

Winter 2025

Volume 34, Number 3

Poultry Press

Promoting the compassionate and respectful treatment of domestic fowl

Celebrating 35 years of dedicated activism for domestic fowl



United Poultry Concerns

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



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Crystal and Paulette enjoy a snow day at United Poultry Concerns.

Photo by Liqin Cao, January 25, 2025

Ask Restaurants to Switch to Vegan Faux Gras



Photo: Animal Equality

To produce foie gras, ducks and geese are force-fed two to three times a day until their livers grow up to 10 times their normal size.

In 2014, *Newsweek* published a report that included a disturbing video showing “workers at a foie gras factory in southern France separating out day-old female ducklings from a mixed group and tossing them down a chute into an industrial mincer.”

Only male ducks are used to make foie gras because they gain weight faster than their female counterparts. Millions of female ducks are thrown alive into industrial grinders every year.



A female duckling disappearing down a chute after being discarded.

Photo by *Newsweek*

Foie gras production is turning more and more people away from the “gourmet” cruelty of force-feeding ducks and geese with steel pipes to manufacture diseased livers for human consumption. Restaurants all over the country have stopped serving foie gras thanks to activist pressure. If you notice a restaurant that is still serving foie gras, please ask them to switch to this vegan alternative by French chef Alexis Gauthier.



UPC sanctuary duck Jamaica approves of Vegan Faux Gras!

Alexis Gauthier's Vegan Faux Gras Recipe



Photograph: Gauthier

The French chef Alexis Gauthier says he has emulated the buttery taste of the original in his ‘faux gras’ recipe.

Ingredients

- 1 shallot, peeled and diced
- 4 tbsp. olive oil
- 4 cloves garlic, peeled and thinly sliced
- 2 tsp. chopped rosemary
- 2 tsp. chopped thyme
- 2 tsp. chopped sage
- 24 button mushrooms, roughly sliced
- 2 tbsp. cognac
- 2 tbsp. soy sauce
- 2 cups cooked lentils
- 1¼ cups toasted walnuts
- 2 tbsp. beetroot puree
- Black pepper, to taste

Method

1. In a heavy pan, sauté the shallot in two tablespoonfuls of the olive oil until translucent. Add the garlic, chopped herbs, and mushrooms. Add the cognac and turn up the heat.
2. Add the soy sauce, reduce the heat, and cook over low heat for six minutes. Remove the pan from heat and let cool.
3. In a food processor, process the mushroom mixture, the remaining olive oil, the lentils, walnuts, beetroot puree and black pepper until almost smooth. Add an optional extra splash of cognac to give it that *je ne sais quoi*.
4. Place in a small glass jar and refrigerate for a few hours before serving. Serve alongside toasted slices of sourdough or other bread.

(Printable version: www.upc-online.org/vfg)

UPC “Don’t Gobble Me!” Ads Turned Heads

On November 15, 16 & 17 2024, we ran our “Don’t Gobble Me! Be Kind to Turkeys - Go Vegan!” message on a truck driving around downtown Washington, DC for 8 hours each day. In Austin Texas through the entire month of November, we ran our “Be Kind to Turkeys - Go Vegan!” ads on 45 King-Size Bus Posters plus 30 Bus Tails.

To support our future bus transit ads, please donate to support this project. Each spring we also choose a city in which to run a transit ad for our International Respect for Chickens Day - May 4/month of May campaign. A city transit ad campaign costs \$30,000 for one month.



Washington, DC

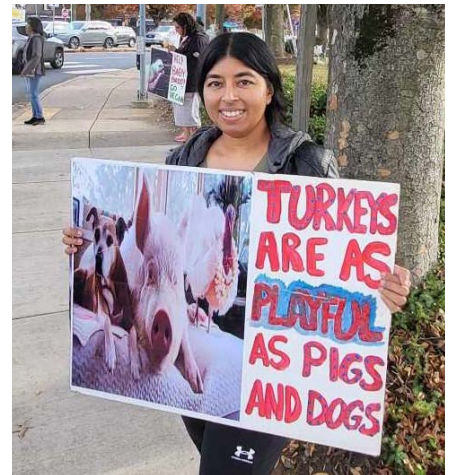


Austin, Texas

“Don’t Gobble Me!” Activism For Turkeys



White House



Olney, MD



Western Mass. Animal Rights Advocates at Stop & Stop, Hadley, MA



Target in Encinitas, CA



"We handed out at least 100 Turkeys brochures. These two college sophomores said they would try going vegan." - Ronnie Steinau

Why We Should Not Table the Debate on Thanksgiving Turkey

UPC Letter to The Washington Post, Dec. 1, 2024 (unpublished)

To the editor: I was disheartened to read the Nov. 27 Style article, "Why I'm still serving Thanksgiving turkey — and tabling the debate." This is the perfect time of year to reflect our food choices and their moral and practical implications. As we increasingly feel overwhelmed by issues like climate change, systemic inequality, and geopolitical conflicts, food choices offer a tangible way for individuals to make a difference. Avoiding this conversation when it contradicts our values, is a betrayal to the animals as well as ourselves.

