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Poultry Press

Promoting the compassionate and respectful treatment of domestic fowl

Celebrating 29 years of dedicated activism for domestic fowl



UPC# 11656

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“I kept thinking of the saying, ‘Whoever saves a single life is considered to have saved the whole world,’ as I picked up each broken bird. Each bird we saved was a victory of sorts, and that reality grounded me in not succumbing to feelings of impotence and anger.” – PJ McKosky. See his story inside.

International Respect for Chickens Day May 4

“Please do an ACTION for Chickens in May!”

INTERNATIONAL RESPECT FOR CHICKENS DAY, MAY 4 is an annual project launched by United Poultry Concerns in 2005 to celebrate chickens throughout the world and protest the bleakness of their lives in farming operations. The entire month of May is International Respect for Chickens Month!

Please do an ACTION for chickens on or around May 4. Ideas include leafleting on a busy street corner, holding an office party or classroom celebration, writing a letter to the editor, doing a radio call-in, tabling at your local church, school or shopping mall, hosting a vegan open house, or simply talking to family, friends or strangers about the plight – and delight – of chickens and how people can help them.



Ruby & Ivy, photo: Jim Robertson

See our merchandise pages for posters & brochures, also available at www.upc-online.org/merchandise.

What Wings Are For!

Thank you for making every day Respect for Chickens Day!

International Respect for Chickens Day at Chicken Run Rescue in Minnesota

International Respect for Chickens Day,
Saturday, 12-3pm, May 4, 2019

“Our curse on them isn’t extinction but proliferation.”
-- Karen Davis, PhD, United Poultry Concerns

This year’s event will have a message: Count Every One, Every One Counts. CRR limits the number of birds who live here because we want to honor each and every bird as an individual. Our first responsibility is to the birds already in our care. We cannot help all the birds, but we share our almost 20 years of experience with others who want to help them.

The goal of this year’s event is to have as many adult guests as birds (60 at this writing) to celebrate in the safety and comfort of their own garden. This event will be documented with a group photo of everyone holding a bird to show the caring and solidarity of people who embrace the idea: THIS chicken in my arms is the Whole Point.

INTERNATIONAL RESPECT FOR CHICKENS DAY May 4/Month of May is an annual project of United Poultry Concerns started in May 2005 to celebrate chickens and educate the public about the plight and delight of these wonderful birds. We urge everyone to participate!

The Atlantic's Mixed Messages

The March issue of *The Atlantic* features an article called "What the Crow Knows" about evidence for consciousness in animals with a focus on birds. But as if to make sure birds aren't taken too seriously, *The Atlantic* posted an "entertaining" video simultaneously, about a rooster named Tungrus, who is treated mercilessly by his human family.

The Atlantic: "What the Crow Knows," March 2019

LETTER TO THE ATLANTIC by Karen Davis

I am encouraged by the case for animal consciousness beyond our own. Yet the bias persists that consciousness is a feature to be ranked in a hierarchy from humans on down. Surely this model of consciousness is a hindrance to the "experience of enlightenment."

The article rightly proposes that we may reasonably assume "a whole universe of vivid animal experience" beyond ours. The question is, what will we do with this realization? Will we continue to pick and choose which animals are "conscious" based on how we want to use them, deciding, for instance, that those we like to eat have lesser consciousness? Hopefully this article will help us perceive more attentively and caringly the myriad conscious individuals we share the Earth with. — *Karen Davis, PhD, President of United Poultry Concerns*

The Atlantic, "The Pet Chicken 'From Hell'"

LETTER TO THE ATLANTIC by Vera Pesek

I fail to understand why *The Atlantic* decided to post the horrific tale of abuse that is the story of Tungrus.

How could anybody think it is funny that a sentient being was bought to serve as a toy for cats and not expected to survive more than one or two days. He then against all expectations survives and tries to carve out a living despite being rarely shown any affection. He tries to bond with the humans, and if given the chance, he would have shown them what a wonderful and complex being he was.

But instead, the only people he knows and trusts take him to his death, and we are left to see his throat being cut and his still living body carelessly thrown into a drum where he spends his final moments struggling and screaming to the point that the drum shakes.

Where is the fun in all that?

Just a week ago this same magazine posted a wonderful article on how scientists are rethinking animal cognition, "What the Crow Knows."

I was heartened by that article and shared it on social media. And just days later I see that *The Atlantic* did not learn anything from that article. Shameful.

— *Vera Pesek*

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No Pasture Here. Only Pain.

By PJ McKosky

“They were representing themselves as a natural, pasture-raised option.”

While the farmer’s website used “buzz words” like free range and pasture-raised, those often have little meaning. According to the U.S. Department of Agriculture website, free range simply means that the producers must show that the birds were allowed access to the outside, with no requirements on the duration or conditions. – *Times-Call* (Longmont, CO), Jan. 14, 2019.



*Dear United Poultry Concerns,
I’m on the ground in Colorado rescuing birds from this bankrupt factory farm. We have saved over 500, and while so many are left behind, each one saved is a victory, a tiny universe unto themselves. Here are some photos of the lucky ones and the ones who couldn’t be saved. – January 3, 2019*

The last thing any sane person wants to do is spend New Year’s Eve on a factory farm witnessing an overwhelming number of suffering, starved beings—but that is precisely how fellow activists and I rang in the New Year.

I was forwarded an email at the end of December that mentioned that BeeBee Farms, a chicken farm in La Salle, Colorado (allegedly the largest producer in the state) had gone bankrupt. The details were scant, but apparently the farm was running out of food to feed the birds as well as propane to heat their barns. There wasn’t even an ability to send the birds to slaughter. The situation sounded nightmarish.

It also sounded like an opportunity to save lives.

Friends and I mobilized a team of rescuers. Luvin Arms Animal Sanctuary in Erie, Colorado stepped up when others couldn’t: agreeing to do whatever they could to ensure the rescue happened. I finally was able to speak to the owner and manager of the farm who was supportive of us taking birds. Plane tickets were purchased. Rescue vehicles were rented. Transport carriers were borrowed. Medical supplies were gathered. We began to look for good, loving (and vegan) homes for the chickens.

Within 48 hours, on New Year’s Eve, a handful of us were standing inside one of the sheds: overwhelmed with the stench of ammonia, feces, decomposing bodies and suffering—sifting through thousands of hungry, cold chickens trying to save the ones we could. Picking up one, two, sometimes three chickens at a time and taking them out to safety.

In the sheds, starving birds were pecking feebly at the rotting corpses of their deceased fellows. Birds too sick or injured to move littered the floor. Birds beyond hungry and dehydrated were injuring one another in frustration and desperation. One bird I saw had no eyes—soon disappearing into the mass of other sick and suffering souls. Another bird had a gaping wound the size of a softball, then another with the same injury, then another. Two birds I thought were dead moved slightly when I walked past them—sunk inches deep into mud and feces—they were actually still fighting to live. Frustration, hunger, pain, illness were everywhere. I recalled this farm was labeled “natural” and “pasture-raised.” Yet there was no nature or pasture here. Only pain.

Soon men working for the farm were in the shed with us. They were decapitating live birds. Moving through the terrified birds like a storm of destruction: leaving only chicken heads in their path. Despite the

violence happening around us, we continued working to save who we could. Them killing, us saving.

I kept thinking of the saying, “Whoever saves a single life is considered to have saved the whole world,” as I picked up each broken bird. Each bird we saved was a victory of sorts, and that reality grounded me in not succumbing to feelings of impotence and anger.

