UPC Kiosks Take “What Wings Are For” to New York City Streets

Turn to page 9 for more photos!
Karen Davis: Backyard Chickens Have a Downside

Yes, it is heartening that more people are discovering the pleasure of chickens, as described in The Sun’s March 1 article, “Chick business thrives in Gainesville.” It’s great that people who want to keep chickens are eager to create yards for them to enjoy. After all, chickens come from the tropical forests of Southeast Asia where they’ve been running around the forest for millennia. Chickens are not meant to be sedentary.

All the breeding that has been done to chickens for human convenience has not changed the essential nature of chickens. Chickens love to run about, dig in the ground, dustbathe, sunbathe, socialize and perch. Unless they are disabled, dispirited or industrially confined, this is what chickens do.

I’ve kept chickens since 1985 and have had the pleasure of opening their doors each morning for more than 30 years. I love watching the hens and roosters spill out the door and race into the yard, vocalizing their enthusiasm as they run in all directions inside our 12,000-square-foot predator-proof aviary filled with trees, bushes, mulchy soil and grass.

Through the years, I’ve adopted hundreds of chickens and helped others find homes for chickens from factory farms, school-hatching projects, cockfighting raids, animal shelters, and increasingly over the past decade, backyard chicken-keeping.

My view is that making a business out of chickens does not bode well, however “small,” benign or local the business may appear compared to so-called factory farming. It can be an extension of factory farming rather than an alternative.

Hatcheries that produce chicks for backyard flocks or any other purpose treat chickens and their offspring the same way puppy mills treat breeding dogs and their puppies. The only difference is that, in the case of chickens, the parent birds are in a factory-farm building and their eggs, taken from them, are in a mechanical incubator somewhere else. Since there are no laws regulating how breeding hens and roosters are housed, they typically are crammed together without outdoor access until they are slaughtered, just like a factory farm.

Many backyard chickens bought from hatcheries are shipped through the postal service as airmail without any legal protections. Newborn chicks are deprived of food and water for up to 72 hours, sometimes longer, and they are exposed to extreme temperatures, flight delays and other hazards, without protection.

Dr. Jean Cypher, a veterinarian specializing in avian medicine, states: “A day-old chick can no more withstand three days in a dark crowded box than can any other newborn.”

Ordinances permitting hen-keeping create a market for killing 50 percent of all chicks in hatcheries because for every hen, a baby rooster hatches, only to be ground up alive or suffocated to death in a trashcan as soon as he struggles out of his shell. As in Gainesville, most urban and suburban areas allowing chickens ban roosters. Yet hatcheries will often mail roosters to customers as packing material, and chick-sexing is an inexact science. Over the years I’ve received many calls asking for help from people who ended up with roosters they either did not want or could not legally maintain.
Many people start out thinking it will be fun and easy to keep a few hens, only to learn that labor is involved. Chicken houses need to be cleaned every day. Yards, food, water bowls and bedding must be kept fresh and clean. People who consider it a “chore” to spend time maintaining a wholesome environment for chickens should not keep them.

As with any animals, health and hygiene go hand in hand. Squalor, including excretory ammonia gas buildup in chicken houses, causes respiratory infections, ammonia-burned eyes and weakened immune systems in chickens, predisposing them to suffering and premature death. No less than a companion dog or cat, a chicken must have veterinary care when injured or ill. Anyone not willing to pay for veterinary care should not keep chickens. And while avian medicine has made significant progress in the treatment of birds, good veterinary care can be expensive.

Chickens are not “dumb” animals – they are neither silent nor stupid. And hens are not “egg-laying machines.” Anyone who wants hens only for eggs should not keep chickens. Best if you really want chickens is to adopt rather than buy. And remember to meet your chickens at their own eye-level. If all they ever see of you are your boots or shoes, they will not bond with you and you will never get to know them.

My experience with chickens for more than thirty years has taught me that chickens are conscious and emotional beings with a range of interests and personalities. Chickens are cheerful birds, quite vocally so, and when they are dispirited and oppressed, their entire being expresses this state of affairs.

The fact that chickens become lethargic in barren, unwholesome environments, instead of proving that they are stupid or passive by nature, shows how sensitive they are to their surroundings, deprivations and prospects. Likewise, when chickens are happy, their sense of well-being resonates unmistakably.

