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Poultry Press

Promoting the compassionate and respectful treatment of domestic fowl

Celebrating 25 years of dedicated activism for domestic fowl



UPC# 11656

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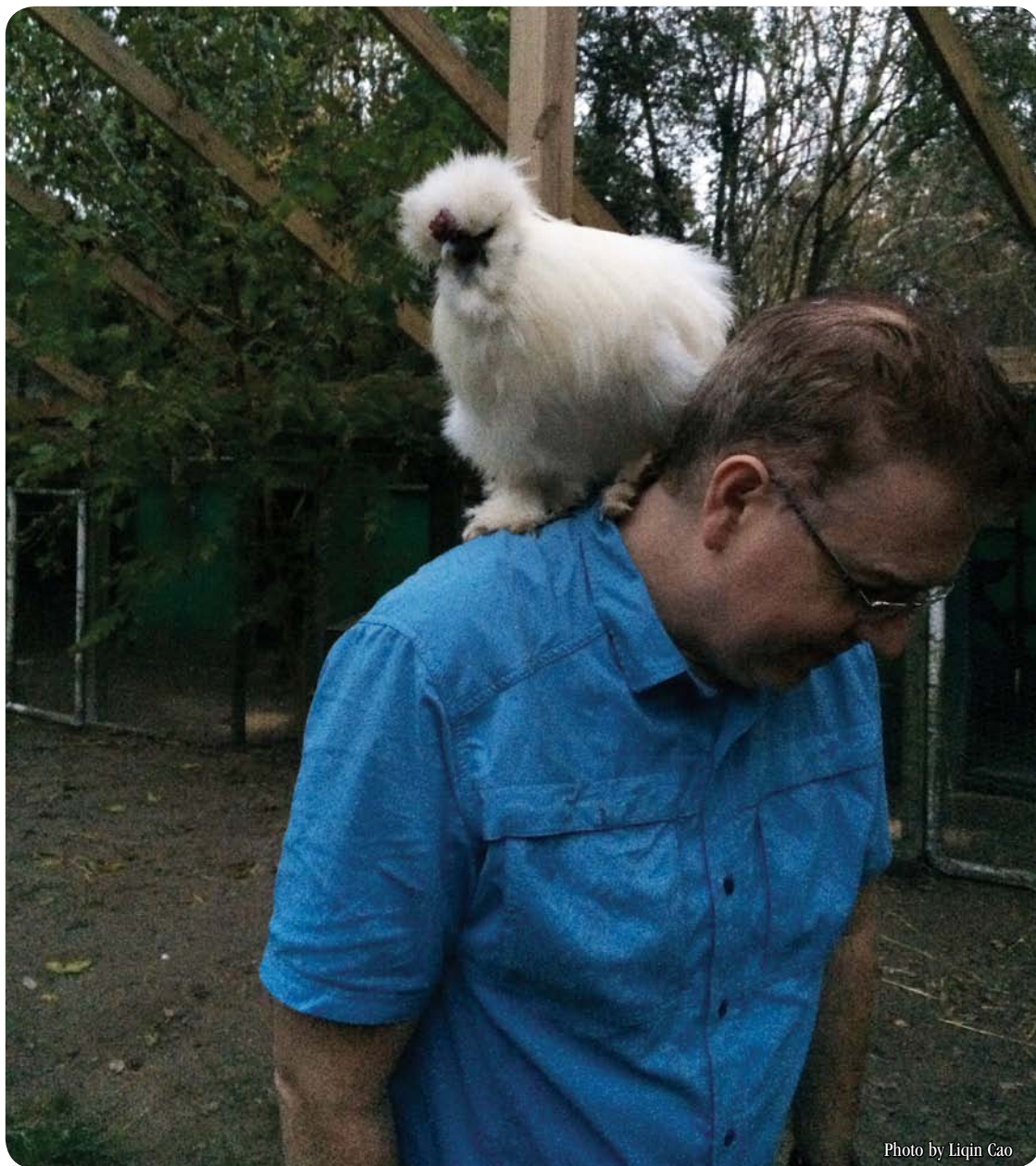


Photo by Liqin Cao

On November 18, we adopted into our sanctuary the McCrow family of four Silkie chickens – J Ivy the rooster, and three little hens, Ray Ray, Spirit, and Teddles. Fostered by Friends Forever in Greensboro, NC until a permanent home could be found for them, the McCrows came from a children's museum that didn't want them after they were born. At our Open House on November 28, J Ivy took a special liking to UPC's Franklin Wade, who carried him clinging, as shown here, into the chicken coop for the night.

Is Chicken Healthier Than Red Meat?

By Karen Davis, PhD, President
of United Poultry Concerns



A few years ago an Oklahoma chicken farmer called to say that the chickens he was raising for the company he worked for were “all rotting in their insides.”

He asked what it could be. I said it sounds like necrotic enteritis – one of the many diseases in chickens raised for human consumption.

Whenever I hear a healthcare professional telling people with type 2 diabetes or who are worried about getting cancer from “red meat” or “processed meats” to eat more chicken, I cringe.

For those unfamiliar with necrotic enteritis in chickens, this disease is caused by a bacterium, *Clostridium perfringens*, in conjunction with the filth and exposure to immunosuppressive viruses in the buildings the chickens are raised in. Chickens with necrotic enteritis cannot digest their food. They suffer intensely and die in excruciating pain. Their ulcerated intestines swell up with gas and a foul-smelling brown liquid.

Chickens in food production also develop a skin disease known as gangrenous dermatitis as a result of the toxins produced by *Clostridium perfringens*. Poultry researchers describe this disease in terms of “moist raw or dark areas” where the underlying muscles are exposed. “Blood-tinged fluid of jelly-like” consistency appears beneath the skin, and livers and spleens may be “swollen and dark with spots or blotches.”