Peter Singer's suggestion and Tim Carmen's action to purchase a heritage-breed turkey continues to reduce turkeys to commodities, implying that their suffering is acceptable as long as those who can afford it, pay a premium for their conscience. Turkeys are known to dance and frolic, so instead of taking their life, let's come together with animal-free dishes and celebrate the joyfulness of turkeys.

Sincerely,
Liqin Cao,
President, United Poultry Concerns

Poultry Press

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 Franklin Wade

GRAPHIC DESIGN:
 Franklin Wade

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In Memory of KAREN DAVIS, PhD,
 President and Founder

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

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.

In memory of a rooster my mother had dad kill. Yes, I'm from the farm (where) chicken meant food. With love, – *Bernard Caley*

In honor of such a wonderful and missed woman, Karen Davis. She is a role model to be followed. – *Marilyn Weaver*

Photo by Jeri Metz



In Memory of Karen Davis and Tikhon

In memory of Heather Carpenter, a passionate and dedicated animal activist, whose life ended too soon. – *Ronnie Steinau*

Profound sadness and loss. In memory of Karen – *Carole Sutton*

Faith is the bird that feels the light and sings while the dawn is still dark. – Rabindranath Tagore

In memory of Karen Davis – *Sharon Azar*

I am making a donation to UPC in memory of Karen Davis to help care for the chickens, turkeys, etc. at your peaceful loving sanctuary. – *Jane Bedrick*

I was heartbroken to hear of the passing of Karen Davis who has done so much for our feathered friends. Please continue her legacy in enlightening people about the deep feelings that chickens and other feathered friends have. I am making a donation in memory of one great Karen Davis. – *Susan Bernstein*

In memory of Karen Davis. I attended UPC's Conscious Eating Seminar in Berkeley CA from 2017-2020. Karen spoke up on behalf of chickens at all of them. She spoke with passion, fierceness, truth and love. With much gratitude and appreciation. – *Patricia Maud Engel*

In loving memory of Karen Davis. – *Marc Loyer*

Thank you for carrying on the good work that Karen Davis did. The world is better for her and for you. – *Howard Schultz*

A Christmas gift for my wife, Jamie Kordack. – *Vincent Kordack*

In memory of Karen. – *The Heart And Soul Animal Sanctuary*

In memory of Dixie. – *Roberta L Beauchamp*

Blessings for Karen Davis. – *Kay Linder*

In memory of Arnold & Henry. – *Mary Kocheour*

In loving memory of the innocent victims of Oberlin Public Library's cruel chick hatch programs. – *Victoria Hart*

Love you Karen! – *Deborrah Gray*

In honor of Annette and Woody Wilhelm. – *Madeline Hastings-Frank*

In honor of Herbert and Mary-Ann Hastings. – *Madeline Hastings-Frank*

Hanukkah gift for Ronnie Steinau. – *Marcia D Kudlow*

In memory of Karen Davis. Thanks to the compassion you inspire, we are working together to create a world that is healthy, well-fed, and kind... all at the same time. – *A Well-Fed World Family*

In honor of John Zucker. – *Robin Lippin*

For Karen with gratitude for changing my life. – *Mary Rosa*

In memory of Karen Davis. – *Joel Freedman*

In memory of Karen Davis. – *Natalie Owings*

In memory of Karen Davis. – *Janelle Hall*

My heart breaks over the loss of Karen Davis – the most outspoken person for poultry well being ever! I hope you are able to continue her legacy. – *Andrea Miller*



Beautiful hand-painted card by Victoria Hart in honor of Karen Davis

New York City Kaporos Report, 2024

By Jill Carnegie, Alliance to End Chickens as Kaporos



Week of Actions

This year, we handled our week of actions differently. Due to geopolitical conflicts and the spike in threats and incidents over the past year, NYPD would be increasing security in the neighborhoods. We partnered with our various Community Affairs contacts and arranged to cooperate with them and operate as a much smaller group at the Kaporos sites. To ensure the least risk of problems, we used an application process to select about a dozen experienced activists to provide chicken care through the week.

This approach worked very well. We did not have a single incident where control was lost, and police were, overall, very helpful in ensuring we could access as many birds as possible to provide food, water, and also negotiate the surrender of many birds through the week.



We returned to Borough Park for the first time since 2019, as there was a new Kaporos site that opened on public property. The precinct worked with us, and the site actually shut down upon our arrival! We kept the chickens long enough to feed them and arrange for the surrender of two injured birds.

The final night in Crown Heights had a different emphasis this year due to the smaller group. We had an avian veterinarian with us on-site, Dr. Lyle Cleary, in addition to our usual stocked ambulance staffed with expert carers from Tamerlaine Sanctuary and Preserve. The presence of a licensed veterinarian allowed us to openly rescue over a dozen injured chickens in full view of the practitioners.



Rescue

Our rescue operation continues to operate with the most experienced crew of Cornish-cross chicken carers and rescuers in the country! Thanks to the support of a matching donor and dozens of individuals, we continue to be the largest annual animal liberation in the United States.

