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Poultry Press

Promoting the compassionate and respectful treatment of domestic fowl

Celebrating 24 years of dedicated activism for domestic fowl



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Illustration by Activist-Artist Sue Coe

"You're asking us all to be vegans?" Dr. Richard Oppenlander answers on page 2.

“You’re asking us all to be vegans?”

Following one of my lectures at a university campus, a graduate student said to me, “Many of us will be teachers, and I am teaching sixth grade now. Are you saying we should teach our students that they should be vegans?”

My response was that she should strive to teach *truth* to her students. “Tell them the truth,” I said, “that these animals being slaughtered for us to eat are every bit as smart and lovable and sensitive as their own dog or cat. Then ask your students if they think shooting these cows, pigs, chickens, or turkeys in the head, hanging them upside down, and slicing their throats is a cool thing to do. Instead, we could eat all plants, which are infinitely healthier for your students to eat and for our planet to grow.” – Dr. Richard Oppenlander, *Food Choice and Sustainability: Why Buying Local, Eating Less Meat, and Taking Baby Steps Won’t Work*

UPC Co-Sponsors the Animal Compassion Tour

By Hope Bohanec, Projects Manager for UPC



Recently, a group of dedicated California animal activists got together, rented some vans and set out to tour animal agriculture facilities from Sacramento to Los Angeles. The Animal Compassion Tour (ACT), cosponsored by United Poultry Concerns, consisted of activists, authors, celebrity chefs, and nutrition consultants all dedicated to ending farmed animal suffering. We stopped at a couple dozen farms ranging from the worst of the worst to the supposedly best of the best, asking if we could tour the facilities. We plan to create a documentary film exposing what we heard and saw at each operation. What we saw on our three-day tour haunts me. Here is a sample.

The Chickens We Saw and Did Not See

At one location, we saw old sheds that looked like they might have had big open windows at one time, but were now covered in huge pieces of thick plastic. On one side of a shed was a large pool of neon greenish water in the mud. We didn’t know what was inside this shed, but then, just outside it, we saw about 20 tiny chicks running frantically around, close to the wall.

They were what the poultry industry calls “broiler” chicks who are slaughtered for meat at six weeks old. They must have escaped from the sheds and were now exposed, without protection, to the elements and to predators. From years of research, we knew that inside the many sheds we saw were thousands of baby chicks, uncomfortable by a mother hen, a warm nest, or any sunlight, and that the air they breathed was putrid.

The chicks outside fled from us, but there was nowhere for them to go but to circle the building. No water, no shelter, no hope.



Mostly what we saw on the ACT tour were long windowless buildings viewed from the road, as many of these chicken farms are fenced off and boarded up with unfriendly signs warning against trespassing. Many farmers refused to talk to us, much less let us tour their facilities, and a few were quite hostile. Why would they react this way? Wouldn’t they want to show off how “well” they treat their birds? Yet from the road, and on our tours, we saw why—these birds are not being cared for in a way that any person who truly cares about

animals would approve of. Even farms with websites claiming they are “the best egg farm in the country with the happiest chickens!” shut the door on us.

One “free-range” egg ranch we visited did let the hens go outside. This farmer was very proud of his “progressive” farm and talked about how the best chefs in San Francisco come to him for eggs for their local dishes. As we approached the area with the chickens, an awful odor came from the sheds, and the entire “free range” was covered in wet feces and mud, while on the other side of the fence, where the chickens couldn’t go, but could see, was clean, fresh grass they would have loved. This happened over and over on our tour—beautiful grass and alfalfa within feet of where the poor animals were living in filth.

California’s “Happy Cows”

A couple of farmers let us tour their dairies. At one place, the cows were in holding pens on either side of the milking parlor, covered in muck, with manure and mud on their legs and bellies and not a blade of grass in sight. The cows were curious about us, but flinched at our every move. Not like the cows I’ve met at sanctuaries who are so friendly they will often come right up to you to be petted. By contrast, these cows shied away as we approached, raising the question of what made them so anxious and fearful around people.

One quiet area with a big metal fence separating the cows from each other suddenly sprang to life with an abrupt shrieking sound. The gate started slowly corralling a group of cows who crowded together as they backed away, pushing one another and stumbling as far from the gate as possible. But it was useless because the metal gate forced them into the milking parlor.

The milking parlor was mechanical and filthy and designed so that you can’t see the cows’ faces, just their udders all in a row, as if they were not real, feeling creatures – just body parts compartmented for a product. My mind is stuck with this shameful image. I wonder if most people who use dairy products would care if they saw the obscene way they get their milk.

Or how they would feel at the pitiful sight of the baby calves, torn from their mothers and isolated in small pens and calf hutches. We saw newborn babies on wobbly legs with their bellies still wet where the umbilical cord was attached, frightened and alone in a



pen at the auction yard, never to see their mothers again or to drink the milk that should have been theirs.

Near Los Angeles we visited a cattle ranch that says on its website, “Each and every day—rain or shine—cowboys ride the pens to ensure the health and welfare of every animal in their care.” Not surprisingly, we saw no “cowboys,” since this ranch backs into the large Interstate 5 freeway, and the 140-acre holding area is broken into hundreds of smaller pens with no room to “ride” through them to check on the cows’ wellbeing. The poor cows just stood there, helpless in the muck – knee deep in places and typical of these cattle and dairy operations. We saw one dead cow lying on his side with his legs sticking out straight from rigor mortis. Clearly they didn’t ensure this poor animal’s health and welfare.

The ACT tour was a sad journey for all of us. We were able to bear witness to many animals in agricultural facilities across our home state of California, and to bring back their stories of sadness and frustration, exposing the industry lies about how “happy” these animals are. Observing firsthand their suffering, and the conditions they actually live in, we must tell friends, family and colleagues the truth, which totally contradicts the marketing and television ads about “Happy Cows” and “Contented Chickens.”