Valentine had several large gaping and infected wounds all over her body when we rescued her. She would need several weeks of systemic antibiotics, pain medications and wound cleaning to heal.

At rescue, Lucene had a compound fracture in her wing, the bone tip piercing through her skin: already black and necrotic and stinking of infection. She would need to be hospitalized for nearly a week to be stabilized, and eventually would need the broken wing amputated to save her life.

When we rescued Winter, his eyes were swollen shut from infection and his toes were blueish and painful—a victim of frostbite. He would eventually lose most of his toes on one foot on top of dealing with a respiratory infection that ravaged him for over a week immediately after rescue. Antibiotics, pain medications and foot soaks saved his life.

When it was all over, our small team had saved 610 birds. It has taken weeks to care for, medically treat, transport and adopt out these now beloved birds.

Approximately 36,000 other birds perished on this single farm during this single event. We will not forget them as we each find our own ways to tell their stories in hopes of convincing people to forever put down the wings and drumsticks and choose vegan.

– PJ McKosky, Feb. 11, 2019



A chicken named Sam is seen at Luvin Arms animal sanctuary in Erie on Jan. 14, 2019. Sam needed both wings amputated to survive. The visitor center has been temporarily transformed into a barn for the chickens that were in the worst condition.
(Photos by Matthew Jonas/*Times-Call* Staff Photographer)



United Poultry Concerns Co-Sponsors First Humane Hoax Online Summit



By Hope Bohanec, Projects Manager for United Poultry Concerns

Growing consumer criticism of large-scale animal agriculture has led food manufacturers and shoppers alike to turn toward so-called “humane” animal farming and reassuring labels on animal products. These falsehoods and myths, which we call the Humane Hoax, range from phony promotional ploys by large farms with thousands of animals, to your neighbor’s backyard enterprise, yet animal exploitation and suffering are inherent in every method of animal agriculture.

On January 12th & 13th, The Humane Hoax Online Summit convened a panel of experts to expose animal agriculture’s humane-washing with fresh insight. As communication and activism move to digital platforms, UPC is evolving to embrace this online migration. A webinar has certain advantages over a conference in a physical location. One advantage is that people from anywhere in the world can participate without the expense of travel. Over 500 people registered from coast to coast and overseas for The Humane Hoax Online Summit. We even had an attendee from South Africa! The interactive

chat feature made it fun to communicate with other attendees during the sessions, offering insights, asking questions, and sharing resources in real time.

The two-day webinar featured speakers covering a wide range of topics related to the Humane Hoax, starting with an introduction by the webinar’s co-organizer, UPC’s Hope Bohanec.

Hope has written one of the few books examining the humane hoax entitled *The Ultimate Betrayal, Is There Happy Meat?* The day continued with philosopher John Sanbonmatsu, PhD, offering a disturbing look at the “Femivores” – a new genre of middle-class women leaving professional careers to take up animal husbandry as a way (they claim) to empower themselves as women. John revealed how “femivores” are playing a pivotal ideological role in legitimating speciesism and stabilizing meat as a “natural,” “humane” commodity. The first day ended with a presentation by Nassim Nobari of Seed the Commons exploring the conflict between an increasingly popular local and sustainable food movement and the animal liberation movement, and how veganic farming – growing food without animal inputs like manure and blood meal – is rising in response.

The second day continued with more of our inspiring speakers, starting with Ashley Capps, founder of Mothers Against Dairy, debunking five common “humane” farming myths. We then shifted into a conversation about the environmental impact of animal products, typically labeled “sustainable” and “local,” led by Vasile Stanescu, PhD. Dr. Stanescu concluded that, like humane washing, these “green-washing” labels misrepresent the true ecological toll of animal agriculture. In some respects, “sustainable” animal

farming can be even worse, environmentally, than conventional animal farming. Following this discussion, webinar co-organizer Justin Van Kleeck of Triangle Chicken Advocates shared heart-wrenching stories of chickens he has rescued from small-scale, supposedly humane farms. His stories also uncovered the hidden victims of breeding chickens for backyard eggs – the roosters. We wrapped up the weekend with a call to action by Robert Grillo, executive director of Free from Harm.

Watch the Videos:

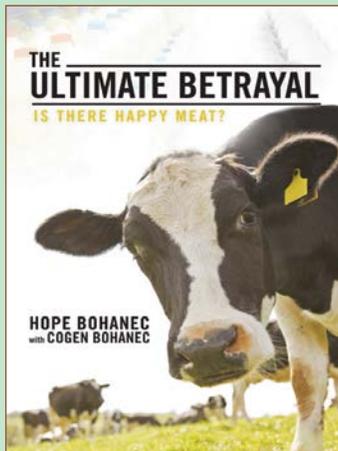
We invite you to watch the individual presentations from this important online conference. Just go to <https://humanehoax.org/speaker-videos> to watch and share them on your social media pages.

The Ultimate Betrayal: Is There Happy Meat?

By Hope Bohanec

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.

Order the book from United Poultry Concerns by check or Money Order for \$14.95, or by credit card at www.upc-online.org/merchandise.



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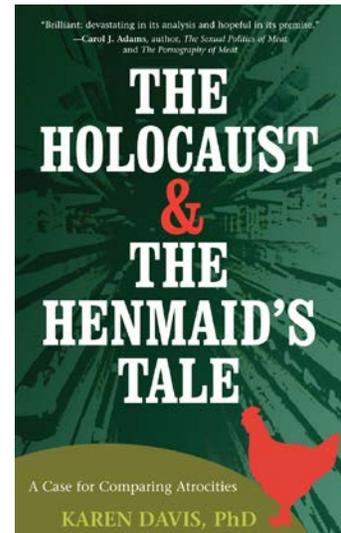
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The Henmaid's Tale

The “henmaid” in the title of my book *The Holocaust and the Henmaid's Tale* inspired this intriguing artwork by animal rights activist & artist Mary Britton Clouse, codirector of Chicken Run Rescue. My “henmaid” is an allusion to Margaret Atwood's dystopian novel, *The Handmaid's Tale*, in which women are valued only for their ovaries and exist at the mercy of their keepers, their rapists – ordinary men controlling society with the help of female collaborators. The “henmaid” symbolizes the billions of birds who at this moment, and every moment, are imprisoned in the hell of the poultry and egg industry.

She also symbolizes a sister soul who is scorned by some feminists who resent the comparison of women

with the females of other species and consider such comparisons demeaning to women. Such feminists collaborate with the “ordinary men controlling society” by enacting the same sort of bigoted attitudes and behaviors they otherwise reject. This includes eating the flesh and eggs of their female counterparts and resenting “interference” with their “right” to collaborate in privileged violence against their sisters of other species. Furthermore, as Carol J. Adams has pointed out in *The Sexual Politics of Meat*, farmed animals of both sexes are “feminized” by their human captors for whom their bodies are nothing but containers of “food” products and more babies to mistreat. – Karen Davis



“What does subjugation of the female body of any species for reproduction have to do with feminism? Has this hen died, escaped, or been set free?” – Mary Britton Clouse, Chicken Run Rescue

2018 Installation by Mary Britton Clouse

Photo: Chicken Run Rescue

Open Letter to NPR's 1A Show "Planting a Seed" on Being Vegan, Jan. 7, 2019

By Karen Davis, PhD, United Poultry Concerns

Thank you for your show. It is very encouraging that the animal-free diet is gaining support and popularity. One thing I want to say regarding the characterization of many vegans as "pushy" and the like, particularly regarding the animals at the core of an animal-based diet is this: throughout history, the small groups of people who have fought for social justice for disfavored, badly treated human beings have ALWAYS been characterized by the mainstream as pushy, self-righteous and similar complaints.

