

Fall 2021

Volume 31, Number 2



Poultry Press

Promoting the compassionate and respectful treatment of domestic fowl

Celebrating 31 years of dedicated activism for domestic fowl

United Poultry Concerns

P.O. Box 150
Machipongo, VA
23405-0150

(757) 678-7875
FAX: (757) 678-5070

info@upc-online.org

Visit Our Web Site:
www.upc-online.org



*Sponsor a Precious UPC
Sanctuary Resident*



www.upc-online.org/sponsor



Our beloved hen, Penny Lane. Photo by Karen Davis. To learn more about Penny, see "Sponsor a Bird" on our homepage under Support Our Work.

Regarding the Pain of Farmed Animals

By Karen Davis, PhD,
President of United Poultry Concerns

"I appreciate this article as a necessary corrective to the nostalgic view that all was well down on the farm prior to the industrialization of agriculture. Having grown up on a small farm in the 1950s and 60s I know well that was never the case." - **George Bates, D.V.M.**

In May this year I suffered a fall that required emergency spinal surgery followed by a lengthy stay in a rehabilitation facility, from June 4 to July 23, in Nassawadox, Virginia, five miles up the road from Machipongo where we are headquartered with our chicken sanctuary. For decades I've been preoccupied with pain – not my pain, which never amounted to much until now, but rather with the unrelieved and untreated pain of the countless chickens, turkeys, and other animals living in what, in the twentieth century, became factory farms.

Factory farms are places in which large numbers of genetically and chemically manipulated animals are warehoused to grow into food for human consumption. In these places, animals are mired in the squalor that results when groups of creatures of any species are crowded together in accumulating waste. We now know that these animals are not only forcibly confined in environmental filth including toxic gases, but that they are caged in bodies wracked with painful deformities and diseases inflicted on them by human beings. They are locked into what the twentieth-century animal rights activist Henry Spira referred to as "the universe of pain and suffering" from which there is no escape but in death.

By "we," I mean those of us in the animal advocacy movement who focus particularly on the plight of farmed animals and who track the evidence reported by agribusiness researchers specializing in farmed animal "diseases of production" and "welfare." For example, in "Pain in Birds," animal scientist Michael Gentle writes that the "widespread chronic orthopedic disease in domestic poultry," added to the fact that there is a "wide variety of receptors in the joint capsule of the chicken," including pain receptors, supports the behavioral evidence that the birds are in chronic pain.

In 1990, the American Association of Avian Pathologists identified three of the most common bone pathologies associated with the forced rapid growth of present day poultry: Angular bone deformities, in which the bones become bowed in or out or twisted; tibial dyschondroplasia, in which the bones develop fractures and fissures; and spondylothesis, in which the vertebra become dislocated and/or cartilage proliferates in the lower backbone, pinching on the spinal cord and lower back nerves.

For all of these tortures, no pain relief is offered. Having been in a "pain management" program since May following my spinal surgery, I both can and cannot imagine the unrelieved suffering of these birds. I think about their suffering in its own right and also in terms of our society's expectation of immediate pharmaceutical relief for everything from mild depression to minor stomach upset.

Before Factory Farms

In his book *Animal Revolution*, Richard Ryder (who coined the term "speciesism") offers a glimpse of how animals were prepared for meals in the typical 18th-century English household during the Age of Enlightenment. Alexander Pope, the great English poet of the time, described "kitchens covered with blood and filled with the cries of creatures expiring in tortures."

Many people believe that the pre-factory-farming era was idyllic, or nearly so, for chickens, turkeys, and other farmed animals. In reality, factory farming is an extension of age-old attitudes and practices toward animals raised for food. For example, Keith Thomas, in *Man and the Natural World*, observes that poultry and game birds in previous centuries "were often fattened in darkness and confinement, sometimes being blinded as well."

Geese were thought to put on weight if the webs of their feet were nailed to the floor, and "it was the custom of some seventeenth-century housewives to cut the legs off living fowl in the belief that it made their flesh more tender." The London poulterers, Thomas writes, "kept thousands of live birds in their cellars and attics" in conditions forecasting today's factory farms.

In *A Natural History of the Senses*, Diane Ackerman

describes culinary practices that arose in eighteenth-century England, when “bored city dwellers became fascinated by sadism,” including the idea that “torturing an animal made its meat healthier and better tasting.” One recipe starts out: “Take a red cock that is not too old and beat him to death.” Another instructs:

Take a goose, or a Duck, or some such lively creature pull off all her feathers, only the head and neck must be spared: then make a fire round about her, not too close to her, that the smoke do not choke her, and that the fire may not burn her too soon; not too far off, that she may not escape free: within the circle of the fire let there be set small cups and pots of water, wherein salt and honey are mingled; and let there be set also chargers full of sodden Apples, cut into small pieces in the dish. The Goose must be all larded, and basted over with butter: put then fire about her, but do not make too much haste, when as you see her begin to roast; for by walking about and flying here and there, being cooped in by the fire that stops her way out the unwearied Goose is kept in; she will fall to drink the water to quench her thirst, and cool her heart and all her body, and the Apple sauce will make her dung and cleanse and empty her. And when she roasteth, and consumes inwardly, always wet her head and heart with a wet sponge; and when you see her giddy with running, and begin to stumble, her heart wants moisture, and she is roasted enough. Take her up and set her before your guests and she will cry as you cut off any part from her and will be almost eaten up before she be dead: it is mighty pleasant to behold!

Eighteenth-and nineteenth-century literature offers additional testimony regarding the treatment of chickens and other domestic fowl. In Tobias Smollett’s novel *The Expedition of Humphry Clinker*, published in 1771, the Welsh traveler Matthew Bramble complains during a visit to London that “the poultry is all rotten, in consequence of a fever, occasioned by the infamous

practice of sewing up the gut, that they may be the sooner fattened in coops, in consequence of this cruel retention.”

In order to whiten their flesh, calves, sheep, birds, and sometimes lambs, were stuck in the neck so that the blood would drain out slowly for hours and days. The wound would be stopped up and the animal would be left to linger alive for another day or so. In *The Rural Life of England*, William Howitt describes the practice of hanging live turkeys in the kitchen upside down by their heels to bleed out “through a vein opened under the tongue,” to improve their color. This is also how calves became veal prior to the adoption of the veal crate in the twentieth century – they were suspended upside down from the kitchen ceiling.

“Evolved” Animal Farming

The effects of the “human controlled evolution” of chickens and other birds bred for the meat industry are described in an article in *International Hatchery Practice*. Andrew A. Olkowski, DVM and his colleagues state in “Trends in developmental anomalies in contemporary broiler chickens” that chickens with extra legs and wings, missing eyes and beak deformities “can be found in practically every broiler flock,” where “a variety of health problems involving muscular, digestive, cardiovascular, integumentary, skeletal, and immune systems” form a complex of debilitating diseases. Poultry personnel, they say, provide “solid evidence that anatomical anomalies have become deep-rooted in the phenotype of contemporary broiler chickens.”



Modern chicken house in the United States

(continued) Regarding the Pain of Farmed Animals

An example is a breast muscle myopathy described in 2018 as a worldwide phenomenon. Called “wooden breast,” this condition manifests a manmade impairment in “broiler” chickens so severe that the birds’ breasts develop a hard wood-like texture involving necrosis, fibrosis, and macrophage infiltration relating to the cardiopulmonary system’s inability to supply capillary blood to the bird’s massively growing breast muscle, which as a result hardens and dies.

Ulcerative and necrotic diseases in agribusiness chickens are endemic. Femoral head necrosis occurs when the top of the leg bone disintegrates as a result of bacterial infection, oppressive body weight, and oxygen deficiency in the contaminated chicken houses that exacerbate the birds’ pre-existing pulmonary pathologies. Necrotic enteritis involving the bacterial agent *Clostridium perfringens* shows intestines swollen with gas, oozing putrid fluid, and full of ulcers. Gangrenous dermatitis, a skin disease, affects the legs, wings, breast, vent, abdomen and intestines of the birds as a result of toxins emitted by *Clostridium perfringens* in conjunction with exposure to immunosuppressive viruses in the chicken sheds.

Pain Without Pity

The idea of a past characterized by compassionate animal farming that could be revived and modernized in contrast to factory farming does not pass scrutiny. Industrialized animal production practices reflect the inveterate view that, as poultry researcher Joy Mench once told me in the comfort of her office, the basic premise of our relationship with “food” animals precludes ethics and empathy. It allows us to decide that morality does not apply to our use of these animals. Traditional animal husbandry practices support this nihilistic viewpoint.