Diseases of Production and Diseases of Consumption: Normalizing the Abnormal

Avian pathologists identify these and other bizarre pathologies rampant in poultry industry chickens and turkeys as diseases of production. Meaning they are not normal in these birds in the natural world any more than type 2 diabetes is normal or natural in human beings who eat, breathe, and exercise healthfully. Like the current epidemic of obesity in America, type 2 diabetes is a disease that has become normalized in modern society as the result of unhealthy eating habits

and lack of exercise. Diseases of production in chickens and turkeys comprise the effects of manmade genetic abnormalities, filthy living conditions, contaminated food, lack of exercise, and chronic stress.

Not a single piece of retail chicken or turkey comes from a bird who was truly healthy or well treated when the bird was alive. Advertising slogans about “healthy” and “humane” are false. Chickens and turkeys with genetic abnormalities are raised in cesspool conditions, and likely as not they were punched, kicked, even sexually assaulted before they died, as the latest investigation by Mercy For Animals at a Tyson chicken slaughtering facility in Mississippi shows, because this is how workers treat chickens and turkeys in the poultry industry.

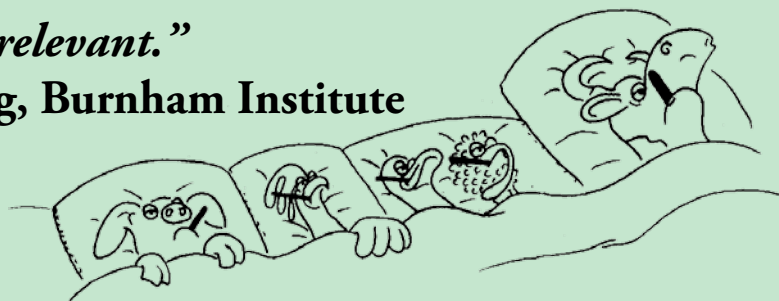
Physically, the bird that a person is eating was crippled under the weight of a body wheezing with respiratory infection, crawling with bacteria, plagued with ulcers, oozing foul liquids, caked in feces and other repulsive matter that was either cut off or soaked in chlorine at the slaughter plant. Or fed back to the animals.

Add to the above conditions cancer, which is everywhere in the chicken industry, and while there may be no direct link to pinpoint conclusively between chicken cancers and human cancers, there is every reason not to touch or consume any poultry product.

Clostridium perfringens, the bacterial pathogen that rots and liquefies chickens’ intestines and skin to pus and jelly, is described by FoodSafety.gov as “one of the most common causes of food poisoning in the United States.” Considered to cause “nearly a million illnesses each year” in the U.S., it sickens consumers of beef, poultry, and gravies – gravies that are made with animal fat “drippings.”

For decades the U.S. Department of Agriculture has warned that the main sources of foodborne diseases in people are “meat, poultry, seafood, dairy products, and eggs,” and that 90 percent of these illnesses are caused by bacteria, specifically: *Clostridium perfringens*, *Salmonella*, *Campylobacter*, *E. coli*, *Listeria*, *Staphylococcus*, *Shigella*, and *Yersinia*. According to the USDA: “Chicken and turkey gravies are specifically identified, along with meat, meat stews, meat pies, and beef, as a major source of *Clostridium perfringens*.”

“The color of meat is irrelevant.”
**–Biochemist Shi Huang, Burnham Institute
 for Medical Research**
(It’s All Sickening.)



But ever a friend of the meat industry, the USDA recommends as it always does: thorough cooking. However, Physicians Committee for Responsible Medicine looks at “thorough cooking” from a different angle. If raw or undercooked poultry products are crawling with bacteria that can make people sick, thorough cooking of these products can, the same as with red meat, result in the formation of cancer-causing compounds known as heterocyclic amines.

According to PCRM, “It has long been known that cooked red meat contains cancer-causing heterocyclic amines, which form as the meat is heated.” A study by the National Cancer Institute (part of the National Institutes of Health under the U.S. Department of Health and Human Services) showed that “oven-broiled, pan-fried, or grilled/barbecued chicken carries an even bigger load of these carcinogens than does red meat,” PCRM reports.

Despite this danger, the American Cancer Society, a voluntary health organization that is not necessarily a

friend of health, advises people to choose poultry, fish, or, oh yes, beans – a good choice – “as alternatives to processed and red meat” along with the usual talk about leaner cuts and smaller portions of red meat.

From a healthy standpoint, a choice between red meat versus poultry or fish is about as much of a choice as between foodborne illness and cancer. Fortunately, there’s a better way. Knowing what we know, we can choose animal compassion over animal consumption and care for our health and that of our children over the increasingly documented health risks of eating animal products. We can choose vegan. For great recipes to get started, visit our Recipes webpage at

www.upc-online.org/recipes.

“Is Chicken Healthier Than Red Meat” is available with References on UPC’s website and was published also on the websites of Center for Health Journalism & OpEdNews Nov. 6-7, 2015. To read the article, go to www.upc-online.org/health.

A LEGACY OF COMPASSION FOR THE BIRDS

Please remember United Poultry Concerns through a provision in your will.
 Please consider an enduring gift of behalf of the birds.

A legal bequest may be worded as follows:

I give, devise and bequeath to United Poultry Concerns, Inc., a not-for-profit corporation incorporated in the state of Maryland and located in the state of Virginia, the sum of \$_____ and/or (specifically designated property and/or stock contribution).

We welcome inquiries.

United Poultry Concerns, Inc.
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Karen & Mr. Frizzle ©2008 Davida G. Breier

“Dear UPC, if people follow the diet described in my book, they will switch to a vegan diet, thus preventing a great deal of animal suffering and helping the environment. In *Thin Diabetes, Fat Diabetes*, I focus on the immediate personal benefits of going vegan.” – Laurie Endicott Thomas

Nearly Everything You Have Been Told About Diabetes Is False

By Laurie Endicott Thomas

Diabetes is currently the seventh leading cause of death in the United States. It is the main reason why adults go blind. It is the main medical reason for people to lose their feet. It is a major cause of kidney failure. Fortunately, the most common form of diabetes can be easily cured and the most serious form can be easily prevented by eating a low-fat, purely plant-based diet. Unfortunately, doctors have been learning practically nothing about nutrition in U.S. medical schools. As a result, doctors often give their diabetic patients bad nutritional advice, which can actually make the diabetes worse. Back in 2012, Dr. George Lundberg, former editor-in-chief of the *Journal of the American Medical Association*, asked me to coauthor an editorial about this problem for MedPageToday. My book *Thin Diabetes, Fat Diabetes* (www.thindiabetes.com) explains the problem in greater detail.

