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Promoting the compassionate and respectful treatment of domestic fowl

Celebrating 25 years of dedicated activism for domestic fowl





United Poultry Concerns

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Hadley proudly displays her sign "Please save the Chickens! Help Chick-a-deedle-dee-do!" for International Respect for Chickens Day at the White House.

A Chicken Named Viva Changed My Life

A Plea for Compassion on International Respect for Chickens Day and Every Day

By Karen Davis, PhD, President of United Poultry Concerns



Viva. Photo by Karen Davis, June 1985

f you had told me a year before I met her that a crippled chicken in a wooden shed would change my life forever, I would not have believed you. Yet this is what happened one summer day thirty years ago when my husband and I rented a little house on a dirt road in Maryland outside Washington, DC. Unbeknown to us, our landlady was raising a flock of chickens. Discovering them on an afternoon walk, I visited them every day until, one day, they were gone – all but one.

We named the survivor Viva because she alone of her flock had been left alive. Like her companions, she had the deformed feet and heavy breast of "broiler" chickens – the kind who have been bred since the 1940s for abnormal growth rates and weight gain. Reading the poultry literature I learned about the disabilities bred into these birds including the fact that their bones are too weak for their bodies and their bodies are wracked with bizarre diseases. Like so many, Viva could only stand and walk by balancing herself on her wings.

Despite her condition, Viva was a very affectionate chicken who purred and chirped contentedly in the comfort of our kitchen where we made her a bed by the stove. On nice days, we liked to sit with her outside in the grass where she would take great pains to steady herself and run through the yard on her wing tips before

collapsing, resting, and starting over.

Already by the 1980s, broiler chickens weighed four pounds at eight weeks old – more than 40 times their original hatching weight. The U.S. Department of Agriculture bragged that if human beings grew that fast, "an 8-week-old baby would weigh 349 pounds." A study published in 2008 said that the growth rate of chickens had increased "by over 300 percent" in the past fifty years, resulting in "impaired locomotion and poor leg health." (Toby Knowles, et al. 2008. "Leg Disorders in Broiler Chickens." *PLoS ONE* 6 February: e1545)

It isn't only their legs. Poultry scientists in the 1990s warned that chickens "now grow so rapidly that the heart and lungs are not developed well enough to support the remainder of the body, resulting in congestive heart failure." (David Martin. 1997. "Researcher studying growth-induced diseases in broilers." *Feedstuffs* 26 May: 6)

Uncaringly, the poultry industry continues to increase the size and growth rate of these deeply troubled birds. At a meeting in 2014, a company executive raved that over the past year, "average big bird weights have averaged 8.2 to 8.6 pounds, with nearly a dozen companies producing birds over 9 pounds." (Rita Jane Gabbett. 2014. "Poultry Executives Predict More, Bigger Birds." *MeatingPlace*, 31October)

Ethically, there is nothing to crow about. These are baby chicks who in nature weigh barely a pound at that age. The effects of the "human controlled evolution" of chickens are described in the poultry science literature. An article in International Hatchery Practice ("Trends in developmental anomalies in contemporary broiler chickens") states 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. Dr. Andrew A. Olkowski, DVM and his colleagues say poultry personnel provide "solid evidence that anatomical anomalies have become deep-rooted in the phenotype of contemporary broiler chickens."

The breeding pathologies of chickens are compounded by the unsanitary conditions in which they are raised. The combination of infirmity and filth overwhelms their immune systems with salmonella, campylobacter, E. coli and other pathogens that sicken and kill people in the United States and worldwide. The Centers for Disease Control and Prevention show more deaths from poultry than from any other food product. (*Consumer Reports Magazine*, February 2014)

Currently, an epidemic of deadly avian influenza (H5N2) in chickens and turkeys on farms around the country dominate the agribusiness news media. Concerned that people might not want to eat these sick birds, the poultry industry and the U.S. Department of Agriculture reassure the public that the virus does not sicken humans and that poultry and eggs are "safe." They blame wild birds for the epidemic, but as a UN News Centre release said in 2005, "We are wasting valuable time pointing fingers at wild birds." (UN News Centre. 2005. "UN task forces battle misconception of avian flu, mount Indonesian campaign," 24 October)

Avian influenza viruses have lived harmlessly in the intestines of waterfowl for millennia. Shed in sparsely populated outdoor settings in the droppings of birds whose immune systems have evolved to accommodate them, these viruses are rapidly killed by sunlight and tend to dehydrate to death in the breeze. By contrast,

chickens and turkeys are crowded together in dank, sunless buildings – ideal breeding grounds for disease organisms to thrive and prey on the disabled birds.