A photograph of turkeys being “noodled” (force-fed) to increase the size and growth rates of their livers and bodies, appears in the March 1930 issue of the *National Geographic*, along with much else that helps to explain why a sixteenth-century observer wrote of animals raised for food: “They feed in pain, lie in pain, and sleep in pain.” Farmed animals live and die in lonely, relentless agony that even pain-relieving medication could not overcome. We may think that roasting a live bird in front of a fire and devouring her while she is dying is too cruel and savage for today’s world, but nothing could be further from the truth.

Poultry Press

is published quarterly by United Poultry Concerns, Inc., a national nonprofit 501 (c) (3) organization incorporated in the State of Maryland. Federal ID: 52-1705678

EDITOR:
Karen Davis

GRAPHIC DESIGN:
Franklin Wade

UNITED POULTRY CONCERNS, INC.

OFFICERS:
KAREN DAVIS, PhD
President-Director

LIQIN CAO
Vice President-Director

FRANKLIN WADE
Vice President-Director

VEDA STRAM
Vice President-Director

DEBBIE DONOVAN
Secretary Treasurer-Director

WEBSITE ADMINISTRATOR/
GRAPHIC DESIGNER:
FRANKLIN WADE

OFFICE ASSISTANT:
RONNIE STEINAU

SANCTUARY ASSISTANT:
PAUL CONNON

WEB ASSISTANT:
BILL FERGUSON

PROJECTS MANAGER:
HOPE BOHANEK

KAPOROS CAMPAIGN STRATEGIST:
JILL CARNEGIE

ADVISORS:
Carol J. Adams, Author
Holly Cheever, DVM
Mary Britton Clouse,
Chicken Run Rescue
Sean Day, Attorney
Clare Druce, Chickens’ Lib
Sheila Schwartz, PhD, Humane
Education Committee of NYC
Kim Sturla, Animal Place

**Would you like to do more to help the birds?
Just go to www.upc-online.org/email and sign up to
BECOME A UPC E-SUBSCRIBER!
News updates, action alerts, upcoming events and more!**

End Chickens as Kaporos Campaign Update

“I can’t believe this is happening again.”

The sentiment of all of us. It rings especially loudly this year after we all had hoped that some progress might be achieved in conjunction with 2020 COVID-19 initiatives. However, in New York City, what we saw in 2020 was that the corruption was as deep as ever and Kaporos was allowed to commence without interference from public officials.

In 2021 we witnessed the same political corruption that allows and helps Kaporos practitioners break NYC and NYS health, safety, and animal cruelty laws with impunity.

As deflating as it was to see the horrors continue unabated while activists ramped up Personal Protective Equipment (PPE) use and provided compassionate care to thousands of suffering chickens in 2021, we will not stop. September 9-14 was our **NYC Kaporos Week of Action 2021**.



Unparalleled Suffering Photography

Rescue of the victims remains a top priority. To that end, we have diversified our leadership, welcoming Kiirstin Marilyn and Maureen Medina as Co-Campaign Strategists and Field Directors. Jill Carnegie continues her involvement as Rescue Coordinator, working in cooperation with our new Campaign Strategists.

The **Alliance to End Chickens as Kaporos** was proud to continue our partnership with Jewish Veg for our fourth consecutive year. They provided trained outreach advocates while AECK activists gave watermelon and water to the 5-week old chickens suffering in transport crates prior to being mercilessly “swung” and slaughtered as “atonements” (substitutes) for the sins of the practitioners. We provided rescue, emergency care, transport, and quality home placement to more than 700 Kaporos survivors this year.

Our next issue of *Poultry Press* will report on this year’s activities and accomplishments in September and October on behalf of the chickens. Thank you for your continuing support for our campaign now in its 11th year since the founding of the **Alliance to End Chickens As Kaporos** in 2010! **The Alliance to End Chicken as Kaporos is a project of United Poultry Concerns.**



If Plants Have Feelings, How Does This Affect Our Advocacy for Animals?

By Karen Davis, PhD,
President of United Poultry Concerns

This article was first posted August 22, 2021 on **Animals 24-7**.

Can a tree be “strategically responsive, and exhibit kinship, or a sense of self? Is a tree intelligent?” – Rebecca Giggs, “The Trees Are Talking,” *The Atlantic*, July / August 2021.



Beth Clifton collage

This intriguing article in *The Atlantic* recounts modern discoveries of behavioral complexity in plants and the implications of this complexity. Reading it, I was reminded of my conversations with two different people about the possibility of plant consciousness. If plants can be scientifically shown to experience themselves and their surroundings with their own forms of biological consciousness and sensitivity, how does this discovery affect the case for animal rights, based on animal sentience?

My first conversation was with animal rights activist and author, Norm Phelps (1939-2014) who, while believing that the world is informed with a Buddhist-

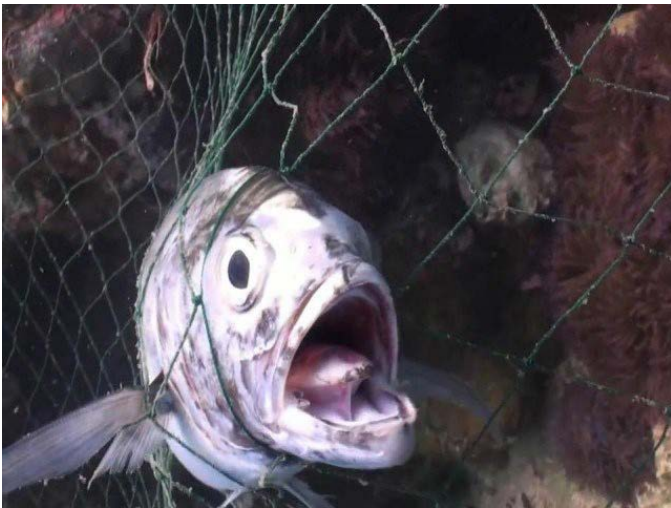
like spirituality, did not believe that plants – trees, bushes, vines, grasses, etc. – possess consciousness or sentience of any kind. Yes, like animals, they have DNA and are organic like animals, but unlike animals they cannot run away from predators and they lack a brain and a central nervous system. As Giggs writes in “The Trees Are Talking,” “The notion that plants ‘do’ anything, outside of surging toward the light and siphoning water, would imply threshold competencies that have long been regarded as mental, or at the very least sensory.”

An understandable concern among animal advocates is that if plants can be shown to be conscious, sentient beings, the case for animal rights collapses into a welter of universal pain and pleasure, making it hard to argue that we should not harm and kill other animals since they, like us and unlike plants, have well-developed central nervous systems, pain receptors and pleasure centers. Like us, birds, fish, and our fellow mammals show evidence of fear and wellbeing. Land animals – mammals and birds – cry out in pain; birds, fish, and mammals nurse wounded body parts, and seek to avoid those who have hurt them in the past. Thus, whatever sensory experience plants may or may not have, there is no question about the sensory experience of animals, be they chickens or chimpanzees, underwater dwellers or insects, whose sentience is increasingly recognized.

Helen Nearing (1904-1995), vegetarian peace activist and coauthor with her husband Scott of *Living the Good Life*, said that we may assume a degree of sentience in plants and still recognize that there’s “clearly a distinction between a new-born baby lamb and a newly ripened tomato.”

Traumatic Fishing Experience

My second conversation, more recently, was with a person who cares about animals, though not about animal “rights” per se. Our conversation began by his saying he looked forward to visiting a friend with a fishing business, and to fishing with his friend. I asked how he felt about hooking a fish painfully in the mouth and yanking the fish out of the water that a fish needs



The face of this trapped fish expresses this fish's fear.
Courtesy of Fish Feel.

in order to breathe. For the fish, fishing is a mental and physical trauma involving pain, fear, injury, and a slow and terrifying asphyxiation comparable to our being hooked in the mouth and drowned.

He replied that pretty soon plants will probably be shown to feel pain and suffering similar to pain and suffering in animals; if this is so, we will be just as guilty for hurting and killing plants as for hurting and killing animals, including fish.

I said I agree that we should refrain from assuming that plants have no experiential equivalent of what we know in our own lives as feelings. The likelihood that plants don't experience pain and pleasure in our sense does not necessarily exclude experiences particular to plants that involve their sense of themselves and the relevant parts of their environment. "Experience" may comprise more than we know. Surely all organic beings, be they plants or animals, have an experiential component that distinguishes all of us from inanimate objects.