Many people today take their "freedoms" and "rights" for granted without knowing the extent to which the freedoms and rights they take for granted were fought for by "radicals" who were considered "pushy" and "self-righteous" by mainstream society. When you are fighting for a group of individuals of any species who are conventionally considered worthless or inferior or fit only for subjugation and denigration, there will be conventional opposition. What chickens and cows and pigs and fish and turkeys and other animals are being put through so that humans can consume them is unspeakable, and it is necessary to take a strong position on their behalf, just as social justice leaders have done on behalf of women, African Americans, Native Americans and other conventionally scorned and abused groups.

When people say that even if everyone went vegan, there would still be violence against animals and plants; ergo, it doesn't help or solve anything to be vegan: this assertion could apply equally to suppressing ever doing anything to help any human being or groups of human beings, because no matter what we do, we will likely never fully eradicate all the violence of humans toward one another.

I do wish it would be made clear to people who believe in humanely raised cows for cheese and other mammary products, that removing calves from their mothers can never be remotely humane, for this is what

"dairy" means: keeping cows unnaturally pregnant to constantly give birth to calves who are taken away from their mothers, denied her comfort and the milk she would otherwise provide for her own babies, just so humans can have her milk instead.

We need to stop acting timid about speaking up for (other) animals in fear we will be called "pushy" for being their advocate. And in case it has gone unnoticed, there is plenty of "pushiness" and worse among animal consumers. No one should ever be ashamed of speaking out against preventable suffering or for standing up for any fellow creature of whatever species. This is what ethical vegans are about. This is what people who defy moral stagnation have always been about. Everyone who enjoys their "rights" has such people to thank for the freedoms and rights they take for granted.

-- Karen Davis, President, United Poultry Concerns



Toronto March to Close All Slaughterhouses, 2016.

Photo by Louise Jorgensen.

New York Lawmaker Seeks to Ban Chick-Hatching Projects in the State



A dismal beginning for a baby bird. Where are the parents? Where is the natural world?

“This is a barren, sterile experiment which is miserable for the chicks.”

– Karen Davis, United Poultry Concerns,
Times Union, Albany New York, January 3, 2019

What Can I Do?

🐔 If you are a New York State resident, please contact your state assembly members and urge them to support Assembly Bill A00058 (<https://tinyurl.com/y46jbe74>). Proposed by Assembly Member Linda B. Rosenthal, the bill relates to “prohibiting school districts, school principals, administrators, or teachers from requiring, permitting, or conducting a lesson or experimental study using an animal in a hatching project.”

NYS Assembly Bill A00058 Justification:

Many primary school teachers use chick-hatching projects as a way to teach their students about life cycles in the classroom. However, schools do not have the proper resources to care for baby chicks during or after the incubation phase.

During the incubation process, eggs may hatch on weekends when teachers and administrators are not in

school, effectively allowing a baby chick to go unfed for a period of days once it is born. Heat lamps may also be turned off over the weekend, which can cause chicks to die in their shells or become immobile. In other instances, baby chicks die when eggs in the incubator are constantly handled.

Schools rarely make accommodations to care for the surviving baby chicks, many of whom are born sick, once the hands-on experiment is complete. Baby chicks are left in cardboard boxes without food or water. They are given to overburdened shelters that do not have the capacity to care for sick chicks, and most are simply discarded. In an effort to curtail the inhumane use of baby chicks, this bill would prohibit school districts, school principals, administrators or teachers from utilizing animals in hatching projects. The bill is formally supported by the New York City Bar Association’s Animal Law Committee. To read the committee’s report and more, go to www.upc-online.org/hatching.

Express your support to the bill’s sponsor:

Assembly Member Linda Rosenthal, District 67

230 West 72nd Street
Suite 2F
New York, NY 10023
212-873-6368

LOB 627
Albany, NY 12248
518-455-5802M

Email: RosentL@nyassembly.gov
www.nyassembly.gov/mem/Linda-B-Rosenthal

This bill has the potential to stop the use of thousands of chicks throughout New York State and could set a precedent for other states as well.

Thank you for taking action!

Elementary School Ends Chick-Hatching Projects!

In September 2018, In Defense of Animals announced: Thanks to your calls and letters, Bacich Elementary School in Kentfield, California has officially ended its chick-hatching program! We are thrilled with the principal's compassionate decision. Your participation made a real difference and spared the lives of innocent chicks.

The teacher involved in the project was eager for humane alternatives. We applaud Bacich Elementary School!

With your help, other schools can follow this school's lead. If you know any teachers who participate in chick-hatching projects, please let us know and direct them to *Hatching Good Lessons: Alternatives to School Hatching Projects* by United Poultry Concerns, available at www.upc-online.org/hatching.



Safe and happy hen and chick . . .

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Karen & Mr. Frizzle ©2008 Davida G. Breier

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Muffie & Her Friends Remembered With Love & Lessons Learned

By Karen Davis

In this story I recount one of my earliest experiences with chickens, who I was just then getting to know, since I hadn't grown up with them. I learned how a rooster can sometimes injure a hen under her wings when he pins her down for mating, and how important it is to check under the wings of any hen who is limping or listless, and separate her immediately from the rooster and treat any injury she may have with an antiseptic, to prevent an infection that, left untreated, can lead to death. I also learned about the susceptibility of domesticated hens to ovarian cancer as a result of being bred to lay too many eggs. And I learned about the elementary school practice of placing fertilized eggs in classroom incubators to be hatched as a lesson in avian embryology. This led to our continuing campaign, begun in 1994, to urge educators to replace bird-hatching projects with activities that teach life processes informatively and compassionately, without the use of live animals.

Muffie and Fluffie were two young hens who came to live with us after being expelled from an elementary school hatching project. They were said to be sisters, and they certainly looked a lot alike with their pretty burnt-brown and white feathers and little pink combs. They settled easily into the chicken house surrounded by a tomato garden with Henry, our big white "broiler" rooster, and Henrietta, a young white leghorn hen who had been found along the road as a chick. Fluffie quickly established herself as the dominant hen for the first few weeks, while Muffie stood around listlessly. Soon, however, Muffie became as indefatigable a scratcher of the soil as Fluffie and Henrietta. It was a treat to watch the three eager young hens scratching vigorously among the red and green tomato plants with stolid Henry standing over them and following them up and down the leafy rows on his huge yellow legs.

This happy time ended in the fall when Henry, who had great claws, gouged Henrietta's sides in mounting her, the gouges became infected, and she died. When I saw similar wounds starting to show under Fluffie's wings, and noticed how quiet she was becoming, I reluctantly separated her and Muffie from Henry by



Muffie and Fluffie. Photo by Karen Davis

having a double enclosure built onto our kitchen. From then on, Henry and the two hens had to take turns being out in the yard.

Fluffie's wounds healed, but she never fully regained her liveliness, which seemed rather to pass into Muffie, who would often disappear in the woods for hours during the day, only to come charging over the grass at dusk on her sturdy legs, all bright-eyed, after I had called and called and feared she might have been killed.