*HOPE BOHANEK is
 Projects Manager for
 United Poultry Concerns
 and the author of The
 Ultimate Betrayal: Is
 There Happy Meat?*



Contamination and Cruelty in the Chicken Industry

By Karen Davis, PhD

The National Chicken Council, which represents the U.S. chicken industry, has released its 2014 update of the NCC Animal Welfare Guidelines for the humane treatment of the nine billion chickens raised for meat each year in the United States. Rather than advancing animal welfare, these guidelines, first formulated in 1999, outline industry practices that are neither healthy nor humane.



Photo by David Harp courtesy of United Poultry Concerns
Delaware chicken house

For example, the guidelines allow a concentration of atmospheric ammonia in the chicken sheds as high as 25 parts per million, even though 20 ppm of this toxic gas burns the eyes, skin, and respiratory tracts of the chickens and weakens their immune systems by being absorbed into their bloodstream. Afflicted birds rub their heads and eyelids against their wings trying to ease the pain. The skin on their stomachs and legs ulcerates in the ammoniated manure they sit in, and respiratory illnesses are chronic and ubiquitous.

The ammonia arising from the decomposing uric acid in the manure harms not only chickens but poultry workers, who experience eye, lung, and nasal irritation, headaches, nausea, wheezing, coughing, phlegm and

other respiratory symptoms, as ammonia absorbs easily into the mucous membranes of both birds and mammals.

Adding to the ammonia, the NCC Guidelines recommend lighting in the chicken houses amounting to virtual darkness. The purpose of the dim lighting is to limit the birds' movements to getting up only to eat, drink and sit down again in order to accelerate weight gain. Once again, chickens and workers suffer the effects. Former North Carolina poultry farmer, Mary Clouse, told me, "The dim light bothers farmers who are accustomed to working out of doors in bright sunlight, and it also seems unnatural to raise any living animal in the dark all the time. It is difficult to see the birds, and sudden light or a flashlight frightens them into piling up, causing injuries and suffocation."

By the time the chickens are five weeks old, their weight has multiplied many times over and they sit on their crippled legs, 20,000 or more birds crammed on the manure-soaked floor of a 500-foot-long shed, alongside five or more identical sheds, breathing air that is thick with pollutants and pathogens. To a person standing in the doorway of one of these sheds – as I have often done on the Eastern Shore of Virginia, Maryland and Delaware, where at any given time a half a billion chickens are confined – they look like lumps of dough laid out in the gloom. Their only value to the chicken industry is as raw material for processing into final products.

These products are pathogenic. Periodically, *Consumer Reports* publishes the results of tests they run on raw chicken. In 1998, CR found harmful bacteria, chiefly *Salmonella* and *Campylobacter*, on 71 percent of store-bought chicken, including "free-range" and "premium" brands. They warned that the U.S. Department of Agriculture's seal of approval "is no guarantee of cleanliness."

In 2007, *Consumer Reports* announced tests on 525 chickens purchased from U.S. supermarkets and specialty stores in 23 states. Eighty-four percent were contaminated with *Campylobacter* and *Salmonella* bacteria. What was more, 84 percent of the *Salmonella* and 67 percent of the *Campylobacter* bacteria showed

resistance to antibiotics including “multiple classes of drugs.”

And now? In *The High Cost of Cheap Chicken* in *Consumer Reports*, February 2014, we learn that 97 percent of 300 chicken breasts purchased by CR investigators in stores across the country, including organic brands, contained dangerous bacteria. More than half were contaminated with feces and about half tested positive for antibiotic-resistant bacteria. The article recaps the 2013 Foster Farms outbreak of *Salmonella Heidelberg* noting that this outbreak put about twice as many people in the hospital as usual. The Centers for Disease Control and Prevention’s most recent data show more deaths attributable to poultry than to any other food product.

As far back as 1987, U.S. Department of Agriculture official William H. Dubbert told a poultry symposium at Colorado State University: “We know more about controlling salmonella than we are willing to implement because of the cost factor.” In 2007, an article in the trade publication *WATT Poultry USA* observed, “We all know that pathogens of all forms, such as bacteria, fungi, and viruses, are everywhere in the animal production environment and will remain, regardless of techniques adopted.”

Industry’s “stopgap” response to the squalid poultry production environment and microbial density that squalor generates is to bathe the birds, after slaughter, in

a wash of chlorine and other toxic chemicals, including the extremely dangerous chemical, peracetic acid. A Report in *The Washington Post* in April 2013 explained how fewer federal inspectors, other government cost-cutting measures and faster line speeds have all conspired to boost the use of toxic chemical sprays and soaks to kill the bacteria in chicken – with no guarantee of success.

Things are set to worsen as the global scale and speed of production increases. But here is a constant: Pack living creatures into filthy sunless places, feed them the lowest of “feed-grade” ingredients – a primary source of *Salmonella*, avian influenza and other diseases in poultry – subject them to multiple simultaneous stressors that Nature never intended for them to have to cope with even singly, and sickness of body and spirit will follow. There are laws of Nature, and we are violating these laws in our mistreatment of chickens with predictable results. The poultry industry is not likely to clean up its act, but we can wash our hands of the mess, and eat nourishing meals that are chicken-free.

KAREN DAVIS, PhD is president of *United Poultry Concerns* and the author of *Prisoned Chickens, Poisoned Eggs: An Inside Look at the Modern Poultry Industry*. This article was originally published on the Internet media sites *OpEd News* and *Reporting on Health*.



Photo: Rolex Dela Pena/EPV/landov.

Filipino chicken vendor, Quezon City, Philippines.

New Books from UPC!