KAREN DAVIS is president of United Poultry Concerns, a nonprofit organization that promotes the compassionate and respectful treatment of domestic fowl including a sanctuary for chickens on the Eastern Shore of Virginia.
Which Is Worse For The Environment – Poultry Or Beef?

Look at What the Poultry Industry is Doing for the Delmarva Peninsula and the Planet

By Karen Davis, PhD, President of United Poultry Concerns

This article was published on E Magazine’s EarthTalk on April 30, 2016

A study published in 2014 by the National Academy of Sciences, “Land, irrigation water, greenhouse gas, and reactive nitrogen burdens of meat, eggs, and dairy production in the United States,” says beef is worse.

In fact, the study focuses on a single aspect of raising 9 billion land animals for food in the U.S., of whom 8 billion are chickens: feeding them. It quantifies the impact on land, air and water of cattle grazing and the impact on land, air and water of growing crops for poultry and pigs in confinement. The researchers conclude that “beef production demands about 1 order of magnitude more resources than alternative livestock categories”; hence, “minimizing beef consumption mitigates the environmental costs of diet most effectively.”

Without disputing the data specific to this study, I do dispute the implication that the answer to cattle pollution is to eat more poultry or any other animal product. The environmental impacts of global animal production are vast, complicated, and worsening. The poultry industry in the mid-Atlantic region of the United States is a microcosm of the global expansion of the poultry industry and its baleful effect on land, air, water, and human and animal wellbeing.

Let me explain. In 1990 I founded United Poultry Concerns as a nonprofit organization promoting the compassionate and respectful treatment of chickens and other domestic fowl. In 1998 we moved from Maryland to Virginia on the Delmarva Peninsula – a strip of land 70 miles wide and 170 miles long that includes Delaware and the Eastern Shore of Maryland and Virginia. Each year this peninsula holds a half a billion chickens in approximately 5,000 windowless sheds each measuring 500 ft. x 50 ft. often compared to the length of two football fields.

It isn’t just a chicken house here, another one there. Instead you see five, ten or more long, low buildings, each housing thousands of unseen birds, lined up side by side along Route 50 and Route 13 and all over the backroads of Delmarva. North of us, on Route 13, a giant Perdue chicken slaughter plant (“processing complex”) fronts the highway and a little farther on a Tyson complex. Every day truckloads of chickens travel these roads to the slaughter plants.

For decades a conflict has simmered between the environmentalists and the Delmarva poultry industry,
periodically spawning reports by *The Washington Post* and other media about the burden of chicken manure and slaughterhouse waste on the Chesapeake Bay and the “legacy of lenience” that lets industry do as it pleases. A 1999 *Washington Post* article “An Unsavory Byproduct: Runoff and Pollution” offers this glimpse:

> From the air, the industry’s true scale emerges: A massive operation, global in reach, it dominates the landscape. Chicken houses fill the horizons, nearly 6,000 in all, raising more than 600 million birds a year and turning out more than 750,000 tons of manure. Tractors rake it into soils as fertilizer, the winds carrying the smell of ammonia.

> The impact of all that waste – more than produced by a city of 4 million people – is subtle but potent, as it washes off fields and seeps into groundwater. Decades of relentless growth have propelled the poultry industry into the primary source of pollution reaching key portions of the Chesapeake and coastal bays of Maryland, Virginia and Delaware.

That was 17 years ago. Today, the poultry industry is expanding on Delmarva, eliciting more calls for regulation. In 2013, the environmental watchdog, Center for Progressive Reform, complained that four years after Maryland had agreed to regulate the state’s poultry industry, government officials still were not protecting the Chesapeake Bay citing a lack of staff and other disincentives to act.

In 2015, the Chesapeake Bay Foundation announced: “Moratorium on New Chicken Houses May Be Necessary if Maryland and EPA Don’t Step up.” The CBF press statement notes that new chicken houses are growing in size and number at an unprecedented rate. The Eastern Shore can’t absorb the manure as the soil is already saturated with it and has been for years. The CBF asks, yet again: “What happens to the tons of new manure?” It begs for “a clear answer that water quality is protected.”