Most Americans know that there are two main types of diabetes mellitus, but they have trouble remembering which type is which. French-speaking people have no such trouble. They use the term thin diabetes (*diabète maigre*) to refer to type 1 diabetes mellitus: the severe, incurable disease that results from the loss of the insulin-producing cells of the pancreas. This problem can result from surgical removal of the pancreas. However, it is usually the result of an autoimmune disorder that can be triggered by a protein in cow's milk.

French-speaking people use the term fat diabetes (*diabète gras*) to refer to the relatively mild, reversible problem that results from gaining too much weight on a fatty diet. Fat diabetes (type 2 diabetes) accounts for nearly 90% of the diabetes cases in the United States. Thin diabetes (type 1 diabetes) accounts for less than 10% of cases. Only about 2% of diabetes cases in the United States are due to a truly genetic problem. The severe forms of genetic diabetes are called infantile diabetes because they are diagnosed in newborns. The



milder forms are called maturity-onset diabetes of the young (MODY) because they look like type 2 diabetes but are often diagnosed in young, thin people.

Nearly everything that we have been told about diabetes is false. We have been told that diabetes results from eating too much carbohydrate (starches and sugars). We have been told that starch turns to sugar, which turns to fat and makes you fat. We have been told that low-carb diets are good and are particularly good for diabetics. Although it's true that starches are broken down into a sugar called glucose during digestion, the human body resists converting glucose to fat because about 30% of the calories are lost in the conversion process. That's why it is so hard to fatten on starches! In reality, a low-fat (~10% of calories), high-carbohydrate diet is the key to reversing type 2 diabetes and maintaining the health of people with type 1 diabetes.

Type 2 diabetes is not really a disease. It is a defense

mechanism. If you have type 2 diabetes, it means that you are a naturally thin person but are eating an unnaturally fattening diet. You have gained too much weight because the fatty foods you are eating are unsatisfying. As a result, you have eaten more calories than you burn up. To resist gaining more weight, your body has started to resist the effects of insulin. Its goal is to burn more fat and less sugar. But as a result, you could end up with too much sugar in your blood. The solution to this problem is to eat the kind of diet that is appropriate for a human being: a diet based on low-fat starches and vegetables. Type 2 diabetes is extremely rare in populations that eat a low-fat diet based heavily on some starchy staple, such as rice, corn, potatoes, cassava, or wheat. Americans can cure their type 2 diabetes by adopting a low-fat, purely plant-based diet.

Type 1 diabetes is a more serious problem. It results from the loss of the insulin-producing cells in the pancreas. If you have no insulin in your blood, your liver will have no way of knowing when you already have enough sugar in your blood. As a result, your liver will think that you are about to die of low blood sugar, even if your blood sugar level is actually high. Thus, your liver will keep making sugar out of protein until your blood sugar level goes sky-high. To stay alive, people with type 1 diabetes need to get injections of insulin. A low-fat, high-carbohydrate diet is good for people on insulin. It improves their sensitivity to insulin, and it helps to protect them from heart attacks and other consequences of a high-fat diet.

A low-fat, plant-based diet is powerful medicine. If you have any health problems or are taking any prescription medications, talk to your healthcare professional before you make any major change in diet. A sudden change to a healthy diet can lead to serious problems with low blood sugar in people who are taking medication for diabetes.

As I explain in *Thin Diabetes, Fat Diabetes*, the value of a low-fat, purely plant-based diet for reversing type 2 and managing type 1 diabetes has been obvious for more than 75 years. Yet doctors are not learning this information in medical school. The solution to that problem is simple. Healthcare reform activists must demand change from the Liaison Committee on Medical Education and from state legislatures. The LCME can take away the accreditation from any U.S. medical school that fails to provide proper training in nutrition. State legislatures can require continuing education in nutrition for doctors who want to renew their licenses.

LAURIE ENDICOTT THOMAS is the author of *Thin Diabetes, Fat Diabetes* (www.thindiabetes.com). This article is reprinted with her permission from the online publication *OpEdNews*, Nov. 8, 2015.

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Stop (Saying) Factory Farming!

By Hope Bohanec, Projects Manager for
United Poultry Concerns

Farmed animal advocates can be proud that we've come a long way in educating the public about the horrors of animal agriculture. Just a few decades ago soy milk was often available only in powdered form, and if you wanted a vegan cookie, you had to bake it yourself. Vegans often ventured into restaurants with trepidation for fear of their sanity—and leave hungry. Now, there are vegan chain restaurants and vegan doughnuts alongside national media stories about caged hens, immobilized sows, overcrowded cows, and tortured baby chickens and turkeys. The fact that animals suffer to produce the meat, milk and eggs that people consume is becoming common knowledge, and the term *vegan* is now a household word.

Much of this progress is the result of animal advocates' strategic campaign against "Factory Farming." For decades, animal activists have inscribed the motto "End Factory Farming" in brochures and splattered "Stop Factory Farming" on protest signs with red letters dripping like blood. The term "factory farming" conjures up images of endless rows of animals in barren cages and windowless warehouses, of animals suffering and dying on manure-covered concrete floors and being mercilessly treated by their owners.