Thirty years after rescuing Viva from a Maryland chicken shed, I have watched the plight of chickens grow worse. At the same time, more people are speaking up for chickens than ever before, praising their charm and intelligence, their capacity for happiness and their right to enjoy fresh air and a life worth living. Inspired by Viva, I founded United Poultry Concerns in 1990 dedicated to the compassionate and respectful treatment of domestic fowl. Back then I was told that people "weren't ready" to care about chickens and that an organization devoted to them would never fly, but they were wrong.

May 4th was International Respect for Chickens Day and May was International Respect for Chickens Month. Our message is simple. Be kind to chickens. Don't eat them. Tell your family and friends how much chickens suffer in animal agriculture and how cheerful and loving chickens are when they are treated with compassion and respect. Please make every day Respect for Chickens Day.



"I Saw Your Bus Ad Today! - Love It!"



Washington, DC

"I think you guys do great work. I work in Washington, D.C. and I saw your ad on the side of a Metro Bus today. Money well spent, I say! Because of your tireless efforts and because of the visibility of your ad, I'm going to join later today." – *Shelly Schwartz*



San Francisco

"I'm so excited every time I see a Muni bus driving through downtown San Francisco with your beautiful ad for compassion and kindness. What a great way to share ideas about veganism and an alternative to animal cruelty with so many people! Thanks, UPC, for your great work and creative efforts to raise awareness and grow compassion." – *Chris Marco*w



Minneapolis

"I drive a bus in Minneapolis. Today on the back of another bus I saw an ad for your group. I thought it was a really nice ad showing a hen with her wing around her chick. It was a positive message with a nice picture. Good job! I have been a vegetarian for 30 years for the animals. Keep up the good and important work! Thanks." – *Moosebird*



Boston

"I'm so excited about your awesome signs in Watertown, Massachusetts on the MBT buses! I just love it – it's so cool!" – *Josh*

What do you think life is like for a chicken on a "humane" farm?

Humane Hoax Video

Uncovers the Deception Behind "Humane" Food Labels

n honor of International Respect for Chickens Day May 4, United Poultry Concerns launched our new 5-minute video exposing the hoax of "humane" eggs and chicken products. Narrated by UPC Projects Manager Hope Bohanec and produced by videographer Kamal S. Prasad, *Humane Hoax* reveals how little people know about the food they eat and how susceptible to the tall tales producers feed them. The folks we interviewed for this video were shoppers at a natural foods store in California. These are people you'd think would be educated about the truth behind animal products, but as you will see, most people are shockingly unaware of what goes into breeding and killing animals for food, regardless of the label. It's up to us to expose the truth about animal agriculture, and you can help by sharing this video!

Watch the video at www.upc-online.org/humanehoax



What Can I Do?

It's up to us to expose the truth about animal agriculture, and you can help by sharing this video! Please share *Humane Hoax* with your friends, family and other networks on the Web or by ordering the DVD from UPC. For just \$10 it has the bonus feature of our 2015 Conscious Eating Conference presentations, all on one DVD! Order now!

Would you like to do more to help the birds?

Just go to www.upc-online.org/email and sign up to

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Poultry Press

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International Respect for Chickens Day Protest Blasts San Francisco Meat Company

ur *International Respect for Chickens Day* event in San Francisco on May 2 was a huge success! UPC's collaboration with Direct Action Everywhere brought 40 people for our protest at the Golden Gate Meat Company in the Ferry Building. Two brave activists gave moving speeches about the plight of chickens while security guards tried to block our cameras. We then made our way to an outdoor restaurant for the activists to give their speeches to customers. Police attempted to block our protest from restaurant patrons by holding up a large blue tarp, but they could still hear us! We gave out over 500 UPC Chickens brochures to tourists and passersby. What a moving and powerful day of activism! – *UPC Projects Manager Hope Bohanec*









International Respect for Chickens Day Activists Stick Up For Chickens in San Diego, California

Te had a great day in San Diego May 2 for *International Respect for Chickens Day*! At a busy mall in La Jolla, we leafleted UPC's Chickens brochures successfully to 1,000 people. Our Stick Up For Chickens – Go Vegan banner was seen by many, many more. Our chicken costume was a big hit with the kids. 8 volunteers joined us to make our event a big success, and they want to help again next year. –

UPC Correspondent & Membership Manager Ronnie Steinau





International Respect for Chickens Day at the White



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 in honor of International Respect for Chickens Day May 4. I would like to observe the day by sponsoring Kaola Gold in memory of Benjamin, beloved UPC sanctuary chicken. – *Marcia Mueller*

Our donation honors the work of Jessica Astrof. – *Samuel and Iris G. Astrof*

My donation is in memory of the 53 roosters who died in a February cockfighting operation held in East Windsor, Connecticut. It's too bad that the 49 surviving roosters were denied the permanent homes offered to them by sanctuaries in New York and New England. – *Mary Peterson*