This year, we had placement secured for about 300 survivors. We set up our triage hospital, ambulances,



and fosters in Long Island and upstate NY. Through the Week of Actions, we rescued about two dozen survivors through open surrenders at the sites. We also managed to rescue another 150 chickens. Our most common injuries were crushed toes and various leg issues; we had fewer broken wings than usual. This might be due to several sites starting to use baskets rather than pinning the birds' wings behind their backs.

The final morning after the last night of ritual, we did our usual sweeps of Brooklyn, rescuing loose birds, chickens discarded in dumpsters, and pleading with workers to surrender survivors. We were caught by surprise when one site openly surrendered over 270 roosters to us! We sprung into action and rushed to fill 4 vehicles with survivors, emptying crate after crate as we were not allowed to take the crates (the loss of a crate is more costly to them than the loss of all the birds they contain). The video of this liberation went viral with over 15,000 views on Instagram alone.



The foster and transport took weeks, as we had 150 more birds than we had planned for. Thanks to sanctuaries working with us to expand their capacity, referrals to new homes, and our partner Tamerlaine Sanctuary taking in over 50 survivors, we managed to get everyone home to every region of the country. Our team cared for the hundreds of fosters for over three weeks while transports went out, including over 20 birds requiring special care like PT, wraps, daily medications. This was made possible by the support of our community! We were able to cover the costs of their triage, foster, transport, medical, as well as provide sanctuary support to expand the capacity of several of the homes in our network.



The total financials for the 2024 Kaporos rescues are:

Triage/Foster.....	\$4,644.06
Medical.....	\$10,009.44
SanctuarySupport.....	\$8,575.00
Transport.....	\$8,247.51
Total Expenses.....	\$32,476.01
Total Raised.....	\$34,863.92



United Poultry Concerns Annual Report for 2023



UPC outdoor aviary photo by Richard Cundari

Federal ID: 52-1705678

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

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 Franklin Wade, Vice President-Director
 Liqin Cao, Vice President-Director
 Veda Stram, Vice President-Director
 Deborah Prue, Secretary Treasurer-Director

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 Ronnie Steinau, Database Manager & Correspondent
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 Paola Gavino, Kaporos Rescue Team Coordinator
 Michael Dolling, Kaporos Rescue Team Coordinator
 Debbie Prue, Bookkeeper
 Paul Connon, Sanctuary Assistant
 Wayne Wills, Sanctuary Maintenance

United Poultry Concerns holds that the treatment of chickens, turkeys, ducks and other domestic fowl in the areas of food production, science, education, entertainment, and human companionship situations has a significant effect upon human, animal, and

environmental welfare. We seek to make the public aware of the ways poultry are used, and to promote the compassionate and respectful treatment of these birds and the benefits of a vegan diet and lifestyle. UPC conducts full-time educational programs and campaigns through our quarterly magazine *Poultry Press*, our Website at www.UPC-online.org, and our chicken sanctuary in Machipongo, Virginia.

United Poultry Concerns maintains a permanent office, sanctuary and education center at our headquarters at 12325 Seaside Road, Machipongo, Virginia 23405. We respond daily to Internet and telephone requests for help with bird-care problems, student projects, alternatives to classroom chick-hatching projects, and numerous other communications on the care, treatment and abuse of domestic fowl. We are grateful to all of our members and supporters for enabling us to fulfill our mission in 2023. From all of us at United Poultry Concerns, thank you for support!

Highlights of Our Activities and Accomplishments in 2023

For a complete listing of UPC's action alerts, news, photos & activities in 2023, please visit News Archives 2023 at www.upc-online.org/whatsnew/2023.html.

UPC Sanctuary - 2023

Adopted 2 wonderful chickens in need of a loving home into our 12,000 square foot predator-proof outdoor aviary for the total safety of our rescued birds!



Photo of Matilda by Liqin Cao, March 30, 2024 at UPC

International Respect for Chickens Day May 4/ Month of May - Celebrating the Life and Dignity of Chickens & Protesting Their Abuse in Farming Operations. For a full view of our 2023 campaign and wide-ranging activities, see www.upc-online.org/respect.