The ubiquity of images and conditions associated with "factory farming" has spawned a pervasive condemnation. Just about everyone agrees that we must stop "factory farming." But this rallying cry has created an unforeseen consequence, one that animal exploiters are taking full advantage of. They're jumping on the bandwagon proclaiming that *their* products are *not* factory farmed; *theirs* are organic . . . local . . . humane . . . cage-free . . . (insert any number of misleading labels here). Likewise, when consumers hear the offensive words "factory farming," many are now thinking, "Oh, but my meat (or dairy or eggs) isn't *factory farmed*, I buy it at Whole Foods" (or "it's organic, "free-range," etc.).

What's the Difference?

I so often hear farmed animal advocates telling people that "99% of meat, dairy and eggs is factory farmed." Unfortunately, this encourages people to

think that the remaining 1% is humane. Does anyone actually believe that 1% of animal agriculture is somehow pampering animals with comfortable, happy lives where there is no separation of families, no painful mutilations, no terrifying slaughter? This is simply untrue. ALL animal farming is "factory" farming. As long as animals are commodified, there is exploitation, suffering, and a lack of respect for the animals themselves.



Dangerous Common Ground

The popular reprobation of "factory farming" has inadvertently created a demand for products euphemistically associated with "humane, alternative, small-scale" animal farming. For many animal advocates, this was not the initial purpose of denouncing factory farming, but it is the unintended and dangerous common ground whereby the rhetoric of the animal rights movement has been appropriated by our opposition to promote the very products we condemn. Now when we denounce animal products by chanting "Stop Factory Farming," we're ironically repeating the marketing slogans of a sector of animal agribusiness that is catering to a sector of "conscientious consumers."

Calls to "End Factory Farming" No Longer Suffice

Given the cooption of our message, it is time for animal advocates to abandon calls to "End Factory Farming." Instead, we must specifically call for an end to all forms of *Animal Agriculture*. We must speak in ways that express the truths that *all* animal farming is exploitive, abusive, and degrading to animals and that there can never be a humane way to breed, confine, control, and kill animals to obtain their "products." For the sake of all animals, we have to update our language and expand the consciousness of society. *It is time to retire calls to end factory farming and to call instead for an end to Animal Farming.*

HOPE BOHANEK is the Projects Manager for United Poultry Concerns and the author of *The Ultimate Betrayal: Is There Happy Meat?*. She is also the creator and narrator of the video: *Humane Hoax: The Deception Behind "Humane" Food Labels*. Both book and video are

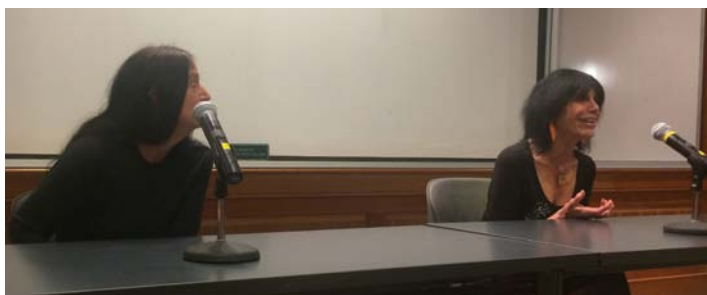
available from UPC at www.upc-online.org/merchandise, and the video can be watched free of charge on our website by clicking on Videos & Presentations on our homepage.

UPC President Karen Davis and Artist Sue Coe Tell Audience, "Go Vegan"

Speaking to an auditorium filled with students and faculty at The College of William & Mary, in Williamsburg, Virginia, on October 15, UPC president Karen Davis and renowned visual artist Sue Coe depicted the plight of farmed animals in Virginia and around the world in vivid presentations and impassioned lectures featuring a coalescence of art and activism. Asked by a student during Q & A if we thought there could be "humane animal products" as opposed to "factory-farm" products, we shouted NO! A student afterward said she'd been afraid, when that question was asked, that we'd cave in to the hokum of "humane" alternatives and was so relieved that we stood our ground for the animals and being vegan.

The event was sponsored by the Committee on Sustainability and the Department of Art & Art History at The College of William & Mary. Delicious vegan food was prepared and served by Students for Animals, whose advisor, Alan Braddock, Associate Professor of Art History & American Studies, initiated the venue after visiting United Poultry Concerns and meeting our chickens with his students in May.

We are grateful to Professor Braddock and to his inspired and inspiring students Meagan Phillips, Lindsay Garcia, Rachel Merriman-Goldring, Delaney Berman, and Ada Hao, for organizing this exciting evening for farmed animals, animal rights art and activism at William & Mary.



ANIMAL FARM

Art, Activism, and Factory Farming

LECTURE BY **SUE COE** ARTIST AND ACTIVIST

OPENING LECTURE BY **KAREN DAVIS**,
PHD, PRESIDENT AND FOUNDER OF
UNITED POULTRY CONCERNS

*The Plight of Farmed Animals in Virginia Legally
& Literally: What I've Learned in My Work*

THURSDAY, OCTOBER 15, 2015
7:00PM, TUCKER THEATRE



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.

Please accept my donation in memory of Groucho, a proud and smart cockatiel who was rescued by a dear friend, Anna. Thank you and my sincere appreciation for all you do. – *Holly Pearson*

My donation is in memory of Sammie and Nickie, our beloved hens. – *Kristen Roosa*

My donation is in honor of Jennifer Johnson. – *Christopher Hermance*

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*

My donation is in honor of Chard, our beloved Silkie hen who died unexpectedly during the night of Sunday, November 29, 2015 after living on our sanctuary porch for 3 years from the time of her rescue in Maryland. Chard endeared everyone who met her, and she loved being held as in this Virginia Press Association award-winning photograph by Jay Diem published on November 17, 2014 on the front page of the *Eastern Shore News*. She is especially missed by her porch companion Rawley the rooster and the little group of elderly hens with whom she spent her life with us. We are sorry to lose this sweet and gentle hen. – *Karen Davis, UPC*



Karen and Chard at UPC. Photo by Jay Diem, *Eastern Shore News*, Nov. 17, 2014

"Thanksgiving" Turkey: A Dying Tradition

UPC Projects Manager, Hope Bohanec, published this letter in The North Bay Bohemian.