Dave Loves Chickens

Written & Illustrated by Carlos Patino

Vegan Publishers www.veganpublishers.com

Dave Loves Chickens is a brand new beautiful book for young children examining the unique characteristics of chickens and questioning why people eat animals. The main character of the book, Dave, is a quirky monster from another planet who loves the animals on Earth and encourages others to appreciate them and not eat them! This fun, lighthearted book, full of bold colors and friendly illustrations, is ideal for parents who would like to introduce their children to a more compassionate way of treating chickens and all animals. Available from United Poultry Concerns \$10



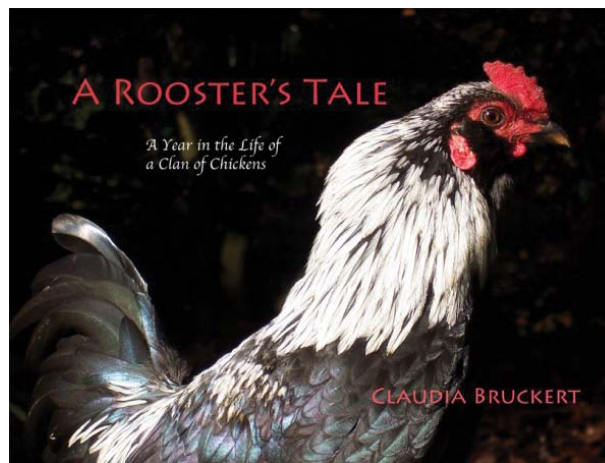
A Rooster's Tale: A Year in the Life of a Clan of Chickens

Story and color photos by Claudia Bruckert. www.claudiabruckert.com

Grades 3-12. Available in English and German. Available in English from United Poultry Concerns \$20

Can chickens talk? What does a rooster do all day? Would a mother hen attack a hawk? What happens within a family of chickens?

This soulful and humorous book takes the reader to a fascinating foreign world. The young rooster Change tells the real life story of his family. Enchanting events and intriguing facts, chronicled and photographed over the course of one year, convey deep insights into daily chicken life. A reading joy for all ages.



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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!

International Respect for Chickens Day Off & Running in San Francisco!

"Hi! I just wanted to tell you that I was astonished to see one of your big advertisements on the back of a Muni bus as I was walking to work this morning. I was so surprised to see this message - it was the one of a mama hen with her wings wrapped around her chick, with the words 'What Wings are For. Go Vegan.' I want to tell you that I am absolutely delighted to see this big bold message, for all San Franciscan commuters and pedestrians to see and think about. I've been vegan for just under 3 years now, and am loving my cruelty-free, healthy life. Just wanted to THANK YOU and tell you that you're doing a GREAT job!"

Carmel O'Connell
Department of Pediatrics
California Pacific Medical Center



Sarah, Determined to Live and Thrive

By Karen Davis, PhD, President of United Poultry Concerns

Sarah came to our sanctuary along with twenty or so other hens rescued from a battery-cage facility in Ohio. They all had missing feathers, spiny feather shafts and bare body parts. Their eyes had the murky look that battery-caged hens develop from living in ammonia-filled air arising from the manure piles in sunless gloom. Sarah was the worst off. She could not stand up. She had bone fractures that hadn't healed properly, and was all but featherless. Our veterinarian determined she had a broken leg. While the other hens from her group were soon living outside with our other chickens, we kept Sarah, naked and crippled, in an enclosure on the porch. We did not expect her to stand up, let alone walk, or even live very long. But we were wrong.



UPC Photo of Sarah by Frank Johnston, *The Washington Post*

Over the years, we've adopted hundreds of egg-laying hens straight from the caged environment, which is all they ever knew until they were rescued and placed



UPC Photo by Davida C Breier

gently on the ground where they felt the earth under their feet for the first time in their lives. Because their bones have never been properly exercised, added to the relentless demand for calcium for eggshell formation, these hens suffer from varying degrees of osteoporosis when they arrive at our sanctuary

The egg industry calls their osteoporosis "caged layer fatigue." Affected hens have difficulty standing and spreading their wings. Their bones are very fragile, often fractured and sometimes broken. They have a washed-out appearance in their eyes, combs (the red crown on top of their heads which turns yellowish-white in the battery cage), legs and feet. Their toenails are long and spindly from never having scratched vigorously in the ground like normal chickens. Hens fresh from an egg-laying facility look like spectral ballerinas exhumed from an underworld.

Over time, Sarah began getting up a little on her deformed legs. She began moving, cautiously, on her feet. Her feathers started coming back, and her expression changed from lusterless and defeated to alert and interested. We began letting her out of her enclosure to move about freely on the porch. One day I brought her into the house. The personal attention had a huge effect. Sarah became friendly and assertive. If I was working upstairs, I would carry her up the steps so she could sit next to me. She started laying eggs.

One day I ran upstairs to get something and heard a sound behind me. I turned around. There was Sarah on the third step! She stood still a minute and then she sort of hopped up to the next step. She kept coming. She

made it to the landing, went into the bathroom, and sat down behind the toilet. I thought, “Okay. Let her rest there, if that’s what she wants.” Soon after, she appeared where I was working, quite animated. I checked behind the toilet, and there was a perfect egg. This became her routine, her determination to rehabilitate herself, both physically and mentally. She would climb the front steps, one laborious step at a time, just so she could lay her egg behind the toilet in the bathroom next to the second-floor landing.

Sarah was a hen, remember, who had never known anything before in her life but a crowded metal cage among thousands of cages in a windowless building. Hens bred for commercial egg production are said to be suited to a caged environment. Until she came to our sanctuary, she had never experienced anything normal, not even something so simple, yet vital, as walking. Everything she had known prior to being rescued was

designed to defeat her personality and her will because the egg industry dismisses any notion that these “egg-laying machines” retain natural instincts and behaviors (apart from laying eggs). Commercial egg producers ridicule the idea that a person could have a friendly relationship with such hens.

But Sarah was not defeated. She eventually chose to join the chickens outdoors, where she held her own as a respected member of the flock, and we felt privileged to have had the opportunity to spend several wonderful years with her before she died.

SARAH’S STORY by UPC president Karen Davis was written at the request of the Food Empowerment Project for their Food Chain Newsletter and was featured in April on the Internet media site One Green Planet.