Along with her new independence, Muffie showed an increasing solicitude for Fluffie. They had always been close. In the early days, Muffie had expressed a certain deference toward Fluffie that now seemed to modify into her sense of Fluffie's weakened condition. She and Fluffie often stood stock still together for long periods with their wings and little rosebud faces touching like two warm brown flowers growing side by side on the frosted lawn.

One day, I looked out the kitchen window and saw Muffie straddled on top of Fluffie with her wings slightly extended over her against the side of our house. I called my husband to come take a look at this moving yet disturbing scene. We saw it repeated several times over the next few days. One afternoon when I went outside to put Muffie and Fluffie in for the night, I found them already in their house on the straw, Fluffie drooping with her head and tail curved toward the ground with Muffie motionless beside her. I took Fluffie to the doctor and brought her home with medicine, but she died that same night in the small bedroom where she and Muffie had sometimes liked to roost on top of the bookcase in front

of the big window overlooking the yard.

After Fluffie's death, Muffie stood planted for days in the exact spot where Fluffie had last stood drooping. Now, Muffie drooped in her place. She no longer scampered into the woods or came bursting into the kitchen to jump up on the sink and peck holes in the sponge floating on top of the dishwasher. She was not interested in me or in Henry, either, whom I let out to see if the two of them could team up under my supervision. After two weeks of this dejection, I said to my husband, "We must get Muffie a new sister!"

That is how Petal, our placid hen with the dusky sweeping wings, came to live with us. We adopted her from a sanctuary in Maryland. The minute Petal appeared on the scene Muffie lost all of her torpor and became a bustling "police miss," picking on Petal and patrolling everything Petal did until, finally, the two hens became amiable, though never close the way Muffie and Fluffie had been.

Muffie bonded in true friendship with our adopted turkey, Mila. Right from the start, Muffie and Mila hit it off, sharing a quiet bond of affection, foraging together and sometimes preening each other very delicately. One of their favorite rituals was in the evenings when I changed their water and ran the hose in their bowls. Together, Muffie and Mila would follow the tiny rivulets along the ground, drinking as they went, Muffie darting and drinking like a brisk brown fairy, Mila dreamily swaying and sipping, piping her intermittent flute notes.

There were three roosters in Muffie's life – Henry, with whom she socialized but was not particularly close, "gentleman" Jules, our sweet black bantam rooster who became her best pal, and Clarence, a fiery white and gold young fellow from a school hatching project in Michigan with fierce bangs sprouting over his eyes, who surveyed his fields like Napoleon and dodged the flock with his morsels like a football player with the ball. In *A Streetcar Named Desire*, playwright Tennessee Williams evokes the primal power and pride of Stanley Kowalski by comparing it to the power and pride of a "richly feathered male bird among hens." This was Clarence, and Muffie became, in a way, his Blanch DuBois, trembling at the advances of the "gaudy seedbearer" whose fancy for her took the form of victorious chases through the yard.

In the middle of her second winter with us, Muffie developed cancer and died. She had always been spry, perching on just about anything handy from the porch

railing to the kitchen sink. She would fly up from a little wooden bench in the chicken house to get to her roost in the evenings. But a time came when she started sleeping on the bench itself.

As Muffie's flight muscles deteriorated, so did her confidence. One day, she was standing in the doorway when all of a sudden, Clarence appeared, gleaming, behind the screen. Muffie shrank, and in trying to escape, fluttered and fell over the ledge leading into the kitchen. A few days later, she was not on her bench, and I finally found her cold, still, and amazingly small, lying on the bare ground against the front of the house. I assumed she would die as I gently placed her on the bed where she had once laid many of her eggs so peacefully, but the next day she was padding about the house, somewhat chipper, eating and drinking.

From then on until she died, Muffie lived in the house. She would have been happy to do so from the time, a year or so earlier, when she began sweetly perching on the sofa arm where I sat reading. Chickens are naturally sociable, and will gather around a human companion and stand there serenely preening themselves or sit quietly on the ground beside someone they trust. Muffie not only did these things, but she also enjoyed being cuddled and held, the way some chickens do.

I held Muffie a lot. Occasionally I would take her with me in the car, where at first she would always exercise her curiosity, looking out the window and poking about the seats and floor. Soon she would snuggle down next to me for the rest of the trip. To the end, she sat at my side, wherever we were, playing our favorite old game of closing our eyes, half opening and then closing them again.

I can see her now, standing at my feet looking straight up at me with her pretty pink comb and wistful little face like a flower bud from the earth to which she returned.



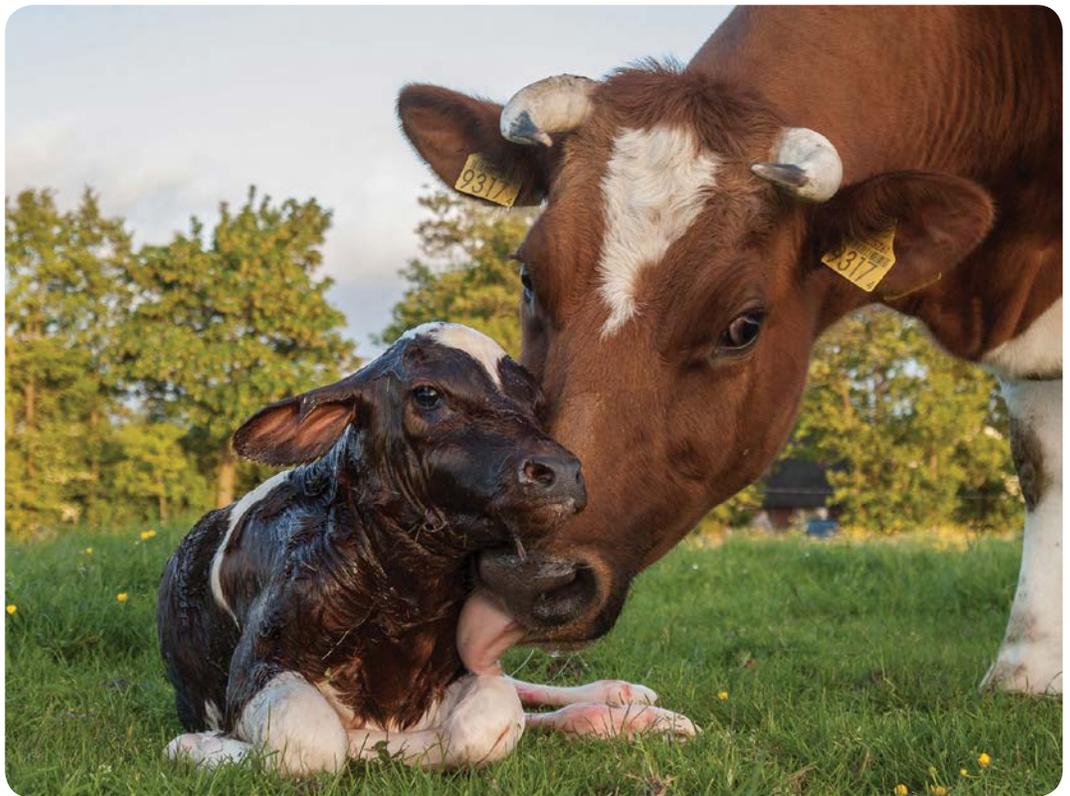
Muffie and Henry. Photo by Karen Davis

DAMN DAIRY by Karen Davis, PhD

All I ever had to see of the dairy industry to hate it were images of calves torn from their mothers to be isolated, tremblingly, in solitary crates and hutches. All I ever had to hear were the mothers crying for their stolen newborns. This is not just big dairy operations; it is dairy farming. I remember back in the 1970s being taken by a friend to a small dairy farm in Pennsylvania and seeing the cows and the mud and the cement milking “parlor” and the milking machinery. That was my first glimpse of a bizarre and sickening business considered by everyone I grew up with as “normal.” In fact, it wasn’t “considered” at all.