Dying Tradition

Nov. 19, 2015

Some traditions are positive and make society stronger, but some have proven to weaken our character, damage our health and are cruel to others. The tradition that we must scrutinize today is the merciless killing of billions of farmed animals, and particularly poignant this month, the Thanksgiving turkey.

What was traditionally seen simply as "food" by older generations requires deeper reflection and examination with new eyes. Much like chickens bred for their meat, turkeys are overcrowded in windowless, filthy buildings and forced to live in their own waste. Suffering and misery is all they know.

As people become aware of the wretched conditions birds endure in the poultry industry, companies are attempting to appease customers by describing turkey meat as "humane" or "free-range." Unfortunately, these labels are largely insubstantial and unregulated, and animals are still debeaked, de-toed, violently handled and sent to a frightening, painful slaughter under these "humane" labels.

Tradition should uplift and strengthen a community. As long as a tradition causes suffering, it is hindering our entire society's ability to thrive. By practicing

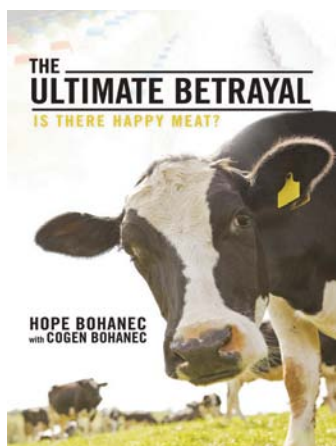
compassion, love and kindness, we can create a society where our holiday traditions facilitate a better world, for ourselves and all species on earth.

Hope Bohanec,
Executive Director, Compassionate Living
Pennngrove, CA

Did you know that turkeys can swim?
To learn more about these wonderful birds, visit
www.upc-online.org/turkeys.



*"I am an individual with feelings, just like you,
so please be kind to me and be vegan. Thank you."*



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.

“Vegan” Eggs?

Q. “Want vegan eggs? Sure, no problem.” – Backyard chicken farmer in a comment on “Big Food” by Martha Rosenberg, *OpEdNews*, Nov. 15, 2015

A. There is no such thing as a “vegan egg.” Eggs are the product of an animal’s body comprising an animal’s biological resources and activity to produce. Egg-laying in a hen, as in all birds, is an extremely complex process that the passive term “lay” does not comprehend. Presumably the promotional term “vegan eggs” refers to feeding hens a diet that is free of animal byproducts as well as preventing the hens from foraging for bugs outdoors. But a hen’s diet, regardless, does not make her egg “vegan.”

Many if not most backyard chicken-keepers and businesses purchase their birds from industrial hatcheries, so claims that backyard hens and their eggs are not from factory farms are usually untrue. Female chicks are often painfully debeaked at the hatchery before being shipped to buyers, and the baby roosters are destroyed or used as packing material. All chickens bred for eggs and meat have been genetically manipulated for “food” traits at the expense of their wellbeing. The distinction between “backyard” and “factory farm” leaves out these and many other details. – *United Poultry Concerns OpEdNews Reply*, Nov. 15, 2015

What happens to the 250 million male chicks born to hens in the U.S. egg industry each year?

Along with defective and slow-hatching female chicks, they are trashed as soon as they hatch. Upon breaking out of their shells, instead of being sheltered by a mother hen’s wings, the newborns are ground up alive, electrocuted, or thrown into trashcans where they slowly suffocate on top of one another, **peeping to death** while a human foot stomps them down to make more room for more chicks. Because the male chicken of the egg industry cannot lay eggs, and has not been genetically altered for profitable meat production, he is of no use to the egg industry. Destruction of unwanted male chicks by egg producers is a worldwide practice.



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!





Conscious Eating

*Local, Organic, Plant-Based:
What are the Most
Compassionate Choices?*

Saturday, March 19, 2016, Berkeley, California

Conference speakers & other info forthcoming!

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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.



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Pioneering New Traditions



A Friendly Turkey Joins UPC Leafleting at the White House, November 22



A Great Turnout for our Peaceful Protest for the Turkeys at Whole Foods in Santa Rosa, CA



UPC's Vegan Thanksgiving Community Potluck 2015 in Santa Rosa, CA



A Beautiful Day with the Birds at the UPC Sanctuary Open House in Machipongo, VA



(continued)
Pioneering New Traditions



UPC's Annual Thanksgiving Open House Was Truly for the Birds



UPC ran this Full-page ad in *The Diamondback* student newspaper at the University of Maryland-College Park on November 18, 2015

DON'T GOBBLE ME!
This Thanksgiving, Let Me Live -
Go Vegan!



Turkeys raised for food are torn from their mothers, debeaked, detoed, sexually assaulted, imprisoned in filthy sheds, tortured with electric shocks, and brutally murdered.

"I have never done such hard, dirty, disgusting work in my life: 10 hours of pushing birds, grabbing birds, wrestling birds, jerking them upside down, pushing open their vents, dodging their panic-blown excrement and breathing the dust stirred up by terrified birds." – Jim Mason, former "milker" at a ConAgra turkey breeding plant in Missouri

Turkeys have a zest for living. In nature, turkeys walk fast, fly well, even swim! Treated with respect, turkeys are very friendly birds. Native to the woods and fields, turkeys raised for food never know the warmth of a mother bird's wings or the comfort she brings. Did you know that in nature, young turkeys spend up to 5 months close to their mothers?



This Thanksgiving, discover new traditions.

Visit www.upc-online.org/recipes for great holiday recipes!
Learn more about turkeys at www.upc-online.org/turkeys.



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For the entire month of November we ran fabulous Bus ads in Seattle...

Chicago...



New York...

and New Jersey!