My donations are made in memory of Toni Falcone's beautiful, happy and playful dog, Bax, and in memory of Patty Shenker and Doug Stoll's loving dog, Rocko. – *Ronnie Steinau*

Our donations are in memory of Richard Frank. – May & Tom Thomson and Madeline & Anthony Guarrara

My donation is made in honor of fellow animal advocate, Rich Frank, who passed away on January 30th of this year. His kindness and courage will be greatly missed. Thanks for all you do on behalf of the victims of the food industry. Keep up the good fight! – *Sara Soens*

My memorial gift honors my cousin, Howard Elmo Knight of Bogalusa, Louisiana, a 67 year old army veteran who was a Friend for Life to many people. – *Joan Martin*

My donation is made in memory of Franklin Wade's loving Mom, Virginia, who passed away in May. Please accept my sincere condolence for your loss. – *Ronnie Steinau*

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*

UPC thanks the following 9 donors for their kind memorial contributions in honor of April Kincaid's beloved hen, Beep, who lived for 9 years before passing away earlier this year. – Adi Rule, Lori Moreda, Rachel Vance, Carol Moore, Kevin O'Connor, Elizabeth Winkel, Holly Olejnik, and Janet Dorak.

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

Please make free fundraising a part of your online routine

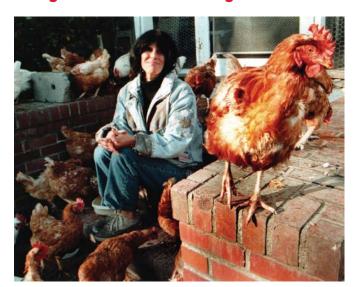
Every time you shop at any of 1600+ online stores in the iGive network, a portion of the money you spend benefits United Poultry Concerns. It's a free service, and you'll never pay more when you reach a store through iGive. In fact, smart shoppers will enjoy iGive's repository of coupons, free shipping 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!





Wayne Creed Pays a Visit to United Poultry Concerns



Karen Davis with some of her brood at United Poultry Concerns on Seaside Road. (Photo: Washington Post)

By WAYNE CREED, Cape Charles Wave February 23, 2015

y roots are in the clay hills of northeastern Alabama, where for generations my forebears were basically subsistence farmers living on what the land would provide them. Mainly corn, cotton, apricots, and other rotational crops were supplemented with eggs the chickens produced year round. A flock of 100-120 chickens lived outside during the day, pecking the dirt for worms and insects, and in the evening returned to the safety of a fairly large corrugated metal and wire chicken house enclosure. This somewhat bucolic memory allowed me for so many years to perpetuate the myth of "cage free" or "free range" organic chicken farming in my own mind.

I would argue for the promotion of "organic" family chicken farming in Washington, DC, and Northern Virginia (where I lived for 25 years), as well as for expanded operations here on the Eastern Shore. That all changed a year ago. As I was traveling to work in Norfolk, I got behind a truckload of caged chickens. The thermometer in my car registered 18 degrees, and as I stopped at a traffic light, I could see each face, crammed in and waiting. I have never been much of an adherer to James Joycean epiphanies, but this was one. It was a realization that I had been very wrong about the myth of

the family farm and the possibility of "humane" chicken farming. No matter what justification I tried to use, meat is murder — it's unnecessary and just not possible to farm animals humanely. The end of the line would eventually lead to a cage in the back of a truck. I told myself I would try to no longer be party to this.

Almost one year later, I find myself on another cold morning traveling Seaside Road on the way to the chicken sanctuary and headquarters of United Poultry Concerns. Karen Davis, PhD, is the president of UPC, which she founded in 1990. UPC is a nonprofit organization "dedicated to the compassionate and respectful treatment of domestic fowl" and addresses the treatment of domestic fowl in "food production, science, education, entertainment, and human companionship situations."

The road to advocating for poultry began when Ms. Davis was a PhD student at the University of Maryland, and was part of the protest against Edward Taub and the Institute of Behavioral Research for animal abuse regarding the "Silver Spring Monkeys." These protests eventually lead to a police raid, subsequent arrest of the "researchers," and conviction for six counts of animal cruelty. (This battle was also the birth of PETA, People for the Ethical Treatment of Animals.)

Wanting to learn more, the already inquisitive Ms. Davis accepted a summer internship at Farm Sanctuary at Watkins Glen, New York. Involvement in the Farm Animal Rights movement exposed the reality of animal farming. With a finely honed voice in analysis and critique (she was finishing her dissertation on Thomas Hardy at UMD College Park), and an affinity for birds, she turned her energies towards the poultry industry, to in her words "become a camera" and document all of it.