- 🐔 Podcast: International Respect for Chickens Day, April 7.
- 🐔 International Respect for Chickens - Gallery of Ideas 2023, April 10.
- 🐔 On 4th May, Wire Fence Will Donate 100% of its Profit for International Respect for Chickens Day, April 20.
- 🐔 News Release: International Respect For Chickens Day Celebrates the Joy of Chickens, May 1.
- 🐔 How Can We Promote Respect For Chickens? An Interview With Karen Davis Of United Poultry Concerns, May 2.
- 🐔 Free from Harm: Help Us Shut Down “WingOut” on International Respect for Chickens Day!, May 4.
- 🐔 Leafleting at the White House for International Respect for Chickens Day, May 6.
- 🐔 Podcast: Sarah, the Hen: Her Legs Were Made for Walking, May 7.
- 🐔 International Respect for Chickens Day/month of May: Images and Words of Kindness and Respect for Our Feathered Friends, May 9.
- 🐔 Letter: Observe International Respect for Chickens Day, *The Berkshire Eagle*, May 10.
- 🐔 The Hen is a Symbol of Motherhood for Reasons We May Have Forgotten, So Let Us Recall, May 11.
- 🐔 United Poultry Concerns tabling at Greenbelt Green Man Festival, May 13.
- 🐔 UPC at Animal Rights March in San Diego, CA, May 13.
- 🐔 Canada Goose Drawing in Honor of International Respect for Chickens Day, May 17.
- 🐔 International Respect for Chickens Month Outreach in Amherst, Massachusetts, May 24.
- 🐔 Poultry Press at Minglewood (vegan) Bake Shop in Richmond, VA, May 31.
- 🐔 Our Big Beautiful Transit Ads in Atlanta & Washington, DC Urge Chicken-Free!, June 1.
- 🐔 Help Us Shut Down Oberlin Public Library’s CRUEL Chick Hatching Events!, June 6.

Further Actions, Investigations & Outreach Campaigns - 2023

- 🐔 Save Wilbur the Rooster Urgent!, January 21.
- 🐔 News Release: United Poultry Concerns Condemns Chicken Roping Contest, Urges Compassionate Conduct, February 8.
- 🐔 Small Town And Even Smaller Morals: Chicken & Pig Abuse Events Return To Ridgeland, Wisconsin, February 16.
- 🐔 Chicken Roping: A Way Of Life Or Another Way Of Cruelty?, March 2.
- 🐔 Urge Wyoming Officials to Oppose Unlawful Chicken Roping Contest, March 21.
- 🐔 Dangerous, Dreary “Chick Days” Resume at Tractor Supply Stores, March 8.
- 🐔 Petition: Stop Cruel Chick Hatching at Ohio Public Library, August 24.
- 🐔 Get Justice for a Goose Brutally Beaten To Death by a Golfer, September 13.
- 🐔 Petition Oklahoma Governor Kevin Stitt to Disavow Support for Cockfighting Group, November 28.

Alliance to End Chicken Kaporos Campaign - 2023

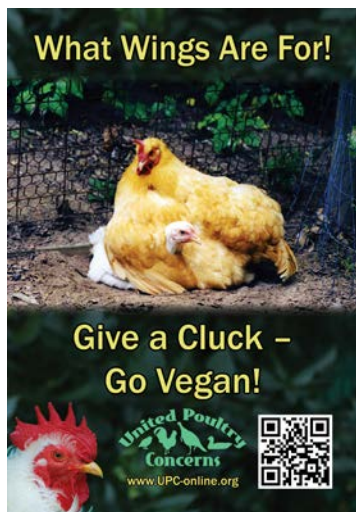
The Alliance to End Chickens as Kaporos is a project of United Poultry Concerns launched in 2010 to expose and eliminate the ritual of Kaporos in which chickens are abused and killed for “atonement” in many ultraorthodox Hasidic communities. Our legal and other actions and reports, 2010-2023, can be viewed on the Alliance website at www.EndChickensAsKaporos.com. Here are a few highlights from 2023.

- 🐔 280 chickens were rescued and quarantined without a single positive case of Highly Pathogenic Avian Influenza (HPAI).
- 🐔 Video: Our Nine One-winged Warriors and over 200 of Their Friends Need Your Help!, September 26.
- 🐔 Last Week, Practitioners of Kaporos Swung and Slaughtered at Least 100,000 Chickens in Brooklyn Alone, September 25.
- 🐔 Video: Activists Showed up for Thousands of Kaporos Victims and Rescued Six Baby Chickens from Hell, September 19.



Fabulous Kiosks & Bus Posters for Chickens and Turkeys! – 2023

- Our Big Beautiful Transit Ads in Atlanta & Washington, DC Urge Chicken-Free for the month of May.



- UPC Runs Bus Ads in Los Angeles for Turkeys, month of November.

Thinking Like a Chicken Podcasts - 2023

- Can We Assume Consciousness or Happiness in Other Animals?, January 13.
- Leafleting for Animals: A Time-Honored Activist Tradition, January 24.
- “Dominance Through Mentioning”: The Fiction of Fair Coverage of Farmed Animals, January 27.
- “Good” Anthropomorphism versus “Bad” Anthropomorphism: What is the Difference?, February 10.
- Do Chickens Mind Seeing Other Chickens Killed in Their Presence?, March 10.
- Podcast: International Respect for Chickens Day, April 7.
- Letter to a New Vegan, April 21.
- Sarah, the Hen: Her Legs Were Made for Walking, May 7.
- The Futuristic Fate of Birds and the Other Earthlings, May 26.
- Focused Campaigns versus Closed Circle Campaigns: What Would a Chicken Say?, June 15.
- Lost in the Vast, Dark World of Gene-Editing, July 21.

- Karen Davis: This Conversation Will Change How You See Chickens, *Species Unite Podcast*, August 16.