Alliance to End Chickens as Kaporos Lawsuit: An Update

In July 2015, attorneys for the Alliance to End Chickens as Kaporos, a project of United Poultry Concerns formed in 2010 in New York City, filed a lawsuit in the New York Supreme Court seeking an injunction against Hasidic rabbis and synagogues in Brooklyn from participating in Kaporos, a custom of “atonement” in which practitioners swing chickens by their wings and slaughter more than 50,000 in Brooklyn alone each year in the week preceding Yom Kippur. Kaporos is practiced by Hasidic communities around the world and is opposed by everyone but the practitioners and the politicians who court them for votes.



Our lawsuit maintains that the open air slaughterhouses used for Kaporos create a public health risk and violate animal cruelty laws. The lawsuit names the New York Police Department, NYC Department of Health and the City of New York for failing to enforce these laws. And while Kaporos leaders claim to give the dead chickens to “the poor,” in reality they throw the birds, dead and alive, into plastic trash bags for the city to dispose of at taxpayers’ expense.

On September 14, New York Supreme Court Judge Debra James denied the lawsuit’s request for a preliminary injunction to prohibit Kaporos in Brooklyn in 2015. She denied the request to compel the NYPD and other city agencies to enforce the 15 laws that are violated by Kaporos practitioners. As of now, the case for a permanent injunction continues and the Alliance and other plaintiffs have filed an appeal. In 2015, our case inspired a similar lawsuit in Los Angeles. To learn more about the Alliance to End Chickens as Kaporos campaign, please visit

www.EndChickensAsKaporos.com.



A Kaporos practitioner gestures obscenely as Alliance to End Chickens as Kaporos activist, Rina Deych, photographs the ultimate obscenity, which is the Kaporos ritual itself. Geralyn Shukwit/Courtesy Rina Deych, Brooklyn, September 2015

Birds Suffer Horribly for Pillows & Coats



and thread before they are slaughtered at 6 months old. Says Mueller: **“The men and women from the brigades work without feeling, grabbing terrified geese by their wings or legs, sometimes breaking them, always hurting them, as they tear out the birds’ feathers.”**

Manufacturers and retailers who say they don’t use down from live-plucked birds cannot prove their claim. Mueller explains: “Brigades go from farm to farm stripping the birds as they go, then the feathers are sold to brokers and middlemen who mix live-plucked feathers with those recovered from slaughtered animals.”

Birds who are not plucked alive but whose feathers are included in pillows, comforters and clothing are confined in filthy, disease-ridden buildings the same as the live-plucked birds. Feathers from slaughtered chickens are stuffed in pillows and coats along with feathers from more than 2 billion slaughterhouse ducks each year.

What Should I Do?

Please don’t EVER buy a coat, jacket, comforter, pillow or any other clothing, bedding or household product filled or decorated with feathers/down, fur or fleece. Read labels. If down/feathers or other animal products are involved, skip the purchase and choose an item made of all “manmade” materials. Inform the store’s customer service department how down/feather products originate and why you refuse to buy them. Order our handouts from www.upc-online.org/merchandise.

When making hotel reservations, arrange in advance to have only



Photo by Society for the Advancement of Animal Wellbeing

polyester-filled pillows and coverlets in your room when you arrive. Explain that you want this guarantee the same as no smoking. When you get to the front desk on arrival, reiterate your request for feather-free pillows, and when you get to your room, examine the pillows! Remove the pillow slips until you get to the pillow and READ THE TAG. It will say if the pillow filler is down/feathers or polyester. If down/feather pillows are in your room, call the front desk and ask that they be removed immediately and replaced with feather-free pillows. Inform the hotel that you are ALLERGIC TO ANIMAL ABUSE and that their “pillow policy” will influence your future hotel choices. Politely hand them our pamphlet.

Educate your family and friends and look for opportunities to write letters to the editor & participate in media forums about the cruelty of down/feather products. No one who learns the truth will choose to wear a coat made of cruelty or to sleep on a pillow of pain. For more information, visit www.upc-online.org/ducks.

United Poultry Concerns is a nonprofit organization that promotes the compassionate and respectful treatment of domestic fowl. To learn more about how to help millions of birds, please contact:



Photo by Gary Kaplan

United Poultry Concerns

PO Box 150, Machipongo, Virginia 23405 USA
757-678-7875 • info@upc-online.org • www.upc-online.org



*Vegan Recipe Corner***Hearts of Baltimore Crab Cakes**

Recipe From The Lusty Vegan by Ayindé Howell and Zoë Eisenberg.

GARLICKY DILL AÏOLI:

- ½ cup vegan mayonnaise
- 1 tablespoon fresh lemon juice
- 1 tablespoon chopped fresh dill
- 1 teaspoon minced garlic

CRAB CAKES:

- 3 tablespoons grapeseed or safflower oil, divided, plus more for frying
- 1 (14-ounce) can hearts of palm, (not packed in sugar), roughly chopped to the consistency of crab meat
- ¼ cup chopped celery
- ¼ cup diced red bell pepper
- ½ cup chopped onion
- 2 teaspoons minced garlic
- 2 teaspoons Old Bay Seasoning
- 1 teaspoon cornstarch
- ¼ cup vegan mayonnaise

BREADING:

- ½ cup gluten-free bread crumbs, or more
- 1 tablespoon Old Bay Seasoning
- Lemon wedges, to serve

1. Garlicky Dill Aïoli: Combine all the ingredients in a small bowl. Mix well and add salt and pepper to taste. Set in the fridge to keep cool.

2. Crab Cakes: Heat 2 tablespoons of the oil in a large skillet over medium-high heat. Add the hearts of palm and sauté for 8 to 10 minutes, stirring occasionally to prevent sticking. Cook until golden brown on all sides. Set aside to cool. Add the celery and peppers and mix well.

3. Heat 1 tablespoon of the oil in a skillet over medium-heat. Add the onions and sauté until translucent, 2 to 3 minutes. Add the garlic and sauté for 1 minute.

4. Remove from the heat, add to the hearts of palm, and mix well. Add the Old Bay seasoning, cornstarch, and mayo.

5. Transfer the mixture to a mixing bowl and mix well. Set in the fridge to cool and set for 2-5 hours (or overnight!), then shape the mixture into four round patties.