While living in a small cottage in Darnestown, Maryland, Ms. Davis started United Poultry Concerns, and also began taking in her first "rescue" chickens. This event led to the creation of the UPC chicken sanctuary, which now houses over 100 birds, including a peacock. Caring for and living with chickens while voraciously reading everything she could about the poultry industry, Ms. Davis began publishing essays such as "Animals and Women: Feminist Theoretical Explorations," "Terrorists or Freedom Fighters: Reflections on the Liberation of Animals," "Animal Liberation Philosophy," and

One of the most important aspects of UPC and Ms. Davis' work is the analysis and deconstruction of the Language of Agribusiness. Davis notes that, using "farm-speak," animals are referred to as "broilers," "layers," "grass-fed beef," or kept in "veal crates." Referring to these animals by how they will be eaten serves to de-animalize them, to disengage and abstract them from the violence that ultimately leads to their commoditization — from a sentient, living being to somehow nothing but a piece of meat.

"Chicken-Human Relationships: From Procrustean Genocide to Empathic Anthropomorphism."

From a Marxist standpoint, it is impossible to discount the consumer capitalist enterprise in which animals are commoditized (trapped, mutilated, and killed). Animals, once they become part of the assembly line, cease to be chickens, cows, or pigs, but just another commodity. Categorizing them as "food products" allows them to be exploited as a "resource."

For Ms. Davis, this inquiry culminated in her brilliant work, 'The Holocaust and the Henmaid's Tale: A Case for Comparing Atrocities." Here, she draws parallels between the Holocaust and the institutionalized abuse on factory farms. It's similar to the Isaac Bashevis Singer story, "The Letter Writer," where he offers anecdotes about the Chicago stockyards: "In relation to [animals], all people are Nazis; for the animals, it is an eternal Treblinka."

Theory, critique, and analysis are important, but Ms. Davis and UPC hardly exist in a vacuum. Since 1999, UPC has hosted 12 annual conferences on farmed animal advocacy issues. UPC's Forum on Direct Action for Animals, June 26-27, 1999, introduced U.S. activists "to the strategy developed by Australian activist Patty Mark, of Open Rescues, in which undercover investigators admit to rescuing animals and documenting the conditions of their abuse." In 2012, 2013, and 2014, UPC hosted conferences in Berkeley, California, on the topic of "Conscious Eating: What is Truly Sustainable?"

UPC, as a member of the Alliance to End Chickens as Kaporos, is also at the forefront protesting this ritual. Kapparot, or kaparos, (meaning atonements) is practiced by some Jews shortly before Yom Kippur, the Jewish Day of Atonement. Nazila Mahgerefteh described a Kaparos she witnessed in Los Angeles: "For six days until October 1, morning to night, in front of adults, children, and babies, these pitiful birds are swung around the practitioner's head. Then the vocal chords are slit so the chicken cannot scream in pain, and then, still alive, the writhing birds are thrown into a plastic trash bag

while still walking and looking for a way out of the bag with the head clinging to a cut throat."

Even as Ms. Davis notes that the alliance is not against the ritual in itself (money and other objects can be substituted for chickens), "We want to draw attention to the fact that chickens are needlessly being subjected to extreme cruelty by (some) Kaporos practitioners, all while numerous health laws are being broken."

The journey to the Eastern Shore has been a prolific one, yet when talking with Karen Davis, the thing she still cares most about is the birds, especially the ones here at the UPC sanctuary. With a smile, she says she still thinks it's funny that, after outgrowing her Darnestown cottage, she wound up on the Eastern Shore, right in the "heart of the Perdue and Tyson Evil Empire."

It is cold out back of UPC headquarters, and it feels like snow really is on the way, yet the birds seem happy and content clucking, pecking, and crowing all under the safe, open, and free enclosure of the sanctuary. As Karen shows me around, relaying stories about these birds (she knows each by name, such as Bisquet, Banya,



UPC sanctuary rooster, Bisquet. Photo by Wayne Creed, February 16, 2015



Rawley the rooster, and Mr. Sippi), they follow us about and you can truly sense the elective affinity between everyone in this place. Watching them interact, it seems so irrelevant to dismiss these birds as not thinking animals, that somehow lack consciousness and don't feel compassion, camaraderie, love, empathy, and even hate (there's a rooster puffing himself up, and doesn't seem too happy to have me so near his hens. I'm keeping an eye on him).

Some things are hard to reconcile. On one hand, mainstream journalism and the media effortlessly build narratives and create heroes for us, whether American snipers or NBA basketball players, while on the other, keeping a profound disengagement from an industry that creates the immense suffering and pain of innocent animals just so that it can stuff our stores with their

flesh. After meeting Karen Davis, I feel a slight sense of comfort in the knowledge that there are still real heroes out there, defending and giving voice, as well as political and personal standing to those that truly have none and who deserve the privilege and adventure of a beautiful world as much as anyone.