The fishing discussed in our conversation was not "survival" fishing, but rather "recreational" fishing, including "catch and release" fishing, which is profoundly cruel to the victim whose trauma is maximized by being returned to the water with mouth and facial injuries as well as brain damage from the lack of oxygen the fish endured when swung at the end of a pole into the air. Back in the water, the injured fish is no longer fit to defend herself or himself from predators and other dangers, as before. A lingering injury to the body and mind of the fish, inviting infection, may follow. The damaged fish may have an aquatic family that he or she can no longer protect or participate with.

The premier advocacy organization for aquatic animals, Fish Feel, cites the following:

In his book *Pleasurable Kingdom: Animals and the Nature of Feeling Good*, world-renowned animal behaviorist Jonathan Balcombe, PhD, explains how fish are falsely, yet "commonly denied feeling" perhaps because of "their relative lack of facial expression." He states:

When they are impaled on a hook, fish don't scream or grimace, though their gaping mouths may evoke a look of shock or horror to the empathetic witness. Using facial expression as a guide for sentience is hardly valid when one considers that some of the most intelligent and highly sentient marine vertebrates – namely the dolphins and whales – also lack facial expression, at least any that most of us can readily detect. However, animals have many other ways of visually signaling their feelings. Crests, dewlaps, pupil dilation and contraction, color changes, and body postures and movements are among the many visual ways fish and other animals convey emotions. Water is also a potent medium for communicating via chemicals and sounds.

The idea that if plants have feelings we may therefore harm and kill animals for our appetites and amusement, since sentience is no longer considered a feature unique to animals, but a trait inherent in life itself, is morally untenable and devoid of empathy for either plants or animals. People who argue against animal rights by invoking the "suffering" of a carrot in being pulled from the ground and eaten tend to be less concerned about plant sensitivity than they are about asserting their right to exploit animals, armed with the notion that if all living things have feelings, then "All is permitted."

For those of us who truly care about not harming plants needlessly, it helps to remember that when we eat animal products, we consume many more plants indirectly than when we eat plants directly, because farmed animals are fed huge quantities of grasses, grains, and seeds to be converted into meat, milk, and eggs. An animal-free diet causes fewer beings to suffer and die for us.

(continued) If Plants Have Feelings, How Does This Affect Our Advocacy for Animals?

Surely, we should treat trees and other forms of plant life with respect, and not wantonly, whether or not they are conscious and sentient as we experience these attributes. In “The Trees Are Talking,” we are introduced to “a new vision of tree life. . . . This newfound tree is networked, sensitive, companionate, and communicative; it matters as part of a conjoined whole. . . . Such findings make trees seem capable of so much more than we once imagined.”

Fallacy of “Simple” Organisms

Similarly, oysters, clams, and insects are being shown to be capable of much more than we once imagined. Like fishes, they are members of the animal kingdom. As such, they deserve the benefit of the doubt. Their behavior indicates sentience and awareness even if the sources of their feelings are elusive to science, which apparently is not even the case anymore. Neuroscientist Lori Marino points out, for example, that there are “close to one million neurons in an ant or bee brain.” All insects, she writes, “possess a complex central nervous system . . . and many insects show very complex learning capacities. . . . [and] we found that fish and crustaceans feel pain when it was assumed that was just not possible for ‘simple’ organisms.”

We are reminded that there are ways of being alive in the flesh, even in wooden “flesh,” that we may never fathom. Nor is the perception of pain per se the only proof or *sine qua non* – an indispensable condition – of sentience. Conscious perception of nonpainful but highly distressing stimuli includes gagging, inability to breathe (dyspnea), smell of blood, apprehension, fear and more. Throughout history, various groups of humans, birds and others have been dismissed as mindless and insentient or “low on the scale of evolution” as was once assumed about ground-nesting birds such as chickens, until the truth showed otherwise.

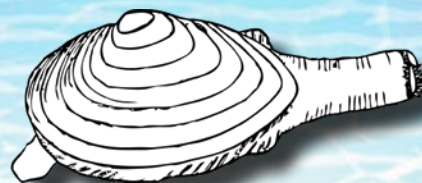
Thus, even if Buddhism does not regard plants as sentient or possessed of awareness, and therefore in no need of the compassion we owe to animals “not to kill or injure any human, animal, bird, fish, or insect,” we can no longer rely on this assumption, any more than on the Biblical claim in Matthew 6:28 that the lilies of the field “neither toil nor spin.” With our newer insights

Clam

by Mary Oliver from her book,
What Do We Know

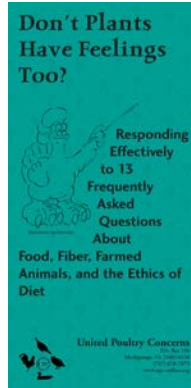
Each one is a small life, but sometimes long, if its place in the universe is not found out. Like us, they have a heart and a stomach; they know hunger, and probably a little satisfaction too. Do not mock them for their gentleness, they have a muscle that loves being alive. They pull away from the light. They pull down. They hold themselves together. They refuse to open.

But sometimes they lose their place and are tumbled shoreward in a storm. Then they pant, they fill with sand, they have no choice but must open the smallest crack. Then the fire of the world touches them. Perhaps, on such days, they too begin the terrible effort of thinking, of wondering *who*, and *what*, and *why*. If they can bury themselves again in the sand they will. If not, they are sure to perish, though not quickly. They also have resources beyond the flesh; they also try very hard not to die.



into plant life and ecology, it appears that in their own evolved ways, this is precisely what “the lilies” do, just like animals, just like us. Taken together, we, the plants and our animal kin are the conjoined family of life on earth.

🐦 For more on this topic, see **Don't Plants Have Feelings Too?** *Responding Effectively to 13 Frequently Asked Questions About Food, Fiber, Farm Animals, and the Ethics of Diet*. Print copies of this brochure are available at www.upc-online.org/merchandise.



Vegan Voices: Essays by Inspiring Changemakers

United Poultry Concerns is pleased to announce publication of *Vegan Voices: Essays by Inspiring Changemakers*. This fabulous new book includes essays by UPC President Karen Davis and UPC's Projects Manager Hope Bohanec!

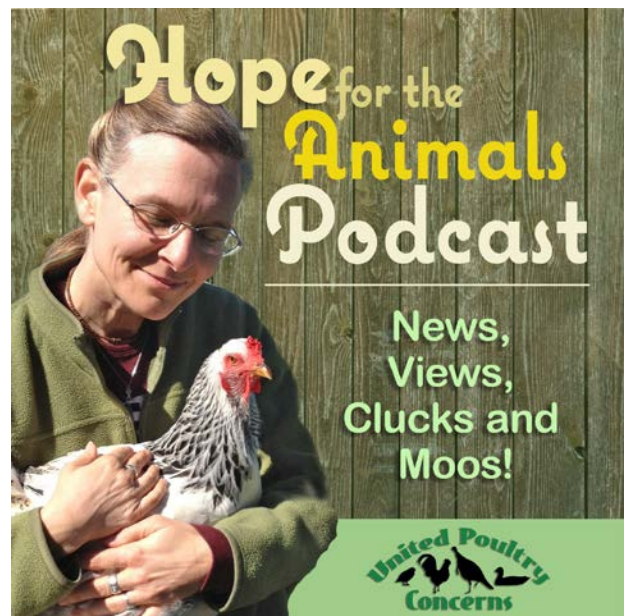
"*Vegan Voices* brings you the thoughts and experiences of the visionaries who have built this powerful movement. From ethics and activism to aesthetics and economics, it looks at all sides, charting an optimistic way forward for humans and for all the other animals with whom we share the planet."—Neal D. Barnard, MD, FACC, President, Physicians Committee for Responsible Medicine, Washington, DC



Hope for the Animals Podcast

In this lively podcast series sponsored by United Poultry Concerns, UPC's Projects Manager Hope Bohanec covers a variety of farmed animal issues including the ethical, environmental, spiritual, heartbreaking and heartwarming aspects of fighting for farmed animals and living vegan. Each episode includes a very special guest. To listen to each prerecorded episode at any time, just visit www.hopefortheanimalspodcast.org. Tune in! You'll be glad you did!

"I love the Hope for the Animals podcast. Hope Bohanec has the absolutely most beautiful voice to listen to!"
— *Marian Erikson*, www.plantbasedbriefing.com



Essay by Joel Freedman: Thoughts on chickens, turkeys and other abused ‘food animals’

This guest column was published in the *Daily Messenger*, July 20-21, 2021.