6. Breading: In a shallow bowl, combine the bread crumbs and Old Bay seasoning, stirring to mix. Coat the patties with the breadcrumb mixture and refrigerate for 20 minutes.

7. Heat about 3 tablespoons oil in a medium skillet over medium-high heat until hot and shimmering. Carefully place the patties in the skillet and cook until golden brown on each side, approximately 2 minutes per side. Watch closely to prevent burning. Transfer the cooked patties to a plate lined with paper towels to drain any excess oil. Serve hot, topped with the aïoli, with lemon wedges on the side.



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"

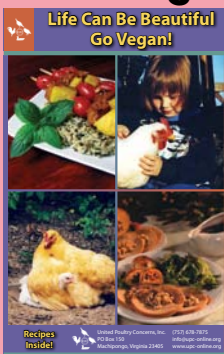
"Misery is Not a Health Food"



Life Can Be Beautiful - Go Vegan! Brochure

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

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



UPC Ordering Information:

All Prices Include Postage

To order indicated items send check
or money order to:

United Poultry Concerns

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

Or order online at upc-online.org

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

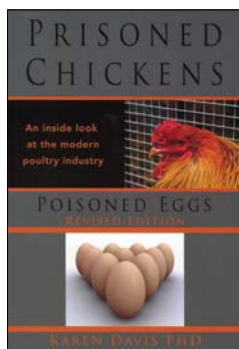
**Prisoned Chickens, Poisoned Eggs:
An Inside Look at the Modern
Poultry Industry**

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."

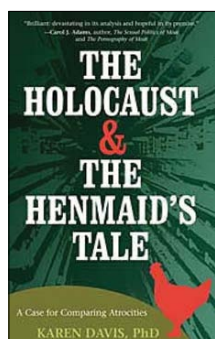
– *Choice magazine, American*

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**

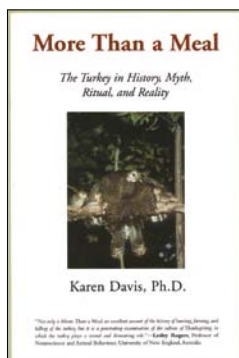
By Karen Davis

In this thoughtful and 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**

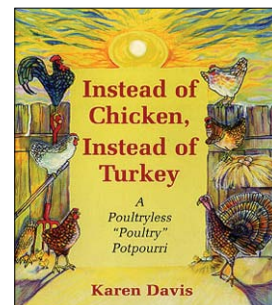
By Karen Davis

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**

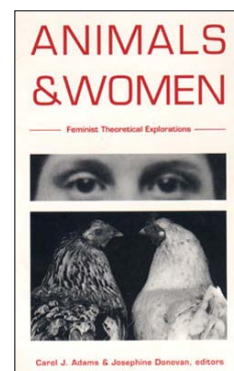
By Karen Davis

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

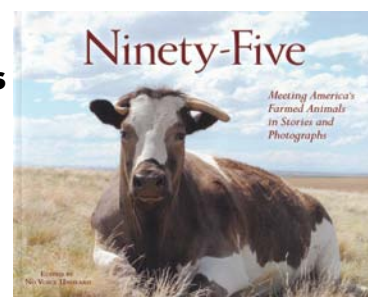
**Animals and Women:
Feminist Theoretical
Explorations** Edited by Carol J.

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**

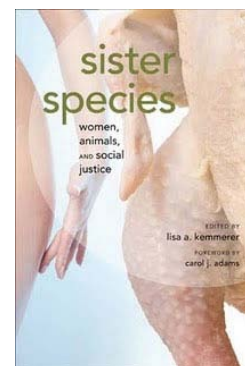
An anthology of photos and stories by No Voice Unheard Editors: Marilee Geyer, Diane Leigh and Windi Wojdak. \$20

**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

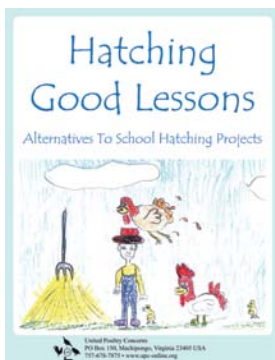


CHILDREN'S BOOKS & EDUCATIONAL MATERIALS

Hatching Good Lessons: Alternatives To School Hatching Projects

By United Poultry Concerns

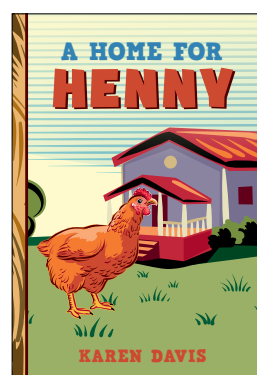
A guide booklet for elementary school teachers and other educators including parents. Revised & Updated, 2013. 16 pages of information, storytelling, classroom activities & color photos. Grades K-6 (some activities are designed for K-12). \$2.50 per booklet. 5 for \$5. It can be viewed and printed out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



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

By Roberta Kalechofsky

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



A Home for Henny

By Karen Davis

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

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



Dave Loves Chickens

By Carlos Patino

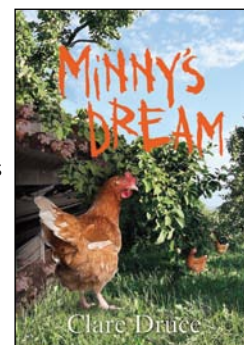
Dave is a quirky monster from another planet who loves chickens and all animals on Earth. He encourages people to share his love and not eat any