Salisbury University Environmental Class Visits UPC



Photo by Karen Davis

Professor Tom Horton brought his Environmental Studies class at Salisbury University, in Maryland, to visit UPC’s chicken sanctuary and learn all about chickens on March 8, 2014.

Urge Marriott and Nordstrom to Discontinue Feather & Down Products

Down, the soft breast feathers of live birds, is mixed with slaughterhouse feathers from ducks, geese and chickens to fill pillows and comforters at many hotels and in the making of some designer outerwear. The feathers originate on industrial farms where they are ripped from the bodies of live geese, leaving them bleeding in excruciating pain. Other feathers are byproducts of the foie gras industry, in which ducks and geese are force fed with metal tubes to create diseased livers for gourmet appetizers.



Investigator Marcus Mueller, who tracks the Hungarian brigades of feather strippers, describes the process: *"The men and women from the brigades work without feeling, grabbing terrified geese by their wings or legs, sometimes*

breaking them, always hurting them, as they tear out the birds' feathers. Manufacturers and retailers who say they don't use down from live-plucked birds cannot prove their claim. Brigades go from farm to farm stripping the birds as they go, then the feathers are sold to brokers and middlemen who mix live-plucked feathers with those recovered from slaughtered animals."

What Can I Do?

Do not buy a coat, comforter, pillow, or any other clothing, bedding, or jewelry that is filled or decorated with feathers, down, fleece or fur. Read labels. When making hotel reservations, arrange for foam-filled pillows and comforters in your room, and check the bedding tags to be sure they are labeled polyester. Politely inform store clerks and hotel personnel that you are ALLERGIC TO ANIMAL ABUSE and that their "feathers" policy will influence your future patronage. Kindly give them a copy of our handout "Birds Suffer Horribly for Pillows & Coats."

Urge Marriott International and Nordstrom Department Stores to replace their feather/down products with products made of polyester and other synthetic fillers.

Marriott International, Inc.

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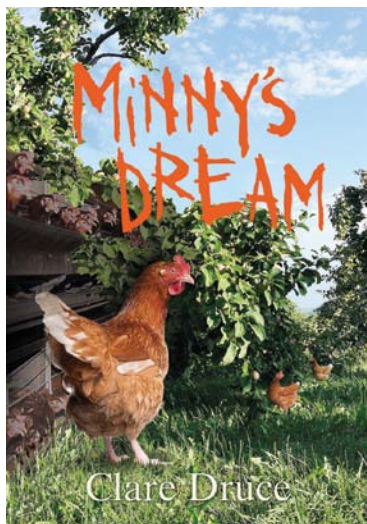
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Minny's Dream: The Story of a "Battery" Hen Who Escaped with "A Little Help from Her Friend." Order Now!



Suddenly a voice calls down from the top cages: "Return, and I'll fill you in on every single miserable, rotten, cruel aspect of this dismal place! You can get out of here, but for us, it's a life sentence."

Paula: "Who are you?"

Voice: "I'm Minny, and I've been standing or

crouching down on this wire floor for the best part of a year. Yes, I'm Minny, a proud descendant of the Red Jungle Fowl. Say you'll come back. You see, you're our only hope."



Minny's Dream, by *Chickens' Lib* founder Clare Druce, is the powerful and moving story about a young girl's encounter with a "battery hen" named Minny, who begs her new friend, Paula Brown, to set her free. Should Paula help Minny and risk being arrested? Risk her parents' wrath? Minny's "dream" is the caged hen's "ancestral memory" of who she really is and how she was meant to live, told in her own heart-wrenching words.

Minny's Dream dramatizes the story of the plight of chickens from the tropical forest to the factory farm and the moral issues involved in whether *to rescue or not to rescue*. "Paula knows she must stand up for what she believes in, but can she succeed against the odds?"

While *Minny's Dream* is especially for young people ages 8 through 14, it is for people of all ages who care about chickens, hate battery cages and animal suffering, and love a powerful story full of suspense, moral quandaries, human courage, and animal rescue. Minny is a suffering "egg-laying" hen who cries out from her cage to be saved. Please hear her cries, read her story, and share it with others - adolescents, high school classes, public libraries, friends, family & colleagues.

Order by check or money order for \$10 from UPC, PO Box 150, Machipongo, VA 23405, or by credit card at www.upc-online.org/merchandise. *Minny's Dream* is also available as an E-Book and in print from Amazon.

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
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Karen & Mr. Frizzle ©2008 Davida G. Breier

How I Learned the Truth About Eggs

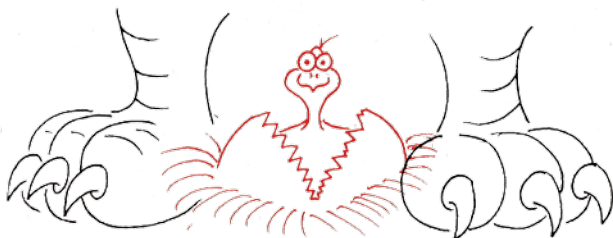
By Jennifer Raymond

I first became involved with chickens when I lived on a small farm in Northern California. I was a lacto-ovo vegetarian and wanted eggs from chickens who were humanely raised and allowed to live out their natural lives. My first chickens were purchased mail-order through the Sears Catalogue. At the time I had no idea of the abuses in chicken hatcheries, and it just didn't occur to me how frightening it must be for chicks to travel in a dark box by mail. As I walked into the Post Office, I could hear the soft peeping of those little chicks. . . .

The first day I found an egg in the nesting box was one of celebration. Here was a perfect egg, and no hen had suffered to produce it. Not yet. . . .

As the chickens matured, their eggs got larger. For several birds the eggs got so large they could no longer be laid with ease and the chickens strained for hours to pass the huge eggs. What the catalogue hadn't mentioned in extolling the little chickens who laid the big eggs was the problem of uterine prolapse. When a small chicken pushes and strains, day after day, to expel big eggs, the uterus may eventually be pushed out through the vagina. It cannot be put back easily because of infection. Further, the first egg produced would cause a reoccurrence of the prolapse. I called my veterinarian who said nothing could be done but to euthanize the chicken humanely. And so my little flock got smaller.