For me, I kick the cold, hard dirt, look up at the grey sky, and snap a photo of Frankincense the Peacock, realizing I'm still a pathetic work in progress, sometimes falling short at my favorite Cape Charles restaurants.

Although, a funny thing did happen a while ago: after ordering a \$30 meal, I couldn't eat the meat on my plate. I got about half way through, and just stopped. The mashed potatoes and salad wedge, however, were delicious.

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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!

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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.

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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.

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Karen & Mr. Frizzle ©2008 Davida G. Breier

Urge Prosecution of Student Who Punched Out the Eyes of a Helpless Emu

n Valentine's Day, February 14, 2015, eighteen-year old student Cassius Mankin entered the property of Bob and Carol Falk in Comanche County, Texas with several other people, both minors and adults. They took the couple's emu, Miss Molly, to a party, punched out her eyes and choked her to death. Police charged Mankin, a high school football player, with felony animal abuse.

In a phone call, the Comanche County District Court Attorney's Office told United Poultry Concerns that the case against Cassius Mankin was "pending."

Emus are gentle, friendly birds with a strong family life in which both parents actively participate in nest-building, incubating and raising their young. Emus are members of the oldest living family of birds on earth, known as ratites, or flightless fowl, which includes ostriches.



Cassius Mankin has been charged with felony animal abuse.

What Can I Do?

Please write a letter to the Comanche County
District Attorney urging that Cassius Mankin be
prosecuted for felony animal abuse. While all forms
of animal abuse are egregious, punching out the
eyes of a living creature is a particularly brutal act of

sadism in the individual who would do this. Molly the emu was a beloved member of a family who suffered the utmost agony and terror at the hands of her sadistic killer.

Contact:

Judicial District Court Attorney B. J. Shepherd

PO Box 368

Meridian, TX 76665 Phone: 254-435-2994 Fax: 254-435-2952

Email address unavailable.

To urge prosecution of the minors who are charged with criminal trespass and criminal mischief, contact:

Comanche County Attorney Craig Willingham 101 West Central

Comanche, TX 76442 Phone: 325-356-2313 Fax: 325-356-3070

Email address unavailable.

Thank you for demanding justice for Miss Molly.



The long necks and excellent periscopic vision of emus enable them to survey the land for miles in all directions at once.

Story of United Poultry Concerns Wins Virginia Press Association Awards

"Great educational connection to the reader."

– Virginia Press Association



Karen Davis, president of United Poultry Concerns, holds Miss Chard in the Virginia Press Association's award-winning personality portrait photo by Jay Diem, published Nov. 17, 2014

t their annual awards banquet on Saturday, April 18, the Virginia Press Association announced that *Eastern Shore News* reporter Jennifer Cording and photographer Jay Diem won firstplace awards for their Multimedia Feature Report and Personality Portrait Photo of United Poultry Concerns and its president, Karen Davis. The story, set at UPC's headquarters & sanctuary in Machipongo, VA, and published on November 17, 2014, was chosen for making a "Great educational connection to the reader, as many folks eat poultry. Plenty of detail and nice variety of imagery with good composition made for an effective multi-media feature." The winning photo succeeded in "capturing a moment that shows the subject's character. This photo stood out in this category because the photographer did a great job sharing."

United Poultry Concerns is deeply honored by the award-winning opportunity provided by Jennifer Cording, Jay Diem, and the *Eastern Shore News* to educate the public and the Virginia Press Association about the beauty and plight of chickens and turkeys, and our work on their behalf. We sincerely thank the Virginia Press Association for the honor of these muchdeserved awards.

To view the award-winning Multimedia feature, go to www.upc-online.org/thinking#tributes and click on Va. woman not chicken about making a stand for birds.

Following our November interview, reporter Jennifer Cording's 7-year-old daughter Ava drew this happy portrait of a rooster and a hen at our sanctuary and presented it as a gift that we're delighted to share with you – *United Poultry Concerns*



Drawing by Ava Cording, November 27, 2014

United Poultry Concerns: Letters to the Editor

Sick Chickens

*UPC Letter in The New Yorker, Feb. 16, 2015*Response to "A Bug in the System," February 2, 2015, which looks at "Why last night's chicken made you sick."

To the editor: In 1987, the 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 said, "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." The poultry industry's response is to bathe the birds after slaughter in a wash of chlorine and other potentially toxic substances, including peracetic acid. Conditions will worsen as the global scale of production increases. If you pack creatures into filthy, sunless places and provide them with only "feed-grade" ingredients—a primary source of salmonella, avian influenza, and other diseases—sickness will follow.