In my March 4 *Daily Messenger* essay, “Abraham Lincoln Was Devoted to Animals,” I wrote that the Lincoln White House became a sanctuary for animals – cats, dogs, goats, rabbits and horses. When a turkey arrived at the White House destined to become a holiday meal, Lincoln’s son Tad befriended the turkey and named him Jack. Tad interrupted a Cabinet meeting to implore his father to spare the life of the turkey. The president complied and Jack became a resident of the White House.

Before I became a committed vegan and animal advocate, I viewed turkeys and chickens as my favorite food choices, not sentient beings worthy of moral consideration. In my late forties, I largely abstained from eating meat, but a couple of times I relapsed when I had the opportunity to eat roast turkey with all the trimmings or Southern fried chicken. Since attending an animal rights conference in Washington, DC, in 1995, I have continually refrained from eating meat, fish, eggs, or dairy products.

One of the interesting people I met at the conference was Karen Davis, a vegan, animal rights activist and founder of United Poultry Concerns, a nonprofit that shows people new ways to relate to chickens, turkeys, ducks and other birds exploited for human consumption. UPC educates the public about the ways in which poultry are subjected to hellish lives and deaths, and promotes humane alternatives through education, social activism, protests and vigils.

Many years ago, a student at Canandaigua Academy asked me to help her save the lives of some 20 chickens, who were about to be butchered by students participating in a school “chicken project” involving the raising of chickens for human consumption. I called Davis, who then coordinated her own “Chicken Project” that ended happily when the birds were finally allowed to become permanent residents of the wonderful Farm Sanctuary in Watkins Glen.

Davis is also a prolific writer. This summer, I read her book “For the Birds: From Exploitation to Liberation, Essays on Chickens, Turkeys and other

Domesticated Fowl.” The book describes the abhorrent and repulsive cruelty these birds are subjected to. For example, when they are raised on factory farms for human consumption, they suffer from dehydration, respiratory diseases, bacterial infections, crippled legs, and other serious ailments. Davis explains that “as long as people want billions of eggs and millions of pounds of flesh ... there will be crowding and cruelty ... and we ingest their misery.”

Davis adds that “Pessimism about the outcome of an atrocity is not the same as feeling or being ineffective in one’s commitment to alleviating the atrocity.”

One of the many ways Davis makes a difference is apparent in her sanctuary in Virginia, where rescued birds thrive in a loving, respectful, predator-proof and compassionate environment. On one occasion in the 1980s, Davis traveled hundreds of miles to bring seven former battery-caged hens back to the sanctuary. In “For the Birds,” Davis writes: “Once their flutter of anxiety and fear had subsided, the hens sat quietly in the car, occasionally standing up to stretch a leg or a wing, all the while peering out from under their pale and pendulous combs as I drove and spoke to them of the life awaiting. Then, an astonishing thing happened. The most naked and pitiful looking hen began making her way slowly from the backseat, across the passenger seat separator, toward me. She crawled onto my knee and settled herself in my lap for the remainder of the trip.”

Davis’s description of her relationship over the decades with the birds at the sanctuary has shown her that they “are conscious and emotional beings with adaptable sociability and a range of intentions and personalities. . . .When chickens are happy, their sense of well-being resonates unmistakably.”

Davis decries the fact that people are “programmed not to perceive ‘food’ animals as individuals with feelings, let alone as creatures with projects of their own of which they have been stripped.”

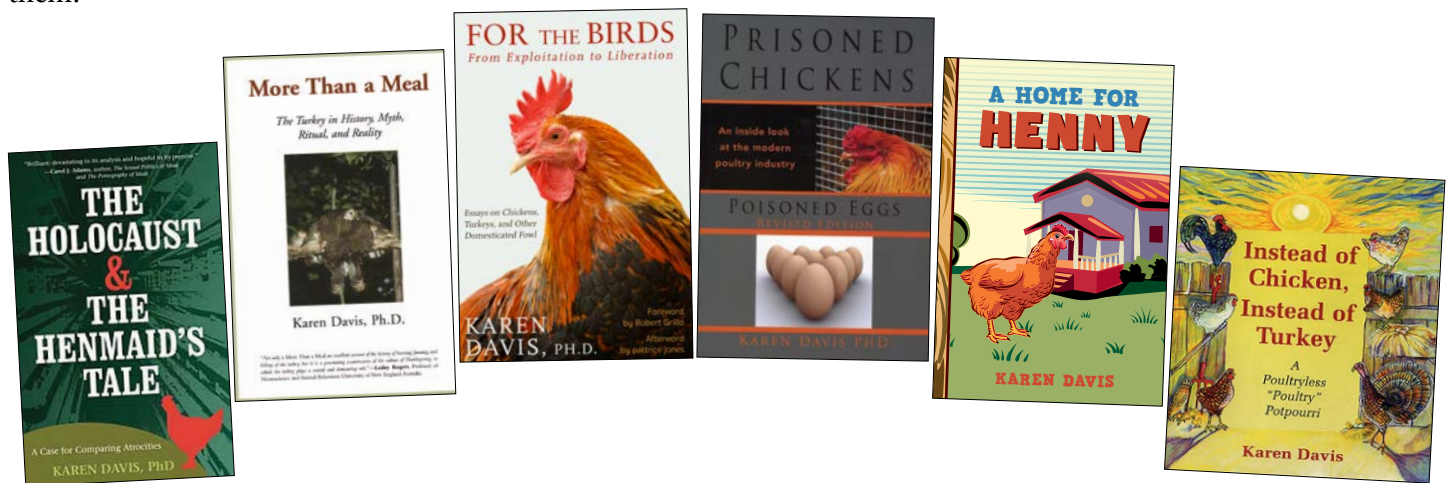
Only a few of the billions of victimized birds are lucky enough to be rescued from the slaughterhouses, from the overcrowded, filthy cages, from the piles of dead birds they were thrown into alive or from the manure pits into which they fall.

“For the Birds” is a powerful and well-written book that reveals the complex and socially rich lives of animals who have usually been excluded from our circle of compassion. Davis’ account of how she became an animal rights activist, the manner in which she puts a face on both the rescued animals and their rescuers, and her chapter on “Moving Beyond the Rhetoric of Apology in Animal Rights” are particularly memorable.

In the book’s Foreword, Robert Grillo – author of “Farm to Fable: The Fictions of Our Animal-Consuming Culture” – wrote that “when I finally landed on Karen Davis’ United Poultry Concerns website in 2009, I realized I had found not only a vast repository of sound information about chickens, but also a truly evolved way of caring for and relating to them.

If you read “For the Birds” and/or any of Davis’ other books (“Poisoned Chickens, Poisoned Eggs: An Inside Look at the Modern Poultry Industry”; “More Than a Meal: The Turkey in History, Myth, Ritual, and Reality”; “The Holocaust and the Henmaid’s Tale: A Case for Comparing Atrocities”; “A Home for Henny” [a children’s book]; “Instead of Chicken, Instead of Turkey: A Poultryless ‘Poultry’ Potpourri” [a vegan cookbook]), I hope you will gain a better appreciation of why our fellow living beings deserve our compassion and respect.

Joel Freedman, of Canandaigua, New York is a frequent Messenger Post contributor. He is a longstanding member of United Poultry Concerns.



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.

My donation is for my mother. Mom loved her birds.
– Heather Casdorff

This donation is in the name of Tonya Dalhaus in celebration of her birthday. – Pamela Barnes

In loving memory of our many cherished sanctuary birds through the years who found happiness in our care as long as they lived. – United Poultry Concerns

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



Consumer Reports' "Quest for Safer Chicken"

(Now In Its 50th-plus Year – United Poultry Concerns)

The Quest for Safer Chicken

Why are potentially deadly bacteria legally allowed in our poultry? And how can you and your family stay safe?

By Rachel Rabkin Peachman

August 04, 2021

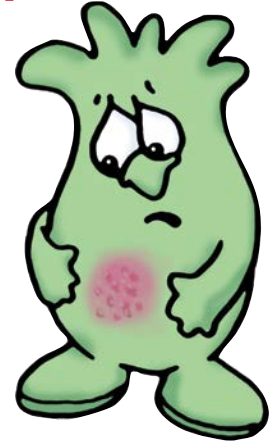
"I now have to handle chicken like toxic waste. That's not how I should have to cook in my kitchen."

–Amanda Craten, whose son Noah suffered long-term brain damage from Salmonella in chicken - Consumer Reports, 2021.