Recently a flurry of protest erupted over a proposal to build a chicken litter incinerator in Northampton County, Virginia, the poor rural county at the bottom of the Delmarva Peninsula where we’re located. Industry claims an incinerator would transform useable energy the tons of poultry litter produced each year on Delmarva, of which, in Maryland alone, 300,384 tons exceed the capacity of local cropland to assimilate the phosphorus and other waste ingredients, according to a study cited by *Food & Water Watch* in their May 2012 report, “Poultry Litter Incineration Not Feasible or Sustainable.”

“Poultry litter” is the mixture of fecal droppings, feathers, spilled feed, antibiotic residues, heavy metals, cysts, larvae, dead birds, rodents and sawdust the chickens are forced to sit in for 6 weeks before they are slaughtered. According to the Chesapeake Bay Foundation, used poultry litter has 4 times the nitrogen and 24 times the phosphorus found in pig and dairy cow operations. Dumped on the environment, the mountains of toxic waste burn fragile plant cells, poison the water, and spawn excess algae that consume
aquatic nutrients. The algae block sunlight needed by underwater grasses and suffocate fish in the process of decay. 

**Food & Water Watch** warns that the incinerator proposal is a scheme to make taxpayers finance the poultry industry’s waste “management” program to produce dirty energy. Toxins emitted by poultry litter incineration include: carbon monoxide, carbon dioxide, nitrogen oxides, sulfur dioxide, sulfuric acid, hydrochloric acid, volatile organic compounds, dioxin, particulate matter, and arsenic. These poisons promote respiratory infections, heart disease and cancers in poultry and people alike while polluting land, air and water.

Notwithstanding, permits are being sought to increase the number of chicken houses on Delmarva not only by Tyson and Perdue but by outside investors eager to construct large, multi-house facilities adding to the waste the environmentalists claim could be somehow controlled. But while the diagnosis is detailed, solutions are weak, perhaps because, substantively, there are none. There is no good place on Delmarva, or the earth for that matter, for the manure and slaughterhouse waste and animal misery generated by global chicken consumption. I emphasize consumption, because human consumption is the engine that drives the production that causes the environmental destruction.

Delmarva residents don’t want chicken sheds, slaughterhouses and toxic waste in their backyard. But as noted, the Delmarva Peninsula is a microcosm of a global predicament. If we don’t want the chicken industry in our backyard – and our backyard is ultimately the planet – we must start by getting the chicken houses and slaughterhouses out of our kitchens and expand our efforts for a livable planet from there.

**Epilogue**

One morning I stood outside the Perdue chicken slaughter complex on Route 13 in Accomack County, Virginia. Happening to look down at my feet I saw, beaten into the dirt, hundreds of little chicken faces, small decapitated heads and impressions of previous little faces that must have toppled out of the dump trucks as the driver turned the corner to bear these waste objects off to a landfill or rendering plant somewhere.

One late February afternoon, on impulse, I swerve off Route 13 onto the road leading into the Tyson complex, pass the turnstile, and sit in my car with the windows up, gazing at the scene around back. It is an ugly, dirty, desolate sight. A truckload of chickens sits alone on the dock next to the building where the people inside will kill them, and it will not be a humane death. Apart from some scuttling rubbish and a few seagulls here and there, nothing from where I sit appears to move. The chickens appear silent and still, and no human beings are visible in this moment of understanding, for the umpteenth time, the presumption of being a witness with something to say about another soul’s experience of being in hell.

Life doesn’t have to be this way, nor should it be.

KAREN DAVIS, PhD is the President and Founder of United Poultry Concerns, a nonprofit organization that promotes the compassionate and respectful treatment of domestic fowl including a sanctuary for chickens in Virginia. She is the author of *Prisoned Chickens, Poisoned Eggs: An Inside Look at the Modern Poultry Industry* and other books and articles examining these issues.
The Ultimate Betrayal: Is There Happy Meat?
By Hope Bohanec
Available from United Poultry Concerns $14.95

The Ultimate Betrayal lifts the veil of secrecy surrounding animal farming, offering a rare look inside the world of alternative animal agriculture. Drawing on research, worker and rescuer testimony and meeting the farmed animals themselves, The Ultimate Betrayal explores the recent shift in raising and labeling animals for food and the misinformation around this “new way” of farming. Small-scale farms are the latest craze and various methods of alternative animal agriculture carry feel-good labels. It is now popular to say that your eggs are cage-free and your meat is organic. But is this trend really the answer to the problems of raising animals for food? What do the labels really mean? Are these products truly humane, environmentally friendly or healthy? The Ultimate Betrayal offers answers to these critical questions.