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

Minnie's Dream

By Clare Druce

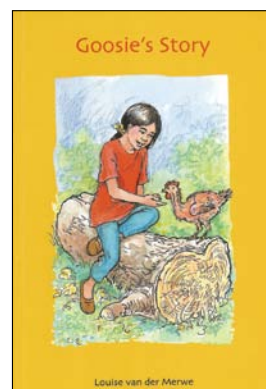
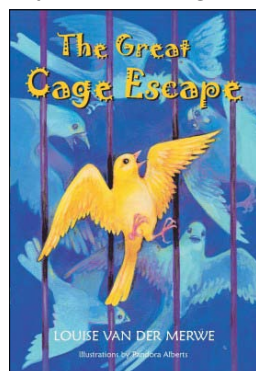
What happens when a young girl from the city discovers a battery-hen operation in the country? What happens when a "battery hen" named Minny speaks to her? What must she do when her friend Minny is going to be killed? This book is a must for the young person(s) in your life, age 8-14. \$10



The Great Cage Escape

Grades 4-7. By Louise Van Der Merwe

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



Goosie's Story

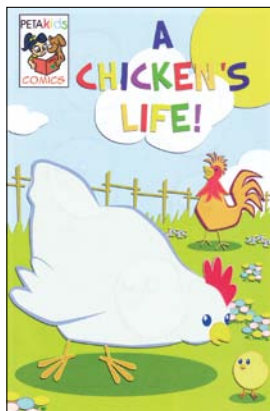
By Louise Van Der Merwe

A touching story about a "battery" hen who is given a chance to lead a normal life – a happy life. This moving book will be warmly welcomed and shared by children, parents and teachers, highlighting as it does the concern and compassion we ought to feel for all our feathered friends on this earth. \$4.95

A Chicken's Life!

Grades 4-6. PETAkids Comics

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

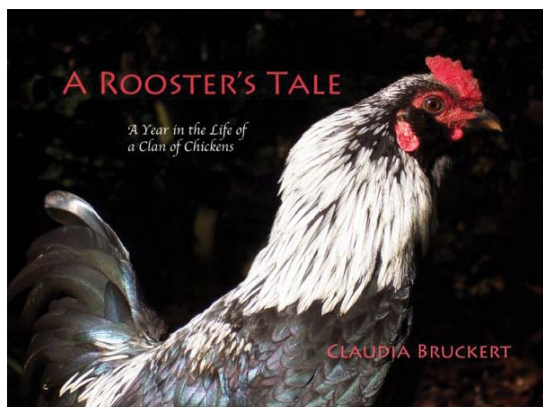


words including barn, beak, cluck, feathers, grass, hatch, peck, peep, wings, and lots more. \$1.50 each. 10 for \$10.

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

(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!

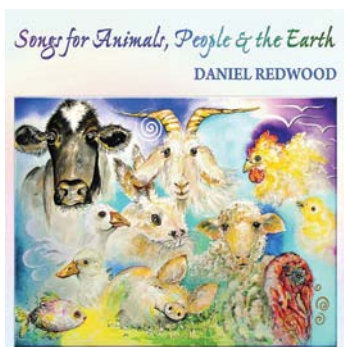
"The Mother of Compassion Blesses Our Fellow Beings – May They Be Happy and Free From Suffering"

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"

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



Cruel: Bearing Witness To Animal Exploitation

By Sue Coe, OR Books, 2012

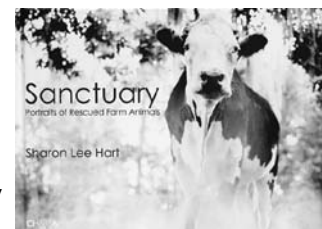
Renowned visual artist Sue Coe, pioneer champion of animal rights and author of *Dead Meat*, has produced this mesmerizing new book documenting the experiences of animals raised and slaughtered for human consumption. Through its written account and haunting visual images, *Cruel* is a surpassingly passionate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



Sanctuary: Portraits of Rescued Farm Animals

By Sharon Lee Hart, Charta Books, 2012

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



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



With Heart and Voice - a Beautiful Greeting Card from UPC \$19.95 for 20 cards. \$38.95 for 40 cards. envelopes included. Single card & envelope \$1.00.



POSTERS



International Respect for Chickens Day

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



A Heart Beats in Us the Same as in You

Photo by PeTA

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



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

Friends, Not Food

Photo by Franklin Wade

Liqin Cao & FreddaFlower.

Full color 19"x27" poster.



WHAT WINGS ARE FOR



CHICKS NEED THEIR MOTHERS

Photos by Jim Robertson & Karen Davis
Great educational tool. Full color 11-1/2"x16" poster.

Walking to Freedom After a Year in Cages

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

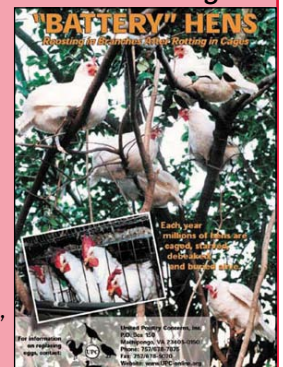


"Battery" Hens

Roosting in Branches After Rotting in Cages

Photo by Susan Rayfield

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



Great Turkeys Poster!

Photos by Barbara Davidson & Susan Rayfield

The posters are in color, and come in two sizes: 11.5" x 16", and 18" x 27".

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

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INSIDE

"Chicken" vs. "Red Meat"

Diabetes – What's True?

Art, Activism & Factory Farming

Stop Saying Stop Factory Farming!

TG Turkey-A Dying Tradition

Freddaflower Fund

"Vegan" Eggs?

Conscious Eating Conference 2016

Kaporos Lawsuit Update

Recipe Corner & More!

*Wishing You a Happy Holiday Season!
Please renew your membership for 2016*



Going Home is a painting by artist and Canadian farmed animal cruelty investigator Twyla Francois, who writes: "Sophie and her sister Katie escaped during loading for slaughter and hid in a ditch until we found them. They feared our hands for months. . . . Sadly, both Katie and Sophie died young from congestive heart failure." Today's turkeys have been so genetically modified for abnormal growth rates and sizes that heart attacks, lameness and other infirmities are commonplace in a bird who, in Nature, walks, runs, flies, even swims with pleasure and ease. Visit Twyla's website, art gallery and store at www.twylafrancois.com.