UPC President Karen Davis posted the following Response to The Quest for Safer Chicken:

Chickens are raised and slaughtered in filthy, pathogenic, intensely cruel conditions. These same types of articles have been published for decades, and will no doubt continue until animal-product consumers decide to wash their hands and mouths of the mess and misery

of eating chickens and upgrade to plant-based "chicken" products which can be found in virtually every supermarket and Big Box store in the country. Plant-based "chicken" is free of the intestinal pathogens that sicken and can even kill consumers of pathogen-laden chicken products. An article in *The Atlantic* called "Dirty Chicken" published decades ago described in detail the conditions that ensure the pathogenic load in chickens will continue. Even washing the dead birds in chlorinated (and filthy) water in the slaughter plants cannot remove all the Salmonella and other harmful bacteria that cling to the dead chicken's skin. There is now such a wealth of delicious plant-based, animal-free foods, there's no good (rational or ethical) reason to keep circling back to the same bad situation over and over.



The November 1990 issue of *The Atlantic* published a scathing Public Health Report called "Dirty Chicken" by Gene Bruce, Volume 266, No. 5, pp. 32-49. Unfortunately this excellent report is not online; yet it remains one of the most informative reports available on how poultry slaughterhouse conditions contribute to contaminated birds, antibiotic resistance, and human illness.

Summary: "If consumers knew of the filth in many poultry-processing plants and the likelihood that the chicken they buy is contaminated or diseased, many USDA inspectors say, they would think twice before buying it. Has a move toward industry self-inspection meant that a USDA stamp of approval is no longer reassuring?"

The Feb. 1991 issue of *The Atlantic* published two letters to the editor from poultry industry representatives ranting against the "Dirty Chicken" report along with Karen Davis's letter and Gene Bruce's Reply to poultry industry complaints.

From **Letters in *The Atlantic* Regarding "Dirty Chicken" Report**: KAREN DAVIS'S PUBLISHED LETTER, *The Atlantic*, Feb. 1991, p. 4:

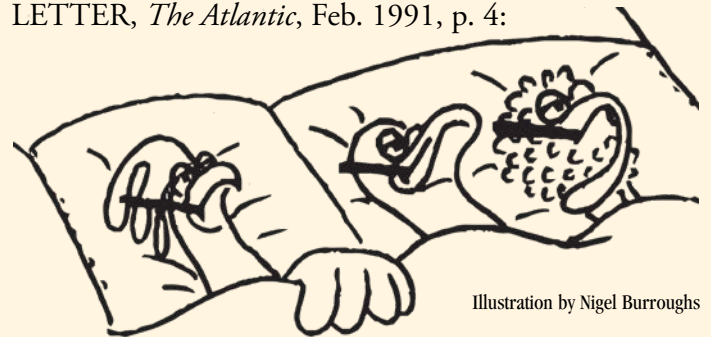


Illustration by Nigel Burroughs

Gene Bruce's article on poultry contamination and related human health problems is extremely informative. The fact that salmonella and other food-poisoning bacteria are continuously being recycled through the commercial food system cannot be over-emphasized. Commercially manufactured poultry feed is loaded with poultry byproducts, including excrement. Another fact is that the routine mixing of antibiotics, to promote growth and control disease, has caused the evolution of "super salmonellae," which are resistant or immune to antibiotics.

In addition, the stress imposed on birds by the modern poultry operation may prevent them from coping efficiently with disease organisms, including food-borne infectious bacteria. One reason may be that, as studies have shown, normal, short-term stress produces corticoid hormonal responses that enable a bird to cope with the stressor. However, persistent stress can impair the bird's immune function. The chronic environmental stress imposed on birds in modern poultry production is exacerbated by genetic selection for rapid growth. Thus in chickens, selected for muscle tissue – that is, meat – the ability to produce antibodies is very low, because the bird's biological resources are directed toward growth at the expense of other body functions.

The modern poultry enterprise is extraordinarily complicated and, I should add, intensely inhumane.

KAREN DAVIS

President, United Poultry Concerns, Inc.

GENE BRUCE REPLIES TO POULTRY INDUSTRY COMPLAINTS, *The Atlantic*, Feb. 1991, p. 4:

Some industry spokespeople claim that I relied heavily on a small cast of industry critics, many of them labor connected. On the contrary, my research net was unusually wide and far-reaching. I interviewed

more than a hundred people with expertise in key aspects of poultry processing and its implications for public health. Among this group were poultry scientists, enteric-disease specialists, veterinarians, microbiologists, food-safety experts from the Department of Agriculture, the Centers for Disease Control, the Food and Drug Administration, private universities, state and local health departments, and consumer-advocacy groups, and held two lengthy interviews with the chief administrator of the Food Safety and Inspection Service. Most of the broiler companies I approached referred me to the National Broiler Council, which referred me to its technical adviser, whom I interviewed. If that interview is almost two years old, that is because I worked on the article for two years. I tried to arrange on-site visits and interviews at three of the top ten broiler companies – Tyson, Holly Farms, and Perdue – but all refused my requests.

I understand why industry representatives would be concerned to have a chance to comment on negative statements made about their product. However, I did give them a chance to comment, and they did comment. If this were not so, their letters would add new information to that presented in the article. They do not.

Gene Bruce, author of "Dirty Chicken." The Atlantic, November 1990.

"Dying for Dinner" Cards

Place in stores, mail, etc.!

3" x 4", 25 for \$2.50



Photo by L. Parascandola

Are You Dying for a Chicken Dinner? They Did!

Send check or money order to UPC or order online at

www.upc-online.org/merchandise.

"We could no longer look at a piece of meat anymore without seeing the sad face of the suffering animal who had lived in it when the animal was still alive." He told how, at the slaughter plant where he worked, "The chickens hang there and look at you while they are bleeding. They try to hide their head from you by sticking it under the wing of the chicken next to them on the slaughter line. You can tell by them looking at you, they're scared to death."

–Virgil Butler, Ex-Tyson Slaughterhouse
Voice for Chickens

United Poultry Concerns

PO Box 150, Machipongo, Virginia 23405

757-678-7875 • www.upc-online.org • info@upc-online.org

United Poultry Concerns Annual Report for 2020



UPC outdoor aviary photo by Richard Cundari

Federal ID: 52-1705678

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

Officers & Directors 2020

Karen Davis, PhD, President-Director
 Franklin Wade, Vice President-Director
 Liqin Cao, Vice President-Director
 Veda Stram, Vice President-Director
 Debbie Donovan, Secretary Treasurer-Director

Staff 2020

Karen Davis, PhD, President
 Liqin Cao, Vice President
 Franklin Wade, Vice President, Website Administrator & Graphic Designer
 Veda Stram, Vice President
 Bill Ferguson, Web Assistant
 Ronnie Steinau, Office Assistant
 Hope Bohanec, Projects Manager
 Debbie Donovan, Bookkeeper
 Johnathan Albrecht, Paul Cannon Sanctuary Assistants

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, 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 2020. From all of us at United Poultry Concerns, thank you for support!

Highlights of Our Activities and Accomplishments in 2020

For a complete listing of UPC's action alerts, news, photos & activities in 2020, please visit News Archives 2020 at www.upc-online.org/whatsnew/2020.html.

UPC Sanctuary - 2020

Adopted 11 wonderful chickens in need of a loving home into our 12,000 square foot predator-proof outdoor aviary for the total safety of our rescued birds!

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 2020 campaign and wide-ranging activities, see www.upc-online.org/respect.

Further Actions, Investigations & Outreach Campaigns: A Shortlist - 2020

- 🐔 Protested Brutal Canada Geese Roundup and Slaughter in Denver, Colorado.
- 🐔 Joined Coalition to Save Gerald, the Rose Garden Turkey, in Oakland, CA, from being killed by local authorities and relocated instead to a safe habitat.

- 🐔 Urged U.S Postal Service to stop shipping baby chicks and ducklings to customers.
- 🐔 Petitioned Ridgeland, Wisconsin officials to stop the town's annual "Chicken Toss."
- 🐔 Petitioned Island Walk, Florida Board of Directors not to kill Muscovy Ducks.
- 🐔 Joined a coalition of activists urging that Mute Swan families in Passaic County, New Jersey needed help to prevent local officials from killing them.
- 🐔 Urged VP candidate Kamala Harris to speak out against America's meat consumption.
- 🐔 Protested National Public Radio for denigrating chickens and encouraging violence toward them on NPR's "Wait Wait Don't Tell Me" and "All Things Considered."
- 🐔 Petitioned Antioch College in Yellow Springs, Ohio to stop farming chickens and ducks.