Karen Davis President, United Poultry Concerns Machipongo, Va.

Dead Meat Aspires to Be Fake Meat UPC Letter in the Los Angeles Times, March 8, 2015

Response to "The confusion of fur-hating carnivores," May 2, 2015, which says that "Like fur, meat is inessential and luxurious. Like fur, its production may be fraught with brutal and obscene abuse."

To the editor: Substitution of old materials with new ones is an integral part of human progress. In religious ceremonies, if we can substitute animal flesh for human flesh and view this change as positive, we are ready to go forward in our secular lives on ground that is already laid. Technologically, the transformation of plants to flesh- and fur-like products has already occurred because people have desired it and technology can satisfy the desire. If "The Peaceable Kingdom" reflects a true aspiration, fake meat is the food to which dead meat has aspired, and the makers of fake meat and the fur-free designers are as deserving as anyone is of the Nobel Peace Prize.

Karen Davis Machipongo, Va. The writer is president of United Poultry Concerns.

No Beings Are Lesser

UPC Letter in Earth Island Journal, Spring 2015

Response to "Animals Are Persons, Too," Winter 2015.

To the editor: The Winter 2015 cover story ("Animals Are Persons, Too"), about the move to get certain animal species legally recognized as nonhuman persons, was thought provoking. But animal advocates cannot allow the idea to take hold that only the great apes and certain other "higher" animals are fit to be "persons." Working to change the moral status of the great apes or sea mammals is a legitimate and important undertaking, but it should not be done at the expense of other animals.

Such thinking is disconnected from real animals in the real world. It also perpetuates the view that beings belonging to species deemed "nonpersons" or "merely conscious" are of lesser, or no, moral significance until through an institutionalized system of painful, stressful, and demeaning experiments over decades or centuries, some of them might "prove" themselves worthy of being called persons or semi-persons or sort-of-persons entitled to whatever privileges such designations may confer.

Karen Davis President, United Poultry Concerns Machipongo, Va.

UPC's Conscious Eating Conference Wins Rave Reviews!



Thank you UPC for another great conference! Thanks for all the hard work putting it together. We loved the speakers, new information, meeting like-minded people, and learning more about the plight of farm animals today. It was very inspiring! Thanks, Hope and Karen! – Jennie Richards

Dear Karen, Wonderful Staff, and all the sweet chickens, Thank you for the fabulous conference in Berkeley. As always, it was very informative. And I'm so glad that Hope works for you. She did a perfect job organizing it. I look forward to next year's conference. – Pat Huey



n April 4 United Poultry Concerns hosted our Fourth Annual Conscious Eating Conference in Berkeley, California. Cohosted by Animal Place and Berkeley Organization for Animal Advocacy, our conference attracted nearly 200 attendees – our best year ever!

Animal Legal Defense Fund's TJ Tumasse spoke gut-wrenchingly about his undercover investigations at dairy cow and egg-laying hen operations. Fish Feel founder Mary Finelli evoked the scientifically documented consciousness of fish and the brutality of fishing. UPC president Karen Davis described how she became a chicken-rights advocate, and analyzed the difference between so-called single-issue campaigns and *focused campaigns* on behalf of farmed animals. Main Street Vegan director Victoria Moran told why she became vegan and extolled the liberating power of compassionate vegan advocacy. Animal Place director Kim Sturla introduced Animal Place's *Food For Thought* campaign video aimed at getting animal shelters to adopt an animal-friendly meal policy instead of serving dead animals at their dog & cat fundraisers.

Direct Action Everywhere activist Brian Burns explained the basis of DxE's activism in restaurants and supermarkets in which people are made to confront the fact that animal-based foods are the products of violence, cruelty, and terror. Aaron Paul of the Factory Farm Awareness Coalition argued that outreach in the form of leafleting, tabling and giving presentations at schools and other venues is important to introduce people to the issues and draw them in by taking a positive approach.

UPC projects manager Hope Bohanec debuted our new video *Humane Hoax*, and UPC correspondent Ronnie Steinau introduced *Truth or Drought*, a brochure on animal agriculture's devastating effects on California's water supply. UPC vice president Liqin Cao staffed our exhibit table with unflagging energy during the entire day.

A delicious luncheon of vegan mac & cheese was topped off by two surprise birthday cakes celebrating United Poultry Concerns' 25th anniversary! A wonderful day in every way!

We thank Kamal S. Prasad for filming our conference and for making it available online and on DVD.

What Can I Do?

You can watch the conference presentations on our Website at www.upc-online.org/forums/2015/videos.html. You can also purchase the conference as a DVD, which includes the bonus feature of our new video Humane Food Labels. All for just \$10. Order Now!