UPC Webinar Presentations – 2023

- Anthropomorphism as Activism: How to Promote Animal Liberation, March 6.
- Book Launch Party for *The Humane Hoax: Essays Exposing the Myth of Happy Meat, Humane Dairy, and Ethical Eggs*, April 17.
- Compassionate Living’s 4th Annual Humane Hoax Conference, June 13.
- “What Does Animal LIBERATION Really Mean?”, July 11.

UPC Website Videos – 2023

- Boo, a Dearly Beloved Rooster: Happy Valentine’s Day!, February 14.
- In Celebration of Dr. Karen Davis, United Poultry Concerns February 3.
- Chicken Love – Three Sweet Videos!, March 24.
- Glimpses of Happy Chickens at United Poultry Concerns, June 28.
- Video Interview: True Sanctuary With Karen Davis, September 8.

New UPC Website Articles – 2023

- WILD ANIMALS AND HUMAN LIFE* - Savage Din, Soft Lyre and the Call of Wild Natures January 6.
- The Agony of Farmed Animals: Betrayed by the AVMA, Ignored by the Media, Abandoned By Almost Everyone, January 18.
- Vet Record: ‘The veterinary profession should not condone killing animals by heatstroke’, January 30.
- MIXING WITHOUT PAIN: Animal Rights and/or Deep Ecology by Karen Davis, February 21.
- False Equivalencies Between Humans and Other Animals, March 17.
- (Why) Would the Media Want Plant-Based Meats to Fail?, May 24.
- “Animal Liberation Now”: Nothing to Crow About, May 30.
- What’s Wrong with ‘Humanely Raised’ Poultry and Eggs?, July 5.

- 🐔 Are Farmed Animal Sanctuaries at Risk?, August 1.
- 🐔 Animal Outlook's Investigation of Tyson Grower Reveals Mass, Systemic Cruelty, August 4.
- 🐔 The Humane Hoax: Essays Exposing the Myth of Happy Meat, Humane Dairy, and Ethical Eggs, August 9.

Additional Community Outreach - Exhibits & Demonstrations - 2023

- 🐔 Leafleting at the White House for International Respect for Chickens Day, May 6.
- 🐔 Greenbelt Greenman Fest, MD, May 13-14.
- 🐔 Lancaster VegFest, PA, June 3-4.
- 🐔 Pittsburgh VegFest, PA, July 5.
- 🐔 Richmond Vegfest, VA, September 7.
- 🐔 Peaceful demonstration for Turkeys, Olney, MD, November 12.
- 🐔 Hampton Road VegFest, October 28.

UPC Opinion in the News:

- 🐔 Our Letters to LA Times Chide Egg Shortage Complaints, January 12.
- 🐔 Letter to the editor: 'Cage-free' eggs are not humane for hens, March 4.
- 🐔 UPC Letter in NYT: "Missing element in the article", July 22.

Financial Report - 2023

United Poultry Concerns Fiscal Year: January 1 - December 31, 2023

Revenues.....	\$525,674
Public Support.....	476,301
Expenses.....	\$408,483
Programs and Education.....	375,729
Organizational Management.....	32,754
Net Assets/Fund Balance at End of Year.....	\$1,204,674

United Poultry Concerns gratefully acknowledges the kind assistance of:

Mike Spurlino	\$5,000
Vegan Investment Trust	\$38,000
Joseph Braverman Donor Fund	\$10,000
Harold B Larson Charitable Trust	\$27,979
Hildegard Wilson	\$53,268
Mary Orling Estate	\$201,219

Thank you for your support

In memory of Karen Davis, PhD, President & Founder (1944-2023)



PLEASE, JOIN US TODAY!

We NEED Your Strong and Continuing Financial Support

New Membership **\$35** 2025 Membership Renewal **\$30**

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

Additional Tax-deductible Contribution:

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Name _____

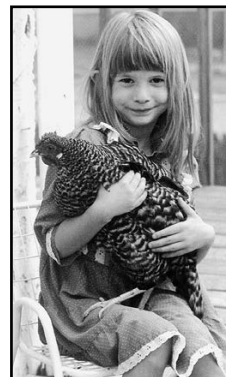
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Are you moving? Please send us your new address.

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.



United Poultry Concerns

PO Box 150 • Machipongo, VA 23405-0150

Vegan Recipe Corner

Vegan Enchilada Casserole

Recipe from *The Wanderlust Kitchen* (slightly modified)

Ingredients

- 15 corn tortillas
- 1 cup uncooked bulgur wheat
- 1 tablespoon olive oil
- 1 lb. white or brown mushrooms, chopped
- 2 15 ounce cans black beans, rinsed and drained
- 1 28 ounce can mild enchilada sauce
- 1 lb. vegan cheese, shredded

Optional Toppings

- 1/2 cup halved cherry tomatoes
- 2 green onions, chopped
- 1 small jalapeños - sliced into rings

Instructions

1. Preheat the oven to 375°F. Combine bulgur with 2 cups of cold water in a large saucepan over medium heat. Bring to a boil, then cover and