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!

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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.
“Please Help Me - I am Suffering”

United Poultry Concerns ran this ad in 10 special editions of the University of Maryland student newspaper The Diamondback.

From March 3 through May 12, “Please Help Me - I am Suffering” targeted an audience of 9,000 readers each time it appeared. The total cost for 10 ads was $10,265. We gratefully accept donations for our ad campaigns aimed at University of Maryland students, faculty & staff. The University of Maryland receives a lot of funding from Perdue Farms. It’s important that the truth be told about the horrible suffering and cruelty of “Perdue” chickens.

Dear Sir or Madam,

Greetings from Greenbelt.

I have seen, in the U of MD newspaper, your hard-hitting, if brief, exposé on the horrors of chicken abuse. As one with many fears, I must say that what you revealed broke my heart.

Please continue to speak up for the chickens. They can’t thank you, but I do.

Sincerely,

Eric

Dear Friend,

By the time you read this, this chicken will be dead, after being kicked and beaten and electrically shocked in his face, so I speak for all the other chickens in the Perdue factory in my hope that you will not want to eat chickens anymore when you know how badly they are treated. An undercover investigator from Mercy For Animals stated that:

I watched as workers kicked and stomped the chickens to death or picked them up by their heads and spun them around by their necks. One worker picked up a chicken and threw her head against the wall and then violently kicked her. At Perdue, cruelty is everywhere. And it isn’t only Perdue.

A Tyson worker wrote how the poor, sad little chickens are so scared on the slaughter line: “They try to hide their head from you by sticking it under the wing of the chicken next to them.”

All these chickens know of life is pain and fear and punishment. Please choose CHICKEN-FREE & a kinder world with a heart healthy vegan diet. For delicious recipes, visit www.upc-online.org/recipes.
UPC Kiosks Take “What Wings Are For” to New York City Streets

*International Respect for Chickens Month Celebrates Chickens in NYC!*

“I saw an ad of yours today in my Bronx NYC neighbourhood and was very touched by it. My neighbourhood is very meat-centric and we have live slaughter places that break my heart. I do hope that this reaches out to more people here to begin a more compassionate lifestyle. Thank you!” – Ruby Elliott

Dear Friends,

We’re delighted to share with you our International Respect for Chickens Month Kiosk Poster campaign in New York City! Starting May 2 for 4 weeks, we’re running 100 of these highly visible phone booth posters in the outer-boroughs and 70 posters in Manhattan. $30,000 covers our poster outreach to millions of New Yorkers and visitors in the Big Apple! We happily accept donations for this current project and future projects on behalf of chickens and the joy of vegan living.

Thank You for Your Support!
– United Poultry Concerns

“The good folks at United Poultry Concerns have an excellent new vegan campaign, and we were so happy to see signs for it in our neighborhood. Well done, UPC!” – Vegan Future Now

“I was so excited to see this sign from United Poultry Concerns in my Harlem neighborhood today. Seasoned Vegan. Hip Hop is Green Org. Uptown Juice Bar” – Main Street Vegan
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 loving memory of our dog who had bone cancer. We struggled to save him but lost him on Monday, May 24th, sadly. – Paula Heidi Spear

I would like to donate in memory of my wonderful “ex-battery” hen Edith, named after French singer Edith Piaf. She shared her joy with me each morning as she sang & whistled in anticipation of the treats & pleasures the new day would bring. I’m so happy I could help her. – Merry Thompson

My donation is in loving memory of dear Fleur, my black & white hen who died yesterday, Saturday, February 27th. She was nine years old, and her sister, Poirrot, has lost her best buddy. They did EVERYTHING as a pair, always near each other. They were the hens all the kids could easily hold and pet as very docile and friendly. I am blubbing a lot over her loss. – Susan Rudnicki