Another benefit of the White Leghorn, according to the Sears Catalogue, is that the maternal instinct has been bred out of the hens so they don't "go broody." Going broody is the notion hens get to sit on eggs and raise a family. During this time, hens stop laying. Needless to say, this tendency has no commercial value.



Eggs are best when left with mom to hatch.



Spending the whole day roaming around and scratching the ground are things chickens love doing best.

One of my hens seemed to be a throwback, however, and began spending all her time in the hen house, sitting on the nest. Since I had no rooster, the eggs weren't fertile and her efforts would have proven futile had I not procured some fertile eggs from my neighbors and placed them in the nesting box. Nineteen days later, I woke to see her out in the yard followed by five little red balls of fluff. She was an attentive mother, teaching the chicks to scratch and all the best places to look for food. Soon the chicks were as large as their "mother," but they still gathered underneath her at night. It was so comical to see these large, gawky adolescent youngsters sticking out on all sides of the little white hen.

As the chicks grew older they began sparring with one another, and it turned out that I'd gotten five roosters. My place was too small to keep all five, since they each needed their own territory, so I began the near-impossible task of locating permanent, loving homes for my extra roosters. Realizing that the production of eggs also involves the production of "excess" male chicks was the final nail in the coffin of my lacto-ovo vegetarianism. I realized it is virtually impossible to produce truly cruelty-free eggs.

Jennifer Raymond is a member of United Poultry Concerns and author of *The Peaceful Palate: Fine Vegetarian Cuisine*.

(Tips for Replacing Eggs on back)



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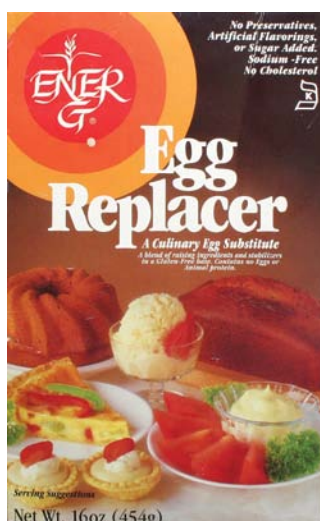




In the hope that chickens will be better understood and respected by future generations.

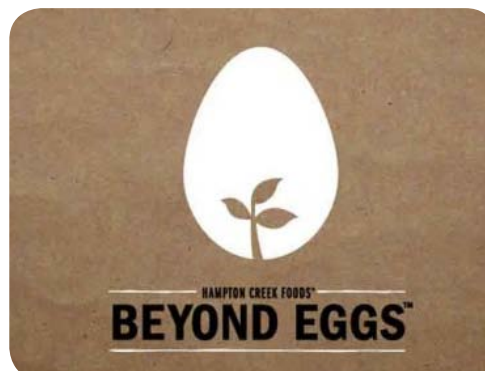
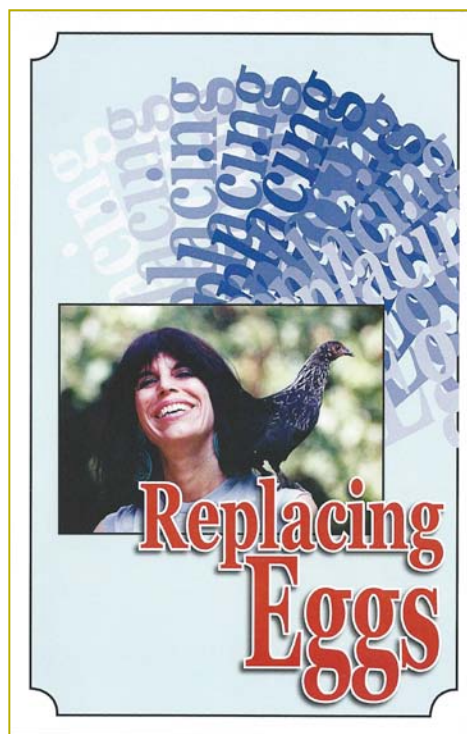
Tips for Replacing Eggs

✋ Instead of eggs, add a little extra vegetable oil or fruit puree. Tofu can be scrambled like eggs in an oiled skillet and used instead of eggs in many recipes. Also, look for egg replacers like ENER-G Egg Replacer, which comes in a powdered form in an easily stored box. For fluffy “egg-white” textures, blend 1 tablespoon flax seeds + 1 cup water for 1 egg in your blender, until the mixture is thick and has the consistency of a beaten egg white.



✋ Discover the variety of all-vegetarian, vegan foods and cooking ideas. For recipes and cookbooks, go to www.upc-online.org/recipes/. For vegetarian and healthy food options worldwide, go to HappyCow Compassionate Eating Guide at www.HappyCow.net.

✋ Sick of salmonella? Our exciting booklet invites you to cook and eat happily without eggs! 16 delicious recipes. \$1.50. Order from United Poultry Concerns.



Conscious Eating Conference 2014 was a Huge Success!



United Poultry Concerns cohosted our Third Annual Conscious Eating Conference in Berkeley, California on Sunday, April 6, 2014. We had a record turnout this year with 171 attendees. Six speakers from across the country gave informative presentations, and exhibitors provided valuable educational materials. Participants were treated to an organic, vegan continental breakfast including tasty cinnamon buns, a delicious catered organic, vegan Mexican lunch of tamales, and scrumptious cookies, chocolates, and other treats.

Speakers included Karen Davis, PhD, founder & president of United Poultry Concerns, bestselling author Colleen Patrick-Goudreau, CEO & cofounder of Beyond Meat, Ethan Brown, Chicken Run Rescue cofounder Mary Britton Clouse, Free from Harm's executive director Robert Grillo, and Animal Place's advocacy & education director, Marji Beach. All of the speakers presented their deeply-informed perspectives on why an animal-free diet is the most sustainable and humane choice, and a closing panel featured the speakers in a lively Question & Answer session with the audience.