Alliance to End Chicken Kaporos Campaign - 2020

The Alliance to End Chickens as Kaporos is a project of United Poultry Concerns launched in 2010 to expose and eliminate the ritual of Kaporos in which chickens are abused and killed for "atonement" in many ultraorthodox Hasidic communities. Our legal and other actions and reports, 2010-2020, can be viewed on the Alliance website at www.EndChickensAsKaporos.com. Here are a few highlights from 2020.

- 🐔 Attorney for the Alliance to End Chickens as Kaporos Files New Motion in Kaporos Case, August 4.
- 🐔 Animal Rights Group Plasters Anti-Kaporos Posters Throughout NYC, September 15.
- 🐔 Animal Rights Activists Rescue 510 Chickens From Slaughter, December 7.
- 🐔 Kaporos Chicken Slaughter: "An Unholy Ritual," *New York Daily News*, September 24.
- 🐔 Chicken Kaporos Webinar: Please Join Us!, October 20.

Fabulous Kiosks & Bus Posters for Chickens and Turkeys! – 2020

- 🐔 UPC Runs Bus Banners in Minneapolis for International Respect for Chickens Day/month of May!
- 🐔 Be Kind to Turkeys – Go Vegan, Miami!, November.

New UPC Website Articles - 2020

- 🐔 Wet Markets or Walmart? Animal Consumption & the Coronavirus, January 31.
- 🐔 Birth of a Baby Chicken: An Easter Story, April 11.
- 🐔 What's *Love* Got to Do with It?, May 19.
- 🐔 Understanding Euthanasia: When Life and Words Become Worthless, June 18.
- 🐔 Role of the Rooster – Father, Lover, Brother, Food-finder, Guardian, Sentinel, July 31.
- 🐔 Slaughterhouse Workers, Farmed Animals, and Animal Advocates: Can There Be Justice For All?, July 28.
- 🐔 *An Underwater Friend* Shines a Light on the Underside of Fishing, August 29.
- 🐔 Can Killing an Animal Be Compensated For by the Creation of a New Animal?, November 6.
- 🐔 The "Thanksgiving" Turkey: Object of Sentimentality, Sarcasm, and Sacrifice, November 25.

Website Videos, Podcasts, Radio Shows – 2020

In 2020, UPC's Projects Manager Hope Bohanec launched her wildly popular *Hope for the Animals* Podcast series with special guests each week promoting animal rights and vegan living around the world. These podcasts are featured in this list of our 2020 Website interviews.

- 🐔 New Podcast: Transforming Ourselves Through Compassion with Judy Carman, December 19.
- 🐔 UPC's Latest Podcast with Sarina Farb Who Was Born Vegan, December 3.
- 🐔 Louie B. Free Interviews Karen Davis, November 23.
- 🐔 Special Holiday Episode of UPC's Podcast Featuring Karen Davis, November 23.
- 🐔 Animal Farming Does Not Support "Ethics" Assurances, November 10.
- 🐔 Two New Podcasts Focused on Fish, November 9.
- 🐔 New Podcast Episode: Eco-Vegan Film Reviews and Media Maven Jane Velez-Mitchell, October 30.
- 🐔 New Podcast Episode: The Importance of Language and an Interview with Filmmaker Jasmine Leyva, October 15.
- 🐔 Living One Webinar with UPC President Karen Davis is Ready to Watch!, October 9.
- 🐔 Two New Podcasts: The Dairy Industry Exposed,

- October 8.
- ♥ New Podcast Episode: More Glimmers of Hope, September 25.
- ♥ The Humane Hoax Chicken Webinar Videos are Ready to Watch!, September 19.
- ♥ New Podcast Episode: Rooster Rescuer Justin Van Kleeck, September 5.
- ♥ New Podcast Episode: Are There Ethical Eggs? and Exposing “Humane” Labeling, August 24.
- ♥ New Podcast Episode: Vegan Spirituality with Lisa Levinson, August 11.
- ♥ Reason for Vegan Series 4 & 5 - Turkeys, Ducks, and Geese, July 29.
- ♥ The Contradiction of “Humane” Meat and Journalist Martha Rosenberg, July 22.
- ♥ Bird Brainpower and Rescuing Pigeons with Elizabeth Young, July 10.
- ♥ A Glimmer of Hope and Melanie Joy Explains Carnism, June 29.
- ♥ Unjust Farm Subsidies and Systemic Racism in the Food System with Connie Spence, June 15.
- ♥ UPC’s Podcast: Introducing The Reason for Vegan Series, June 5.
- ♥ Karen Davis returns to BrainFood from the Heartland today for International Respect for Chickens Day, May 4.
- ♥ “Talking Animals” Radio Show Interviews UPC President Karen Davis for International Respect for Chickens Day: Tune In!, May 2.
- ♥ UPC’s Hope Bohanec on Speciesism, the Covid-19 Crisis and the Chicken Industry, April 8.
- ♥ Watch United Poultry Concerns’ 30-Year Anniversary Video!, April 3.
- ♥ 2020 Conscious Eating Conference 2020 Speaker Videos, February 29.
- ♥ Podcast: Karen Davis on Chickens & Fowl Language on Our Hen House, January 20.

Speaking Engagements, Webinars & Exhibits – 2020:

Karen Davis, Hope Bohanec

- ♥ Humane Hoax Online Summit, *organized, hosted, and presented*, January 18.
- ♥ Forks Over Knives Film Showing, Elk Grove, CA, *hosted Q & A after*, January 27.
- ♥ SacTown VegFest, Sacramento, CA, *hosted UPC table and presented*, February 1.
- ♥ Climate Summit Webinar, *presented on the*

- environmental impact of animal agriculture*, February 19.
- ♥ UPC’s Conscious Eating Conference, Berkeley, CA. *organized, hosted the panel discussion*, February 29.
- ♥ Interview on a YouTube Channel, April 2.
- ♥ Online Interview with Animal Rebellion UK for their monthly webinar series, May 23.
- ♥ Unity/Climate Healers webinar, *presented*, June 22.
- ♥ Vegan Spiritually Online Gathering, *presented on Ahimsa and Veganism*, September 10.
- ♥ Humane Hoax Chicken Webinar, *organized and hosted*, September 12.
- ♥ Living One Podcast with Karen Davis. Kerulos Center, October 4.
- ♥ San Francisco Virtual VegFest, *presented on Effective Online Activism*, October 11.
- ♥ Acterra Online Lecture Series *presented on GreenWashing Our Food: The Truth Behind Sustainable Labels*, November 17.

Additional Community Outreach - Exhibits & Demonstrations - 2020

“Kindness Is Contagious – Live Vegan – Wash Your Hands of Animal Suffering” Ad in the *Greenbelt News Review*.

Due to the covid pandemic restrictions in 2020, virtually all of our Outreach activities that year appeared as Internet exhibitions instead of the outdoor VegFests, leafleting and other “in-person” events that we look forward to participating in again soon.

UPC in the News:

PRINT MEDIA (Including Internet Publications): Published Letters, Columns, Citations, 2020

- ♥ FOR THE BIRDS “Can Only Be Described with Superlatives.” *Animal Culture Magazine*.
- ♥ “Ethologist Marc Bekoff Interviews Karen Davis About FOR THE BIRDS,” *Psychology Today*.
- ♥ FOR THE BIRDS: Review by Marit de Haan, Facebook.
- ♥ Letter: Karen Davis, “Don’t Reject Animal-Free Foods that Resemble Animal Products!” *All Animals*,

- HSUS.
- ♥ Letter: Karen Davis, "It's Time to Rethink Our Food Choices," *Eastern Shore Post* (VA).
- ♥ Letter: Karen Davis, "Cockfighting Roosters Can Be Rehabilitated," *Voices of Monterey Bay* (CA).
- ♥ Essay: Karen Davis, "How I Became a 'Poultry' Rights Activist," *Voices For Animal Liberation: Inspirational Accounts By Animal Rights Activists*, March 26.
- ♥ Essay: Karen Davis, "Employing Euphemism to Falsify the Fate of Farmed Animals," *Animal Agriculture is Immoral*.
- ♥ Essay: Hope Bohanec, "A New Normal: The Anti-Speciesism Imperative in the Post Covid-19 World," *Animal Agriculture is Immoral*.
- ♥ Article: "Hard Decisions: How Consumers View Mass Depopulation," *Progressive Farmer*.
- ♥ Article: "It is Time to Rethink the Way Humans Treat Animals," *Hindustan Times*.
- ♥ Interview: Karen Davis, "Misery is Not a Health Food," *Animal Culture Magazine*.

♥ Louie B. Free Radio, "Brainfood from the Heartland," Youngstown, Ohio, November 23.