Vegan Recipe Corner

Savory Breakfast Sandwiches

Recipe by Elena Johnson, Compassion Over Killing. Makes 4 Sandwiches

- 1/4 cup apple cider vinegar
- 3 tablespoons soy sauce
- 1/4 cup olive oil
- 1 ½ teaspoons black pepper, divided
- 1 14-ounce package firm tofu, drained and cut crosswise into 8 slices
- 1 large onion, chopped
- 4 cloves garlic, chopped
- 8 ounces button mushrooms, sliced
- 1 medium tomato, chopped
- 2 cups baby spinach leaves
- ½ teaspoon dried thyme
- 1 teaspoon salt
- Vegan butter (optional)
- 4 English muffins, toasted
- 1. Preheat oven to 450 degrees.
- 2. In a shallow baking dish, mix together the vinegar, soy sauce, olive oil, and ½ teaspoon of the black

pepper with a whisk. Place tofu slices in a single layer in the dish, then turn over to coat on all sides. Allow tofu to marinate for 20 minutes, turning occasionally.

3. Place baking dish in oven for 20 minutes. Flip tofu slices over and continue to bake for an additional 10-20 minutes until crispy and most of the liquid has been absorbed.

- 4. Meanwhile, spray a large skillet with oil or cooking spray. Sauté onion and garlic over medium-high heat until onion begins to soften. Add mushrooms and continue cooking until they begin to brown. Add tomato, spinach, thyme, salt, and remaining black pepper. Cook and stir until spinach is wilted and any liquid has evaporated, turning heat to medium low if the vegetables are browning too quickly. Adjust seasoning.
- 5. To assemble sandwiches, spread vegan butter on English muffins, if using. Then add 2 tablespoons of the cooked vegetables to the bottom half of each muffin. Top with 2 slices of tofu and evenly distribute the remaining vegetables on top of the tofu slices on all 4 sandwiches. Cover with the other muffin halves and press down to help keep vegetables from spilling out. *Enjoy!*



POSTCARDS

20 for \$4.00, 40 for \$7.50



"Love is Best"



"Peaceable Kingdom"

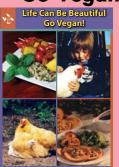


"Chickens To Know Them
is to Love Them"

"Misery is Not a Health Food"



Life Can Be Beautiful - Go Vegan! Brochure



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

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

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All Prices Include Postage

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United Poultry Concerns

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

Or order online at upc-online.org

FACT SHEETS 20 for \$3.00

"Viva, the Chicken Hen / Chickens Raised for Meat"

"Jane-one tiny chicken foot"

"Starving Poultry for Profit" (forced molting)

"Poultry Slaughter: The Need for Legislation"

"The Rougher They Look, The Better They Lay" (free-range egg production)

"Intensive Poultry Production: Fouling the Environment"

"Philosophic Vegetarianism: Acting Affirmatively for Peace"

"The Rhetoric of Apology in Animal Rights"

"Providing a Good Home for Chickens"

"Chicken Talk: The Language of Chickens"

"Celebrate Easter Without Eggs"

"Chicken for Dinner: It's Enough To Make You Sick"

"Guide to Staffing Tables: Do's & Don'ts"

"Henny's New Friends"

"Avoiding Burnout"

"The Life of One Battery Hen"

"Bird Flu - What You Need to Know"

"How I Learned the Truth About Eggs"

"Peeper the Turkey, a Story of Endless Love"

"Factory Farming vs. Alternative Farming: The Humane Hoax"

BROCHURES

20 for \$3.00

"A Wing & A Prayer" (Kapparot ritual)

"Don't Plants Have Feelings Too?"

"Chickens"

"The Battery Hen"

"Turkeys"

"Ostriches & Emus: Nowhere To Hide" "Japanese Quail"

"The Use of Birds In Agricultural and Biomedical Research"

"'Free-Range' Poultry and Eggs: Not All They're Cracked Up to Be" - New & Revised!

"Live Poultry Markets" (in English, Spanish, & Chinese)

"Chicken-Flying Contests"

LEAFLETS (FLYERS) 10 for \$1.00, 25 for \$2.50

"Chicken for Dinner?"

"The 'Human' Nature of Pigeons"

"The Truth about Feather Hair Extensions"

"Birds Suffer Horribly for Pillows & Coats"

Bumper Stickers

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

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

Beautiful Chicken and Turkey Buttons

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

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









T-shirts Too Neat to Eat (Hen & Egg or Rooster) • Give a Cluck. Go Vegan! • Available in Unisex (S, M, L, XL) or Ladies (S, M, L, XL) **\$18**



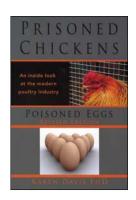


BOOKS

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*

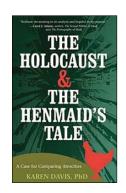


Library Association \$14.95. 40% off bulk orders of 5 (\$8.97 each) = \$44.85 for 5.