This year, we introduced Roundtable Discussions over the lunch hour. Four breakout sessions, hosted by experts in their field, dealt with specific issues in a more intimate setting. Topics included "How can we advocate most effectively for chickens and other farmed animals," "Engaging youth in schools," and "How to start a farmed animal sanctuary."

United Poultry Concerns is deeply grateful to our cosponsors, Animal Place and Berkeley Organization for Animal Advocacy, for helping to make this year's Conscious Eating Conference the best one ever. We look forward to next year and to having you with us!



UPC staff members left to right: Ronnie Steinau, Hope Bohanec, Karen Davis, Veda Stram & Liqin Cao



UPC president Karen Davis leads an animated roundtable discussion.



Photo by Liqin Cao



Photo by Hope Bohanec

Beyond Meat CEO, Ethan Brown



Photo by Hope Bohanec

Free from Harm director,
Robert Grillo, holds Valiant.



Photo by Hope Bohanec

Chicken Run Rescue codirector,
Mary Britton Clouse

Veggie Pride NYC - It Didn't Rain on Our Parade!



Chris Taylor
ctaylor212@gmail.com

Left to right: Bob DiBenedetto, Lee Hall,
Pamela Rice & Karen Davis lead the Parade.



Photo by Richard @ Shaped Light Photography

UPC VPs Liqin Cao & Franklin Wade
carry our beautiful Banner.



Photo by Liqin Cao

UPC president Karen Davis speaks to Parade enthusiasts.



Photo by Liqin Cao

UPC's Franklin Wade staffs our popular exhibit table.

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.

This donation is in memory of Junior, my Serama Rooster. He was a special little boy. I miss him a lot and he will always live in my heart. – *Victoria Figurelli*

MamaHen passed away at the age of 11 years. This is my memorial to her and her appearances as an ambassador for her species, both here at home and as featured on the Alliance to End Chickens as Kaporos poster. She is very much missed. – *Rabbi Yonassan Gershom*



MamaHen with her chicks

My donation is in loving memory of Amelia, the Turkey. – *Robin Cornell*

My donation is in loving memory of my parents Florence (Miriam bas Dovid) and Joseph Mandell (Jaakov bn Menachem Mendel). – *Risa Mandell*

This donation is in memory of my sister Jazelle Lieske's three rescued chickens, Isan the rooster and hens Annabelle and Denise. Though they are gone from us now, they are always in our hearts. – *Madelaine L. Burgess*

My donation is in memory of my beloved cat Tilly. – *Anna Unglesbee*

I want to make a donation in memory of all the animals who weren't fortunate enough to be protected and who died helplessly in fires. This is in memory of the chickens. – *Marcia Mueller*

My donation is in honor of May 4 for International Respect for Chickens Day and the chickens. Bless you & all the farm animals. – *Virginia Vassey*

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*

Free Ways to Help United Poultry Concerns Raise Much-Needed Funds

Please make free fundraising a part of your online routine

Every time you shop at any of 1400+ online stores in the iGive network, a portion of the money you spend benefits United Poultry Concerns. It's a free service, and you'll never pay more when you reach a store through iGive. In fact, smart shoppers will enjoy iGive's repository of coupons, free shipping deals, and sales. To get started, just create your free iGive account. And when you search the web, do it through iSearchiGive.com where each search means a penny (or more!) for our cause!

Start iGiving at: www.iGive.com/UPC & www.iSearchiGive.com/UPC.

You can also install the iGive Toolbar 3.0 now at www.iSearchiGive.com/UPC **and help UPC get every possible donation when you shop or search online!**



Thank You for Contacting the National Fire Protection Association on Behalf of Farmed Animals

As described in our March Action Alert "Protect Farmed Animals from Preventable Fires!" the National Fire Protection Association – "The Authority on Fire, Electrical & Building Safety" – is reviewing a proposal to amend their 150 Standard for Fire & Life Safety in Animal Housing Facilities to require sprinklers and smoke control systems in all newly-constructed animal housing facilities holding "Category B" animals. This category comprises billions of chickens, turkeys, cows, pigs and other farmed animals in the United States, of whom millions asphyxiate and burn to death each year when a fire breaks out in the buildings they are trapped in.

Not surprisingly, the agribusiness lobby opposes fire prevention systems, preferring to let their animals suffer and burn to death. They can then collect the insurance and apply for reimbursement from the U.S. Department of Agriculture to rebuild and restock their facilities at little or no cost to themselves. Therefore, a fire protection requirement for "Category B" animals by the NFPA is requisite, because the farming industry will never voluntarily install fire protection for their animals.

What Can I Do?

To assist their decision-making, the NFPA invited public comment – letters from groups and individuals on their proposal to protect Category B animals from preventable fires. While the deadline for paper submittals expired on April 11, and submitting letters through the NFPA's website turned out to be a daunting task – we thank everyone who persisted! Emailed comments will still be accepted through May 16, 2014, though by the time you receive this magazine the deadline will probably have passed. If you choose to write before or after May 16, please email your comment (letter) directly to:

Dawn Bellis, Secretary
Standards Council
National Fire Protection Association
Email: DBellis@NFPA.org
(Tel: 617-770-3000)

We will let you know the NFPA's decision as soon as they announce it. Thank You!

PLEASE, JOIN US TODAY!