Financial Report - 2020

United Poultry Concerns Fiscal Year: January 1 - December 31, 2020

Revenues.....	\$338,537
Public Support.....	282,835
Expenses.....	\$353,326
Programs and Education.....	329,490
Organizational Management.....	23,836
Net Assets/Fund Balance at End of Year.....	\$1,201,110

United Poultry Concerns gratefully acknowledges the kind assistance of:

Lauren Marino, Fidelity Charitable	\$10,000
Harold B Larson Charitable Trust	\$21,616
Estate of Bonnie Weigand	\$97,107
Dharma Trust	\$6,500
VEG Investment Trust	\$6,000
OM Foundation	\$6,000
Donors Trust	\$5,000
Mike Spurlino, Fidelity Charitable	\$5,000

Thank you for your support!

BROADCAST MEDIA - 2020

- ♥ "Talking Animals" Radio Show with Duncan Strauss, April 30.
- ♥ Louie B. Free Radio, "Brainfood from the Heartland," Youngstown, Ohio, May 4.
- ♥ Louie B. Free Radio, "Brainfood from the Heartland," Youngstown, Ohio, November 10.

PLEASE, JOIN US TODAY!

We NEED Your Strong and Continuing Financial Support

New Membership **\$35** 2022 Membership Renewal **\$30**

Membership includes our quarterly *Poultry Press* Magazine to keep you informed on current issues, and how you can get involved in many other ways. If you would like to support us by credit card, please go to our website at www.upc-online.org and click on DONATE to make your donation. It's that easy!

Additional Tax-deductible Contribution:

\$20 \$35 \$50 \$100 \$500 Other \$ _____

Name _____

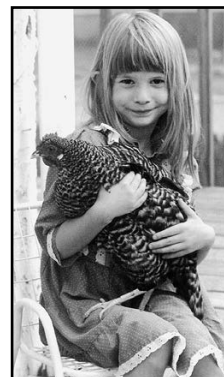
Address _____

City _____ State ____ Zip _____

Please make your check payable to United Poultry Concerns. THANK YOU!

Are you moving? Please send us your new address.

Do you want to be removed from our mailing list? Please tell us now. The U.S. Postal Service charges UPC for every returned mailing. Remailing the magazine costs UPC an additional sum. Due to the enormous cost of remailing, we can no longer provide this service. Thank you for your consideration. Please keep up your membership. We need your continuing financial support.



United Poultry Concerns
PO Box 150 • Machipongo, VA 23405-0150

Vegan Recipe Corner

The Best Vegan Cornbread

Recipe by *NoraCooks.com*, slightly modified

Ingredients

- 1 cup all purpose flour
- 1 ¼ cups yellow corn meal
- ⅓ cup granulated sugar
- 1 teaspoon salt
- 1 tablespoon baking powder
- 1 ¼ cups unsweetened almond or soy milk
- ⅓ cup canola oil

Instructions

1. Preheat the oven to 400 degrees F and lightly grease a 8 x 8 pan, or a 9 inch round cake pan.
2. In a large bowl, combine the flour, cornmeal, sugar, salt and baking powder and stir.
3. Now pour in the almond milk and canola oil. Stir until well combined. Pour batter into prepared pan.
4. Bake for 20-25 minutes, until a toothpick inserted into the center comes out clean.

For more great recipes, go to
www.upc-online.org/recipes/!



Photo by Liqin Cao

The Best Vegan Cornbread is a great companion to *Southern Sweet Potato and Black Eyed Pea Stew* featured in Spring 2021 *Poultry Press*.

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"

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" (Kapparat 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 \$1 each

Don't Just Switch from Beef to Chicken: Get the Slaughterhouse out of your Kitchen.
Don't Just Switch from Beef to Chicken: Go Vegan.

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



Life Can Be Beautiful - Go Vegan! Brochure



24 full-color
5.5" x 8.5" pages.

\$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

T-shirts Too Neat to Eat (Hen & Egg or Rooster) •

Give a Cluck. Go Vegan! • What Wings Are For • Available in Unisex (S, M, L, XL) or Ladies (S, M, L, XL) \$20



What Wings Are For

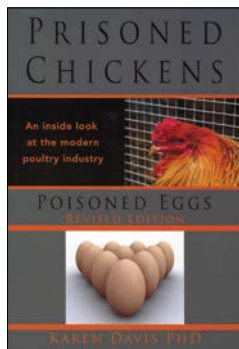


BOOKS

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

By Karen Davis

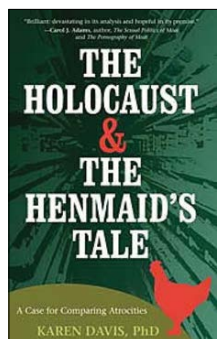
This newly revised edition of *Prisoned Chickens, Poisoned Eggs* looks at avian influenza, food poisoning, chicken suffering, genetic engineering, and the growth of chicken rights activism since the 1990s. Presents a compelling argument for a compassionate plant-based cuisine. "Riveting . . . Brilliant."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

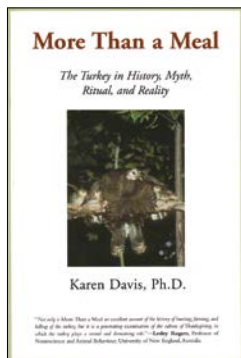
In this thoughtful and thought-provoking contribution to the study of animals and the Holocaust, Karen Davis makes the case that significant parallels can – and must – be drawn between the Holocaust and the institutionalized abuse of billions of animals on factory farms. "Compelling and convincing .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

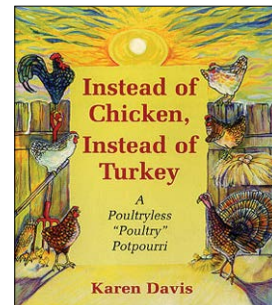
Karen Davis shows how turkeys in the wild have complex lives and family units, and how they were an integral part of Native American and continental cultures and landscape before the Europeans arrived, while drawing larger conclusions about our paradoxical relationship with turkeys, all birds and other 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

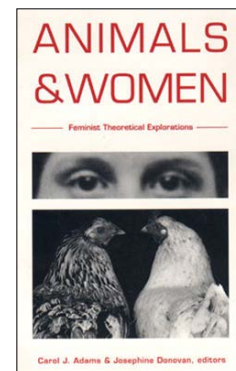
By Karen Davis

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 & Josephine Donovan

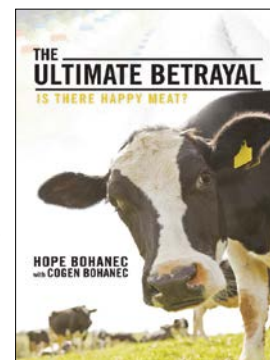
"Karen Davis's brilliant essay [Thinking Like a Chicken: Farm Animals and The Feminine Connection] brings together the book's central concepts, leading to conclusions that rightly should disturb feminists and animal advocates alike." - Review by Deborah Tanzer, Ph.D. in *The Animals' Agenda*. \$16.95



The Ultimate Betrayal: Is There Happy Meat?

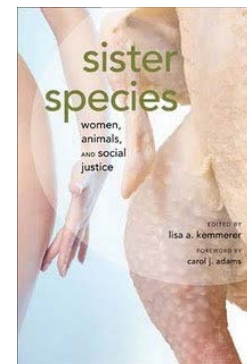
By Hope Bohanec

The Ultimate Betrayal lifts the veil of secrecy surrounding animal farming, offering a rare look inside the world of alternative animal agriculture. \$14.95



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



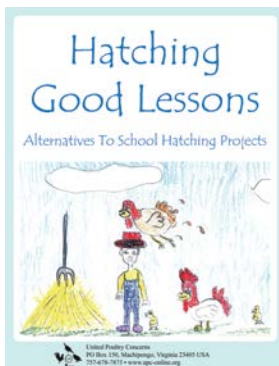
CHILDREN'S BOOKS & EDUCATIONAL MATERIALS

Hatching Good Lessons: Alternatives To School Hatching Projects

By *United Poultry Concerns*

A guide booklet for elementary school teachers and other educators including parents. 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.