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

By Karen Davis

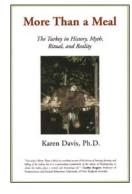
In this thoughtful and thoughtprovoking contribution to the study of animals and the Holocaust, Karen Davis makes the case that significant parallels can — and must — be drawn between the Holocaust and the institutionalized abuse of billions of animals on factory farms. "Compelling and convincing...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



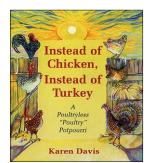
including other human beings. "The turkey's historical disfigurement is starkly depicted by Karen Davis in 'More Than a Meal.' " - The New Yorker \$14.95

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

By Karen Davis

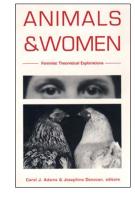
This delightful vegan cookbook by United Poultry

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.

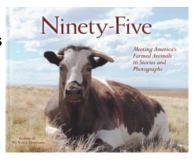
Adams & Josephine Donovan
"Karen Davis's brilliant essay
[Thinking Like a Chicken: Farm
Animals and The Feminine
Connection] brings together the
book's central concepts, leading
to conclusions that rightly should
disturb feminists and animal



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

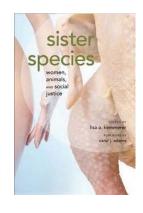
An anthology of photos and stories by No Voice Unheard Editors: Marilee



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 nonhuman animals and a more just and compassionate world. \$14.95



CHILDREN'S BOOKS & EDUCATIONAL MATERIALS

Hatching Good Lessons: Alternatives To School Hatching Projects

By United Poultry Concerns
A guide booklet for elementary school teachers and other educators including parents. Revised & Updated, 2013. 16 pages of information, storytelling, classroom activities & color photos. Grades K-6 (some activities are designed



for K-12). \$2.50 per booklet. 5 for \$5. It can be viewed and printed out at www.upc-online.org/hatching/.

A HOME FOR HENNY

A Home for Henny

By Karen Davis

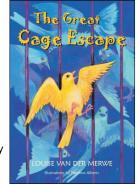
Melanie is a 3rd grader who is excited about a chick hatching project in her class at school. The project seemed like a good idea at first, but unexpected problems arise and the whole class learns a lesson in compassion. When the project is over, Melanie adopts one of the chicks she names Henny. A Home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

while evoking the lively personality of Henny and her loving

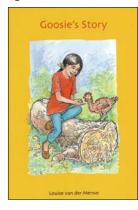
relationship with Melanie. \$6.99

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



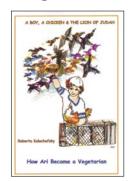
Goosie's Story

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 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

Dave Loves Chickens

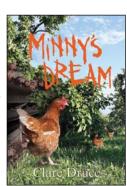
By Carlos Patino
Dave is a quirky monster
from another planet who
loves chickens and all animals on Earth. He encourages people to share
his love and not eat any

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

Minny'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



CHICKEN'S LIFE!

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

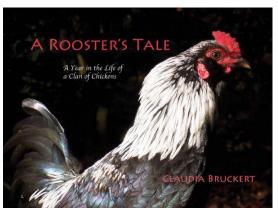
words including barn, beak, cluck, feathers, grass, hatch, peck, peep, wings, and lots more. \$1.50 each. 10 for \$10.

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

(continued) CHILDREN'S BOOKS & EDUCATIONAL MATERIALS

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

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



Chickens at Play

By United Poultry Concerns

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

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



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

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

"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

DANIEL REDWOOD

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 eyecatching color stickers! 100 stickers for \$10.



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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, hamful bacteria, heart and lung disease, tumors, crippied legs, sick immune systems, and mors. 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".



Turkeys Are Too Neat To Eat Linied Polity Concerns. Inc. To Real Polity Concerns and Provinces of Provinces

ys Great Are Too Neat To Eat Poster!

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

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

United Poultry Concerns, Inc.



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Berkeley Conference the Best Ever!

Urge Justice for Miss Molly

Recipe Corner & More!

Wishing You a Wonderful Summer!

Please renew your membership for 2015



Natty and Me is a painting by artist & Canadian farmed animal cruelty investigator Twyla Francois, who writes, "I discovered Natty at a livestock auction I was investigating. Unsold, she was about to be stomped to death, but I scooped her up and brought her home to live with me, this precious hen." Visit Twyla's website and store at www.twylafrancois.com.