My donation is from Edgar, my twelve & a half year old Polish Bantam Rooster, and Sam, my twelve & 3/4 year old Bantam Hen. In their honor. – Marsha L. Peterson

My donation is in loving memory of Lily Chicken. – Eric G. Murray

My donation to UPC is for my precious Ping Ping. – Susan Shaw

I am sending you a donation in memory of, and to honor, the life of Jeffrey Ryan Klinger as “the family asks that friends consider honoring Jeff with a donation that supports the causes dear to his heart: the care of the Earth, the care of animals, and wildlife conservation.” Thank you for all you do! – Charlotte L. Purrington

For my friend Stephanie Sullivan, my kind bird donation is in memory of your beloved, sweet and loving little chicken, Zoey, who recently passed away. Please accept my condolences for your loss of your cherished friend. – Ronnie Steinau

My donation is in honor of Ronnie Steinau’s birthday April 16, 2016. – Toni Falcone

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
Molly the Emu’s Killer Found Guilty of Felony Animal Cruelty

Cassius Mankin Pleads Guilty, Waives Jury Trial

On February 14, 2015, Cassius Aden Mankin and several others entered the property of Bob and Carol Falk, stole their pet emu, Miss Molly, punched out her eyes, and choked her to death. On April 14, 2015, Mankin was formally indicted by the Grand Jury for the County of Comanche and charged with CRUELTY TO LIVESTOCK ANIMALS for his intentional and knowing torture of a livestock animal.

Mankin’s jury trial was twice postponed, but on April 21, 2016, he waived the right of trial by jury and pled guilty to felony Cruelty to Livestock Animals as charged in The State of Texas v. Cassius Aden Mankin. For his crime, Mankin has been sentenced to 3 years Community Supervision including 160 hours Community Service. He was fined $2,000, charged $2,400 Restitution to Bob and Carol Falk and a $60 Crime Stopper fee plus $249 Court Costs.

Mankin was granted an Order of Deferred Adjudication of Guilt, meaning that if he adheres to the 20 Conditions of Community Supervision conferred by article 42.12 of the Code of Criminal Procedure, the Court will expunge his record, although federal law enforcement can obtain it if necessary.

We are deeply grateful to our supporters for persistently urging Judicial District Court Attorney B.J. Shepherd to prosecute Cassius Mankin for felony Animal Cruelty. Our pleas were heard on behalf of Miss Molly. While justice can never be served for the innocent victim of Cassius Mankin, at least he did not get a free pass.

The long necks and excellent periscopic vision of emus enable them to survey the land for miles in all directions at once. Emu parents incubate and raise their young together. They are very gentle birds.

Cassius Mankin pled guilty to felony animal abuse for torturing and killing Miss Molly.
Urge Chamber of Commerce to Eliminate Ostrich Races at Chandler Ostrich Festival

On March 11-13, 2016, the Chandler Arizona Chamber of Commerce sponsored its annual Ostrich Festival. A fundraiser begun in 1989, the festival hires an exotic animal supplier to provide ostriches, emus, camels and zebras to be ridden rodeo-style. The Chamber describes the ostrich races: “Professional riders take the reins of a chariot or ride the large birds bareback around a race track.” The prospect of a chariot wreckage or other upset is part of the “unpredictable” fun of the races.

Tension between Chandler’s evolving high-tech industry and the city’s vanishing rural past was a theme of this year’s Arizona Republic coverage and Chamber of Commerce pronouncements. The once small community southeast of Phoenix is today “more of a mecca for information technology corporations than for farmers of large birds,” the Arizona Republic reported echoing the Chamber’s effort to reconcile past and present in a festival that its president, Terri Kimble, calls an event of “family fun and entertainment.”

This year’s festival featured many new animal-free attractions including a racing game of motorized, remote-controlled cars and a Batman and Superman Show “about bullying,” presumably showing children that real heroes do not act like bullies. Yet the ostrich races and other animal attractions are all about bullying and ridiculing captive birds and other animals “trained” to perform dangerous, demeaning and unnatural acts.