Whenever possible, I post comments to food section articles in *The Washington Post* and elsewhere pushing back against claims that the mammary milk stolen from mother cows and goats is “necessary” for human calcium. In reality, interspecies mammary milk is not even digestible by the majority of the human population. Even if it were, the business would be what it is, ugly. Despite the machinery, packaging and other things between themselves and the cow or goat, consumers of mammary-gland products are essentially sucking the nipples of a nursing mother robbed of her baby and her baby’s birthright.

I’m one of those people who never realized for the longest time that in order to produce milk, a cow, like all mammals, has to be pregnant. Reading *The Cookbook for People Who Love Animals* in 1983 turned on a light bulb in my brain. That cookbook described how dairy cows have been genetically manipulated to produce such an unnatural amount of milk for human consumption that their udders drag on the milking parlor floor and workers tramp on those swollen, dragging udders without a thought.

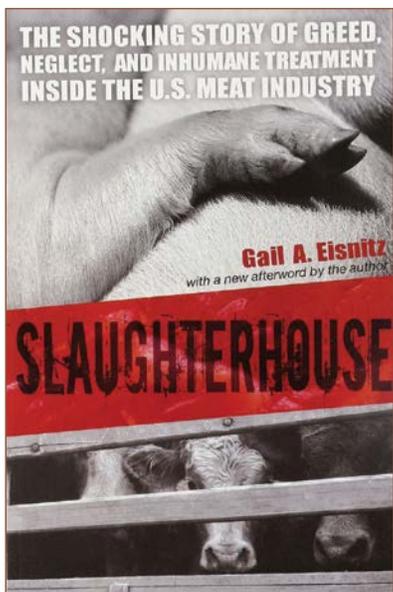


The cows, meanwhile, are drained of the calcium they need for their own bones, which are being depleted in order to produce milk for cheese pizzas and anything else it can be poured into for profit. Like hens manipulated for excessive egg production requiring calcium to keep forming the shells, dairy cows develop osteoporosis and painful lameness. They develop mastitis, a painful infection in their udders that leaks pus into their milk. A man who grew up on a family dairy farm in Maryland once told me that they inserted large antibiotic syringes directly into the cow’s udders to treat the infection – without painkillers, of course.

The bodies of dairy cows are disproportioned by the weight and drag of their abnormal udders, and the cows have to be gotten rid of as soon as they no longer pay their way. Like hens bred for egg production, the cows’ bodies are mere envelopes for their ovaries; after that, they’re done with as far as the farmer is concerned.

In her book *Slaughterhouse*, Gail Eisnitz writes that every hamburger contains about 100 “spent” dairy cows. Think about that the next time you pass by the wormy messes in the meat display counter.

Slaughterhouse was first published in 1997. You can still buy it. Twenty years ago, Gail Eisnitz bore witness



to events that are the same today as they were then: Your worst nightmares are “normal agricultural practices.”

Articles I’ve read in agribusiness publications about cows, chickens, turkeys, pigs and other farmed animals being locked in a building in which a fire broke out, quote the “humane” family farmer: “At least no one got hurt.” I recall an

article about a small dairy farm’s cows – those who did not die in the barn fire but were suffering badly from smoke inhalation – being held without help on the farm until the auction truck came to take them away.

Farmers are not sentimental about “their” animals; their hardened attitude is a source of pride with them. Yet they have no problem creating smarmy, cloyingly sentimental and dishonest ads on TV and elsewhere about their “wholesome” enterprise and their “humane” animal care – anything to anesthetize the public. Each time I see one of these “dairy pure” types of ads with a farmer holding an inert newborn calf (just taken away from his or her mother and most likely tranquilized for the ad), I want to puke and weep with sadness and disgust.

I want all forms of animal agribusiness to be abolished forever asap. I support whatever will make that happen. I will never stop working for an animal-free food supply and for animals themselves until I die trying. – *Karen Davis*

Dear UPC, Just a note to tell you that with the expansion of mega dairies, I’d venture to say that things have gotten considerably worse since publication of my book. We investigated a mega dairy that currently has 55,000 cows and replacement heifers on site. We documented everything from unwanted bull calves being starved to death, beaten to death, and shot, to milking cows having portions of their teats sliced off (without anesthesia) because they were so infected with mastitis.

Likewise, big dairies in western Texas and eastern New Mexico, which house their cows on dry lots with no shelter from adverse weather, incurred losses of 40,000 cows and calves during a blizzard in late December 2015. With 18 inches of snow on the ground and 80 mph wind gusts, most of the cows and calves suffocated in snow drifts. The deaths of 40,000 barely made the news.

Which only goes to show that things have gotten worse in the past 20 years.

*Gail Eisnitz, Chief Investigator
Humane Farming Association, www.hfa.org
September 11, 2017*

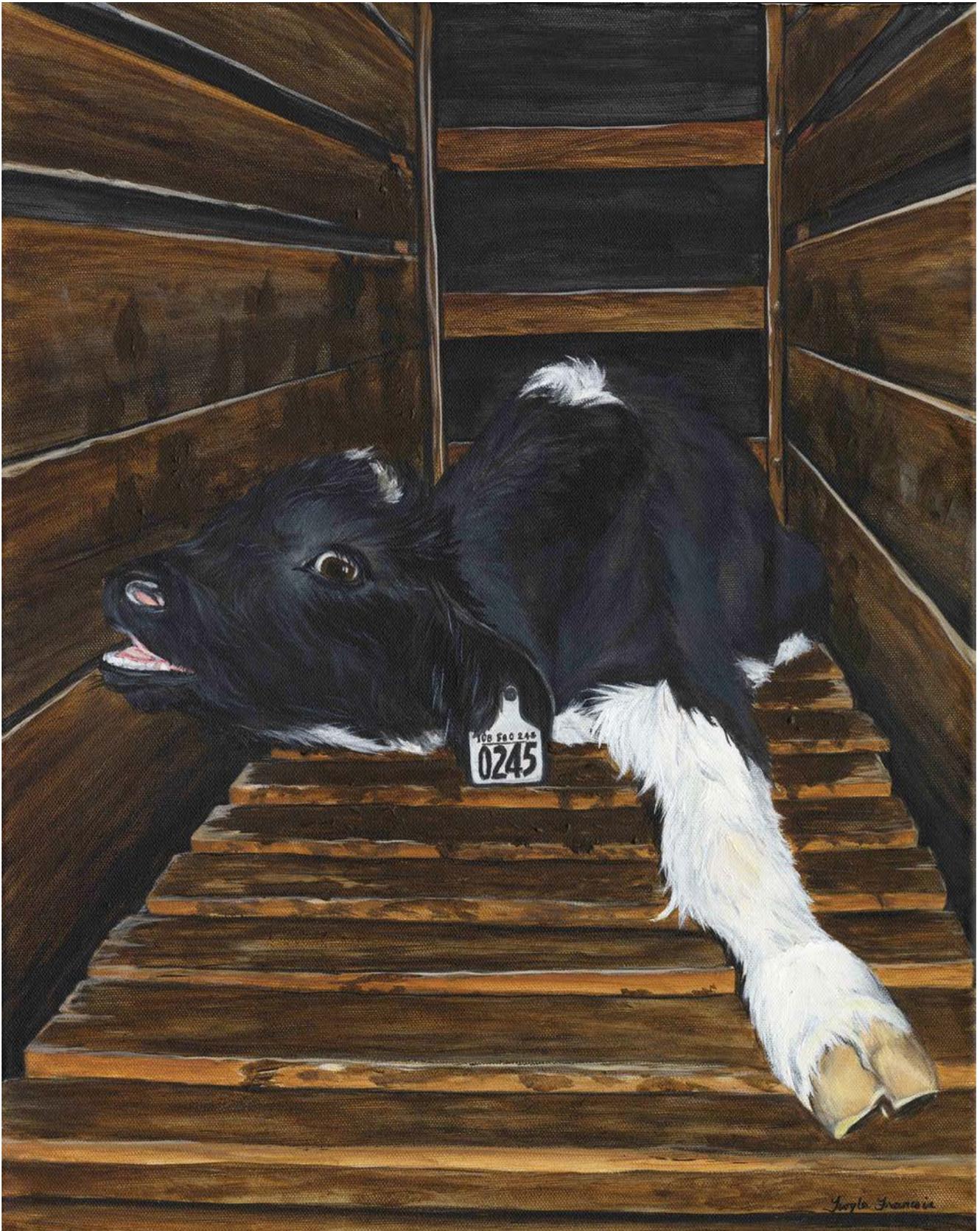
Food Navigator reports January 30, 2019: “US Consumers Continue to Eat More Cheese.”

