DVD. \$5. \$12.50 for 5.



**More books and videos available at [upc-online.org/merchandise](http://upc-online.org/merchandise)**

**Plus These Great Gifts from UPC!**

**"The Mother of Compassion Blesses Our Fellow Beings – May They Be Happy and Free From Suffering"**

Beth Redwood's beautiful artwork is available in a limited edition from United Poultry Concerns. 11 x 14" matted print ready for framing. \$20



**Cruel: Bearing Witness To Animal Exploitation**

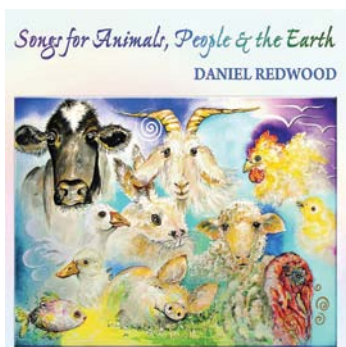
By Sue Coe, OR Books, 2012

Renowned visual artist Sue Coe, pioneer champion of animal rights and author of *Dead Meat*, has produced this mesmerizing new book documenting the experiences of animals raised and slaughtered for human consumption. Through its written account and haunting visual images, *Cruel* is a surpassingly passionate testimony to the waste, sorrow and violence perpetrated by our species against others. \$20



**"Songs for Animals, People & the Earth"**

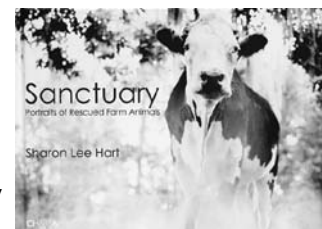
is Daniel Redwood's powerful new album of sanctuary songs. Dedicated to "the compassionate women and men whose hearts and minds have awakened to the needless suffering of animals," this music is beautiful, moving & exhilarating, lyrical and liberating! \$12.



**Sanctuary: Portraits of Rescued Farm Animals**

By Sharon Lee Hart, Charta Books, 2012

Sharon Lee Hart's photography project SANCTUARY takes you on an intimate journey to meet wonderful animals and the courageous rescuers who become their companions. Sanctuary caregivers evoke individual animals in short, handwritten stories accompanying Hart's starkly beautiful black & white photography. \$20





**Stickers** Send a message with your mail! Order our eye-catching color stickers! 100 stickers for \$10.



**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



### International Respect for Chickens Day

Celebrate 12.5" x 17" Wings 12" x 16"



### A Heart Beats in Us the Same as in You

Photo by PeTA

Full-color poster vividly captures the truth about factory chickens for the public. Vegetarian message. 18"x22".



Today's chickens are forced to grow too big too fast. They're forced to live in filth. They go to slaughter with yellow pus, harmful bacteria, heart and lung diseases, tumors, crippled legs, sick immune systems, and more. Millions of dollars are spent hiding these facts.

### 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 Jim Robertson & 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.

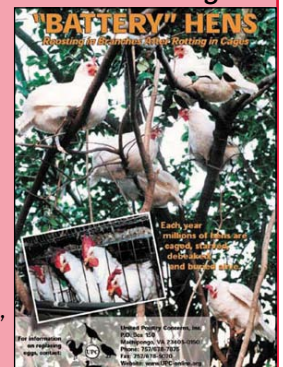


### "Battery" Hens

Roosting in Branches After Rotting in Cages

Photo by Susan Rayfield

This beautiful color poster shows the rescued Cypress hens at UPC. Perfect for your office, your home, your school. 11.5"x16".



### 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.**



# UNITED POULTRY CONCERNS, INC.



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Machipongo, VA  
23405-0150

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## INSIDE

Avoiding Burnout  
Reva the Revenant  
Pet Food Practices  
Animal Rights Activism  
Annual Report 2015  
Freddaflower Appreciation Fund  
Recipe Corner & More!

*Wishing You a Fabulous Fall!*  
*Please renew your membership for 2017*



UPC photo by Karen Davis

Our beautiful sanctuary peahen, Felicity, enjoying her sunbath Saturday afternoon, August 6, 2016