Beneath all the fluff about “family fun and laughter” a spirit of malice and meanness informs these performances, illustrating what Jim Mason calls in his book, An Unnatural Order, “Rituals of Spectacular Humiliation.” Such rituals, he writes, are designed to “reinforce myths of animal stupidity, inferiority, and willingness to submit to human domination by reducing animals to toys and clowns.”

Ostriches and emus are the oldest living birds on earth. In their natural habitats, these fleet-footed nomads, designed by 90 million years of evolution to...

— John Seerey-Lester
roam vast desert spaces and survey the land with their large brilliant eyes in all directions at once, are stately, dignified birds devoted to their families. The ostrich festival strips them of their dignity, puts them in danger, and makes fun of them. Ostriches and emus are not suited by temperament or anatomy to pull chariots and be ridden by “cowboys.” Their large fragile eyes, long necks and legs are easily injured.

Once said to draw 250,000 visitors, the Ostrich Festival now attracts about 100,000 people, according to the Chamber of Commerce. An Arizona activist told UPC in March, “The event does raise a great deal of money, yet they came up with new events this year, so they need to take the high road and create more events and get out of the animal abuse entertainment business.”

Urge the Chandler Chamber of Commerce to eliminate the ostrich races from the 2017 festival. Urge them to make the festival a positive event that respects the life and feelings of all creatures. Just as Chandler’s evolution to a high tech center has benefited the town financially, so the Ostrich Festival can evolve to a lucrative attraction in which ostrich races and their like are relegated to a past that no longer reflects the evolving consciousness of today’s society toward animals. Respectfully request a written reply to your concerns.

Contact:

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You can post a message to the Chandler Chamber of Commerce through their website by clicking on Contact Us at http://www.chandlerchamber.com.

You can also reach them through their Facebook and Twitter pages. Facebook:
https://www.facebook.com/ChandlerChamber
Twitter: https://twitter.com/chandlerchamber

All letters, phone calls and Internet messages to the Chandler Chamber of Commerce should be polite, caring, respectful and concerned. Our goal is to make the world a more just, enlightened, and compassionate place.
Hello, I met you at the Frederick Maryland Veg Fest and I was so impressed & inspired with the beautiful young people trying to save the chickens I just had to send a little support. Thank you for doing all you do! – MM Kelly
Leafleting at the White House for International Respect for Chickens Day

Speaking up for the birds and veganism at NYC Veggie Pride Parade

Tabling at North Park San Diego Arts Festival

International Respect for Chickens Day Library Display in St. Catharines, Ontario

International Respect for Chickens Day at Whole Foods Market in Petaluma, CA
Announcing the 2016 Conscious Eating Conference Videos

UPC’s Conscious Eating Conference 2016 brought together powerful animal activists from across the U.S. presenting cutting-edge information on a wide range of farmed animal issues. Our speakers discussed the myth of humane labeling, effective media and messaging techniques, what animals have taught us about our own humanity and much more. If you missed this year’s conference, no problem, the videos are edited and ready for viewing! Please watch and share them with your friends on social media.

Watch the videos at
www.upc-online.org/forums/2016/videos.html

We hope you enjoy each speaker’s video from this influential conference and plan to join us for our 2017 Conscious Eating Conference in Berkeley, CA!
A LEGACY OF COMPASSION FOR THE BIRDS

Please remember United Poultry Concerns through a provision in your will.
Please consider an enduring gift on 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).

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Karen & Mr. Frizzle ©2008 Davida G. Breier
Vegan Lime Tarts with Meringue

Recipe from www.veganosity.com (slightly modified)

Filling:
- 1 14 ounce package firm tofu
- ¾ cup of fresh squeezed lime juice
- Lime zest from two limes
- ½ cup water
- ½ cup sugar
- 2 tablespoons tapioca starch
- ¼ teaspoon finely ground sea salt
- 1 or 2 drops of green vegan food coloring

Blend all filling ingredients in a blender until smooth. Pour into a medium sauce pan and cook on medium low heat, stirring occasionally, until it becomes thick and creamy, like pudding. Set aside to cool.