According to the U.S. Department of Agriculture, Americans drank 149 lbs of dairy milk per person in 2017, down from 247 lbs in 1975. At the same time, cheese consumption per person has more than doubled, from 14.3 lbs in 1975 to 36.0 lbs in 2017. It takes about 10 lbs of milk to produce one pound of cheese.



Minnesota dairy farm. Photo: BruceAndrewPeters.com





Simon, a “veal” calf, by Twyla Francois - www.TwylaFrancois.com

Freddaflower Memorial & Appreciation Fund

The pain of losing them is the price we pay for the privilege of knowing them and sharing their lives . . .

We thank those people who have contributed to our work with recent donations *In Loving Memory and in Honor and Appreciation* of the following beloved family members and friends, both those who have passed away and those who are with us.

My donation is in Loving Memory of my mother, Ruth Bankston Thomas, from Franklinton, Louisiana, who taught me the love of chicks and chickens and all birds when I was so young. – *Joan Martin*

My donation is In Honor of Emily Hen. – *Valerie D. Greenberg*

For our friend Meredith MacCracken, our donation is given in memory of Julius, your crazy, funny, lovable cat. – *Ronnie and Steve Steinau*

In honor of Lynn Abbott and Eric Reis. – *The Richard J. Peppin Fund for Animal Rights*

Please accept my donation in honor of my daughter, Kari Smith. Kari has hens and one rooster. They all love her and run to her when she goes to feed them. The rooster is protective of her and will chase her husband away, which makes us all laugh. – *Tinky Keen*

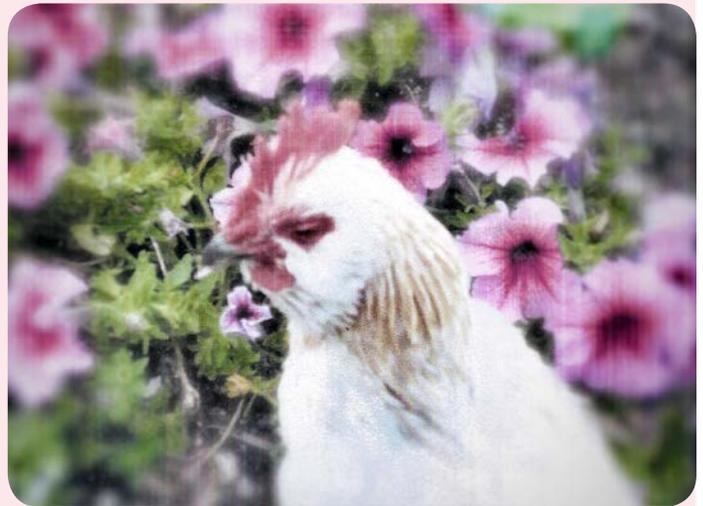
In memory of my mom, Edith. She loved her birds. – *Heather Browning*

In memory of Reggie the Rooster, dearly missed. I hope you are in a better place, my friend. – *Marilee Meyer*

Please accept my gift of Sainted Hen, in homage to my hen, Blueberry. – *Collene Karcher*

In memory of Sammy and Nicki, hens who changed our lives. – *Kristen Roosa*

My donation is in memory of Sam, my 12-year-old, blind house Rooster. I miss his joyous enthusiasm for Life (and sunflower seeds!) as well as his sweet, goofy personality. Everyone thought I took such good care of him, but in reality he took good care of me. – *Jazelle Lieske*



Beloved rooster, Sam, by Jazelle Lieske

In support of your sanctuary and education programs for the birds, in the name of and for the sake of Jesus Christ. – *Nancy Skwarek*

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*

Vegan Recipe Corner

Acorn Squash and Walnut Bake

Recipe by Liqin Cao

Ingredients

- 1 medium size acorn squash
- Stuffing for each half of the acorn squash:
- 1 teaspoon olive oil
 - 1/8 teaspoon thyme
 - 1/8 cup walnuts
 - 1 tablespoon pine nuts
 - 1/8 cup frozen peas
 - 1/8 cup frozen corn
 - 1 tablespoon sun-dried tomatoes
 - pinch of coarse sea salt

Directions

1. Preheat the oven to 375°F.
2. Cut acorn squash in half and scoop out seeds.
3. Drizzle the inside flesh with olive oil.
4. Spread thyme evenly with a spoon and sprinkle in coarse sea salt
5. Pack in walnuts, pine nuts, peas and corn
6. Top with sun-dried tomatoes

7. Wrap in tin foil with flesh side up and place on a foil lined sheet and bake until squash is soft (about 60-75 minutes).
8. Season with salt, pepper or add vegan cheese on top.



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

Banana Oatmeal Breakfast Cookies

Recipe by Liqin Cao

Ingredients

- 2 ripe bananas
- 2 cups old fashioned oats
- 1 teaspoon cinnamon
- 1 teaspoon vanilla extract
- 1 tablespoon flaxseed meal
- 1 tablespoon brown sugar
- 1 teaspoon coconut oil (*optional*)
- 15 semi-sweet vegan chocolate chips (*optional*)

Directions

1. Preheat the oven to 350°F.
2. Mash bananas in a large bowl.
3. Mix in rest of the ingredients.
4. Line baking sheet with parchment paper
5. Divide mixture into 15 cookies and flatten slightly with a fork.
6. Place one chocolate chip in the center of each cookie.
7. Bake for 10-13 minutes.



POSTCARDS

20 for \$4.00, 40 for \$7.50



"Love is Best"



"Peaceable Kingdom"



"Chickens - To Know Them is to Love Them"



"Misery is Not a Health Food"

FACT SHEETS

20 for \$3.00

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

"Peeper the Turkey, a Story of Endless Love"

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

BROCHURES

20 for \$3.00

- "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

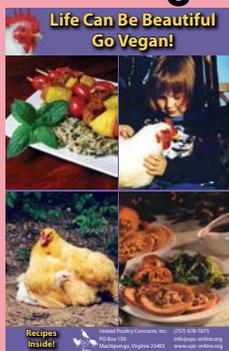
Don't Switch from Beef to Chicken: Get the Slaughterhouse out of your Kitchen. \$1 each

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

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.