We NEED Your Strong and Continuing Financial Support

☐ New Membership **\$35** ☐ 2014 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 \$ _____

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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

Hot Tamale Pie

Recipe by Laura Knapp (veganmexicanfood.com)

- 1 tablespoon olive oil (or water)
- 1 medium onion, finely chopped
- 1 medium yellow, red, or green bell pepper, seeded and finely chopped
- 2 garlic cloves, minced
- 1 can (16-ounce) unsweetened tomato sauce
- 1/2 cup black beans
- 1 can (16-ounce) pinto beans or mixed beans, drained
- 1 can corn or 3/4-cup thawed frozen corn or 1 ear fresh corn (cut from the ear)
- 1 teaspoon chili powder
- 1 teaspoon ground cumin
- 1/2 teaspoon fine sea salt (for bean mixture)
- Pinch of cayenne pepper
- 3 cups water
- 1 cup yellow stone-ground cornmeal
- 1 tablespoon freshly squeezed lemon juice
- 1 teaspoon Dijon mustard
- 1/2 teaspoon fine sea salt (for cornmeal mixture)

1. Preheat the oven to 350 degrees.
2. Heat the olive oil (or water) in a large frying pan over medium-high heat.
3. Add the onion, bell pepper, and garlic and cook until softened, 5 to 7 minutes.



Photo by Liqin Cao



Photo by Liqin Cao

4. Remove from the heat and stir in the tomato sauce, black and pinto or mixed beans, corn, chili powder, cumin, salt and cayenne.
5. Pour mixture into an 8 X 8-inch glass baking dish.
6. Boil the water.
7. Add the cornmeal, lemon juice, mustard, and sea salt in a large saucepan, and stir until mixed.
8. Bring to a boil over medium-high heat, then immediately reduce the heat to low and simmer, stirring often, until thickened, 3 to 5 minutes.
9. Spread the cooked cornmeal over the bean mixture.
10. Bake for 30 minutes.
11. Cool for 10 minutes before serving.



A Spanish version of this recipe appears in our newly translated **Life Can Be Beautiful - Go Vegan!** brochure:

La vida puede ser hermosa ¡Siga una alimentación vegana!

For ordering information, see p. 19.

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"
 "Why Be Concerned About Mr. Perdue?"
 "The Rougher They Look, The Better They Lay" (free-range egg production)
 "Intensive Poultry Production: Fouling the Environment"
 "Philosophic Vegetarianism: Acting Affirmatively for Peace"
 "The Rhetoric of Apology in Animal Rights"
 "Providing a Good Home for Chickens"
 "Chicken Talk: The Language of Chickens"
 "Celebrate Easter Without Eggs"
 "Chicken for Dinner: It's Enough To Make You Sick"
 "Guide to Staffing Tables: Do's & Don'ts"
 "Assume No Animal Products are Safe"
 "Henny's New Friends"
 "Avoiding Burnout"

"The Life of One Battery Hen"
 "Bird Flu - What You Need to Know"
 "How I Learned the Truth About Eggs"
 "Peeper the Turkey, a Story of Endless Love"

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.

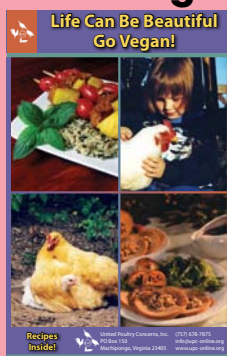
Stick Up For Chickens • Chickens are Friends, Not Food
 Turkeys are Friends, Not Food • End Chickens as Kaporos
 Be Kind to Turkeys - Don't Gobble Me



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

Too Neat to Eat T-shirts available from United Poultry Concerns in S, M, L, XL. Hen & Egg or Rooster. \$18



BOOKS

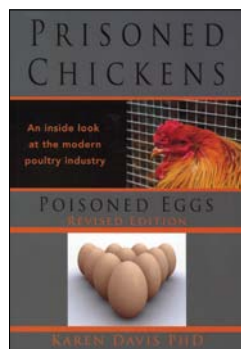
**Prisoned Chickens, Poisoned Eggs:
An Inside Look at the Modern
Poultry Industry**

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."

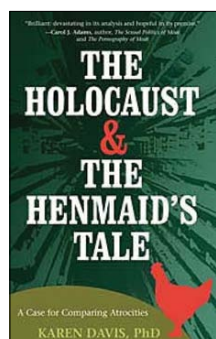
– *Choice magazine, American*

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**

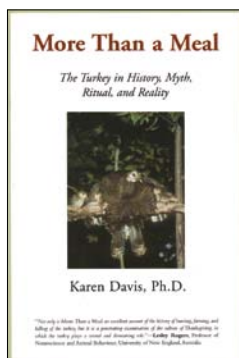
By Karen Davis

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**

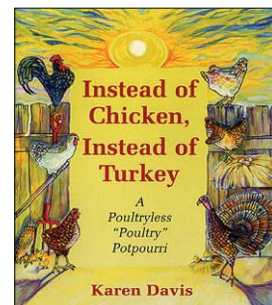
By Karen Davis

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**

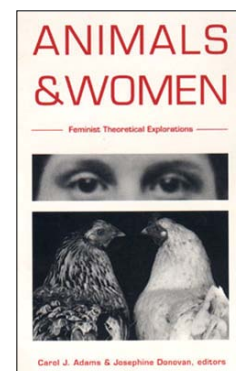
By Karen Davis

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

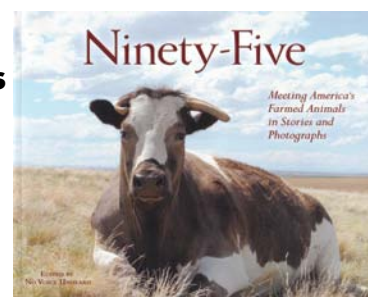
**Animals and Women:
Feminist Theoretical
Explorations** Edited by Carol J.