- simmer at low heat for 15 minutes until cooked.
2. Heat 1 tablespoon of olive oil in a skillet over medium-high heat. Add mushrooms and cook until soft, about 4 to 5 minutes. Remove from heat and place in a large bowl.
3. Fluff the bulgur with a fork and add it to the large bowl. Add the black beans, ¼ of the enchilada sauce, and ½ of the vegan cheese. Fold them together with a spatula.
4. Pour another ¼ of the enchilada sauce into the bottom of a 13" x 9" baking dish. Arrange five tortillas to cover the bottom (you may need to cut into quarters). Spoon half of the filling over the top and press down with a spatula. Pour another ¼ of the enchilada sauce over the top.
5. Arrange another five tortillas in the dish to create a second layer, followed by the second half of the filling and another ¼ of the enchilada sauce.
6. Arrange the final five tortillas over the top of the dish, then pour the remaining enchilada sauce

over the top. Spread the remaining vegan cheese over the top of the dish. Cover with well-greased foil and bake for 25 minutes. Remove the foil and bake for another 5 minutes or until the vegan cheese is bubbly. Cool for 15 minutes, top with desired toppings, and serve.

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

Thanks to Jessica Fomalont for sharing this delicious and easy recipe with us!



Photo by Liqin Cao

POSTCARDS

20 for \$4.00, 40 for \$7.50



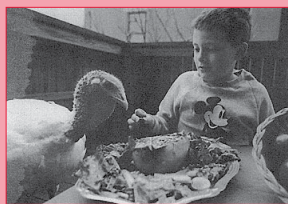
"Love is Best"



"Peaceable Kingdom"



"Chickens - To Know Them is to Love Them"



"Friends"

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)

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- "Birds Suffer Horribly for Pillows & Coats"

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Life Can Be Beautiful - Go Vegan! Brochure



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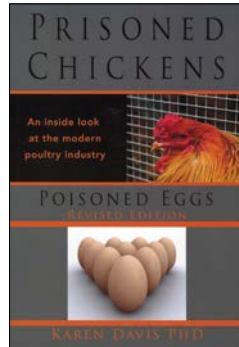


BOOKS

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

By Karen Davis

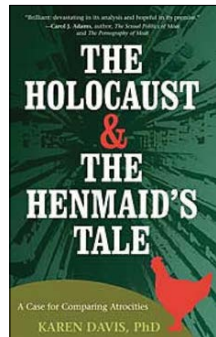
This newly revised edition of *Prisoned Chickens, Poisoned Eggs* looks at avian influenza, food poisoning, chicken suffering, genetic engineering, and the growth of chicken rights activism since the 1990s. Presents a compelling argument for a compassionate plant-based cuisine. "Riveting . . . Brilliant." – *Choice magazine, American Library Association* \$14.95.



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

By Karen Davis

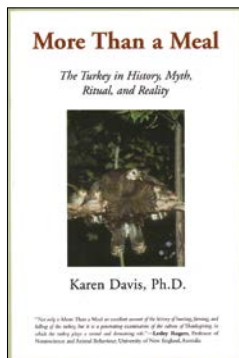
In this thoughtful and thought-provoking contribution to the study of animals and the Holocaust, Karen Davis makes the case that significant parallels can – and must – be drawn between the Holocaust and the institutionalized abuse of billions of animals on factory farms. "Compelling and convincing .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

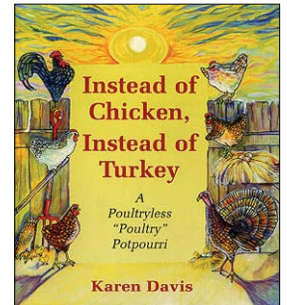
Karen Davis shows how turkeys in the wild have complex lives and family units, and how they were an integral part of Native American and continental cultures and landscape before the Europeans arrived, while drawing larger conclusions about our paradoxical relationship with turkeys, all birds and other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

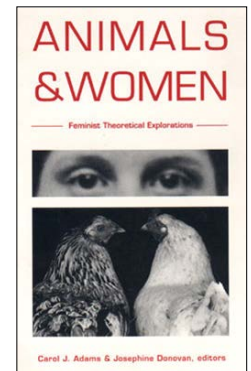
This delightful vegan cookbook by United Poultry Concerns features homestyle, ethnic, and exotic recipes that duplicate and convert a variety of poultry and egg dishes. Includes artwork, poems, and illuminating passages showing chickens and turkeys in an appreciative light. \$14.95



Animals and Women: Feminist Theoretical Explorations

Edited by Carol J. Adams & Josephine Donovan

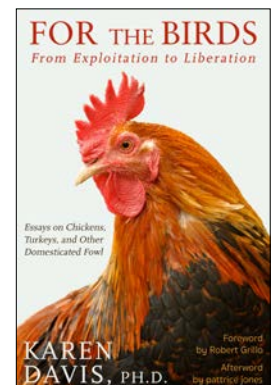
"Karen Davis's brilliant essay [Thinking Like a Chicken: Farm Animals and The Feminine Connection] brings together the book's central concepts, leading to conclusions that rightly should disturb feminists and animal advocates alike." – Review by Deborah Tanzer, Ph.D. in *The Animals' Agenda*. \$16.95