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



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

T-shirts

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

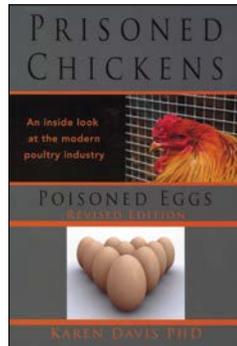


BOOKS

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

By Karen Davis

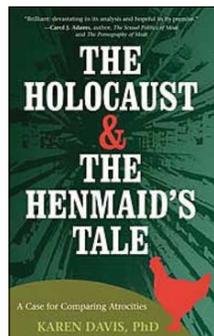
This newly revised edition of *Prisoned Chickens, Poisoned Eggs* looks at avian influenza, food poisoning, chicken suffering, genetic engineering, and the growth of chicken rights activism since the 1990s. Presents a compelling argument for a compassionate plant-based cuisine. "Riveting . . . Brilliant."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

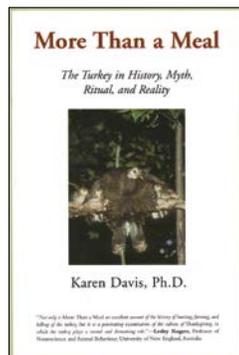
In this thoughtful and thought-provoking contribution to the study of animals and the Holocaust, Karen Davis makes the case that significant parallels can – and must – be drawn between the Holocaust and the institutionalized abuse of billions of animals on factory farms. "Compelling and convincing .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

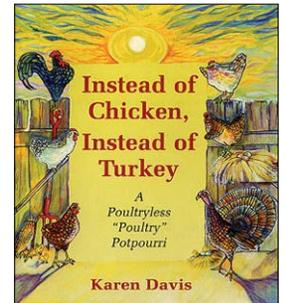
Karen Davis shows how turkeys in the wild have complex lives and family units, and how they were an integral part of Native American and continental cultures and landscape before the Europeans arrived, while drawing larger conclusions about our paradoxical relationship with turkeys, all birds and other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

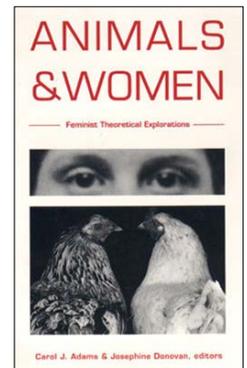
This delightful vegan cookbook by United Poultry Concerns features homestyle, ethnic, and exotic recipes that duplicate and convert a variety of poultry and egg dishes. Includes artwork, poems, and illuminating passages showing chickens and turkeys in an appreciative light. \$14.95



Animals and Women: Feminist Theoretical Explorations

Edited by Carol J. Adams & Josephine Donovan

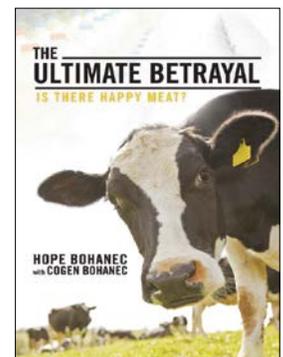
"Karen Davis's brilliant essay [Thinking Like a Chicken: Farm Animals and The Feminine Connection] brings together the book's central concepts, leading to conclusions that rightly should disturb feminists and animal advocates alike." - Review by Deborah Tanzer, Ph.D. in *The Animals' Agenda*. \$16.95



The Ultimate Betrayal: Is There Happy Meat?

By Hope Bohanec

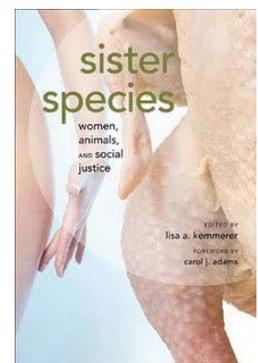
The Ultimate Betrayal lifts the veil of secrecy surrounding animal farming, offering a rare look inside the world of alternative animal agriculture. \$14.95



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

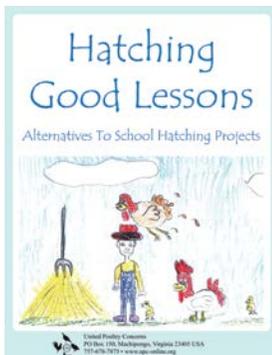


CHILDREN'S BOOKS & EDUCATIONAL MATERIALS

Hatching Good Lessons: Alternatives To School Hatching Projects

By *United Poultry Concerns*

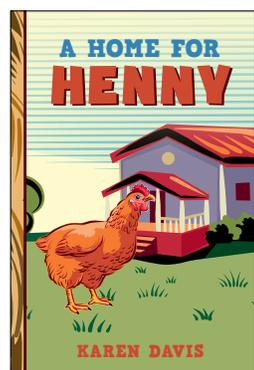
A guide booklet for elementary school teachers and other educators including parents. Revised & Updated, 2013. 16 pages of information, storytelling, classroom activities & color photos. Grades K-6 (some activities are designed for K-12). \$2.50 per booklet. 5 for \$5. It can be viewed and printed out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



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

By *Roberta Kalechfsky*

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*

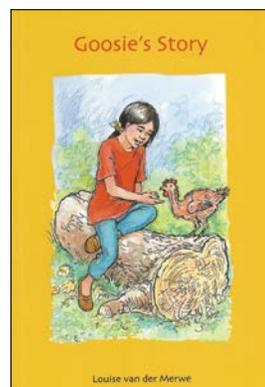
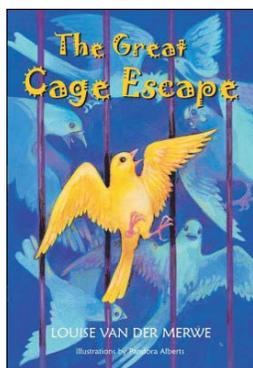
Melanie is a 3rd grader who is excited about a chick hatching project in her class at school. The project seemed like a good idea at first, but unexpected problems arise and the whole class learns a lesson in compassion. When the project is over, Melanie adopts one of the chicks she names Henny. *A Home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

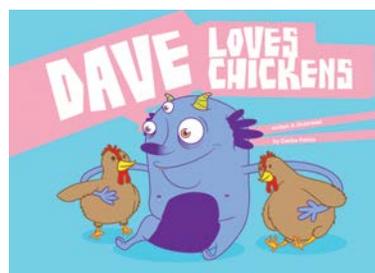
The birds in a pet shop think they are happy until a brown box punched full of air holes is left overnight on their front door step. The creature inside looks very weird at first. But as his feathers begin to grow, his true identity becomes apparent, and the stories he tells inspire the pet shop birds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

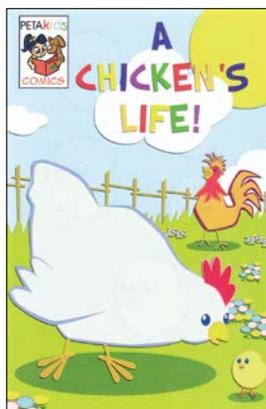
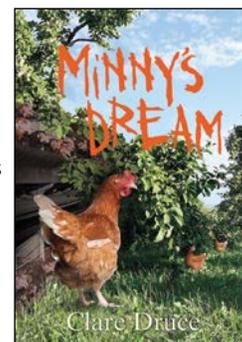
Dave is a quirky monster from another planet who loves chickens and all animals on Earth. He encourages people to share his love and not eat any