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

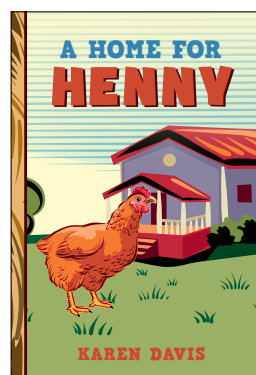


Dave Loves Chickens

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



A Home for Henny

By *Karen Davis*

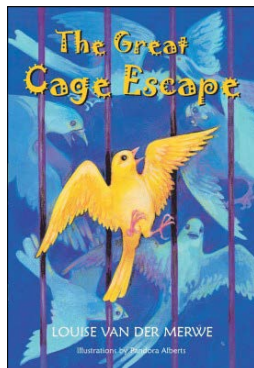
Melanie is a 3rd grader who is excited about a chick hatching project in her class at school. The project seemed like a good idea at first, but unexpected problems arise and the whole class learns a lesson in compassion. When the project is over, Melanie adopts one of the chicks she names Henny. *A Home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

The Great Cage Escape

Grades 4-7. By *Louise Van Der Merwe*

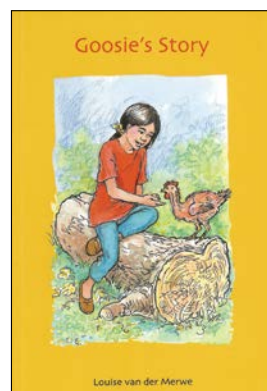
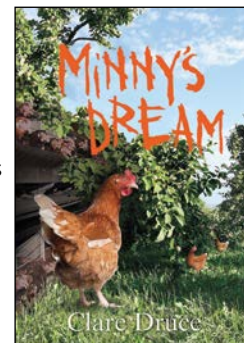
The birds in a pet shop think they are happy until a brown box punched full of air holes is left overnight on their front door step. The creature inside looks very weird at first. But as his feathers begin to grow, his true identity becomes apparent, and the stories he tells inspire the pet shop birds 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



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



Goosie's Story

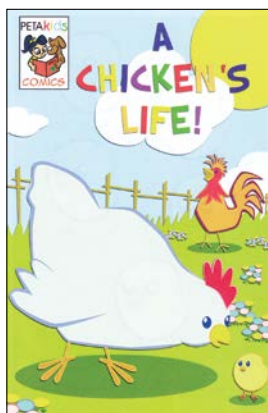
By *Louise Van Der Merwe*

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

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



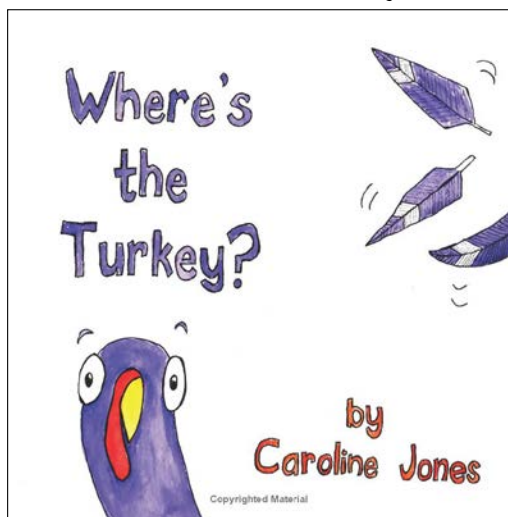
words including barn, beak, cluck, feathers, grass, hatch, peck, peep, wings, and lots more. \$1.50 each. 10 for \$10.

More Books, plus Videos available at upc-online.org/merchandise

(continued) CHILDREN’S BOOKS & EDUCATIONAL MATERIALS

Where’s the Turkey?, by Caroline Jones, is a charming and adorable book for young children. The child is engaged in a journey, with visual clues in the illustrations, toward discovering where the turkey is, which is not on the table. Young children love the “look-and-find” challenge page by page. I recommend this book most highly. It illustrates a Happy Thanksgiving with the whole family and a delicious Thanksgiving feast for which the turkeys themselves can give thanks for enjoying the day in their own happy “turkey” way. \$6.99

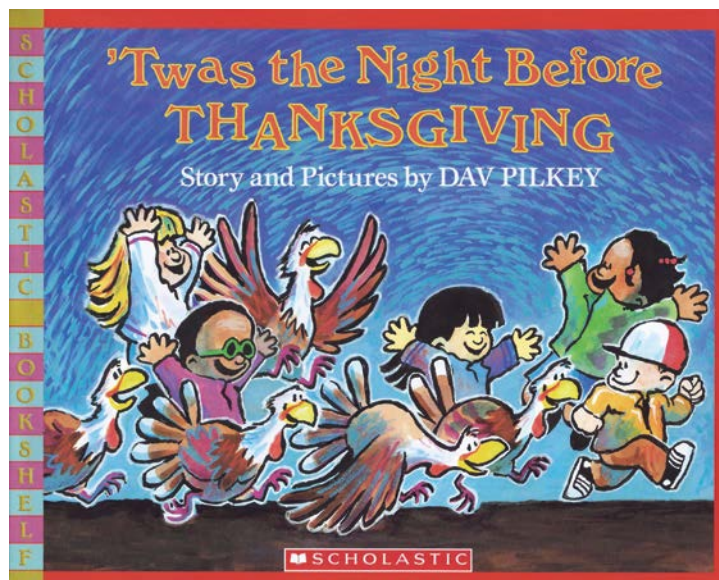
– Karen Davis, United Poultry Concerns



'Twas the Night Before THANKSGIVING

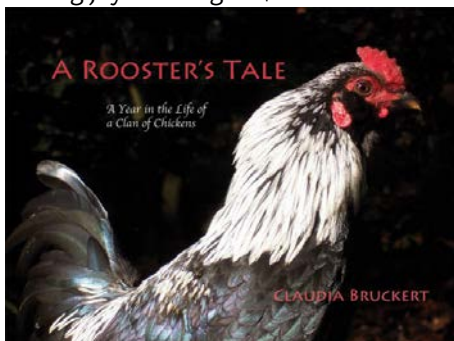
Story and Pictures by Dav Pilkey, Scholastic Book Shelf

Turkeys don't usually celebrate Thanksgiving. And they wish we wouldn't either! Here is a tale of eight children who meet eight turkeys who are in big trouble. Only the kids can keep the turkeys from meeting their Thanksgiving fate. But how will they save the turkeys? \$6.99



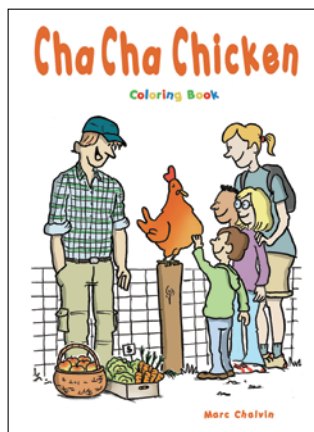
A Rooster’s Tale: A Year in the Life of a Clan of Chickens, by Claudia Bruckert,

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



Cha Cha Chicken Coloring Book By Marc Chalvin

Narrated by Cha Cha the hen, this book invites children to visit Green Farm sanctuary and learn about the happy animals who live there.



Written by Marian Hailey-Moss and illustrated by Marc Chalvin, Cha Cha shows children that chickens are people too and invites them to color their world beautiful! *Cha Cha Chicken Coloring Book* is a delightful gift for children K-3. \$10

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



More books and videos available at upc-online.org/merchandise

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 disease, 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

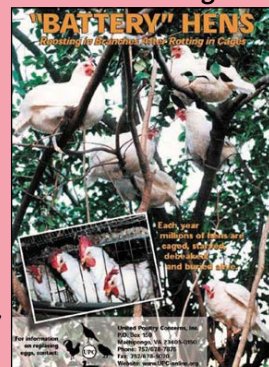
Photo by Dave Clegg. Full color, 18"x22" poster.



"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.



P.O. Box 150
Machipongo, VA
23405-0150

Non-Profit Org.
U.S. Postage
PAID
Permit #4297
Suburban, MD

INSIDE

Pain in Farmed Animals
Do Plants Have Feelings?
Thoughts on “Food” Animals
Consumer Reports
New Book – *Vegan Voices!*
Kaporos Campaign Update
Annual Report 2020
Recipe Corner & *More!*

Wishing you a safe & happy Fall!
Please renew your membership for 2022



Watercolor by Cheryl Miller, “46 Million Turkeys”

“Amid the many considerations that constitute eating, the facts that affect one most powerfully determine one’s dietary choices and values. The question is, how can an anonymous animal and that animal’s situation be made to stand out for the majority of people as a matter of overriding fact and thus as a basis of fundamental principle amid the competing forces of culture and other considerations that get in the way?” – Karen Davis, *More Than a Meal: The Turkey in History, Myth, Ritual, and Reality*, p. 157.