For the Birds: From Exploitation to Liberation

Essays by Karen Davis

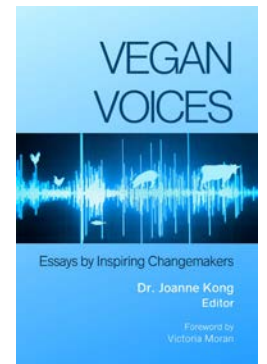
FOR THE BIRDS "Can Only Be Described with Superlatives" – *Animal Culture Magazine*. \$20



Vegan Voices: Essays by Inspiring Changemakers

Edited by Dr. Joanne Kong

This inspiring book includes the essay "With Heart and Voice: Will Birds Sing Or Will They Be Silent?" by Karen Davis. \$20



CHILDREN'S BOOKS & EDUCATIONAL MATERIALS

Hatching Good Lessons: Alternatives To School Hatching Projects

By *United Poultry Concerns*

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

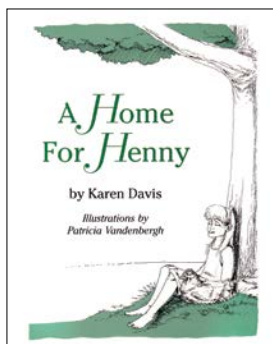
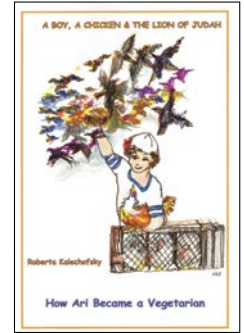
www.upc-online.org/hatching.



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*

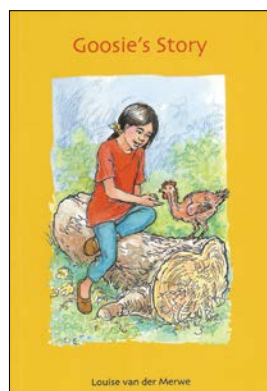
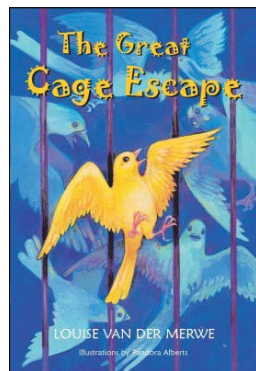
Melanie is a 3rd grader who is excited about a chick hatching project in her class at school. The project seemed like a good idea at first, but unexpected problems arise and the whole class learns a lesson in compassion. When the project is over, Melanie adopts one of the chicks she names Henny. *A Home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

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



Dave Loves Chickens

By *Carlos Patino*

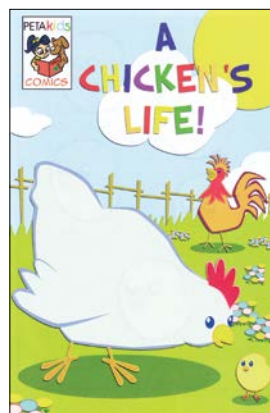
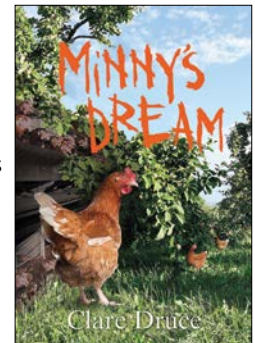
Dave is a quirky monster from another planet who loves chickens and all animals on Earth. He encourages people to share his love and not eat any

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



A Chicken's Life!

Grades 4-6. *PETAkids Comics*

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

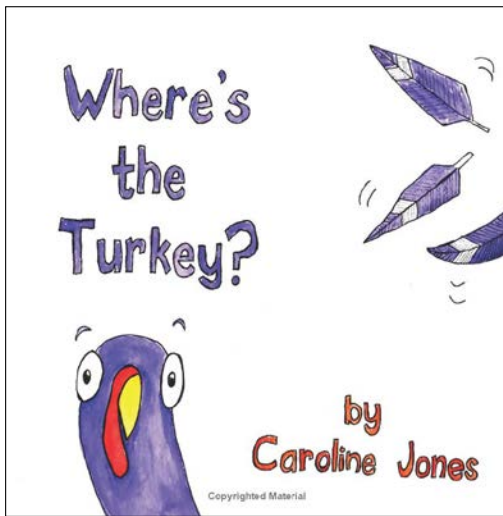
words including barn, beak, cluck, feathers, grass, hatch, peck, peep, wings, and lots more. \$1.50 each. 10 for \$10.