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

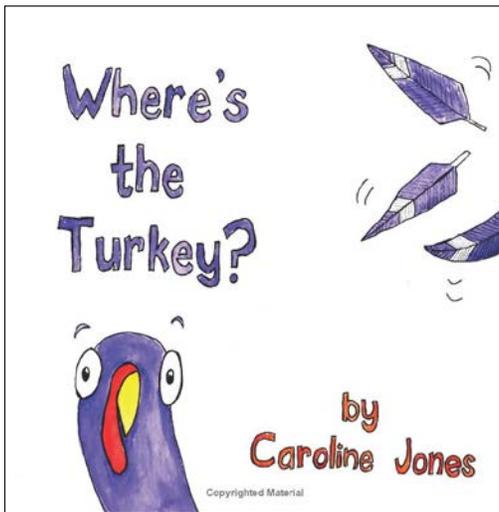
words including barn, beak, cluck, feathers, grass, hatch, peck, peep, wings, and lots more. \$1.50 each. 10 for \$10.

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

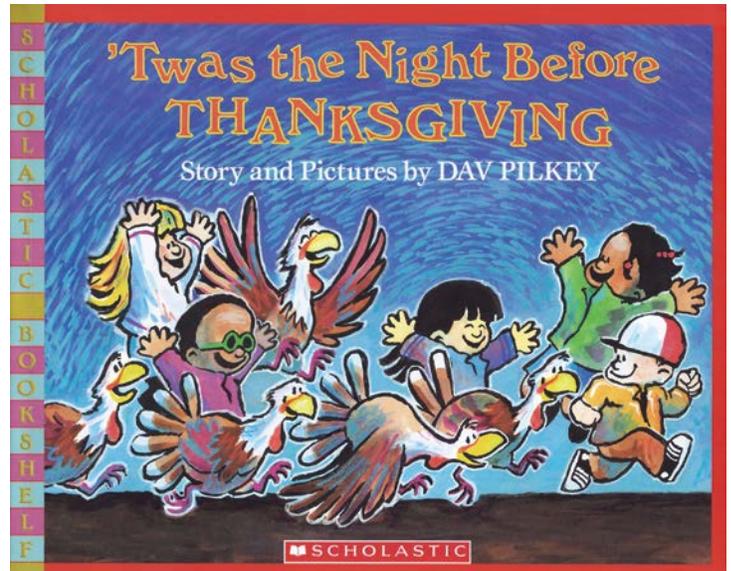
– Karen Davis, United Poultry Concerns



'Twas the Night Before THANKSGIVING

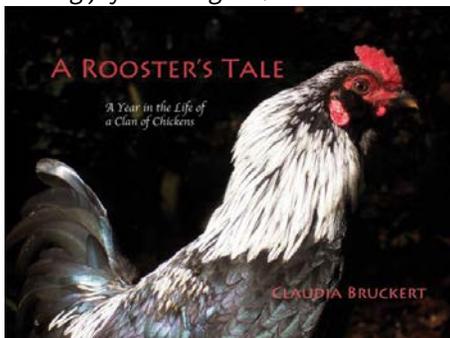
Story and Pictures by Dav Pilkey, Scholastic Book Shelf

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



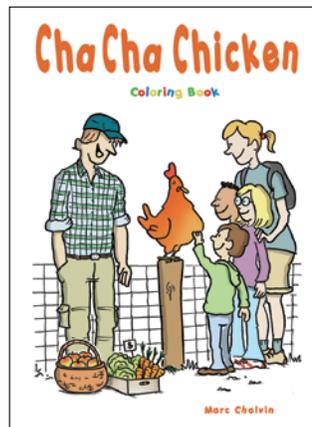
A Rooster’s Tale: A Year in the Life of a Clan of Chickens, by Claudia Bruckert,

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! 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 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

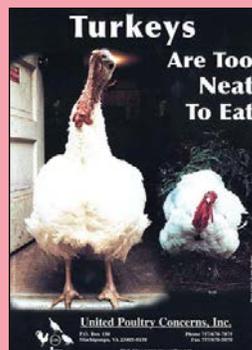
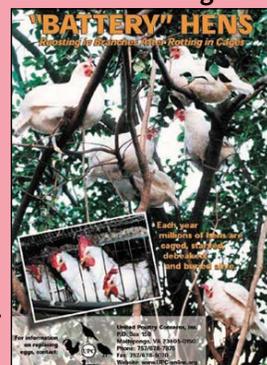
Photo by Dave Clegg. Full color, 18"x22" poster.



"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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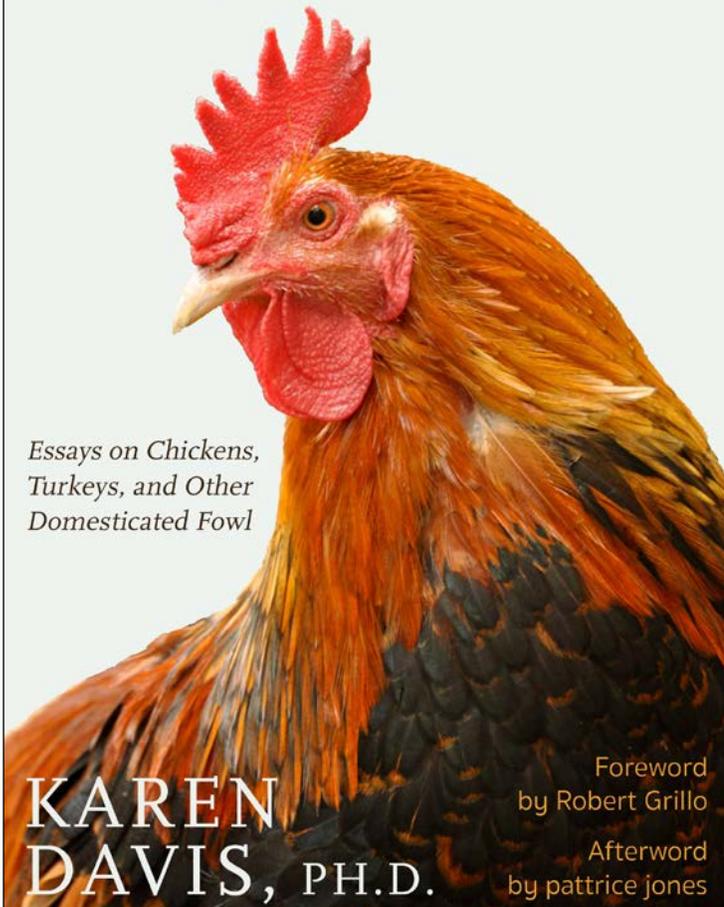
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A Mother Cow
Recipe Corner & More!

*Wishing You a Happy Spring!
Please renew your membership for 2019*

FOR THE BIRDS

From Exploitation to Liberation



*Essays on Chickens,
Turkeys, and Other
Domesticated Fowl*

**KAREN
DAVIS, PH.D.**

Foreword
by Robert Grillo

Afterword
by patrice jones

**Karen Davis's new
book will be out
very soon!**

Stay tuned!