Meringue:
- 1 15 ounce can chickpeas
- ¾ cup of finely ground sugar (or grind regular sugar in a blender)
- ¼ teaspoon cream of tartar
- 1 teaspoon vanilla extract

Put a colander over a large mixing bowl. Drain the chickpea brine into mixing bowl. Add the cream of tartar to the brine and mix with a whisk attachment on a high speed until combined. Turn off the mixer and add the sugar and vanilla and mix on a high speed for ten to fifteen minutes or until the meringue forms stiff peaks.

- 2 packages of phyllo cups

Put the phyllo cups on a baking sheet and fill with the lime filling. Top with a dollop of meringue and put under the broiler until the meringue begins to brown. Turn the pan to brown them evenly. Watch carefully so they don’t burn, and never leave them unattended while they are under the broiler.

Cover and refrigerate for at least eight hours to set. You may have extra filling and meringue left over. Put them in a ramekin (single serve baking dish) and make a “baked Alaska.”

For more great recipes, go to www.upc-online.org/recipes!
POSTCARDS
20 for $4.00, 40 for $7.50

“Love is Best”

“Peaceable Kingdom”

“Chickens – To Know Them is to Love Them”

“Misery is Not a Health Food”

FACT SHEETS
20 for $3.00
“Viva, the Chicken Hen / Chickens Raised for Meat”
“Jane-one tiny chicken foot”
“Starving Poultry for Profit (forced molting)”
“Poultry Slaughter: The Need for Legislation”
“The Rougher They Look, The Better They Lay” (free-range egg production)
“Intensive Poultry Production: Fouling the Environment”
“Philosophic Vegetarianism: Acting Affirmatively for Peace”
“The Rhetoric of Apology in Animal Rights”
“Providing a Good Home for Chickens”
“Chicken Talk: The Language of Chickens”
“Celebrate Easter Without Eggs”
“Chicken for Dinner: It’s Enough To Make You Sick”
“Guide to Staffing Tables: Do’s & Don’ts”
“Henny’s New Friends”
“Avoiding Burnout”
“The Life of One Battery Hen”
“Bird Flu - What You Need to Know”
“How I Learned the Truth About Eggs”
“Peeper the Turkey, a Story of Endless Love”
“Factory Farming vs. Alternative Farming: The Humane Hoax”

BROCHURES
20 for $3.00
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“Don’t Plants Have Feelings Too?”
“Chickens”
“The Battery Hen”
“Turkeys”
“Ostriches & Emus: Nowhere To Hide”
“Japanese Quail”
“The Use of Birds In Agricultural and Biomedical Research”
“Free-Range Poultry and Eggs: Not All They're Cracked Up To Be” - New & Revised!
“Live Poultry Markets” (in English, Spanish, & Chinese)
“Chicken-Flying Contests”

LEAFLETS (FLYERS)
10 for $1.00, 25 for $2.50
“Chicken for Dinner?”
“The 'Human' Nature of Pigeons”
“The Truth about Feather Hair Extensions”
“Birds Suffer Horribly for Pillows & Coats”

Bumper Stickers
Don’t Just Switch from Beef to Chicken: Get the Slaughterhouse out of your Kitchen. $1 each
Don’t Just Switch from Beef to Chicken: Go Vegan. $1 each

Beautiful Chicken and Turkey Buttons
$2 each. 3 for $5. 10 for $10. Any mixture.
Stick Up For Chickens • Chickens are Friends, Not Food
Turkeys are Friends, Not Food • End Chickens as Kaporos
Be Kind to Turkeys - Don’t Gobble Me

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

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
**BOOKS**

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

*By Karen Davis*


$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, 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
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
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

Minnys 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

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.


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

More books and videos available at upc-online.org/merchandise
Stickers  Send a message with your mail! Order our eyecatching color stickers! 100 stickers for $10.

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”.

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.

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.
Backyard Chickens Yes or No?
Poultry Production & the Planet
“PLEASE HELP ME-I Am Suffering”
NYC “What Wings Are For” Kiosks
Molly’s Killer Pleads Guilty
Help End Chandler Ostrich Races
Freddaflower Tributes & Memorials
Photo Gallery of UPC Events
Recipe Corner & More!

Wishing You a Happy Summer!
Please renew your membership for 2016

Poultry in Motion!

UPC photo by Karen Davis