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

(continued) CHILDREN'S BOOKS & EDUCATIONAL MATERIALS

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

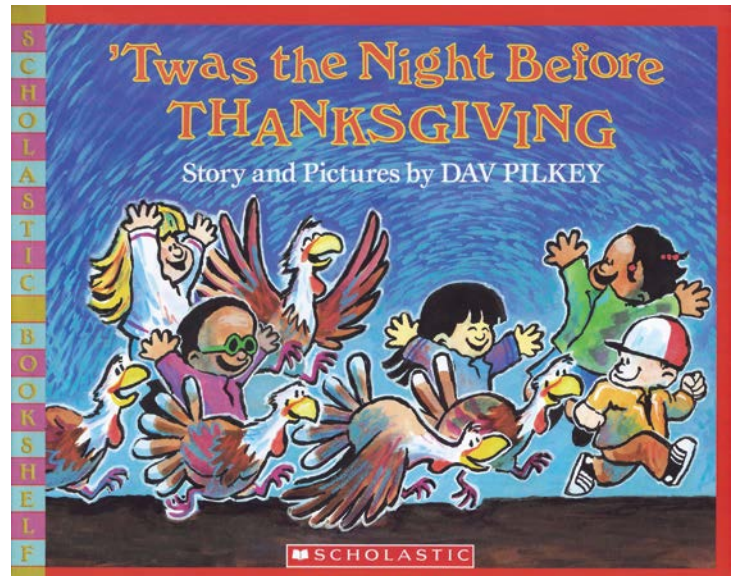
– Karen Davis, United Poultry Concerns



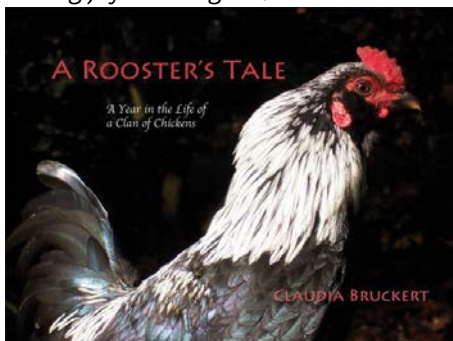
'Twas the Night Before THANKSGIVING

Story and Pictures by Dav Pilkey, Scholastic Book Shelf

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

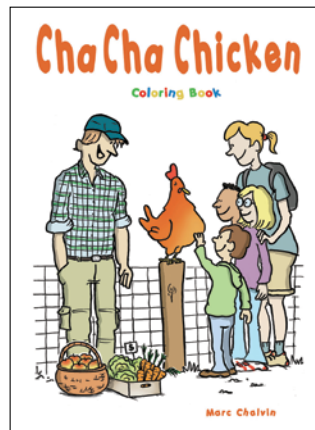


A Rooster's Tale: A Year in the Life of a Clan of Chickens, by Claudia Bruckert, transports readers to the fascinating world of Change, who tells the real life story of his chicken family during his first year of life. Enchanting experiences and intriguing facts, chronicled and photographed beautifully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



Cha Cha Chicken Coloring Book By Marc Chalvin

Narrated by Cha Cha the hen, this book invites children to visit Green Farm sanctuary and learn about the happy animals who live there. Written by Marian Hailey-Moss and illustrated by Marc Chalvin, Cha Cha shows children that chickens are people too and invites them to color their world beautiful! *Cha Cha Chicken Coloring Book* is a delightful gift for children K-3. \$10



Chickens at Play

By United Poultry Concerns

This vibrant video shows chickens at the United Poultry Concerns sanctuary accompanied by lively music, with brief explanations of what the chickens are doing throughout their daily activities into the evening as, one by one, they hop up to their perches for the night. Narrated by a young child. 10:04 minutes. DVD. \$5. \$12.50 for 5. Watch: <http://vimeo.com/13210456>



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

Stickers Send a message with your mail! Order our eye-catching color stickers! 2" x 2 3/4", 100 stickers for \$10.



"Dying for Dinner" Cards
Place in stores, mail, etc.!
3" x 4", 25 for \$2.50



POSTERS



International Respect for Chickens Day

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



A Heart Beats in Us the Same as in You

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



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

Friends, Not Food

Photo by Franklin Wade
Liqin Cao & FreddaFlower.
Full color 19"x27" poster.



WHAT WINGS ARE FOR



CHICKS NEED THEIR MOTHERS

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

Walking to Freedom After a Year in Cages

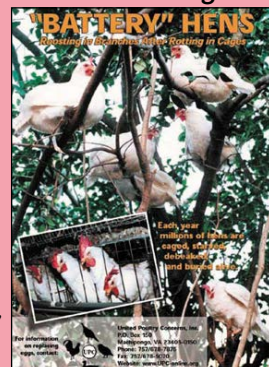
Photo by Dave Clegg. Full color, 18"x22" poster.



"Battery" Hens

Roosting in Branches After Rotting in Cages

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



Great Turkeys Poster!

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

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

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“Don’t Gobble Me!” Ads
Activism For Turkeys
Tabling the Debate on Thanksgiving Turkey
Kaporos Report
2023 Annual Report
Freddaflower Fund
Vegan Recipe Corner & More!

*Wishing You Joy in the New Year!
Please renew your membership for 2025*



“Don’t Gobble Me!” Truck Visits Washington, DC.

See inside!