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

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

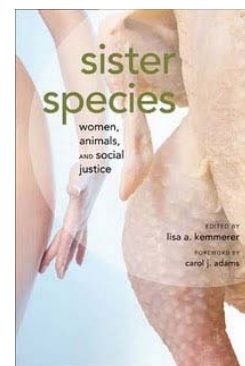
An anthology of photos and stories by No Voice Unheard Editors: Marilee Geyer, Diane Leigh and Windi Wojdak. \$20

**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

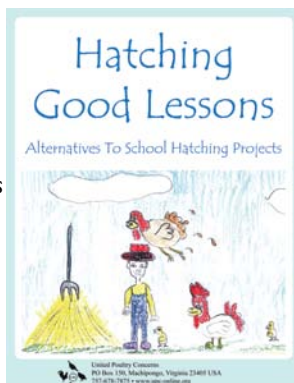


CHILDREN'S BOOKS & EDUCATIONAL MATERIALS

Hatching Good Lessons: Alternatives To School Hatching Projects

By United Poultry Concerns

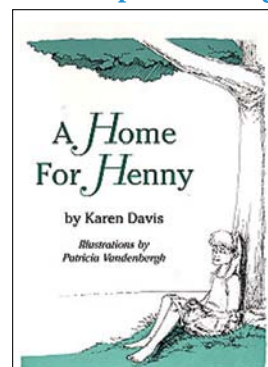
A guide booklet for elementary school teachers and other educators including parents. Revised & Updated by United Poultry Concerns, 2010. 16 pages of information, storytelling, classroom activities & color photos. Grades K-6 (some activities are designed for K-12). \$2.50 per booklet. \$1.00 per booklet for orders of 5 or more. It can be viewed and printed out directly at www.upc-online.org/hatching/.



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

By Roberta Kalechofsky

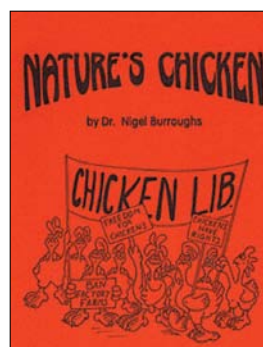
This wonderfully gifted children's story, set in modern Israel, is about a young boy's quest for moral independence. An intelligent book for all ages. Winner of the Fund for Animals "Kind Writers Make Kind Readers Award." \$10



A Home for Henny

By Karen Davis

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



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

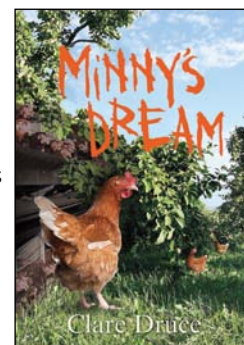
By Nigel Burroughs

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

Minnie's Dream

By Clare Druce

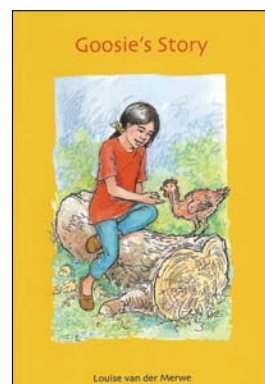
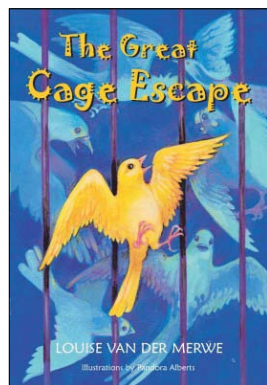
What happens when a young girl from the city discovers a battery-hen operation in the country? What happens when a "battery hen" named Minny speaks to her? What must she do when her friend Minny is going to be killed? This book is a must for the young person(s) in your life, age 8-14. \$10



The Great Cage Escape

Grades 4-7. By Louise Van Der Merwe

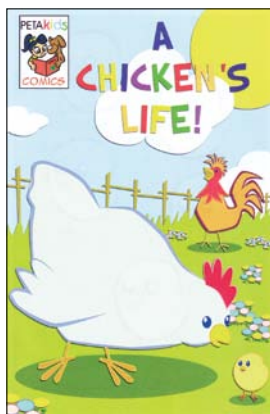
The birds in a pet shop think they are happy until a brown box punched full of air holes is left overnight on their front door step. The creature inside looks very weird at first. But as his feathers begin to grow, his true identity becomes apparent, and the stories he tells inspire the pet shop birds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

VIDEOS

The Dignity, Beauty & Abuse of Chickens

By United Poultry Concerns

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



Inside a Live Poultry Market

By United Poultry Concerns

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

Behavior of Rescued Factory-Farmed Chickens in a Sanctuary Setting

By United Poultry Concerns

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

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

By Virgil Butler

Produced by United Poultry Concerns and the Compassionate Living Project, Virgil's eyewitness account of what goes on inside chicken slaughter plants is an indispensable contribution to animal advocates working to promote a compassionate lifestyle. DVD. 58:35 min. \$15

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

Plus These Great Gifts from UPC!

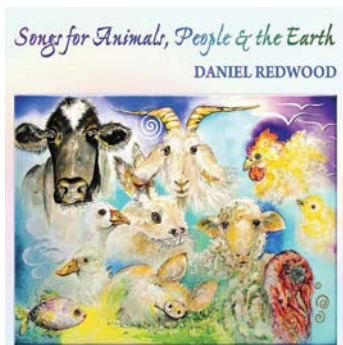
"The Mother of Compassion Blesses Our Fellow Beings – May They Be Happy and Free From Suffering"

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



"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.



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



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.

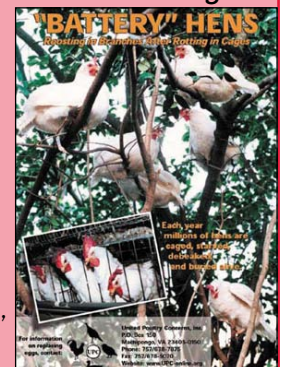


"Battery" Hens

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.**

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INSIDE

Animal Compassion Tour
Contamination & Cruelty in the Chicken Industry
Birds Suffer for Pillows & Coats
How I Learned the Truth About Eggs
Minny's Dream
Conscious Eating Conference a Success!
Recipe Corner & More!

Wishing You a Wonderful Summer!
Please renew your membership for 2014



Photo by Richard Cundari

UPC Chickens Say "Eat Your Greens!"